

ARCTIC 2022/2023



Quark Expeditions[®]

The Leader in Polar Adventures

*Remote &
Ruggedly
Beautiful
Arctic*



Brand New Ship

The inaugural Arctic season of *Ultramarine*: a game-changer in polar travel.

[PAGE 39](#)

Greenland

By air, land and sea! Our first-ever helicopter-supported Greenland adventure program.

[PAGES 24 & 25](#)

Severnaya Zemlya, Russia

The last territorial discovery on the planet deep in the Russian Arctic.

[PAGE 33](#)

the Adventure

The most off-ship adventures: heli-skiing, alpine kayaking, hiking...

[PAGES 48 & 49](#)

A person wearing a bright yellow jacket and dark pants is walking away from the camera on a rocky, uneven shore. They are holding a silver trekking pole. In the background, a calm lake stretches across the middle ground, with dark, rugged mountains rising behind it. The sky is overcast with soft, grey clouds. Another person in a yellow jacket is partially visible on the right edge of the frame.

Qthe Arctic

*Fulfill your
wildest dreams.*

The Arctic has long transfixed travelers seeking to get as close as safely possible to the natural wonders of the northern Polar Region: sculpted icebergs, expansive glaciers, great stretches of oceanic waters, snow-topped mountain peaks, and ice-covered landscapes where few humans have ever set foot. And there's the wildlife: polar bears, whales, reindeer, muskoxen, walruses, and seals, plus thousands of seabirds dominating the clifftops.

Immersive polar experiences are the irresistible lure for many visitors. Quark Expeditions offers more off-ship

adventure activities than any other operator, enabling guests to customize their expedition experience. Our fleet of small vessels now includes the game-changing new ship *Ultramarine*, which offers an incredible range of helicopter-supported adventure options that utterly transforms what you can see and do in the Arctic. Quark Expeditions is your most experienced and trusted partner to fulfill your Arctic dream.

AND THAT MOMENT HAS ARRIVED.



Hiking the spectacular Arctic scenery.

Awards & Accolades

WORLD TRAVEL AWARDS

- › *World's Leading Specialist Cruise Line 2020*
- › *World's Leading Polar Expeditions Operator 2018*

USA TODAY

10 BEST READERS' CHOICE TRAVEL AWARD

- › *Best Adventure Cruise Line 2018*

SIGNATURE LUXURY TRAVEL & STYLE CRUISE AWARD

- › *Best-of-the-Best Luxury Cruise Awards Winner, Expedition 2018*
- › *Winner, Expedition 2017*

TRAVEL WEEKLY

GOLD MAGELLAN AWARD

- › *Best Expedition Itinerary: Spitsbergen Explorer 2019*
- › *Northwest Passage 2018*
- › *North Pole 2018*
- › *Best Small Ship Expedition 2019*
- › *Marketing Promotional Video 2019: Face to Face With Iconic Arctic Wildlife*

TRAVEL WEEKLY

SILVER MAGELLAN AWARD

- › *Best Expedition Itinerary: Essential Greenland 2019*
- › *Greenland Explorer 2018*
- › *West Greenland 2017*
- › *Best Small Ship Expedition 2017*
- › *Best Adventure Destination: Greenland 2017*

TRAVEL + LEISURE

WORLD'S BEST AWARD

- › *Small-Ship Ocean Cruise Line 2016*

FODOR'S TRAVEL GUIDES

WORLD'S BEST CRUISES

- › *Kapitan Khlebnikov's Northwest Passage Expedition 2016*



AECO (Association of Arctic Expedition Cruise Operators) is an international association for expedition cruise operators operating in the Arctic and others with interests in this industry.



What's inside.

- 4 30 Years of Polar Exploration
- 6 The Arctic at a Glance
- 8 Map of the Arctic
- 10 Multi-Destination Voyages
- 14 In-Depth Exploration
- 34 Our Superior Fleet—featuring our newest ship, *Ultramarine*
- 38 Cutting-Edge Helicopter Program
- 42 Superior Spa & Wellness Amenities
- 48 Your Life Onboard
- 50 Amazing Off-Ship Experiences
- 54 Polar Travel Advisors
- 56 Expedition Leaders
- 58 The People of the North
- 60 Why Travel With Us?
- 62 Polar Boutique
- 64 Sustainability



A herd of sunbathing walrus.

Q the Arctic

Going Beyond in Polar Adventure.

As the Leader in Polar Adventures, we are committed to taking travelers beyond the ordinary, outside the predictable and expected.

For the last 30 years we've focused exclusively on polar exploration. We have the most experienced team in the polar industry. We have the most diverse fleet, which allows guests to personalize their voyage. We offer more off-ship adventure options than anyone else—which means guests can choose how they wish to explore the Arctic. Our fleet of small ships, including our newest ship, *Ultramarine*, can take you places other vessels cannot reach.

Our obsession to explore new frontiers and create new guest experiences is part of our DNA. That philosophy—that obsession to go beyond—is reflected in our 30-year history of polar firsts.



30 Years of Exploration.



August 1991

Quark Expeditions takes the first commercial passengers to the North Pole—something no other expedition company had achieved. *For more information about the North Pole. See page 32*

Check out our Northwest Passage itineraries for 2022-23. See pages 28 & 29

August 1991

Quark Expeditions celebrates the first-ever passenger transit of the Northeast Passage, the historic route across the top of the world.

December 1991

Quark Expeditions charts the first series of oceanographic research vessels specially converted for adventure travel, heralding a new phase in polar exploration.

November 1992

Quark Expeditions departs Cape Town for the first passenger voyage to the Far Side of Antarctica, the most remote coastal region of the continent.

November 1993

For the first time, Quark Expeditions guests retrace the voyage of Sir Ernest Shackleton's ship *Endurance*.

November 1996

Quark Expeditions begins a circumnavigation of Antarctica for commercial passengers, the first-ever voyage of its kind.

July 1999

Quark Expeditions completes its first passenger circumnavigation of the Arctic Ocean.

Choose from 18 amazing Arctic itineraries starting on page 10

November 2003

Quark Expeditions passengers become the first humans to witness a Total Solar Eclipse in Antarctica.



November 2004

Quark Expeditions becomes the first operator to confirm the existence and location of the Snow Hill Emperor colony.



March 2006

Quark Expeditions breaks Roald Amundsen's record set nearly 100 years ago, attaining the most southerly latitude of any vessel.



To find out more about 50 Years of Victory. See page 46

June 2008

Quark Expeditions offers maiden voyage to the North Pole on nuclear icebreaker *50 Years of Victory*, the most powerful icebreaker on the planet at the time.



Find out more about hot-air ballooning at the North Pole. See page 53

April 2011

Quark Expeditions' Three Arctic Islands voyage is voted one of National Geographic Traveler's "50 Tours of a Lifetime."

June 2012

Quark Expeditions becomes the first tour operator to successfully offer passenger hot-air ballooning at the North Pole.

February 2013

Quark Expeditions hosts Jonathan Shackleton (Ernest Shackleton's cousin) and Falcon Scott (Robert Falcon Scott's grandson) as they walk, and camp, on the 7th continent together.

November 2013

Quark Expeditions teams up with Hot Docs Canadian International Film Festival to offer the first-ever floating polar film festival onboard *Sea Spirit*.

December 2013

Quark Expeditions is named World's Leading Polar Expedition Operator at the World Travel Awards in Lisbon.



October 2017

Quark Expeditions launches Quark Academy training program for expedition team members, the first training program of its kind in the industry.

Meet our incredibly talented team on page 56



December 2018

Quark Expeditions is again named World's Leading Polar Expedition Operator at the World Travel Awards.



January 2019

Quark Expeditions launches the construction of the game-changing ship *Ultramarine*, the very first vessel purpose-built for polar exploration.

To find out more about Ultramarine. See page 36



April 2019

Quark Expeditions unveils Polar Promise, the most holistic sustainability policy in the polar expedition industry.

Get the scoop on our Polar Promise sustainability strategy and how we're preserving the Polar Regions one goal at a time. See page 64



December 2020

Quark Expeditions is named World's Leading Specialist Cruise Line at the World Travel Awards.



April 2021

Quark Expeditions officially takes ownership of *Ultramarine* after successful sea trials in Croatia, marking one of our greatest polar milestones!





The Arctic AT A GLANCE

GREENLAND'S NORTHERN LIGHTS

Aurora displays occur when protons and electrons from the sun slam into the Earth's magnetic field, resulting in an awe-inspiring dance of multi-coloured lights across the night sky. The Northern Lights in Greenland tend to be green, white and purple, and can sometimes be viewed during the month of September.



GREENLAND (Kalaallit Nunaat)

UNESCO WORLD HERITAGE SITE

Ilulissat Icefjord, a tidal fjord and UNESCO World Heritage site, is home to Sermeq Kujalleq, one of the fastest and most active glaciers in the world.



GREENLANDIC CULTURE

A visit to Ittoqqortoormiit, the most isolated town in Greenland, is a window into the daily life of a remote community where many inhabitants still hunt and fish to continue their traditional heritage.



THE HEART OF THE NORTHWEST PASSAGE



The quest for trade routes to the Far East ignited the passions and obsessions of early explorers. Discover the great sea route at the top of the world.

SIR JOHN FRANKLIN EXPEDITION

TASERMIUT FJORD

Paddling and Zodiac excursions into the fjord allow for closer connection with a landscape that is considered one of the most beautiful places in Greenland.

ICELAND



ANCIENT HISTORY & CULTURE

Visiting local communities in the Canadian Arctic connects travelers to 4,000 years of Inuit history and culture. Pangnirtung, Pang for short, is an artistic community known for its beautiful hand-woven tapestries and lithographic prints.



CANADA



EVOLUTION OF THE KAYAK

It's believed that kayaks were invented in Greenland. The Inuit used the slim, one-person vessel—called qajaq—to hunt and fish. It's only fitting that Quark Expeditions chose Greenland to launch a brand new kind of kayaking—alpine kayaking—as part of our Greenland Adventure Program.

**NORTH
POLE
90°N**



THE ULTIMATE ARCTIC ADVENTURE

Even during the Arctic summer, it takes the strength of a nuclear ice-breaker to reach the North Pole.

THE LAST TERRITORIAL DISCOVERY ON THE PLANET

The rarely-visited, extremely remote Russian archipelago Severnaya Zemlya, "Northern Land," was only discovered in 1917 and not charted until 1930-32. Severnaya Zemlya is home to the Academy of Sciences Glacier, the largest glacier in Russia.

EXPLORING SVALBARD

About 60% of Svalbard's mountains, glaciers and islands are protected within seven national parks: Forlandet, Indre Wijdefjorden, Nordenskiöld Land, Nordre Isfjorden, Sassen-Bünsow Land, Sør-Spitsbergen and Nordvest-Spitsbergen. Visitors can find various historical monuments including former whaling stations and burial grounds.



ROCKY PHENOMENON

Witness a rare geological phenomenon at Champ Island in Franz Josef Land archipelago, the northernmost territory in Russia. Stone spheres found here likely formed when masses of minerals came in contact with organic material, creating a chemical reaction shaping the ball in layers, often as perfect spheres.



THE KING OF THE ARCTIC

Although a polar bear's fur appears white, it is actually a layer of transparent hair with special characteristics that create the illusion of white fur. A polar bear's skin is black. An optimal time to view polar bears in Spitsbergen is during the months of May, June and July.



ARCTIC ARCHIPELAGO

Novaya Zemlya, "New Land," is the third largest wilderness area in Europe. This remote Russian destination is abundant in wildlife and steeped in polar history.

MAMMOTH CLIFFS

Approximately 110 bird species nest in the towering cliffs of the Faroe Islands. Cape Enniberg, which stands at 2,400 feet (754 m) high, is one of the highest cliffs in the world.



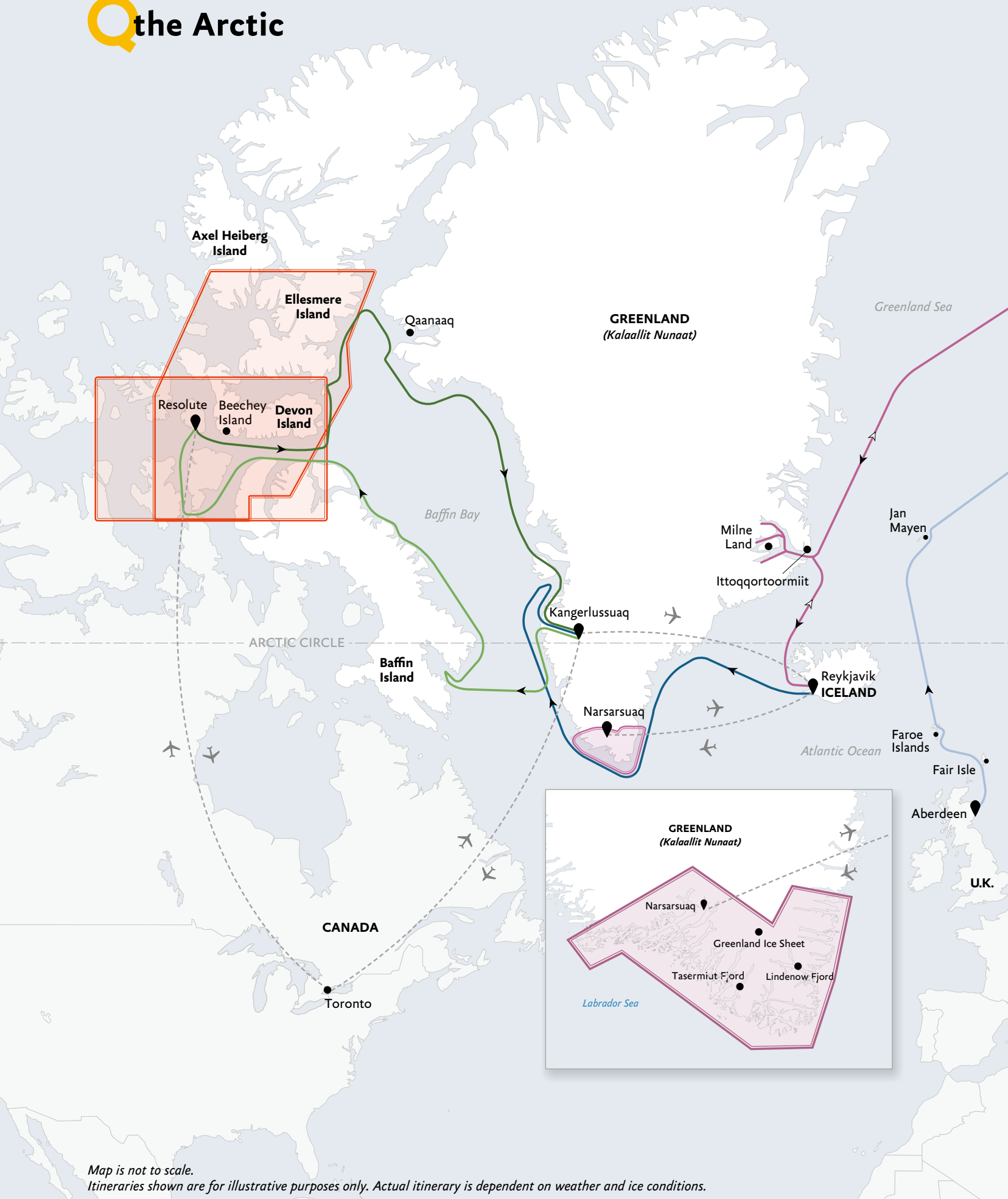
ICONIC ARCTIC WILDLIFE

From spotting polar bears in Spitsbergen, to sightings of muskoxen in Greenland, the Arctic is teeming with diverse wildlife. Here are some of the animals you may see:



Arctic fox, walrus, muskox, reindeer, polar bear, whales, birds & more.

The Arctic is a mass of sea ice floating over the Arctic Ocean, surrounded by North America, Europe and Asia. Use this infographic to help narrow down your choices of *where to explore*.



Map is not to scale.
 Itineraries shown are for illustrative purposes only. Actual itinerary is dependent on weather and ice conditions.



CANADA, GREENLAND, ICELAND, NORWAY, RUSSIA. Where do you want to go? With itineraries to the rarely visited Russian High Arctic and the remote Canadian Arctic—plus time-honored favorites brought back by popular demand—Quark Expeditions’ lineup for 2022 and 2023 offers guests the chance to experience a complete range of Arctic adventures, some of them never-before-offered. There are multi-destination voyages tailored to those who want to sample a little bit of everything the Arctic has to offer and our In-Depth Explorations, which dig deep into specific Arctic regions. Let your Arctic voyage begin!

ITINERARIES AND SCHEDULED ROUTES

This is a sample of our Arctic itineraries. For even more options, please see additional voyage pages.

- NEW** Arctic Express Canada: The Heart of the Northwest Passage See page 26
- NEW** Canada’s Remote Arctic: Northwest Passage to Ellesmere and Axel Heiberg Islands See page 27
- Northwest Passage: In the Footsteps of Franklin See page 28
- Northwest Passage Epic High Arctic See page 29
- Essential Greenland: Southern Coasts and Disko Bay See page 24

- Arctic Saga: Exploring Spitsbergen via the Faroes and Jan Mayen See page 12
- Three Arctic Islands: Spitsbergen, Greenland and Iceland See page 13
- Spitsbergen In Depth: Big Island, Big Adventure See page 19
- North Pole: The Ultimate Arctic Adventure See page 32
- Jewels of the Russian Arctic: Franz Josef Land and Novaya Zemlya See page 30
- High Arctic Odyssey: Remote Russian Archipelagos See page 31
- NEW** Greenland Adventure: Explore by Sea, Land and Air See pages 22-23

NOT SHOWN ON MAP:

- Best of the Western Arctic: Canada and Greenland See page 25
- Introduction to Spitsbergen: Fjords, Glaciers and Wildlife of Svalbard See page 17
- Spitsbergen Explorer: Wildlife Capital of the Arctic See page 18
- Spitsbergen Highlights: Expedition in Brief See page 16
- Spitsbergen Photography: In Search of Polar Bears See page 20

- Scheduled routes
- Flight routes
- If conditions permit
- Approximate limit of exploration area

Multi-destination voyages.

Perfect for first-time travelers to the Arctic, our Multi-Destination itineraries let you experience impressive icebergs, iconic wildlife, traditional Inuit culture and other highlights in different parts of the Arctic and Sub-Arctic. Two voyages (ranging from 14 to 15 days) take in the best that Greenland, Iceland, Spitsbergen, the Faroe Islands and the seldom-visited Jan Mayen have to offer.

NATURE IS THE TOUR GUIDE:

Sea, ice, and weather conditions will ultimately influence your trip itinerary. Embrace the unexpected!

Zodiac cruising in Nordvestford, East Greenland.



In This Section

- › Two immersive itineraries
 - › A three islands itinerary exploring Spitsbergen, Greenland and Iceland
- See page 13*

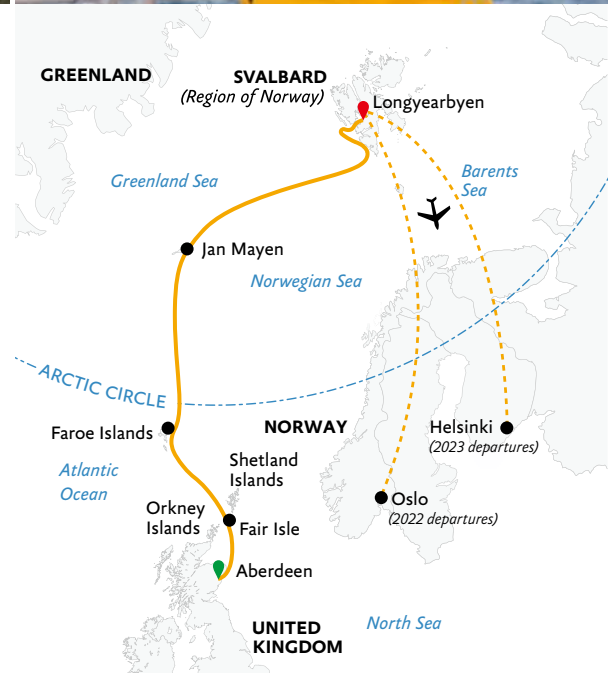


Exploring the Fair Isle coastline; an encounter with Svalbard Reindeer; capturing the scenery.

Arctic Saga: Exploring Spitsbergen via the Faroes and Jan Mayen

Departing from Aberdeen, Scotland, the *Arctic Saga* voyage visits four remote Arctic islands. Sail through the North Atlantic to Fair Isle, famous for its bird observatory, followed by two days exploring the Viking and Norse sites on the Faroe Islands. Then it's onto the world's northernmost volcanic island, Jan Mayen. The last two days of your 14-day voyage are spent exploring Spitsbergen, always on the lookout for polar bears.

Nature is the tour guide: Sea, ice, and weather conditions will determine your trip itinerary. Embrace the unexpected.



2 departures | 14 days

May 2022 & 2023

Embarkation: Aberdeen, Scotland

Disembarkation: Longyearbyen, Norway

See Dates and Rates for details.

✈ Charter flight:

To Oslo, Norway (2022)

To Helsinki, Finland (2023)

(included in mandatory transfer package)

Ship:

Ocean Adventurer

Adventure Options:

See pages S2-S3 for more details





A Zodiac cruise with a view.

Three Arctic Islands: Spitsbergen, Greenland and Iceland

Named one of the *50 Tours of a Lifetime* by *National Geographic Traveler*, this voyage offers the best of the eastern Arctic in one voyage. You start in Spitsbergen, Norway, then sail south to Greenland to explore the world's largest fjord system and end in Iceland. There's something for everyone: polar bears, walrus, muskoxen, local culture, ancient Thule settlements (predecessors of the Inuit), hikes along the glacial moraine and tundra, and more.

Nature is the tour guide: Sea, ice, and weather conditions will determine your trip itinerary. Embrace the unexpected.

2 departures | 15 days

August 2022 & 2023

Embarkation: Longyearbyen, Norway

Disembarkation: Reykjavik, Iceland

See Dates and Rates for details.

✈ Charter flight:

From Oslo, Norway (2022)

From Helsinki, Finland (2023)

(included in mandatory transfer package)

Ship:

Ocean Adventurer

Adventure Options:

See pages 52-53 for more details



A person with long dark hair, wearing a yellow and black jacket, is seen from behind, looking out over a vast, snowy mountain range under a clear blue sky. The person's hands are tucked into their jacket pockets. The background shows rugged, snow-dusted peaks and a body of water in the distance.

In-depth explorations.

Our region-specific expeditions to Norway, Greenland, Russia and Canada are ideal for those who know where they want to go and for past travelers who've explored the highlights and would now like to drill a little deeper and explore a little further into one Arctic domain. Such trips are also ideal for first-timers who are eager to explore one specific region in depth. Our range of itineraries covers four Arctic regions, allowing you to choose the adventure that best suits your travel desires.

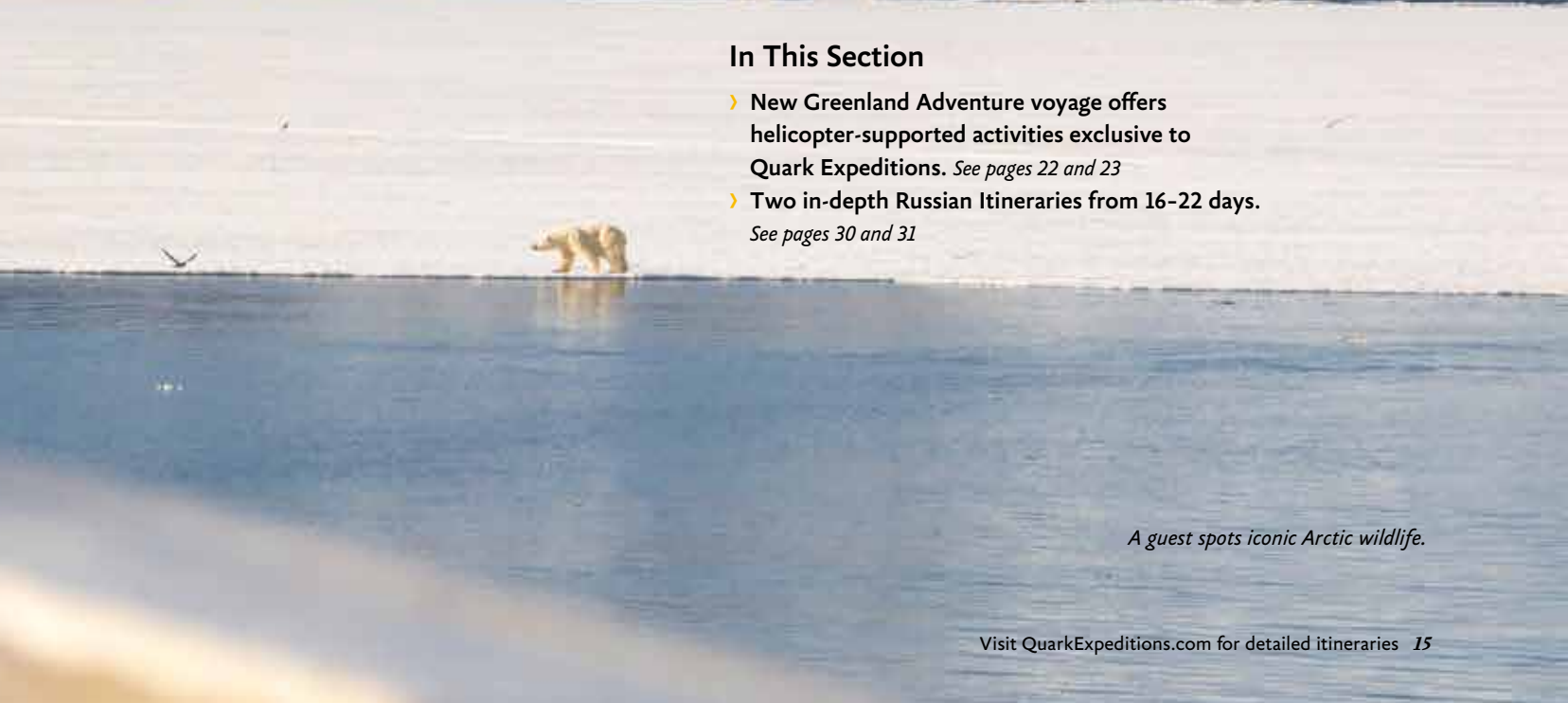
NATURE IS THE TOUR GUIDE:

Sea, ice, and weather conditions will ultimately influence your trip itinerary. Embrace the unexpected!



In This Section

- › New Greenland Adventure voyage offers helicopter-supported activities exclusive to Quark Expeditions. *See pages 22 and 23*
- › Two in-depth Russian Itineraries from 16-22 days. *See pages 30 and 31*



A guest spots iconic Arctic wildlife.



Enjoying the incredible landscapes of Spitsbergen.

Spitsbergen Highlights: Expedition in Brief

Our popular *Spitsbergen Highlights* expedition is ideal for guests who are looking to experience the best of Spitsbergen but are short on time. You can pack a lot into just seven days, including a scenic journey along the island's west coast, where you'll encounter rocky mountains, glaciers, towering cliffs and fjords. You'll be on a constant lookout for wildlife—especially for the majestic polar bear.

Nature is the tour guide: Sea, ice, and weather conditions will determine your trip itinerary. Embrace the unexpected.



5 departures | 7 days

May/June 2022 & July 2023

Embarkation/Disembarkation:

Longyearbyen, Norway

See Dates and Rates for details.

✈ Charter flight:

To/from Oslo, Norway (2022)

To/from Helsinki, Finland (2023)

(included in mandatory transfer package)

Ship:

Ultramarine

Ocean Adventurer

Adventure Options:

See pages 52-53 for more details





Zodiac cruising around Spitsbergen; hiking the Arctic terrain; a pair of walrus.

Introduction to Spitsbergen: Fjords, Glaciers and Wildlife of Svalbard

Experience everything this island has to offer on our 10-day itinerary, which covers western Spitsbergen as well as the stunning fjords and outlying islands to the north. You'll hike the tundra, zip through fjords on a Zodiac and experience vast expanses of icebergs. Wildlife-viewing includes walrus, reindeer and polar bears. The Norwegian Arctic has been inspiring explorers for centuries—it's time you joined their ranks.

Nature is the tour guide: Sea, ice, and weather conditions will determine your trip itinerary. Embrace the unexpected.



7 departures | 12 days

May/June 2022 & 2023

Embarkation/Disembarkation:

Longyearbyen, Norway

See Dates and Rates for details.

✈ Charter flight:

To/from Oslo, Norway (2022)

To/from Helsinki, Finland (2023)

(included in mandatory transfer package)

Ship:

Ultramarine

Ocean Adventurer

Adventure Options:

See pages S2-S3 for more details





Spotting a herd of Svalbard reindeer.

Spitsbergen Explorer: Wildlife Capital of the Arctic

Explore Spitsbergen's rugged west coast enroute to the lesser visited southern and northern shorelines on a 12-day sailing. We journey in continuous daylight, seeking walrus and polar bears amidst stunning glaciers, towering cliffs, abandoned historical sites and colorful tundra. The landscapes in the outlying islands to the north are as varied as the animal life and will leave you with indelible memories.

Nature is the tour guide: Sea, ice, and weather conditions will determine your trip itinerary. Embrace the unexpected.



7 departures | 12 days

May/June 2022 & 2023

Embarkation/Disembarkation:

Longyearbyen, Norway

See Dates and Rates for details.

✈ Charter flight:

To/from Oslo, Norway (2022)

To/from Helsinki, Finland (2023)

(included in mandatory transfer package)

Ship:

Ultramarine

Ocean Adventurer

Adventure Options:

See pages S2-S3 for more details





Guests hiking the Svalbard landscape, icy waters; an Arctic fox.

Spitsbergen In Depth: Big Island, Big Adventure

Our longest Spitsbergen expedition attempts to circumnavigate the island and, if conditions allow, venture around the entire Svalbard archipelago. This trip offers maximum exploration time on land and at sea, making it the best voyage for viewing polar bears and walruses, reindeer and foxes, whales and seabirds. Landing sites yield abandoned whaling settlements, tundra meadows, glaciers and icebergs, seabird breeding grounds and more.

Nature is the tour guide: Sea, ice, and weather conditions will determine your trip itinerary. Embrace the unexpected.



2 departures | 14 days

July 2022 & 2023

Embarkation/Disembarkation:

Longyearbyen, Norway

See Dates and Rates for details.

✈ Charter flight:

To/from Oslo, Norway (2022)

To/from Helsinki, Finland (2023)

(included in mandatory transfer package)

Ship:

Ocean Adventurer

Adventure Options:

See pages S2-S3 for more details





A curious polar bear; capturing the Arctic scenery; spotting iconic wildlife on a Zodiac cruise.

Back by
POPULAR
DEMAND

Spitsbergen Photography: In Search of Polar Bears

Embrace your expeditionary spirit on this new voyage which enables the quest for polar bears and other photogenic wildlife to determine our route amidst the raw beauty of the Norwegian Arctic. The opportunities to photograph wildlife and awe-inspiring polar landscapes in continuous daylight are more than plentiful. An early-season departure offers more opportunity to search for elusive polar bears on the sea ice.

Nature is the tour guide: Sea, ice, and weather conditions will determine your trip itinerary. Embrace the unexpected.

2 departures | 14 days

June 2022 & May 2023

Embarkation/Disembarkation:

Longyearbyen, Norway

See Dates and Rates for details.

✈ Charter flight:

To/from Oslo, Norway (2022)

To/from Helsinki, Finland (2023)

(included in mandatory transfer package)

Ship:

Ultramarine

Adventure Options:

See pages S2-S3 for more details





Scoresby Sund.



Under the Northern Lights: Exploring Iceland and East Greenland

Our most comprehensive exploration of East Greenland begins in the seldom-visited Vestfjords in Iceland's north and then on to Greenland's Scorebysund and King Oscar Fjord systems. You'll search for wildlife, visit the world's largest national park, Northeast Greenland National Park, where 40% of the world's muskoxen live, and possibly witness the Northern Lights. Visiting the remote Inuit community of Ittoqqortoormiit will make for an unforgettable experience.

Nature is the tour guide: Sea, ice, and weather conditions will affect your trip itinerary. Embrace the unexpected.



4 departures | 14 days

September 2022 & 2023

Embarkation/Disembarkation: Reykjavik, Iceland

Ship:

Ocean Adventurer

Adventure Options:

See pages S2-S3 for more details





Taking a moment to enjoy the stunning Greenlandic scenery; amping up the adventure with a paddling excursion; fresh local ingredients prepared at Tasermiut Camp.



Greenland Adventure: Explore by Land, Sea and Air

Quark Expeditions has once again accomplished another polar first by offering the first voyage developed in partnership with local communities. Leveraging the best of South Greenland, this expedition will allow you to set foot on the Greenland Ice Sheet, go heli-hiking in the high alpine regions, or choose to participate in one of many adventurous added Adventure Activities. Our local partners will help you experience the best South Greenland has to offer while also enjoying the creature comforts of *Ultramarine* alongside her exceptional expedition facilities including two-twin engine helicopters and a custom zodiac hangar capable of getting you out on your experiences faster than any other vessel.

Nature is the tour guide: Sea, ice, and weather conditions will determine your trip itinerary. Embrace the unexpected.



4 departures | 9 days

July 2023 & 2023

Embarkation/Disembarkation: Narsarsuaq, Greenland

See Dates and Rates for details.

✈ Charter flight:

To/from Reykjavík, Iceland
(included in mandatory transfer package)

Ship:

Ultramarine

Q the Greenland Adventure

The Adventure Options on this trip (many of them supported by helicopter) provide guests with the exclusive opportunity to experience remote, seldom-visited parts of Greenland where so few have gone before.

Incredible aerial views of Lake Tasersuaq in South Greenland.

Included Activities:



HIKING

Guided hikes are designed to suit guests of different hiking abilities and diverse interests.



PADDLING EXCURSION

Our program provides sit-on-top, two-person, inflatable kayaks that give guests an intimate, water-level experience.

As with any activity the Polar Regions, our Greenland Adventure Options are weather dependent. Guest safety always comes first.

See pages 52-53 for more details on Adventure Options.



FLIGHTSEEING

Guests enjoy an unforgettable aerial tour of South Greenland on *Ultramarine's* two twin-engine helicopters.



HELI-HIKING

Our twin-engine helicopters transfer you to and from the most scenic hiking routes of Southern Greenland.



ICE SHEET EXPERIENCE

Ascend high above the cascading coastal glaciers onto the immense plateau of the Greenland Ice Sheet.

Paid Activities:



ALPINE KAYAKING | \$595

Kayak remote glacial lakes high in the upper alpine zones of remote Southern Greenland.



MOUNTAIN BIKING | \$595

Ultramarine's twin-engine helicopters will take you to incredible mountain biking routes of Southern Greenland.



GREENLAND CAMPING EXPERIENCE | \$795

Join local hosts overnight at Tasermiut Camp, one of the most exclusive camps in Greenland.



Guests enjoying a community visit; exploring Ilulissat icefjord; two playful Greenlandic dogs.

Essential Greenland: Southern Coasts and Disko Bay

One of our most popular itineraries, *Essential Greenland: Southern Coasts and Disko Bay* is enhanced with the introduction of our game-changing polar vessel *Ultramarine*. Sail the icy waters of the southeast coast, then voyage down to the lush southern tip, stopping to visit picturesque villages and Norse ruins while admiring the rugged landscape. Then you'll head all the way up to Disko Bay to experience some of the best scenery and culture that Greenland (known by the Inuit as Kalaallit Nunaat) has to offer.

Nature is the tour guide: Sea, ice, and weather conditions will determine your trip itinerary. Embrace the unexpected.



2 departures | 15 days

July 2022 & June 2023

Embarkation: Reykjavik, Iceland

Disembarkation: Kangerlussuaq, Greenland

See Dates and Rates for details.

✈ Charter flight:

Kangerlussuaq to Reykjavik
(included in mandatory transfer package)

Ship:

Ultramarine

Adventure Options:

See pages 52-53 for more details





Guests exploring Ilulissat Icefjord.

Best of the Western Arctic: Canada and Greenland

Venture far above the Arctic Circle to a land where polar bears roam. On *Best of the Western Arctic: Canada and Greenland*, you'll explore the northerly shores of Canada's Baffin Island and the western coast of Greenland, visiting local communities and searching for wildlife. Expect stunning views of the soaring cliffs and the sculpted icebergs.

Nature is the tour guide: Sea, ice, and weather conditions will determine your trip itinerary. Embrace the unexpected.



2 departures | 20 days

September 2022 & 2023

Embarkation/Disembarkation:

Kangerlussuaq, Greenland

See Dates and Rates for details.

✈ Charter flight:

To/from Toronto, Canada
(included in mandatory
transfer package)

Ship:

Ultramarine

Adventure Options:

See pages S2-S3 for more details





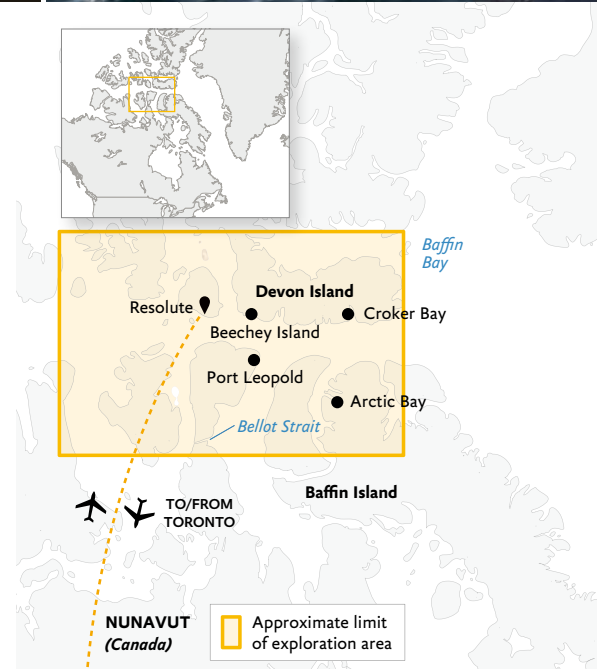
Inuit woman in traditional dress; breathtaking landscapes of the Canadian Arctic; whale sighting.



Arctic Express Canada: The Heart of the Northwest Passage

Explore the iconic sea route at the top of the world on our new expedition ship, *Ultramarine*. You'll get to admire breath-taking landscapes, calving glaciers, polar bears and other iconic wildlife as you journey along the Northwest Passage. Stop at remote outposts such as Beechey Island, where you can pay your respects at the graves of members of the ill-fated Franklin expedition of 1845-46. Experience all the highlights of the Northwest Passage in just 9 days.

Nature is the tour guide: Sea, ice, and weather conditions will determine your trip itinerary. Embrace the unexpected.



2 departures | 9 days

August 2022 & 2023

Embarkation/Disembarkation:

Resolute, Canada

See Dates and Rates for details.

✈ Charter flight:

To/from Toronto, Canada
(included in mandatory transfer package)

Ship:

Ultramarine

Adventure Options:

See pages S2-S3 for more details





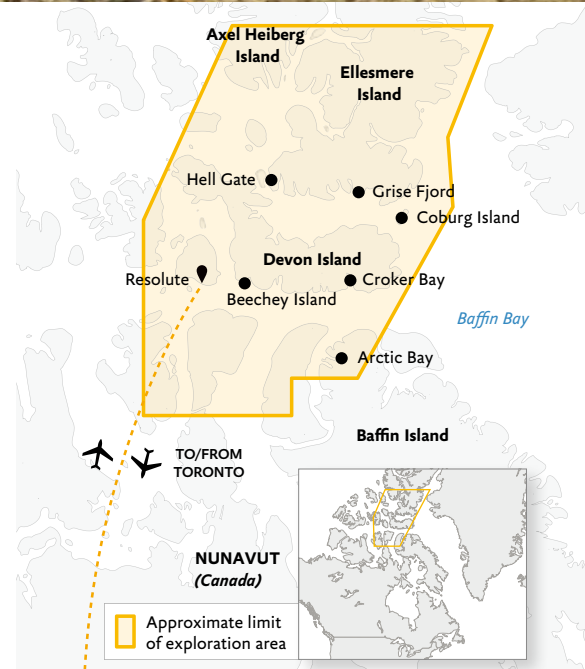
Guests on a hike in Radstock Bay.



Canada's Remote Arctic: Northwest Passage to Ellesmere and Axel Heiberg Islands

Journey through the Northwest Passage to Ellesmere and Axel Heiberg Islands on our new expedition vessel *Ultramarine*. You'll enjoy unique perspectives of the remote bays, inlets and channels of Canada's remote Arctic on *Ultramarine's* two twin-engine helicopters and 20 quick-launching Zodiacs. The wildlife sightings in this rugged, rarely-visited region will astound you: polar bears, whales, seals, walruses and muskoxen.

Nature is the tour guide: Sea, ice, and weather conditions will determine your trip itinerary. Embrace the unexpected.



2 departures | 12 days

August 2022 & 2023

Embarkation/Disembarkation:

Resolute, Canada

See Dates and Rates for details.

✈ Charter flight:

To/from Toronto, Canada
(included in mandatory
transfer package)

Ship:

Ultramarine

Adventure Options:

See pages 48-49 for more details





Exploring Pangiirtung Fjord; a polar bear and her cub; a performance from Pond Inlet locals.

Northwest Passage: In the Footsteps of Franklin

Sail along the coast of Greenland before setting off for the remote Canadian Arctic as we retrace the route of the intrepid Franklin Expedition of 1845 on our game-changing new vessel, *Ultramarine*. The ship's two helicopters and 20 quick-launching Zodiacs enable you to explore Greenlandic villages, view glaciers, dramatic fjords and towering icebergs, and hike the Arctic tundra while looking for whales, walrus, muskoxen and polar bears.

Nature is the tour guide: Sea, ice, and weather conditions will determine your trip itinerary. Embrace the unexpected.

2 departures | 17 days

July 2022 & August 2023

Embarkation: Kangerlussuaq, Greenland

Disembarkation: Resolute, Canada

See Dates and Rates for details.

✈ Charter flight:

To/from Toronto, Canada
(included in mandatory transfer package)

Ship:

Ultramarine

Adventure Options:

See pages S2-S3 for more details





Taking in the dramatic scenery of Uummannaq, West Greenland.

Northwest Passage: Epic High Arctic

You'll spend more than two weeks on our new ship, *Ultramarine*, as we explore the fabled Northwest Passage. We'll take advantage of *Ultramarine's* two helicopters and 20 quick-launching Zodiacs to explore the highlights of the Canadian Arctic and Greenland's stunning west coast, visiting traditional Inuit and Greenlandic communities, and witnessing one of the world's fastest moving glaciers at Ilulissat Icefjord. As always, we'll stay on the lookout for whales, walrus, muskoxen and elusive polar bears.

Nature is the tour guide: Sea, ice, and weather conditions will determine your trip itinerary. Embrace the unexpected.



2 departures | 17 days

August 2022 & 2023

Embarkation: Resolute, Canada

Disembarkation: Kangerlussuaq, Greenland

See Dates and Rates for details.

✈ Charter flight:

To/from Toronto, Canada
(included in mandatory transfer package)

Ship:

Ultramarine

Adventure Options:

See pages S2-S3 for more details





Quark Expeditions' staff exploring the Russian High Arctic.

Jewels of the Russian Arctic: Franz Josef Land and Novaya Zemlya

Retrace the route of Willem Barentsz, the first European explorer to overwinter in the Arctic in 1596, and visit research stations in the rarely traveled Russian Arctic. The two captivating archipelagos offer up breathtaking views of pristine wilderness, calving glaciers and rugged shorelines, some of the richest history of polar expedition, and iconic wildlife such as walrus, whales, seabirds and polar bears.

Nature is the tour guide: Sea, ice, and weather conditions will determine your trip itinerary. Embrace the unexpected.



2 departures | 16 days

July 2022 & 2023

Embarkation/Disembarkation:

Murmansk, Russia

See Dates and Rates for details.

✈ Charter flight:

To/from Helsinki, Finland
(included in mandatory transfer package)

Ship:

Ocean Adventurer

Adventure Options:

See pages S2-S3 for more details





Taking in the vast Russian landscape; top view of a Tellman Fjord glacier; a herd of walrus.

High Arctic Odyssey: Remote Russian Archipelagos

In the spirit of a true Arctic adventure, this 22-day voyage to the Russian Arctic will explore the rarely-visited Kara Sea—and journey toward Severnaya Zemlya, the last territorial discovery on the planet. You'll also experience Novaya Zemlya, the remote archipelago where the earliest explorers overwintered, and visit historical sites at Franz Josef Land, the world's northernmost archipelago, and look for iconic Arctic wildlife such as polar bears, walruses and seabirds.

Nature is the tour guide: Sea, ice, and weather conditions will determine your trip itinerary. Embrace the unexpected.



2 departures | 22 days

August 2022 & 2023

Embarkation/Disembarkation:

Murmansk, Russia

See Dates and Rates for details.

✈ Charter flight:

To/from Helsinki, Finland
(included in mandatory transfer package)

Ship:

Ocean Adventurer

Adventure Options:

See pages 52-53 for more details





50 Years of Victory; hot air ballooning at the North Pole; an inquisitive polar bear.

North Pole: The Ultimate Arctic Adventure

Traveling on the legendary *50 Years of Victory* icebreaker, you'll venture to 90° North to stand at the very top of the globe. Quark Expeditions recently celebrated the 30th anniversary of our inaugural North Pole journey in 1991. Your vessel will crush through thick pack ice, enabling you to view Arctic wildlife, enjoy helicopter flightseeing, view bird colonies, enjoy a barbecue on the ice—and perhaps take a polar plunge. Later, you'll visit historical sites of Franz Josef Land archipelago.

Nature is the tour guide: Sea, ice, and weather conditions will determine your trip itinerary. Embrace the unexpected.



14-Day Voyage

📍 **Embarkation/Disembarkation:**
Murmansk, Russia

✈️ **Charter flight:**
To/from Helsinki, Finland
(included in mandatory transfer package)

Ship:
50 Years of Victory

Adventure Options:
See pages S2-S3 for more details



“

We had the most perfect day as we approached Franz Josef Land. It was so sunny when I woke up, I **had to open the window [and saw] three bowhead whales not that far from the ship.** This was very auspicious... It was like they came to welcome us to these islands that few people ever see.”

— MEGAN MITCHELL

North Pole: The Ultimate Arctic Adventure
50 Years of Victory | July 2017

A man with grey hair and a mustache, wearing sunglasses and a bright yellow jacket, is seated in a boat. He is looking out towards a vast body of water. In the distance, there are snow-capped mountains and several large icebergs floating on the water. The sky is filled with soft, white clouds. The overall scene conveys a sense of adventure and exploration in a high-latitude environment.

*Our
superior
fleet.*

Qthe Adventure

Quark Expeditions maintains the largest, most diverse fleet of small polar vessels in the industry, offering guests a wide range of choice based on the polar experience they'd like. The capacity of our ships ranges from 128 to 199 guests, which creates an intimate, relaxed onboard ambience. The small size of our vessels also means we're able to navigate hard-to-reach Arctic destinations that are inaccessible to larger vessels.

Each ship delivers a unique experience of its own. You get to choose. For instance, *Ultramarine*, with its two helicopters and 20 quick-deploy Zodiacs—not to mention superior onboard amenities—offers the most off-ship adventure activities in the Polar Regions. Then there's the legendary polar ice-breaker *50 Years of Victory*, much respected for its unrivalled ability to navigate the remote, ice-laden waters of the Arctic. And there are the classic touches of *Ocean Adventurer* that make it a favorite with guests and crew alike.



Rendering of Ultramarine.



BALCONY SUITE



TERRACE SUITE



DELUXE BALCONY SUITE

NEW Ultramarine

The newest ship in our fleet, *Ultramarine* is designed to take you deeper into the Polar Regions than any other operator for a truly immersive polar experience. Equipped with two twin-engine helicopters, *Ultramarine* offers the most robust portfolio of adventure activities in the industry, and features the category's most spacious suites, breathtaking public spaces, and more outdoor wildlife viewing spaces than other expedition ships its size, complemented by an innovative mix of sustainability features that exceed all industry standards.

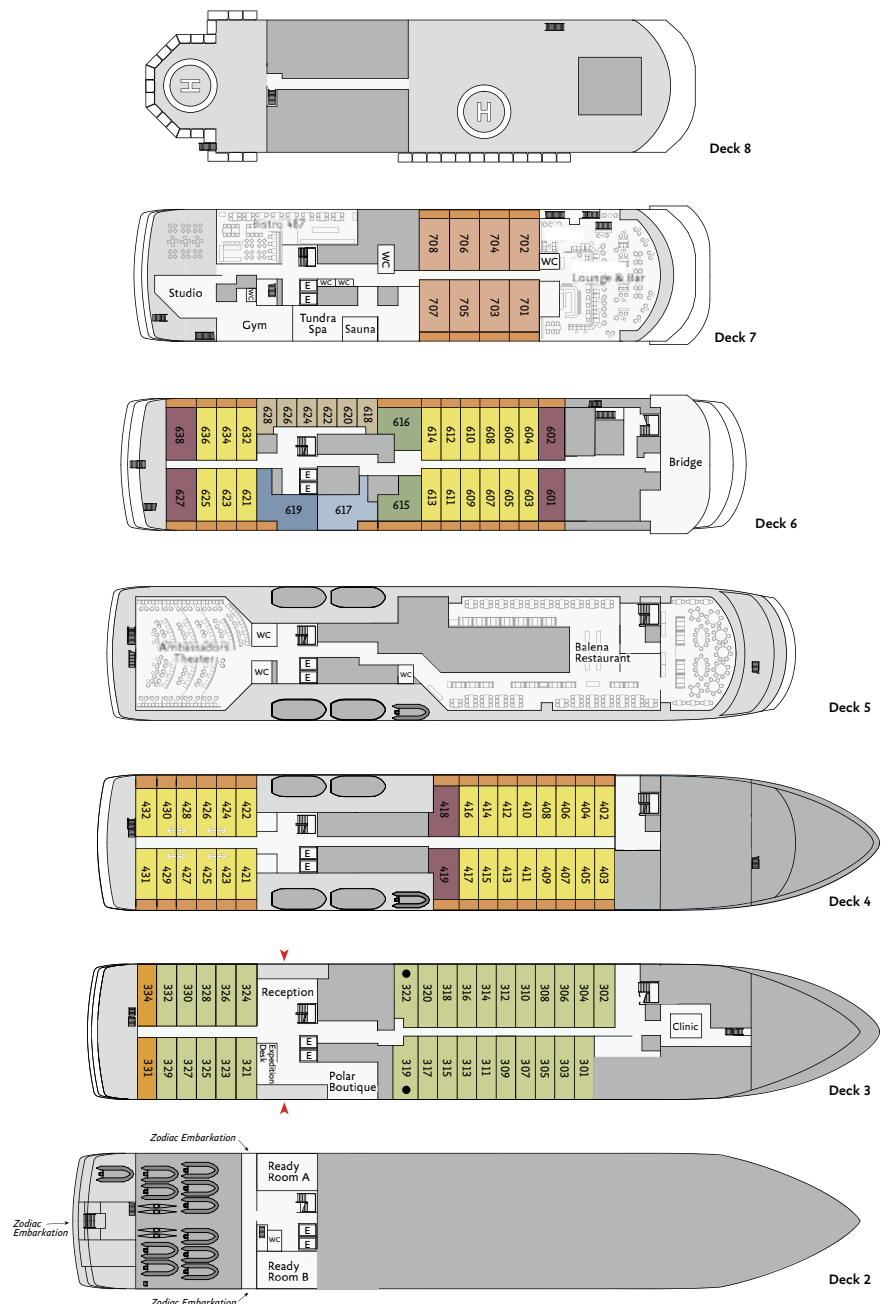
Q the Adventure on Ultramarine! This game-changing ship is positioned to deliver the most immersive polar experiences in the Arctic.

Ship Specifications:

- Staff & Crew: 140
- Guests: 199
- Lifeboats: 4, fully enclosed
- Ice Class: PC6

Suite Categories:

- ULTRA SUITE:** One double or two single beds, balcony, refrigerator, safe, TV, bedroom/walk-in closet, sitting area/additional walk-in closet, two separate living spaces, powder room, bathroom with shower, bathtub and heated floors.
- OWNER'S SUITE:** One double or two single beds, balcony, refrigerator, safe, TV, bedroom/walk-in closet, sitting area/additional closet, two separate living spaces, powder room, bathroom with shower, bathtub and heated floors.
- PENTHOUSE SUITE:** One double or two single beds, balcony, refrigerator, safe, TV, and a private bathroom with shower, bathtub and heated floors.
- TERRACE SUITE:** One double or two single beds, balcony, refrigerator, safe, TV, and a private bathroom with shower, bathtub and heated floors.
- DELUXE BALCONY SUITE:** One double or two single beds, balcony, refrigerator, safe, TV, and a private bathroom with shower, bathtub and heated floors.
- BALCONY SUITE:** One double or two single beds, balcony, refrigerator, safe, TV, and a private bathroom with shower and heated floors. Some cabins in this category offer interconnecting rooms.
- EXPLORER SUITE:** One double or two single beds, picture window, refrigerator, safe, TV, and a private bathroom with shower and heated floors.
- EXPLORER TRIPLE:** Three single beds, two of which can be combined into a double bed, picture window, refrigerator, safe, TV, and a private bathroom with shower and heated floors.
- SOLO PANORAMA:** One single bed, floor-to-ceiling windows, refrigerator, safe, TV, and a private bathroom with shower and heated floors.



See Dates & Rates for cabin pricing.
Visit QuarkExpeditions.com to view deck plan details.

Unbeatable helicopter experience.

Quark Expeditions has the longest-running helicopter program in the Polar Regions—dating back to 1991. Today, our two best-in-class twin-engine helicopters on *Ultramarine* go further into the Polar Regions and get guests off the ship and enjoying their immersive polar excursions faster than any other operator.

The largest portfolio of off-ship adventure options in the industry.

Our two twin-engine helicopters (and two helidecks) plus our fleet of 20 quick-deploy Zodiacs enable guests to enjoy off-ship adventures never before possible, making Quark Expeditions the Leader in Polar Helicopter Adventure. Our helicopter-supported activities—designed to take guests beyond the polar horizons—include:

-  Flightseeing
-  Ice Sheet Experience
-  Heli-Landing
-  Greenland Camp Experience
-  Heli-Hiking
-  Mountain Biking
-  Alpine Kayaking

See pages 52-53 for more details on all Adventure Options.



Flightseeing



Adventure meets luxury



Industry leading safety

Advanced sustainability.

In keeping with our Polar Promise, our helicopters were selected for their:

- Status as the most fuel-efficient aircrafts of their category
- Small external footprint
- Reduced noise pollution.

Most experienced crew.

Our expedition team draws on 30 years of heli-expertise.

You'll fly with:

- The best trained helicopter pilots in the polar industry
- Pilots who are well-travelled and worldly
- Guides who are personable, and always create an intimate and accessible flight experience.

Industry leading polar safety.

Our state-of-the-art aircrafts are equipped with the latest technology, placing our helicopters among the safest in their class.

Adventure meets luxury.

You'll enjoy superior comfort in a sleek, best-in-class helicopter while flying over the pristine polar landscape.

Highlighting your polar flight:

- Best-in-class window sizes for viewing and photography opportunities
- The layout gives almost everyone on board an excellent window view (7 out of 8 get a window seat)
- Quiet flying experience
- Designed for ultimate comfort.

Ultramarine Amenities

In addition to the game changing off ship experiences, *Ultramarine* will provide you with an exceptional onboard experience. *Ultramarine* features 102 suites across nine categories, including six solo suites with floor-to-ceiling windows and the largest entry-level twin suites of its class. Each suite has been meticulously designed to keep guests inspired by, and connected to, the breathtaking polar landscapes outside. Learn all about what these cabins have to offer.

	<i>Solo Panorama</i>	<i>Explorer Triple</i>	<i>Explorer Suite</i>	<i>Balcony Suite</i>	<i>Deluxe Balcony Suite</i>	<i>Terrace Suite</i>	<i>Penthouse Suite</i>	<i>Owner's Suite</i>	<i>Ultra Suite</i>
Number of Cabins available	6	2	30	46	6	2	8	1	1
Balcony Size	-	-	-	52 ft ² (4.8 m ²)	70 ft ² (6.5 m ²)	100 ft ² (9.3 m ²)	67 ft ² (6.2 m ²)	46 ft ² (4.3 m ²)	46 ft ² (4.3 m ²)
Cabin Size	132 ft ² (12 m ²)	285 ft ² (26.5 m ²)	285 ft ² (26.5 m ²)	226 ft ² (21 m ²)	299 ft ² (28 m ²)	350 ft ² (32.5 m ²)	369 ft ² (34 m ²)	446 ft ² (41 m ²)	563 ft ² (52 m ²)
CABIN FEATURES									
Climate control	✓	✓	✓	✓	✓	✓	✓	✓	✓
Fridge	✓	✓	✓	✓	✓	✓	✓	✓	✓
In-cabin safe	✓	✓	✓	✓	✓	✓	✓	✓	✓
Individual cabin storage space	✓	✓	✓	✓	✓	✓	✓	✓	✓
Heated bathroom floors	✓	✓	✓	✓	✓	✓	✓	✓	✓
Separating beds	-	✓	✓	✓	✓	✓	✓	✓	✓
Sofa bed	-	-	<i>Select Suites</i>	<i>Select Suites</i>	✓	✓	✓	✓	✓
Dedicated living area	-	-	✓	✓	✓	✓	✓	✓	✓
Bathtub	-	-	-	-	✓	✓	✓	✓	✓
Enclosed toilet	-	-	-	-	✓	-	✓	✓	✓
Powder room	-	-	-	-	-	-	-	✓	✓
Private bedroom	-	-	-	-	-	-	-	✓	✓
Walk-in closet	-	-	-	-	-	-	-	✓	✓
EXTERIOR VIEWS									
Picture windows	-	✓	✓	-	-	-	-	-	-
Floor to ceiling windows	✓	-	-	-	-	-	-	✓	✓
Walk out balcony	-	-	-	✓	✓	✓	✓	✓	✓
AMENITIES									
Quark Expeditions parka	✓	✓	✓	✓	✓	✓	✓	✓	✓
Reusable water bottle	✓	✓	✓	✓	✓	✓	✓	✓	✓
Muck Boots, on loan for duration of voyage	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dedicated locker in Ready Room	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shampoo, conditioner and shower gel	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bathrobes and slippers	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hair dryer	✓	✓	✓	✓	✓	✓	✓	✓	✓
Upgraded bedding	-	-	-	-	-	✓	✓	✓	✓
In suite coffee	-	-	-	-	-	✓	✓	✓	✓
Binoculars, on loan for duration of voyage	-	-	-	-	-	-	-	✓	✓
ENTERTAINMENT/TECHNOLOGY									
USB charging station	✓	✓	✓	✓	✓	✓	✓	✓	✓
43" TV	✓	✓	✓	✓	-	-	✓	✓	✓
55" TV	-	-	-	-	✓	✓	✓	✓	✓
Onboard WiFi credit	-	-	-	-	-	✓	✓	✓	✓
OCCUPANCY OPTIONS									
Interconnecting cabins	-	-	-	<i>Select Suites</i>	-	-	-	-	-
Solo Request Share Cabins	-	✓	✓	-	-	-	-	-	-
SERVICES									
Access to fitness facilities	✓	✓	✓	✓	✓	✓	✓	✓	✓
Laundry service (for a fee)	✓	✓	✓	✓	✓	✓	✓	✓	✓
Laundry service (free of charge)	-	-	-	-	-	✓	✓	✓	✓
Light menu bistro service available in between meals	✓	✓	✓	✓	✓	✓	✓	✓	✓
In suite dining (during restaurant hours)	-	-	-	-	-	✓	✓	✓	✓
One hour spa treatment	-	-	-	-	-	-	-	✓	✓
Arrival transfers, where applicable	-	-	-	-	-	-	-	✓	✓
Upgraded pre/post-expedition hotel room, where applicable	-	-	-	-	-	-	-	✓	✓

A day onboard *Ultramarine*

*Relax, explore, learn, reflect,
and so much more!*



Penthouse Suite



Ready Room



Balena Restaurant

Wake up in your spa-inspired suite.

Every guest on *Ultramarine* wakes up to a view of the polar landscape. Private bathrooms with heated floors add to your morning comfort. Other possible amenities, depending on your suite: a picture window and/or balcony, a walk-in closet and sitting area, among other extra touches.

Join the early birds in Bistro 487.

Consider a quiet walk on the deck and then enjoy a morning cup of java with other early risers before breakfast.

Enjoy breakfast with a view.

Feel free to remain in Bistro 487 for your breakfast, or choose a table in our sleek, modern dining-room, Balena, which is designed with window views in every direction.

Get ready to explore the polar environment.

Get suited up for an off-ship excursion in *Ultramarine's* specially-designed Ready Rooms, complete with individual lockers to store and dry personal items and expedition gear while you enjoy your Zodiac cruise through the polar waters.

Keep your ears open for morning announcements.

Your Expedition Leader will announce any updates to the daily program and share weather announcements over the PA system to help you plan your day.

Enjoy wildlife views from the ship.

Ultramarine has more open deck space for viewing wildlife than any other ship of its size. Watch for whales, polar bears and other wildlife from the comfort of the ship.

Lunch.

Enjoy a delicious lunch while swapping stories and expedition experiences with fellow guests in our Balena Restaurant or Bistro 487.

Relax in the *Ultramarine* library.

Lose yourself in one of the many books on a wide array of polar subjects in the comfortable library.

Enjoy an unforgettable off-ship Adventure Option.

Choose from *Ultramarine's* robust portfolio of off-ship adventure options, such as sea kayaking, paddling excursions, or sign up for one of our helicopter-supported adventure options such as mountain biking or alpine kayaking.

Relax and rejuvenate back on the ship.

Consider a soothing massage or visit the steam room in Tundra, *Ultramarine's* beautifully designed spa. Or practice yoga in the Studio. Then perhaps experience our sauna with floor-to-ceiling windows that allow you to stay connected to the polar landscape while relaxing indoors.

Attend an expert presentation.

Join fellow guests in *Ultramarine's* Ambassadors Theater to learn from knowledgeable experts who present on various polar subjects. The schedule of these presentations will be determined by the day's activities.



Enjoy a cocktail before dinner

Pre-dinner cocktails.

Enjoy a cocktail with fellow guests while your Expedition Leader enthusiastically shares the daily recap and outlines the plan for the following day.

Dinner is served.

Sit down to a gourmet meal—inspired by cuisines from around the world—in the Balena Restaurant, which features outstanding views from every seat, full access to the 360-degree wraparound deck, and a variety of seating configurations to comfortably accommodate all guests and expedition staff. You also have the option of dining in the more casual and intimate Bistro 487.

Call it a day.

Wrap up your day with a drink in the Panorama Lounge with your new friends, or head out onto the deck to take in the calm, low-light at the end of the day. Then it's back to your spa-inspired cabin to rest up for tomorrow—another life-changing day on *Ultramarine*.



Spa



Heli-Hiking

From wilderness to wellness.

Guests traveling on *Ultramarine* have plenty of opportunities to rejuvenate and relax back onboard the ship after a day spent exploring the polar wilderness. Tundra, our state-of-the-art spa on Deck 7, is the onboard space where our guests can fully relax and unwind before their next off-ship adventure.



Tundra Spa

Inspired by the calming and serene polar landscapes, our Tundra spa, in collaboration with VOYA of Ireland, is the core of our wellness offering onboard *Ultramarine*. Guests can enjoy thoughtfully selected wellness treatments and luxurious organic products designed to nourish the body and relax the mind.

Amenities include:

- › Two dedicated treatment rooms with luxurious heated massage beds, as well as shower facilities, hair treatment studio, and a post-treatment relaxation room with ocean views.
- › An array of massages, body scrubs and wraps, including our signature Tundra Hot Stone Massage Journey.
- › All treatments feature VOYA organic skincare products, based on organic hand-harvested seaweed oils.



Sauna

Sauna

The beautifully-designed co-ed sauna on *Ultramarine* features floor-to-ceiling windows, which enable guests to relax back on the ship while still remaining connected to the icy waters and pristine Arctic landscape outside.



Fitness Center

Steam Room

The steam room is available for you to relax and rejuvenate after a hike or a workout.

Fitness Center and Studio

Our onboard fitness center is fully equipped with state-of-the-art equipment by Technogym, allowing guests to maintain their fitness regimen while traveling. The Studio also features mats and balls for stretching or informal yoga practice.

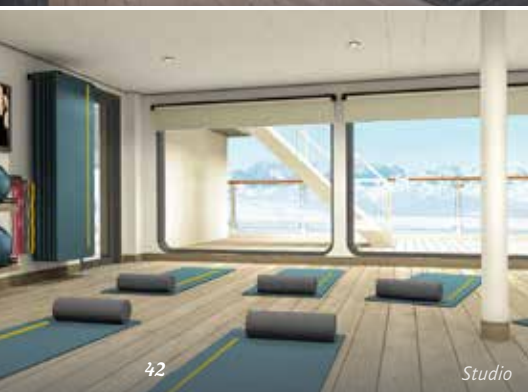


Nutritious Meals

With two onboard restaurants, our culinary team delivers contemporary meals with lighter options at every service. *(Please notify us of any dietary preferences at the time of booking.)*

Clean Air

In addition to the fresh air in the wide open spaces of the remote Polar Regions, guests also benefit from *Ultramarine's* advanced air filtration system. We want you to breathe easy on board and off-ship.



Studio

Food & drinks.

Food is an integral element of the expedition experience on *Ultramarine*. In addition to enjoying fine dining inspired by cuisines from around the world, meal times are excellent opportunities to share the day's highlights with fellow guests and engage with members of the expedition team and onboard polar experts.

Our internationally-trained chefs work with local experts across our far-flung destinations to source local items that provide an authentic flavor accent to selected food and beverage offerings. (*Please inform our team of dietary restrictions when you book your voyage.*) Desserts are fabulous! Afternoon tea, with pastries or cookies, is provided about 4 pm every day. Fresh pastries arrive warm from the oven for early birds about 6 am. Guests on *Ultramarine* can choose from two restaurants, as well as two additional bars.

Balena

Balena is our finer dining restaurant on *Ultramarine*, serving contemporary cuisine for breakfast, lunch and dinner with capacity to seat all guests and the entire expedition team at the same time. Expect globally-inspired dishes and regional specialties that feature locally sourced and sustainable ingredients. Savor house wines and beers at

lunch and dinner, or select from our in-restaurant beverage menu, featuring fine regional and global wines, as well as spirits (at an additional cost). Balena is designed so that every seat has a good view and there are four exits directly onto the wraparound deck, ensuring guests have easy access to the sometimes fleeting wonders of nature outside.



Balena



Ambassadors



Panorama

Bistro 487

Bistro 487 is the more casual restaurant on Deck 7, serving extended breakfast, lunch and dinner to accommodate those who rise early or late or simply want a change of scenery. The Bistro 487 menu features quicker meals and offers "grab and go" staples between meal times. With access to outdoor seating on the aft deck, Bistro 487 hosts the ever-popular Quark Expeditions barbecues and serves as an ideal location for those who relish the opportunity to enjoy a coffee or cocktail in the great outdoors.

Ambassadors

Ambassadors is the main theater/lounge on *Ultramarine*, where guests enjoy informative talks and presentations from a variety of expedition staff, polar experts and special guests. The Ambassadors bar will be open during presentation hours and for special events.

Panorama Lounge

The Panorama Lounge on Deck 7 is the main bar on *Ultramarine* and features spectacular forward views, a variety of comfortable seating and a convivial bar atmosphere offering an array of specialty cocktails, 24-hour coffee and tea, plus a well-stocked polar library.

Travel Well!



MAIN DECK TWIN WINDOW



DELUXE



OWNER'S SUITE

Ocean Adventurer

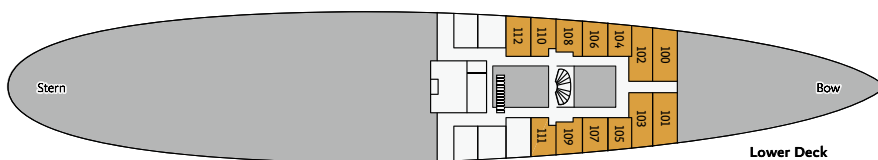
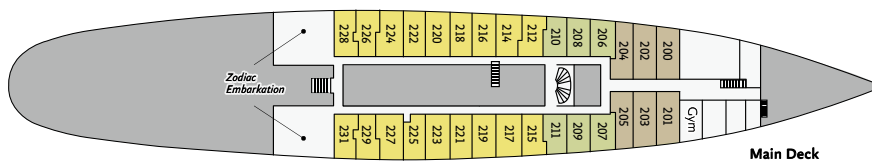
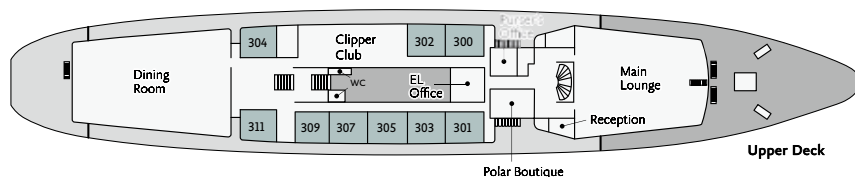
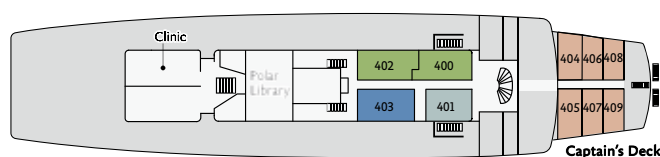
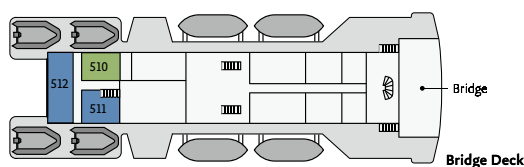
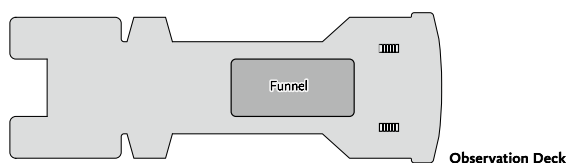
A guest favorite, *Ocean Adventurer* recently underwent a multi-million-dollar restoration. The ship's traditional mahogany and brass décor has been complemented by a completely refreshed lounge and dining room, as well as new bathrooms in public spaces and all cabins, updated Suites, and the addition of six Deluxe and three Owner's Suites. Technical improvements feature two new Rolls-Royce engines that increase fuel efficiency and minimize the ship's carbon footprint. Facilities include a dining room, multipurpose lounge and bar, gym, Polar Library and Polar Boutique.

Ship Specifications:

Staff & Crew: 87
 Guests: 128
 Lifeboats: 4, partially enclosed
 Ice Class: 1A

Cabin Categories:

- **OWNER'S SUITE:** Double bed, private sitting area, private bathroom, multiple windows with exterior views.
- **SUITE:** Double bed, private bathroom (Cabin 403 has bathtub, others have showers), windows with exterior views.
- **DELUXE:** Two lower beds, private bathroom, windows with exterior views.
- **SUPERIOR:** Two lower beds, private bathroom, windows with exterior views.
- **MAIN DECK TWIN WINDOW:** Two lower beds, private bathroom and window with exterior view.
- **MAIN DECK PORTHOLE:** Two lower beds, private bathroom, porthole with exterior views.
- **LOWER DECK TWIN:** Two lower beds, private bathroom, porthole with exterior views.
- **TRIPLE:** Two lower beds and one upper bed, private bathroom, porthole with exterior views.



See Dates & Rates for cabin pricing.
Visit QuarkExpeditions.com to view deck plan details.



ARKTIKA



SUITE



MINI SUITE

50 Years of Victory

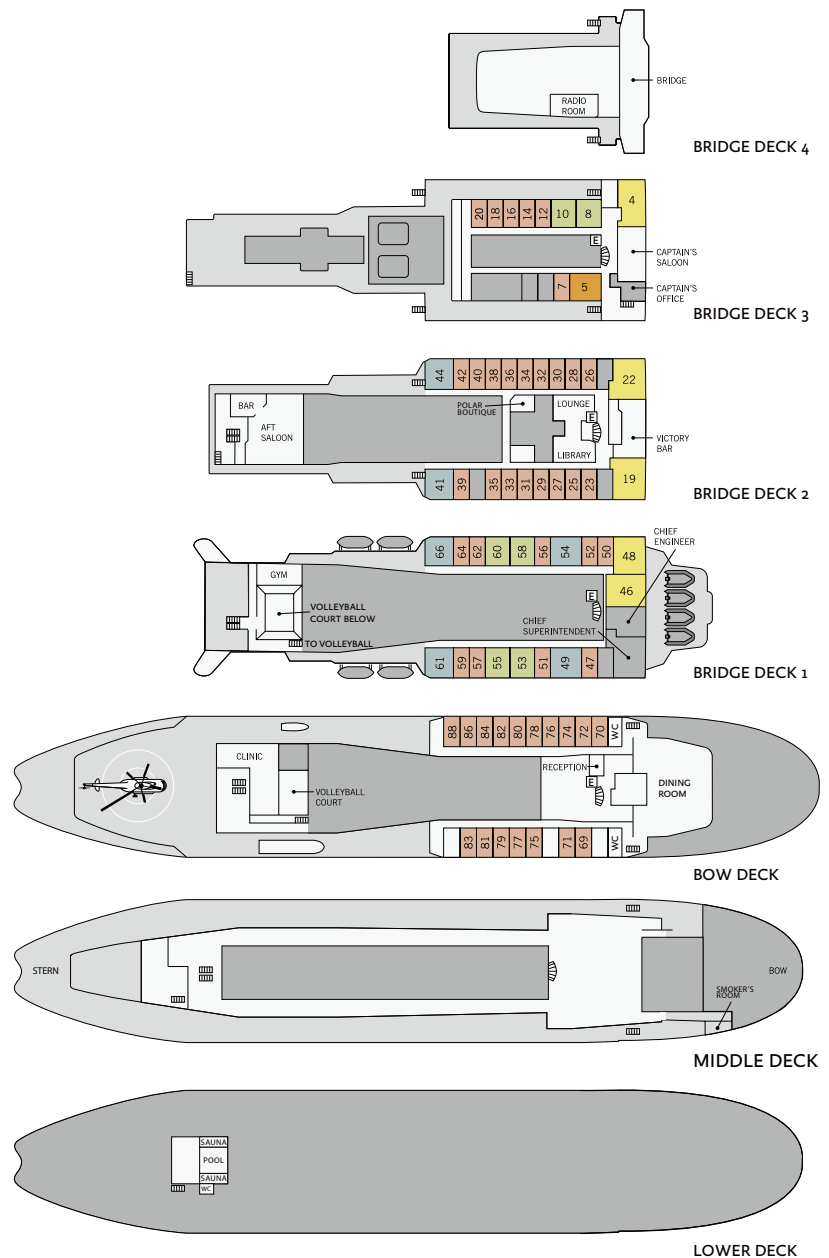
This nuclear-powered icebreaker is one of the most powerful in the world, capable of breaking through ice up to 8.2 feet thick. As such, the *50 Years of Victory* is in high demand, busy keeping shipping routes open the rest of the year. Having completed more than 50 journeys to the North Pole—and in record times—the ship carries with it a definitive cachet unmatched by any other. Facilities include a dining room, lounge and presentation room, all-inclusive bar, gym, basketball court, sauna, plunge pool, Polar Library, Polar Boutique and onboard helicopter for aerial sightseeing.

Ship Specifications:

- Staff & Crew: 140
- Guests: 128
- Lifeboats: 4, fully enclosed
- Ice Class: LLI (highest rating possible)

Suite Categories:

- **ARKITKA SUITE:** Spacious bedroom with single bed and sitting room with sofa bed, private bathroom with bathtub, TV, DVD player, coffee maker, exterior window opens
- **VICTORY SUITE:** Spacious bedroom with single bed and sitting room with sofa bed, private bathroom with shower, refrigerator, TV, DVD player, coffee maker, exterior window opens
- **SUITE:** Bedroom with sitting area and sofa bed, private bathroom with bathtub or shower, refrigerator, TV, DVD player, coffee maker, exterior window opens
- **MINI SUITE:** Sitting area with a sofa bed and curtained-off bedroom, TV and DVD player, private bathroom, exterior window opens
- **TWIN:** One lower bed and sofa bed, TV and DVD player, private bathroom, exterior window opens



See Dates & Rates for cabin pricing.
[Visit QuarkExpeditions.com](http://VisitQuarkExpeditions.com) to view deck plan details.

Q the On-Ship Experience

Quark Expeditions' fleet provides guests with many options to engage, relax, learn and stay connected to the polar environment even when they're onboard the ship.

Your life onboard.



Onboard enrichment

Daily presentations by experts in glaciology, penguinology, history, ornithology, marine biology and other polar-related subjects deepen your expedition experience.



Daily briefings and recaps

Guests can expect updates each morning on the day's highlights, weather changes and itinerary along with daily summaries in the afternoon/evening.



Opportunities to connect

Connect with fellow guests and expedition team members. Guests frequently interact with expedition team members in the dining room and on outer decks.



Superb dining

Our internationally-trained chefs oversee a menu that changes daily. Our culinary team strives to satisfy dietary preferences and tastes. Breakfast and lunch feature a buffet while dinner is a plated service. Afternoon tea (with pastries or cookies) is provided late afternoon, and fresh pastries are available for early birds before breakfast.



Exercise and wellness

Amenities vary from ship to ship. Guests on *Ocean Adventurer* have access to a gym, while those traveling on *50 Years of Victory* can relax in the sauna. Guests on our new ship *Ultramarine* can book into Tundra spa, enjoy the sauna with floor-to-ceiling windows or practice yoga in the Studio.



Wildlife viewing

Every ship has easy-access spots to observe wildlife while onboard. Our newest ship, *Ultramarine*, has more outdoor wildlife viewing spaces than other expedition ships its size.



Lounge and bar

Each ship offers a lounge and bar(s) for guests to gather together to enjoy coffee and afternoon snacks, socialize over drinks and for staff presentations.



*Amazing off-ship
experiences.*

Q the Adventure

Quark Expeditions has the most robust portfolio of adventure options in the polar industry—offering guests the opportunity to experience the Arctic landscape in ways never before imagined. The addition of the game-changing new vessel *Ultramarine*—with its two twin-engine helicopters and 20 quick-launching Zodiacs—

is a game changer in polar adventure. Quark Expeditions' portfolio of off-ship activities include heli-hiking, Zodiac cruising, alpine-kayaking, heli-flightseeing, mountain biking, participation in the polar plunge, photography excursions, hot-air ballooning and more.



Paddle excursion in Arctic waters.

Included in your expeditions



Heli-Landing

You'll be transported in small groups on *Ultramarine's* two twin-engine helicopters to landing sites only accessible by air. Expect stunning aerial views from your seat in the helicopter—and yet more incredible polar vistas once you land: glaciers, icebergs, remote landscapes, wildlife and more.

**Select departures.*



Heli-Hiking

Helicopters will transfer you to the start of the most scenic hiking routes of Southern Greenland and then pick you up at the end point of the route. Each heli-hiking departure will be tailored to your personal needs and level of interests.

**Greenland Adventure voyages only.*



Ice Sheet Experience

Ascend high above the cascading coastal glaciers onto the immense polar plateau of the Greenland Ice Sheet and take in the immensity of this overwhelming landscape. An excursion on one of *Ultramarine's* helicopters means you'll enjoy polar views very few others have ever experienced.

**Greenland Adventure voyages only.*



Flightseeing

Enjoy a bird's-eye view of the Arctic—icebergs, glaciers, snow-capped peaks, expansive waterways, fjords—while seated comfortably in one of *Ultramarine's* two twin-engine helicopters. Looking down upon the magnificent Arctic wilderness will give you a unique perspective of the polar environment.

**Select departures.*



Walking/Hiking

Each shore landing is an excellent opportunity for you to explore the terrain on foot. Travelers are split into groups based on hiking ability and area of interest, giving everyone a satisfying hour or two of exploration.



Polar Plunge

As madcap as it looks, willingly jumping into the bone-chilling ocean waters has become a polar rite of passage—and the photo ops are priceless. Dare yourself to take the plunge!



Zodiac Cruising

These polar-sturdy, reinforced rubber skiffs whisk you safely from the ship to the remote shorelines and back, taking you into the shallow waters that the ship can't reach. Touring around by Zodiac while looking out for wildlife is an intimate and relaxing way of exploring the Arctic bays and inlets.

All of our Adventure Options are weather-permitting. Not all activities are included on all voyages. See individual itineraries for specific details.

Additional activities



Greenland Camp Experience

Join local hosts at Tasermit Camp for a night at one of the most exclusive camps in Greenland. Enjoy an intimate small-group walk through the beautiful Greenlandic landscapes with a local chef who will identify fresh ingredients, after which you and your fellow guests will prepare an incredible meal together.

**Greenland Adventure voyages only. No experience required.*



Mountain Biking

Keen for a more active adventure? Our team has joined with local partners to identify incredible mountain biking routes through the stunning scenery of Southern Greenland. *Ultramarine's* helicopters will take you to the best terrain and be there to pick you up so you're always covering new ground along the way.

**Greenland Adventure voyages only. Must be moderately fit. Previous mountain biking experience required.*



Alpine Kayaking

Our expert kayak guides will take—by *Ultramarine's* helicopters—to remote glacial lakes high in the upper alpine zones of Southern Greenland. Find yourself in complete tranquility as you pioneer the untouched and raw beauty of these isolated lakes.

**Greenland Adventure voyages only. No experience required.*



Hot Air Ballooning

See the North Pole in a way few will ever experience, looking down from the basket of a tethered hot-air balloon. Weather permitting, we take you up for a breathtaking bird's-eye view of 90° North—a vista you will never forget.

**North Pole voyages only.*



Sea Kayaking

Kayaking along the rugged coastlines and through the calm bays with an experienced guide is one of the most inspiring ways to explore the pristine regions of the Arctic. Guests in the sea kayaking program typically paddle out onto the water multiple times during their expedition. This adventure option is weather-dependent.


**Select departures. Some previous experience is required.*



Paddling Excursion

A guided, one-time paddle enables you to enjoy your polar surroundings from a unique and intimate perspective. Just imagine yourself gliding on a stable, sit-on-top kayak, at one with the water, experiencing the Arctic at its most tranquil. That's the kind of memory that will last forever.

**Select departures. No experience required.*



Qthe Ensemble

Talk to anyone who's traveled on a Quark Expeditions voyage and the first thing they'll talk about is the team—the ensemble cast of Polar Travel Advisors, Expedition Leaders, Adventure Guides and other on-ship staff who do everything possible to curate unforgettable guest experiences in the Polar Regions. Passion, determination, expertise, commitment to safety, and curiosity have defined the Quark Expeditions team since 1991. As the most experienced team in the expedition industry, we draw on our 30 years of polar exploration to ensure you have the polar trip of a lifetime.

Polar Travel Advisors.

Our dedicated team of polar specialists are available to help you from the first email exchange or initial phone call to the friendly follow-up after you've returned home after your voyage. Trust our team of Polar Travel Advisors to have the information you need to plan your life-changing Arctic journey.



Polar experience: All of our Polar Travel Advisors have first-hand experience in the Polar Regions. Some have made multiple polar voyages throughout their career.



In-depth knowledge: Our Polar Travel Advisors undergo rigorous training. All of them are thoroughly versed in the guidelines and regulations of the Association of Arctic Expedition Cruise Operators (AECO) and the International Association of Antarctica Tour Operators (IAATO).



Multilingual: Collectively, our Polar Travel Advisors are fluent in English, French, Spanish, Mandarin and Egyptian Arabic.

Quark Expeditions staff on the lookout for wildlife.

Your Expedition Leaders.

We have the most experienced and most passionate team of Expedition Leaders in the industry. They bring an incredible range of experience and skill to every adventure they lead. Simply put, they know the Arctic like the back of their hands.

All of our Expedition Leaders undergo rigorous training at Quark Expeditions' very own polar training institute, Quark Academy. Along with hands-on training, our teams are fully immersed in the regulations and guidelines established by the Association of Arctic Expedition Cruise Operators (AECO) and the International Association of Antarctica Tour Operators (IAATO), the two bodies which serve to protect the two Polar Regions where we operate.



Abbey Weisbrot

Home base: Haida Gwaii, British Columbia

Years of polar experience: 7

Polar expeditions to date: 70

Areas of expertise: Bachelor of Tourism Management with a major in Adventure Studies. Certified Level 3 Lead Sea Kayak Guide with Sea Kayak Guides Alliance of British Columbia.

Advice to polar travelers: "Consciously slow down and soak up the incredible beauty around you, both big and small. Be present, take opportunities as they arise, and spend as much time out on the outer decks as possible."



Alison Gordon

Home base: Canberra, Australia

Years of polar experience: 7

Polar expeditions to date: 100

Areas of expertise: Alison, who speaks Mandarin, has studied geopolitics and founded a company that tackles the issues of food waste and sustainable protein. She's an avid skier, scuba diver, cyclist, runner and conservationist.

Advice to polar travelers: "Be open to what it feels like to fall in love (again) with our planet and the beauty it contains."



Andrea Machacek

Home base: Salzburg and Vienna, Austria

Years of polar experience: 11

Polar expeditions to date: 85

Areas of expertise: Quark Expeditions Destination Consultant for North Atlantic and Greenland. Andrea is multilingual: German, English, French, Spanish and "Survival Russian"

Advice to polar travelers: "A true engagement with nature requires you to bring all of yourself, body and soul, your attention and focus—as opposed to living your life through your viewfinder or camera lens. Live in the moment, let your senses and horizon expand, and you will feel the magic happen."



Christian Geissler

Home base: Cumberland, BC

Years of polar experience: 15

Polar expeditions to date: 130

Areas of expertise: Christian has developed an expertise in marine mammals and orcas, most recently supporting scientific observations in the Canadian Arctic. Christian is also a skilled artist, creating paintings depicting the wildlife and seascapes of the West Coast of Canada, the Arctic and Antarctica.

Advice to polar travelers: "Being an explorer can be subjective and a personal experience and you're never too old to start."





David Burton

Home base: Shetland Islands, UK

Years of polar experience: 10

Polar expeditions to date: 90

Areas of expertise: History and glaciology

Advice to polar travelers: "Head to the outer decks after dinner to take an evening constitutional. There's no better place than the Polar Regions to take some time and reflect on the serene beauty you've witnessed that day, as well as contemplate the life-changing moments you're experiencing. You never know what you might catch sight of—the majesty of the northern lights or a sighting of some wildlife!"



David (Woody) Wood

Home base: Melbourne, AU

Years of polar experience: 20

Polar expeditions to date: 300

Areas of expertise: Woody has developed in-depth knowledge of numerous aspects of polar wilderness throughout two decades of polar expedition.

Advice to polar travelers: "Polar voyages touch people in different ways. The polar environment has a power which sets people thinking about their place in our world. Get prepared with gear and have the time of your life! Travel with eyes wide open, with no fixed ideas and be open to the beauty, wonder, tranquility and fury of the polar environment."



Laurie Di Vincenzo

Home base: Toronto, ON

Years of polar experience: 8

Polar expeditions to date: 100

Areas of expertise: Marine logistics and operations management are Laurie's specialties. Laurie has also been appointed the first-ever Expedition Leader of *Ultramarine*.

Advice to polar travelers: "Find a quiet moment, sit still, put down your camera, and fully immerse yourself in your polar surroundings. Don't let your mind drift to anything else other than that moment, and just give yourself space and time to absorb the landscape (and perhaps the wildlife!) around you."



Shane Evoy

Home base: Pointe au Baril, Ontario

Years of polar experience: 26

Polar expeditions to date: 250

What guests are apt to learn on a polar voyage:

"I hope guests will learn a lot about the areas we go into so they can protect what they love. There's a quote from environmentalist Baba Dioum that I live by when I'm on an expedition: 'In the end, we will conserve only what we love; we will love only what we understand; and we will understand only what we are taught.'"

Advice to polar travelers: "Sit, look, listen, and feel what is around you and take it all in."



Solan Jensen

Home base: Juneau, AK

Years of polar experience: 15

Polar expeditions to date: 134

Areas of expertise: Solan's roles have included wilderness ranger, expedition leader, kayak guide, boat builder and marine mammal emergency responder.

Advice to polar travelers: "Bring a receptivity to continuously absorb the experience, every gust of wind, wild shoreline and mountain, every creature that calls the polar regions home—and the ice that is home. Bring binoculars everywhere. Go on every off-ship excursion and spend as much time as you can on the outer decks of the ship. Come with curiosity and a heightened awareness because the polar regions are as huge and magnificent as they are subtle and intricate."



Experience Matters!

We have the most experienced team in the Polar Regions. Each Expedition Leader brings years of polar experience to the role—as well expertise. Some are marine mammal experts, glaciologists and polar historians while others have specialties in whale studies, marine logistics and conservation. Our guests reap the benefits of this vast polar knowledge.



The people of the North.

Whenever Quark Expeditions ventures to the remote Arctic, we are ever mindful that we're visiting lands long inhabited by Indigenous peoples who've thrived across the circumpolar north—long before European explorers conceived the notion of setting out to explore new lands.

For the northern lands we visit—Nunavut (Canadian Arctic) and remote Greenland, among them—were already known by the Indigenous people who hunted, fished, nurtured their cultural traditions, co-existed with the wildlife, and were caretakers of the vast lands we're fortunate to explore today. Whether we're visiting a community, hiking across the rugged and undulating tundra or Zodiac cruising a majestic fjord in Nunavut on itineraries such as *Arctic Express Canada: The Heart of the Northwest Passage*, we are visitors to the Nunavummiut homeland. Nunavut, in the Inuktitut language, means "our land."



Similarly, when we set foot on the Greenland Ice Sheet, visit a historic Thule site, view traditional qajaq (kayak) demonstrations or share traditional culinary experiences, we are doing so on the homeland of the Greenlandic Inuit, or Kalaallit. This land is known to its residents as Kalaallit Nunaat, meaning “The Land of the People”.

Qaanaaq (formerly known as Thule or New Thule), included in the *Best of the Western Arctic: Canada and Greenland* itinerary, is one of the northernmost towns in the world, where the inhabitants speak the local Inuktun language, as well as Kalaallisut and Danish. The Thule were predecessors to the modern Inuit.



TO THE PEOPLE OF THE NORTH:

For inviting us into your homes,
for giving us the opportunity to
experience the beauty of your
lands and your rich culture, we
say Nakurmiik. Qujannamiik.
Matna. Qujanaq. Thank you.

*For itineraries that celebrate
the Indigenous culture
of Greenland or introduce
guests to the rich Inuit culture
of the Canadian High Arctic,
see pages 26-29.*



Why travel with us?

We've been exploring the Polar Regions for three decades, which means we've been taking guests on life-changing journeys to the Arctic and Antarctic longer than anyone else. As the Leader in Polar Adventures, we're committed to taking travelers beyond the ordinary, outside the predictable and expected. We were the first expedition company to take commercial guests to the North Pole—back in 1991. We led the first-ever passenger transit of the Northeast Passage. We were the first to offer hot-air ballooning at the North Pole. We've always been driven to discover what's out there—and we're committed to taking you places no one else can—and we're the first expedition company to offer helicopter-supported alpine kayaking in the Arctic.

Here are 11 more reasons why Quark Expeditions should be your first choice for your Arctic expedition:

WE ONLY DO POLAR.

Exclusively! We're not a cruise company that dabbles in the Arctic and Antarctic. Polar is all we've been doing for the last three decades. You can have absolute trust in the expedition team that knows the Arctic and Antarctic inside out.

WE HAVE THE MOST EXPERIENCED TEAM IN THE POLAR REGIONS.

After 30 years of polar adventure, our seasoned expedition team and polar specialists have endless passion and unparalleled knowledge to share with guests. Our high ratio of expedition staff-to-guests means a more personal experience.

WE BELIEVE IN BEING ENGAGED TRAVELERS—NOT PASSIVE OBSERVERS.

Quark Expeditions invites guests to experience the Polar Regions by land, sea, air and ice—not merely just see it through a window.

WE OFFER MORE OFF-SHIP ADVENTURE OPTIONS THAN ANYONE ELSE.

We offer more ways to experience the polar environments than any other expedition company: flightseeing, sea kayaking, hiking, alpine heli-trekking and more. Our robust portfolio of adventure options means guests can truly personalize their polar experience.

WE IMMERSE YOU IN NATURE.

Our expert guides, innovative itineraries and quick-deploy Zodiacs enable spontaneous, wildlife encounters never before imagined!

WE DELIVER THE MOST INNOVATIVE ITINERARIES.

Quark Expeditions constantly pushes the boundaries of discovery. This year we offer our Greenland Adventure Program, the first of its kind to be fully developed in partnership with local Greenlandic communities.

WE'RE AN INDUSTRY LEADER IN HEALTH & SAFETY.

Quark Expeditions has an externally-accredited safety program (British Standard BS8848). In addition, every member of our expedition team undergoes in-depth safety training at Quark Academy, our proprietary polar training institute.

WE ENGAGE AND EDUCATE OUR GUESTS THROUGH ONBOARD PRESENTATIONS.

Our onboard experts (in glaciology, history, biology, geology and other subjects) share their in-depth knowledge with guests throughout the entire voyage.

WE TAKE GUESTS DEEPER INTO THE POLAR REGIONS THAN ANYONE ELSE.

Our two twin-engine helicopters enable guests to experience the most remote destinations in the Polar Regions.

WE USE THE RIGHT SHIPS FOR THE JOB.

Quark Expeditions maintains the largest, most diverse polar fleet in the industry, offering guests a wide range of choice. Our polar ships carry fewer than 200 guests and are small enough to allow guests access to hard-to-reach areas. Our ship sizes allow for customized and more personalized experiences.

WE HAVE THE MOST COMPREHENSIVE SUSTAINABILITY STRATEGY IN THE POLAR REGIONS.

Our Polar Promise is the most holistic sustainability strategy of its kind. Since 2010, we've decreased emissions from our fleet by 28%. In 2017, we eliminated single use plastics. By 2025, we aim to reduce carbon emissions by 10%, ensuring we can protect the areas we visit for generations to come.

Polar Boutique.

Get polar-ready for your expedition with stylish, brand-name gear that's designed for optimal performance in the Arctic. Learn how to outfit yourself from head to toe and get tips on what to pack at Shop.QuarkExpeditions.com

Base Layer

Wicking is king. Tops and pants specifically designed to wick moisture away from the body and keep your core body temperature regulated are ideal. Choose synthetic fibers or wool/wool blends.



WARM HAT

Outer Layer

Top quality waterproof pants and gloves will protect you from the elements.

You'll receive Quark Expeditions' signature yellow parka when you embark on your voyage.

Get a better look at the 3-in-1 parka and its polar-perfect features

OUTER LAYER waterproof mitts or gloves

WARM GLOVES

MID LAYER fleece sweater

MID LAYER leggings

OUTER LAYER waterproof pants

Mandatory on polar trips. Stay warm. Stay comfortable!

Mid Layers

Worn over your base layer, mid layers will help keep you warm during your expedition. Visit the online polar boutique for options.

BASE LAYER worn next to skin

OUTER LAYER Waterproof Muck Boots

Loaned to you by Quark Expeditions for the duration of your voyage!

MID LAYER layered wool and synthetic socks

Golden Rules

RULE 1: Layers, layers, layers

Dressing in layers means you'll be ready for any type of weather you'll encounter.

RULE 2: Wear breathables (no cotton)

Wearing breathable materials ensures you stay warm and dry on polar landings.

RULE 3: Waterproof, not water repellent

Waterproof pants are essential for trips to the polar regions as you'll likely encounter splashes of water when going ashore.

Model Jaymie MacAulay is one of Quark Expeditions' expedition staff.

A Polar-Perfect Parka

(yours to keep!)

3-IN-1 HOODED PARKA

Water resistant shell with removable insulating layer can be worn as a stand-alone piece for warmer polar days or your journey home.

REMOVABLE, ADJUSTABLE HOOD

REFLECTIVE PATCHES

5 OUTER AND 2 INNER POCKETS

for carrying camera accessories and extra gear.

DROP TAIL

For added protection when seated outdoors.

Recommended extras

Here are a few more suggested items to ensure that you are protected and comfortable on your polar expedition.



We've got your polar needs covered.

Every ship in Quark Expeditions' fleet has a shop for expedition essentials (in case you forget anything), as well as souvenirs and keepsakes to mark your special journey to the Arctic.

Visit our online Polar Boutique and get ready for your trip.

Shop.QuarkExpeditions.com

Q Sustainability

In April 2019, we reinforced our commitment to the polar regions with the unveiling of **POLAR PROMISE**—the most comprehensive and holistic sustainability strategy in place in the polar regions. In Polar Promise, Quark Expeditions identifies measurable goals to be reached by 2025.

This infographic reflects **QUARK EXPEDITIONS'** sustainability successes and goals—celebrating our past while...

PLANNING FOR THE FUTURE!

REDUCE SINGLE-USE PLASTICS

Quark Expeditions continues to drastically reduce single-use plastics on board our ships. In 2019, we eliminated:



320,000

Single use bottles.
Our guests receive their own reusable water bottles!



14,000

Individual yogurt containers.



7,600

Parka bags.
Now in bundles *versus* individual plastic bags.

FUN FACTS

By working with our hotel provider, we've **replaced individually wrapped items** like butter, sugar, jam, honey, and yogurt with bulk versions.

We've **installed water fountains** on our vessels so that guests can refill their own reusable Quark Expeditions water bottle as needed.

Cabins have been **outfitted with soap and shampoo dispensers** to reduce waste, and we provide straws, paper napkins, and receipts only on request.

OFFSHIP INITIATIVES

\$500,000

Our annual goal to support Polar Research and Conservation.



Quark Expeditions provides free berths to conservation and scientific organizations, giving scientists access to remote regions to further their research. In addition, a portion of the proceeds from our onboard auctions are directed to these organizations.

\$169,924

Auction proceeds supporting South Georgia Heritage Trust and Friends of South Georgia.



The funds, raised since 2014, support the Habitat Restoration project, whose goal was to restore the sub-Antarctic island to its original status as one of the world's most important seabird sites. Funds were used for baiting during the eradication phase and to support rodent-detecting dogs for the current monitoring and maintenance phase.

TRAINING THROUGH NALUNAIQSIJIT:

THE INUIT CRUISE TRAINING INITIATIVE



Through Nalunaiqsijit—The Inuit Cruise Training Initiative (ICTI), Quark Expeditions hired two interns on *Ocean Adventurer* voyages to Nunavut during the Arctic 2019 season, both of which were hired as staff during the 2019/20 Antarctic season. The goal of this Government of Nunavut program is to equip Nunavummiut with the qualifications and certifications needed to pursue opportunities in the expedition cruise industry.

EVERY PESO COUNTS

Quark Expeditions participated in SeaGreen recycling initiative during our 2018/19 Antarctic season. Proceeds from the sale of our recyclables raised **120,000 PESOS** to assist Argentinians living with a disability.



GREEN TECHNOLOGIES FOR OUR VESSELS

ULTRAMARINE

like the recently-launched *World Explorer*, will be equipped with a Micro Auto Gasification System that thermally breaks down waste, reducing its volume by

UP TO 95%



**40 DAYS
ZERO
WASTE**

These advanced waste systems mean the technologically-advanced vessel can operate for **40 DAYS** and discharge no solid waste!

Ultramarine has sufficient effluent storage to operate at full capacity with **340 PEOPLE** (guests and crew) for **5 DAYS**, eliminating the need for any discharge in particularly sensitive areas.



Ultramarine's LED lighting can potentially use **50% LESS** energy than standard fluorescent lighting.

The future looks bright!



Fuel-efficient *Ultramarine*
We expect the average daily fuel consumption of *Ultramarine* to be approximately half the consumption of older chartered vessels of similar size.

WINNING THE CARBON EMISSIONS CHALLENGE!

28%

Reduction in Carbon Emissions
Quark Expeditions' historical analysis confirms that we have decreased emissions from vessels by 28% from 2010 levels.

OUR GOAL BY 2025

Quark Expeditions will reduce carbon emissions by:

10%



**PER PASSENGER
PER DAY**
from the 5-year
rolling average

Our Polar Promise



PRINCIPLES

Embedding responsible practices throughout our business, whether it's in polar wilderness or in the places we work each day.

Goal: By 2025, our goal is to work exclusively with suppliers, vendors and external partners who share our commitment to preserving the polar regions.



PLANET

Reducing our footprint and building resilience through best practices and advanced sustainability technologies.

Goal: By 2025, Quark Expeditions will reduce carbon emissions per passenger by 10%, and Quark Expeditions-owned fleet will have a plan for all waste brought on board.



PARTNERSHIPS

Making a positive impact on the people, environment, and communities we visit through outreach, collaboration, and innovation.

Goal: By 2025, Quark Expeditions will continue to lead change through community engagement and by supporting scientific, conservation and sustainable development in polar communities.



POSITIVE IMPACT

Inspiring and empowering our guests to make changes that create positive impacts, wherever they live.

Goal: By 2025, the positive benefit of bringing people to the polar regions will far outweigh any impact of taking people there.

Our sustainability strategy is an ongoing journey. Join us on our voyage to preserve the Polar Regions for generations to come!

For more on our comprehensive Polar Promise strategy, visit: [QUARKEXPEDITIONS.COM/SUSTAINABILITY](https://www.quarkexpeditions.com/sustainability)

*More unforgettable
journeys await.*



At the opposite end of the world, lies another wilderness waiting to be explored: the Antarctic Peninsula. This Polar Region, accessible from the foot of South America, entails a crossing of the iconic Drake Passage (by ship or by plane), where you'll discover penguin rookeries, abandoned whale stations, iceberg filled bays, glaciers and rugged coasts which are home to all manner of bird species. Visits to the 7th Continent holds extra special meaning for students of polar history, many of whom realize a lifetime dream by following in the footsteps of early explorers like Sir Ernest Shackleton. Add the remote islands of the Falklands and South Georgia to this polar magic and you're in for a life-changing journey in Antarctica.

Join us at the other end of the earth

We deliver unforgettable polar moments at both Polar Regions, and that includes Antarctica. If you're looking to strike the 7th Continent off your bucket list, visit QuarkExpeditions.com.

PHOTO CREDITS

Quark Expeditions Media Ambassadors

Acacia Johnson: Pages 3, 12 (left), 14, 16, 17 (left & top right), 18, 19 (left & bottom right), 20 (top right), 22 (top right), 26 (all), 27, 28 (left), 29, 42 (right), 48 (bottom left), 49 (bottom right), 50, 52 (center right), 53 (bottom left & right), 54, 56 (top middle & bottom), 58, and 59 (all)

David Merron: Pages 4 (bottom right), 13, 19 (top right), 30, 31 (left & top right), 44 (top), 52 (bottom), 57 (bottom right & top left), and 60

Michelle Sole: Pages 5 (top middle), 10, 24 (bottom right), 25, 34 (edited), 49 (bottom left), 52 (center middle), 56 (bottom middle) and Back Cover

Nicky Souness: Page 48 (bottom right)

Samantha Crimmin: Pages 4 (top left), 5 (top left), 20 (left & bottom right), 21, 28 (top right), 31, 32 (all), 33, 38 (top), 46 (top), 53 (center right), 57 (bottom center), and 66

Quark Expeditions thanks all its other contributors for their beautiful photography:

Carlo Lukassen: Pages 22 (left & bottom right), 38 (bottom), 52 (top middle, center right), and 53 (top right & center left)

Cindy Miller Hopkins: Page 12 (right top & bottom)

Fred Espenak: Page 4 (top right)

Grange Productions: Pages 41 (top right), 46 (bottom three), and 49 (top left)

Hugo Perrin: Cover, pages 41 (bottom) and 52 (top left & right)

Mads Pihl - Visit Greenland: Page 23

Nicolas Singh: Pages 1 and 63 (top)

Peter Lindstrom - Visit Greenland: Page 53 (top left)

Rogelio Espinosa: Page 44 (bottom three)

Sam Edmonds: Pages 24 (left & top right), 28 (bottom right), 48 (top right), and 56 (left)

TERMS & CONDITIONS

For the most updated Terms & Conditions, please visit our website at:

[www.QuarkExpeditions.com/
Expedition-Terms-and-Conditions](http://www.QuarkExpeditions.com/Expedition-Terms-and-Conditions)



The Leader in Polar Adventures

3131 Elliott Avenue, Suite 250
Seattle, Washington 98121

Book Your Polar Adventure

CALL YOUR TRAVEL PROFESSIONAL OR 1.888.979.2061 TODAY



[QUARKEXPEDITIONS.COM](https://www.quarkexpeditions.com)

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