

ARCTIC 2022

# ARCTIC EXPRESS CANADA

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The Heart of the Northwest Passage



**ULTRAMARINE**  
DESIGNED TO GO BEYOND

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# Overview

## Arctic Express Canada: The Heart of the Northwest Passage

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The quest for trade routes to the Far East inspired much of the age of exploration of North America, with the promise of the Northwest Passage its elusive jewel. On *Arctic Express Canada: The Heart of the Northwest Passage*, discover the great sea route at the top of the world—that obsessed explorers for centuries—on our game-changing new expedition ship *Ultramarine*, which allows you a journey no traditional vessel could offer: immersing you in the full Arctic experience while getting back home a week and a half later.

Nature and wildlife are the guides on this voyage as you explore the region's diverse treasures. This unique voyage invites guests to embrace a true expeditionary spirit: rather than follow a set itinerary, together we'll allow our search for wildlife and cultural connections to determine our route and shore landings. The Arctic's stark beauty offers an unforgettable backdrop, while Quark Expeditions' world-class team provides the knowledge and insight to help you connect with the region's geography, and unique history of the Inuit who've long made their homes here. *Ultramarine's* two twin-engine helicopters, 20-quick-launching Zodiacs and unprecedented mix of on-ship amenities and off-ship Adventure Options will deliver an unrivaled Arctic experience no other vessel can.

### EXPEDITION IN BRIEF



Explore the highlights of Lancaster Sound



Search for iconic Arctic wildlife, such as polar bears and muskoxen



Experience incredible flightseeing and heli-landings aboard *Ultramarine's* two helicopters



Cruise in a Zodiac to get up close to glaciers, fjords, icebergs and more



Visit Inuit communities and learn about their traditions and customs



# Itinerary

## DAY 1 | ARRIVE IN TORONTO, CANADA

Your Arctic expedition begins in Toronto. Explore this vibrant city on your own before spending the night enjoying the comfort and amenities of your designated hotel.

## DAY 2 | FLY TO RESOLUTE AND EMBARK

This morning, board your charter flight to Resolute, Nunavut. Upon arrival, you will be transferred to your ship via Zodiac or helicopter (depending on ship location and weather conditions).

## DAYS 3 TO 7 | EXPLORING CANADA'S HIGH ARCTIC

Winding your way around the remote islands of the Canadian High Arctic aboard *Ultramarine*, the newest ship in our fleet, you'll navigate the same icy inlets, channels and bays that fascinated legendary explorers of long ago as they searched for the fabled Northwest Passage, the great sea route at the top of the world. Designed to give polar adventurers unprecedented access to the hardest-to-reach places on the planet—and equipped with two onboard twin-engine helicopters for unparalleled access to areas only Quark Expeditions can bring you—this one-of-a-kind ship will take you beyond the familiar in polar



**ARCTIC EXPRESS CANADA**  
The Heart of the Northwest Passage  
Onboard the *Ultramarine*

Flights between Toronto and Resolute

exploration. Throughout your journey, your Expedition Team will work hard to give you a taste of the best the Canadian Arctic has to offer, immersing you in the heart of the Northwest Passage in under a week.

While this waterway is known to European cultures as the Northwest Passage, these lands and waters have nurtured and sustained the Inuit and their predecessors who have called these shores home for almost 5,000 years. Moving through these remote landscapes you will be traveling through the ancestral homelands of this ancient culture, illuminated by Inuit guides onboard and ashore. Nunavut is an Inuktitut word meaning “our land” and the Nunavummiut (the people of Nunavut) are renowned for their incredible resourcefulness, hospitality, good humor, and a deep knowledge of the land and animals that has allowed them to thrive in the far north for millennia.

Remote and rich in history, the Canadian High Arctic is as awe inspiring as it is informative. Your days spent exploring this mysterious region will have you traveling back in time to the Age of Exploration. While following in the footsteps of famous explorers like Sir John Franklin and Roald Amundsen, you’ll navigate the waters and visit the historic sites in the area around Lancaster Sound that were key to the discovery of the Northwest Passage. You’ll also learn about the scientific, cultural, geopolitical and environmental aspects of the route from our world-class experts, guides and the local communities. Reaching remote lands that have lured adventurers for centuries will be an experience you’ll never forget.

Wildlife sightings are almost guaranteed, as many of the areas we hope to explore are home to a surprising number of birds and mammals that thrive in this challenging environment. You may see polar bears, muskoxen and several

bird species, such as gyrfalcons and dovekies (little auks). If you’re lucky, you may even spot the elusive narwhal or a bowhead whale, though sightings of these iconic creatures in the wild are rare, even in places where we have the greatest chances of encountering them.

Coburg Island, for instance, is a wildlife reserve for such birds as snowy owls and peregrine falcons, while the impressive vertical cliffs of Prince Leopold Island are dotted with nesting seabirds like northern fulmars and black guillemots. The sheltered shores and steep cliffs of Arctic Bay, a hamlet located in Admiralty Inlet, provide an ideal nesting habitat for various High Arctic birds such as thick-billed murres (Brünnich’s guillemots) and kittiwakes. This community, whose inhabitants’ ancestors have lived a traditional Inuit nomadic lifestyle in the region for almost 5,000 years, is also an ideal spot to go ashore and learn more about the Inuit culture, sampling the local cuisine and mingling with artists,



perhaps picking up carvings or other handicrafts as a memento of your polar adventure.

Devon Island is another possible locale for wildlife encounters, as walrus, polar bears and muskoxen inhabit the area, which is also the location of the remains of a Royal Canadian Mounted Police outpost, established at Dundas Harbour in 1924 to curb foreign whaling and other activities. Here you'll find a small cemetery, one of Canada's most northerly, still maintained by the RCMP to this day. Another exciting excursion your Expedition Team might offer, conditions permitting, is the opportunity to fly up to explore the Devon ice cap, one of the largest in the Canadian Arctic.

At the western end of Devon Island, windswept Beechey Island might be small, but it's steeped in history, as its broad shore and safe anchorage made a suitable stopover for Arctic expeditions. You'll want to pay your respects to the

ill-fated Franklin expedition of 1845-46 at the small marked graves of three crew members on the island, one of Canada's most significant historical sites. This is also where Norwegian Roald Amundsen stopped to pay his own respects to his childhood hero, Franklin, during his 1903-06 voyage, which became the first successful transit of the Northwest Passage.

History buffs will be further intrigued by the chance to explore an abandoned Hudson's Bay Company trading post at Fort Ross, at the southern end of Somerset Island.

Fort Ross is at the eastern entrance of Bellot Strait. One of the goals of this expedition is to transit this famous channel, one of the most narrow and challenging of the passage. If we're successful, at the midpoint you'll sail past Zenith Point, the northernmost point of continental North America. Named for Frenchman Joseph Bellot, one of several

explorers who set out in the 1850s to search for Franklin's doomed expedition, the strait separates Somerset Island from the Boothia Peninsula on mainland Canada. (On Beechey Island, you can visit the memorial to Bellot, who disappeared during his search for Franklin.)

Those looking for even more excitement may have the opportunity to cruise by Zodiac along the face of an active glacier near Croker Bay, Devon Island and possibly even witness the wonder of calving ice, at a safe distance. Listen closely for the steady crackle and loud roars as pieces of ice break off and crash into the water below. You'll also want to be on the lookout for the walrus that are often seen in the area.

There is no shortage of natural beauty, wildlife and history in Canada's High Arctic. Each day, you'll discover something new and inspiring, whether it is admiration of the tundra flora that survive here, a rare bird species soaring



overhead, a polar bear on the hunt in its natural habitat, or the ancient remains of a Thule dwelling, ancestors of the Inuit.

Remember that no two polar voyages are alike, since each expedition presents new opportunities and different weather and ice conditions. While this voyage has no fixed itinerary, our objective is to visit as many of the incredible highlights the season has to offer, using the opportunities provided by the weather and ice to give you the best experience. Each day, your highly skilled Expedition Team will read the conditions and choose the best course to set, but despite their extensive expertise in these areas, each visit brings something new to discover. That said, our expeditions will have some elements in common, including daily Zodiac cruising, land excursions, a robust education program, a community visit and wildlife viewing opportunities. And thanks to our onboard helicopters, you'll also discover the ultimate polar

expedition experience: as stunning as polar landscapes are from your ship, they're even more striking from the air! Conditions permitting, you'll enjoy ultra-immersive activities like flightseeing (short sightseeing flights around your ship and surrounding areas) and heli-landings (flying to places we could not otherwise access), two breathtaking options that are unique to *Ultramarine* and give you an exhilarating polar experience like no other.

#### **DAY 8 | DISEMBARK IN RESOLUTE, CANADA & FLY TO TORONTO**

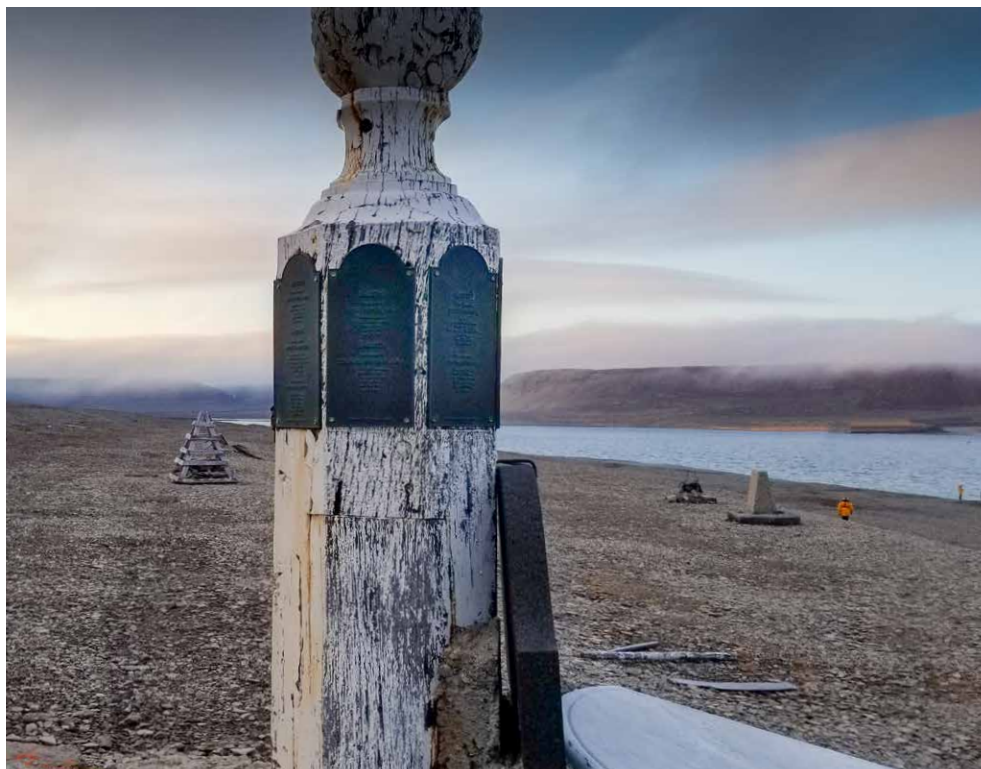
After disembarking in the Inuit hamlet of Resolute, you'll be transferred to your charter flight to Toronto, where you'll spend the night at your included hotel.

#### **DAY 9 | DEPART TORONTO**

Today, make your way to the airport to catch your homeward flights, or spend the day exploring this fascinating city.

### **EXPEDITION SPIRIT**

Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your Expedition Team must consider the sea, ice and weather to guide the route and itinerary details. This itinerary is a tentative outline of what you may experience on this voyage; please be aware that no specific itinerary can be guaranteed. By the same token, wildlife encounters as described are expected, but not guaranteed. Your Expedition Team will use their considerable experience to seek out wildlife in known habitats, but the presence of any particular species of bird or marine wildlife is not guaranteed.





# Arrival and Departure Details

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## Arrival Day and Embarkation

### ARRIVING IN TORONTO

You may arrive in Toronto at any time during Day 1 of the itinerary and make your own way to the included hotel, near the airport.

On arrival at the hotel, you will receive a welcome letter outlining the departure information for the following day's flight. An agent representing Quark Expeditions® will be available in the lobby of the hotel this evening to answer any questions about the charter flight(s) scheduled for the following morning.

### EMBARKATION IN RESOLUTE

Your flight to the Arctic is expected to depart from Toronto to Resolute on Day 2 of the itinerary in the morning. The scheduled flight time will be communicated in your welcome letter, and you will be transferred from your hotel to check in at the airport. Upon arrival in Resolute, you will be transferred to the ship by Zodiac.



### PLEASE NOTE

There is a strict luggage limit of 44 lbs (20 kg) checked luggage and 11 lbs (5 kg) cabin baggage on the flights between Toronto and Resolute. Should you have additional luggage, it can be stored at the hotel in Toronto. There is NO option to pay for additional luggage.

## Final Day and Departure

### DISEMBARKATION IN RESOLUTE

Your ship is scheduled to arrive in Resolute between 7am and 8am local time. After breakfast, and once the ship has anchored, you will have time to bid farewell to your Expedition Team and shipmates before taking one last Zodiac ride to shore. After disembarkation, you will be transferred to the airport for the return charter flight to Toronto.

### DEPARTING FROM TORONTO

Upon arrival in Toronto, there will be a group transfer to your included post-expedition hotel. After breakfast the following morning, you may make your way to the airport to connect with your homeward flight, or stay longer if you have booked additional accommodation.

## Included Hotel Accommodations

Your included accommodation begins on Day 1 of your itinerary, and the specific hotel(s) will be indicated in your final voyage confirmation. If you are arriving prior to Day 1 of your expedition or are staying after the disembarkation day and would like help booking a pre- or post-stay, please contact your Polar Travel Adviser or travel professional for hotel options. As accommodation space is limited, you are encouraged to request any extra nights as early as possible.

## Arrival and Departure Transfers

### TORONTO AIRPORT TRANSFERS

Arrival and departure transfers in Toronto are not included; however, if you like, your Polar Travel Adviser can arrange them for you.

*In order to facilitate your transfers, we request that you provide your flight details to Quark Expeditions® at least 30 days prior to traveling.*





# Your Ship: *Ultramarine*

## NEW! ULTRAMARINE

The newest ship in our fleet, *Ultramarine* is designed to go beyond the familiar in polar exploration, to discover new places, and to immerse you in the best the region has to offer.

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.

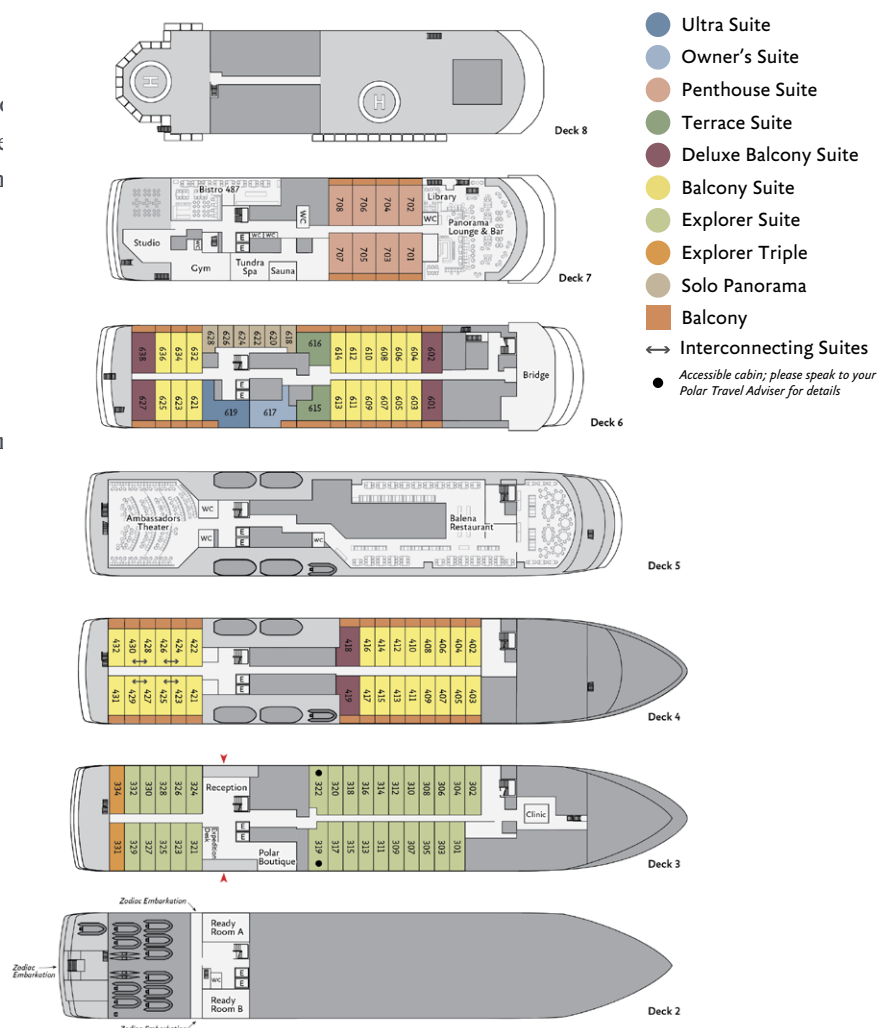
With all this and more, *Ultramarine* is perfectly positioned to deliver the ultimate polar expedition experience.

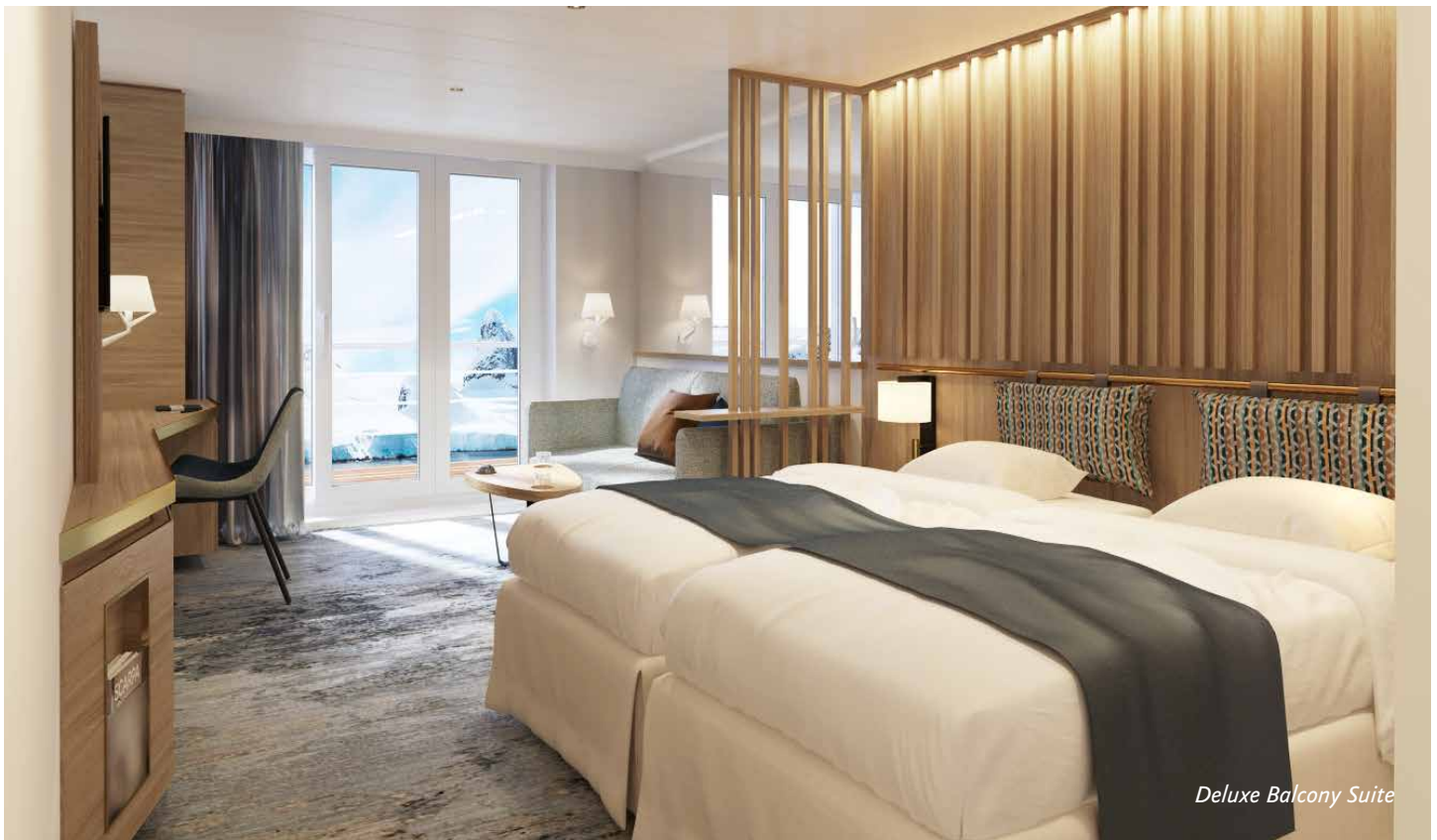
## SHIP SPECIFICATIONS:

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

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

All images are artist's renderings.





*Deluxe Balcony Suite*



*Sauna*



*Suite Bathroom*



*Fitness Center*



*Main Restaurant*

*All images are artist's renderings.*



# Included Activities

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



## FLIGHTSEEING

While polar landscapes are spectacular from the sea, they're even more stunning from the air, a view you can enjoy while seated in one of the two twin-engine helicopters stationed on *Ultramarine*. Typically in groups less than 10, you will experience an unforgettable aerial tour of the Arctic during a 10- to 15-minute flightseeing excursion that's included in the cost of the voyage. Additional helicopter activities may also be available for purchase on board. Please note: all helicopter operations are weather- and logistics-dependent.



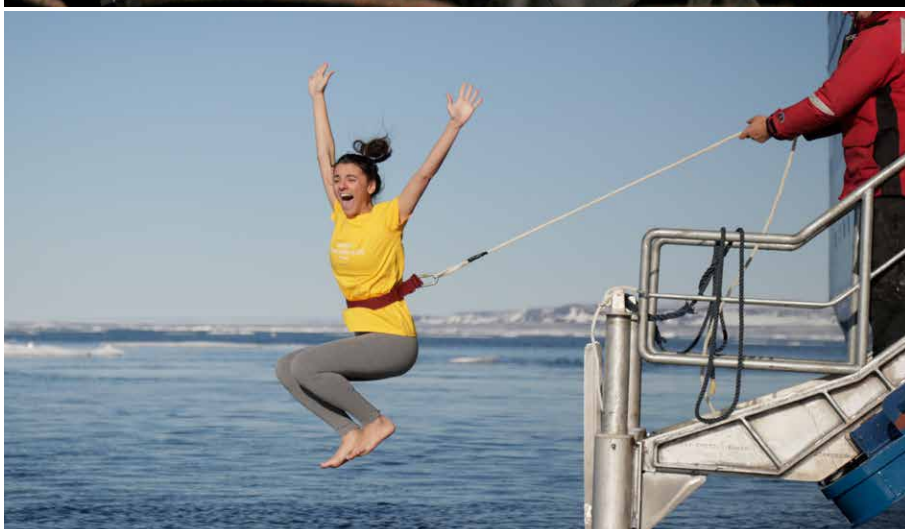
## HELI-LANDING

You will be transferred from *Ultramarine's* heli-decks via our two twin-engine helicopters to a pre-selected Arctic destination. You'll have time to explore the location, accompanied by Quark Expeditions team members, after which you'll be picked up by the helicopters in the same location and returned to *Ultramarine*. Note: heli-landings are dependent on weather conditions and logistics.



## ZODIAC CRUISING

Zodiacs are the workhorses of polar expeditions, taking you to places the ships can't access, allowing you to reach remote shorelines, explore shallow inlets and search for unique wildlife. Expedition staff make stepping in and out of them safe and comfortable, and your Zodiac drivers will provide active interpretation, making the landscape come even more alive.



## **HIKING**

Led by experienced staff, exploring on foot is the best way to appreciate the polar landscapes. Our guides are able to accommodate a range of skill levels to suit every passenger. Walking poles are provided at each landing for your convenience. As there are a limited number of poles available, please bring your own if you require them on every landing. Some landing sites will offer more demanding options than others.

## **PRESENTATIONS**

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

## **POLAR PLUNGE**

This rite of passage, scheduled only once per expedition, gives you the chance to jump safely into the bracing Arctic waters under the watchful eye of our staff—and just about every single camera on board!

## **PHOTOGRAPHY**

Documenting your voyage so you can take the memories home is a rewarding experience. Our onboard photography guides will help you hone your skills to capture the beauty of the polar regions.

*Contact your Polar Travel Adviser or your Travel Professional for more information about your Included Activities and Adventure Options, including the necessary experience, physical requirements and cost.*



# Adventure Options

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## PLEASE NOTE

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

### **SEA KAYAKING**

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

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

### **PADDLING EXCURSION**

If you're interested in kayaking but would like to try something a bit less demanding than Sea Kayaking, you're the perfect candidate to sign up for a one-time paddle on our stable sit-on-top kayaks—perfect for anyone with minimal or no kayaking experience. Small groups of passengers will be taken out on calm days, with our expert guides always present to provide instruction and help you connect with the polar sea. Two outings will be pre-booked, and once successfully completed, any subsequent outings will be offered via lottery on board.







# Dates and Rates

Arctic Express Canada: The Heart of the Northwest Passage

## ULTRAMARINE

Dates	Days	Start / End	Solo Panorama	Explorer Triple	Explorer Suite	Balcony Suite	Deluxe Balcony Suite	Terrace Suite	Penthouse Suite	Owner's Suite	Ultra Suite
<b>ARCTIC 2022</b>											
AUG 15 - 23, 2022	9	Toronto	\$10,495	\$7,495	\$9,495	\$10,495	\$12,495	\$12,995	\$13,995	\$17,495	\$18,995
<b>ARCTIC 2021</b>											
AUG 16 - 24, 2021	9	Toronto	\$9,995	\$6,995	\$8,995	\$9,995	\$11,995	\$12,495	\$12,995	\$16,495	\$17,995

Dates	Days	Start / End	Transfer Package	Adventure Options			
							
ARCTIC 2022							
AUG 15 - 23, 2022	9	Toronto	\$1,995	\$695	\$195	Included	Included
ARCTIC 2021							
AUG 16 - 24, 2021	9	Toronto	\$1,995	\$695	\$195	Included	Included



# Inclusions and Exclusions

## Inclusions

### RATES INCLUDE:

- Leadership throughout your voyage by our experienced Expedition Leaders, including shore landings and other activities
- All Zodiac transfers and cruising as per the daily program
- All shore landings as per the daily program
- Shipboard accommodation with daily housekeeping
- All meals, snacks, soft drinks and juices on board throughout your voyage (Please inform us of any dietary requirements as far in advance as possible. Unfortunately, the ships' galleys cannot prepare kosher meals.)
- Select beer and wine during dinner; and coffee, tea and cocoa available around the clock

- Formal and informal presentations by our Expedition Team and guest speakers as scheduled
- A photographic journal documenting the expedition
- A pair of waterproof expedition boots on loan for landings and Zodiac cruising excursions
- An official Quark Expeditions® parka to keep
- Hair dryer and bathrobes in every cabin
- All miscellaneous service taxes and port charges throughout the program
- All luggage handling aboard the ship
- Emergency Evacuation insurance for all passengers to a maximum benefit of USD \$500,000 per person

### \*MANDATORY TRANSFER PACKAGE INCLUDES:

- One night's pre-expedition hotel accommodation in Toronto
- Group transfer from the Toronto hotel to the airport on Day 2
- Charter flights between Toronto and Resolute
- Group transfers between the Resolute airport and the ship
- Group transfer from the Toronto airport to hotel on disembarkation day
- One night's post-expedition hotel accommodation in Toronto

**PACKAGE PRICE: \$1,995 USD**

## Exclusions

### RATES SPECIFICALLY DO NOT INCLUDE:

- Mandatory Transfer Package\*
- International airfare
- Arrival and departure transfers in Toronto
- Passport and visa expenses
- Canadian eTA required for non-Canadian or U.S. visa-exempt passengers
- Government arrival and departure taxes not mentioned above
- Meals ashore unless otherwise specified
- Baggage, cancellation, interruption and medical travel insurance—strongly recommended
- Excess-baggage fees on international flights
- Mandatory waterproof pants for Zodiac cruising, or any other gear not mentioned
- Laundry, bar and other personal charges unless specified
- Phone and Internet charges (connectivity may vary by location)
- Voluntary gratuity at the end of the voyage for shipboard staff and crew
- Additional overnight accommodation
- Adventure Options not listed in Included Activities



# Your Expedition Team

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Our Expedition Leaders and their teams bring diverse expertise in subjects as varied as polar history, marine biology, glaciology, ornithology and photography. Their knowledge and enthusiasm will greatly enhance your immersion into the polar environment and further deepen your connection to the Arctic.

With over 30 years of experience bringing passengers to remote polar regions and an industry-leading staff-to-guest ratio, we know how to safely handle the unexpected. Ensuring this hard-earned experience is passed on, all our expedition staff receive comprehensive training in Quark Academy, which provides hands-on polar expedition training prior to any staff member's first voyage as well as ongoing training for experienced staff.





# Meals on Board

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If there is one constant on board, it is that you'll enjoy delicious meals daily. While meal times may change due to landings and wildlife encounters, you'll always be served three well-prepared meals per day. Most dietary restrictions can be accommodated by letting us know prior to your expedition.

Breakfasts and lunches are normally served buffet style, while dinners are served plated. À la carte meals are made at the time of your order, allowing our chefs to prepare each dish to your individual needs, ensuring you receive top-quality meals during the course of your expedition.

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





# Possible Excursions

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When traveling in extremely remote regions, your Expedition Team must consider the sea, ice and weather to guide the route and itinerary details. The following sites are a sample of what you may experience on your expedition, whether by ship, Zodiac cruise, or shore landing.

## Canada

### ADMIRALTY INLET

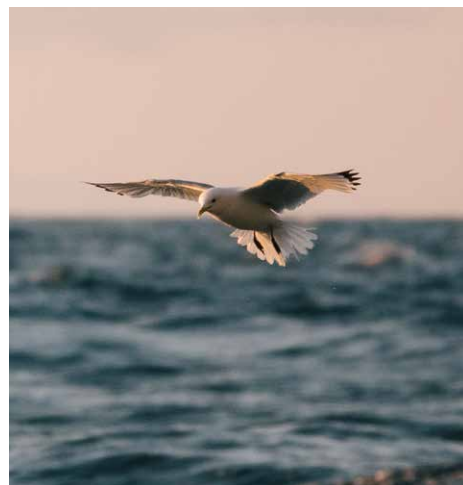
Situated on Baffin Island's most northerly shore is Admiralty Inlet, whose steep coastline soars 1,500 feet (460 meters) above sea level. Just off the inlet's northeastern shore lies Arctic Bay, an Inuit community we partner with to arrange authentic experiences that highlight the best this area has to offer. Narwhals and polar bears are known to frequent the fjord.

### ARCTIC BAY

This picturesque and remote community maintains strong ties to the land and sea, as its Inuit inhabitants have lived as nomadic hunters in this region for almost 5,000 years. The protective high hills and sheltered shores of this hamlet make for an ideal nesting habitat for various Arctic birds, including thick-billed murres, kittiwakes, ivory gulls and Ross's gulls. Seals, narwhals and bowhead whales call the waters here home.

### BEECHEY ISLAND

Named after Frederick William Beechey, an explorer with the Royal Navy, this is one of Canada's most important Arctic sites and has been deemed a Canadian National Historic Site. During the Franklin expedition of 1845-46, two of Franklin's ships, HMS *Erebus* and HMS *Terror*, anchored here with perilous results. Three of Franklin's crew died here and are buried at marked gravesites.



### BELLOT STRAIT

The 1.2 mile (2 km) wide Bellot Strait separates Somerset Island from the Boothia Peninsula. During the transit, you'll sail past the northernmost point of mainland North America, Zenith Point.

### CROKER BAY

On the south coast of Devon Island is Croker Bay. A glacier here actively calves off chunks of ice, creating a birthplace for icebergs. The bay was a popular stop during the 1800s, when a path to the Pacific (the Northwest Passage) was at the forefront of Arctic exploration.

### DEVON ISLAND

This is the largest uninhabited island in the world. Marking the northern side of Lancaster Sound, this desert island is so cold and dry that NASA and other organizations conduct research here for future missions to Mars. The Inuktitut name, Tallurutit means "tatoos on the chin" referring to the similarity of the

geological features of the area to an Inuit woman's traditional chin tattoos.

### DUNDAS HARBOUR

Located on Devon Island, there are the remains of a Royal Canadian Mounted Police post, dating back to 1924. The RCMP cemetery is tended annually by a contingent of Mounties, who arrive especially for that purpose. Other evidence of human habitation found nearby is centuries older.

### FORT ROSS

In 1937, the Hudson's Bay Company established a trading post, named Fort Ross, on the coast of Somerset Island. Due to the harsh conditions and isolation of the post, it was closed in 1948. The store and manager's house still stand.

### PRINCE LEOPOLD ISLAND

Impressive, vertical cliffs surround part of this small island. This creates an ideal environment for nesting seabirds, and

they nest here in vast numbers—more than 300,000 strong! Thick-billed murres, black guillemots and northern fulmars are most commonly seen here.

### RESOLUTE

One of Canada's most northern settlements, Resolute was formed by forceful relocation of Inuit from northern Quebec by the Canadian government in 1953, during the Cold War. Today, it's also a jumping off point for much high Arctic research. It has everything from a grocery store and cable TV to a school and a couple of hotels. About 200 people live in Resolute throughout the year, where hunting and logistical support to research, mining and tourism contribute to the community's economy.



### EXPEDITION SPIRIT

Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your Expedition Team must consider the sea, ice and weather to guide the route and itinerary details. This itinerary is a tentative outline of what you may experience on this voyage; please be aware that no specific itinerary can be guaranteed. By the same token, wildlife encounters as described are expected, but not guaranteed. Your Expedition Team will use their considerable experience to seek out wildlife in known habitats, but the presence of any particular species of bird or marine wildlife is not guaranteed.

# Packing Checklist

## WEATHER CONDITIONS & TEMPERATURES

Polar weather is extremely variable; temperatures may hover around the freezing mark and winds can be strong. The extended daylight warms sheltered areas so that you may sometimes find it warm enough for t-shirts. However, you may encounter snow squalls, fog and white-outs during an expedition and should be ready for any conditions.

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

### FOR SHORE LANDINGS

- ☐ Base layers (wool, synthetic or a blend)
- ☐ Mid-layer warm/fleece top
- ☐ Mid-layer warm/fleece pants
- ☐ Wool and synthetic socks (3 to 4 pairs)
- ☐ Neck warmer or balaclava
- ☐ Warm hat that covers ears
- ☐ Waterproof pants (mandatory for every Zodiac ride)
- ☐ Waterproof gloves and glove liners
- ☐ Sunscreen
- ☐ Sunglasses with UV protection
- ☐ Spare set of gloves
- ☐ Bug spray and bug nets

### SUGGESTED ITEMS

- ☐ Waterproof, lightweight backpack or dry sack
- ☐ Swimsuit (for the Polar Plunge!)
- ☐ Binoculars
- ☐ Camera with charger and extra batteries
- ☐ Extra memory cards
- ☐ Earplugs
- ☐ Eye masks for sleeping
- ☐ Moisturizer and lip balm (polar air can be drying)
- ☐ Seasickness, indigestion, headache or other medicines as required
- ☐ Voltage converters and plug adapters (220V/European outlets)
- ☐ Ski goggles (for Zodiac cruising on snowy or windy days)
- ☐ Passports, visas, and travel documents as required
- ☐ Small amount of local currency

### FOR ON BOARD

- ☐ Comfortable casual clothing (pants/jeans, shirts, sweaters)
- ☐ Lighter shirts (in case the ship gets warm)
- ☐ Comfortable non-slip closed-toed unheeled shoes (**NOTE:** Flip flops, sandals or slip-on shoes should not be worn on board due to safety concerns)

For more packing and gear-related info, visit the Quark Expeditions® online Polar Boutique at **Shop.QuarkExpeditions.com**





The Leader in Polar Adventures

TO BOOK YOUR NEXT ADVENTURE

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

**TOLL FREE AND LOCAL NUMBERS:**

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

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

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

Australia Tel **+61 280 155 028**

Australia (Toll Free) **1 800 812 855**

France Tel **+33-1 80 14 01 05**

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

**QuarkExpeditions.com**

**PHOTO CREDITS:**

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Michelle Sole; Hugo Perrin; Grange Productions; Adobe Stock

EXPEDITION BROCHURE  
*September 2020*