



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**HSBC ARCTIC CHALLENGE 2018
GREENLAND**

Thu 02 Aug - Fri 10 Aug 2018





In aid of WaterAid

02 Aug - 10 Aug 2018



8 DAYS | GREENLAND | TOUGH

Trek 100km within the Arctic Circle in Greenland for 5 days along with your HSBC colleagues to raise vital funds for WaterAid. As the least densely populated territory in the world with a population of less than 60,000, the trek will take you through untamed land, some of which is untouched by human civilization.

With 80% of landmass covered in ice, you will trek across multiple terrains such as tundra and glaciers while camping in cold conditions, surviving on basic meals and cut off from all mod cons we take for granted. This remote expedition is not for the faint hearted.

- 100km trek in support of WaterAid
- 5 days trekking in the Arctic Circle
- Explore a land untouched by humans
- Discover the largest island in the world
- Trek across glaciers in the Arctic elements

YOUR CHALLENGE DAY BY DAY

DAY 1 Thu 02 Aug

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Arrival in Keflavik, Iceland

Upon arrival at Keflavik, you will transfer to your accommodation closeby for the night.

DAY 2 Fri 03 Aug

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Fly from Reykjavik to Kangerlussuaq, Greenland & visit to the Ice cap

Today you will fly from Reykjavik to Kangerlussuaq in Greenland where you will visit the ice cap for the first time! Tonight you will spend your last night in a hotel before the trek.

DAY 3 Sat 04 Aug

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Trekking

You will start the day by getting a helicopter transfer to the start point of the trek on a sandy beach on Lake Kangerluatsiarsuaq.

Today will be a 22km trek up and into the rugged mountains of Ikkaridtooq, passing many small lakes with beautiful views back over Lake Tasersuaq, with the route climbing to 450m before descending to the Itinneq valley.

In the afternoon you will prepare your first night at camp at Eqalugaarniarfik by the entrance to a rugged mountain pass. You will have charming evening views over Maligiaq fjord.

You will be responsible for helping to put up your tents and preparing camp each night. For those that want to and have any energy left, you can help get dinner ready. Overnight in camp.

DAY 4 Sun 05 Aug

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Trekking

Today you will trek 20kms through the Iluliumanersuup Portornga uplands and passing scenic interconnected lakes. Overnight at camp at Innajuattoq with views to the surrounding snow topped peaks over 1000m.

Food and fuel will have been dropped at camp by a helicopter in advance of the challenge, but you'll have to carry your own gear and tents between you!

DAY 5 Mon 06 Aug

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Trekking

Each morning you will help break camp, take down the tents and pack your bags. Today you will trek 18kms of mainly gentle downhill from a high point of 475m passing the mountain ranges of Innajuattoq and Taseqqat Saqqaa. You'll take lunch en-route at a scenic spot.

Overnight at our camp at the west end of the Nerumaq valley at around 150m (500ft).

DAY 6 Tue 07 Aug

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Trekking

Your penultimate trek is 18km along the low level valley walk to Kangerluarsuk with river crossings and a bouldery gorge. The day finishes along the sand and gravel beaches of a small lake.

Enjoy your last night in the tent with your tent mates beside Kangerluarsuk Tulleq fjord.

DAY 7 Wed 08 Aug

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Trek to the finish & transfer to Sisimiut

This is your last day trekking which will be an emotional one, where you reflect on all that you have done. It will be 22kms over the remarkably scenic highlands of Gerrortusup Majoriaa, after a traverse above the fjord, up to 400m. You will be awed by spectacular mountain scenery before descending to the finish point at Sisimiut.

Here you have options to ascend the highest mountain of Nasaasaaq (at 784m) or the lower Atangorsuaq (at 411m) before a transfer to hotel in Sisimiut where you will have your celebratory meal to toast your epic achievement.

DAY 8 Thu 09 Aug

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Return to Iceland

Enjoy a final team breakfast at the hotel before saying farewell to Greenland and getting your flight back to Keflavik in Iceland. Here you can catch a homeward bound flight, or perhaps extend a few days to see some of what makes Iceland one of the must see locations of 2018!

NB

You must acknowledge that this is a true wilderness challenge and that the itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group and so on. We will do our very best to keep to the set itinerary; however we cannot be held responsible for any last minute changes that may occur. In all such circumstances, your expedition leader will have the final say.

Self Funder: The cost of the challenge is £3939. You are required to pay a non-refundable registration fee of £375 when you book, and then a balance of £396 per month for 9 monthly instalments.

Finally you are asked to raise a minimum of US\$1000 for WaterAid.

WHAT'S INCLUDED?

Before you go

- Access to your own password protected account
- Risk assessment and emergency management planning
- A-Z of fundraising ideas
- Fundraising advice
- Fitness training advice and schedule
- Access to training weekends (optional and at additional expense)

On your challenge

- International flights from Keflavik, Iceland to Kangerlussuaq, Greenland, internal flights back from Sisimiut to Kangerlussuaq and then on to Keflavik, Iceland.
- Helicopter transfers within Greenland as per the itinerary
- All challenge management before, during and post event
- All ground staff including English speaking guides
- Three meals a day in Greenland, dinner and breakfast on the first night in Iceland.
- Accommodation during the challenge which includes one night in a hotel in Keflavik, Iceland, one night in Kangerlussuaq and two nights in Sisimiut, Greenland, and the rest in 3-4 person tents.
- Internal air and boat transfers as per the itinerary
- Expedition doctor, and medical support
- Tents, cookers and fuel

WHAT'S NOT INCLUDED?

Before you go

- Travel to and from the challenge start/finish point in Keflavik, Iceland
- Vaccinations (please check Trip Notes for requirements)
- Clothing and equipment listed on your Kit List
- Specialist comprehensive travel insurance

On your challenge

- Personal spending money
- Any expenses in Iceland other than dinner, bed and breakfast
- Transfers on arrival in Iceland at the beginning of the challenge, to the hotel
- Any additional transfers either side of the challenge
- Tips

OPTIONAL EXTRAS

- Single room supplements*
- Extensions at end of trip*
- (*subject to availability)

FUNDRAISING DEADLINES

You will need to send your sponsorship money to WaterAid as you raise it.

TRAVEL INSURANCE

We can provide a comprehensive travel insurance policy for this challenge which provides cover for medical (emergency, evacuation and repatriation), cancellation and curtailment and specifically covers the activities undertaken during the challenge. You can take this out when booking. The cost is £164.00.

Luggage allowance & valuables

As no formal clothes are needed, luggage should be kept to the absolute minimum – details on what to pack are provided in your Kit List. Your rucksack must not exceed 15kgs in weight.

You will be carrying this bag yourself during the trek so bear that in mind when packing. You can leave a small bag at the hotel in Kangerlussuaq which will get sent over to the hotel at Sisimiut at the end of the trek.

Whilst we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Your passport and money should be kept on you at all times.

Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more [here](#)

Training

Training and a high level of fitness are definitely required. A full Fitness Training programme is included within the challenge cost and the more physically fit you are, the better the trip will be. While training, try to wear a backpack with 10 - 12kg inside to best mimic the trek itself.

Emergencies

The event is not run as a race and there will be a discrepancy in people's speed in the Arctic and capabilities in camp. This is allowed for. In the unlikely event that rescue from the ice is required, this will be carried out by satellite phone call.

There is a small medical nursing centre at Kangerlussuaq airport and a hospital at Sisimiut. In case of accident or emergency you would be taken to one of these locations. There is no vehicular access to any part of the trek and suitable insurance is essential, to include helicopter evacuation and cover for medical reasons, medical and hospital costs, and repatriation if required.

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

In terms of your HSBC Arctic Challenge, there are a couple of important points that you should be aware of:

- Bad weather can be experienced at this time of year, including rain and strong winds, causing wet conditions under foot. Suitable boots, warm clothing and waterproof clothing should be brought.
- Musk Oxen can be encountered on the trek and close contact should be avoided, even requiring a short change of route if necessary. These animals can become aggressive if approached or made to feel intimidated or vulnerable or if young calves are present in the group.

Phone & Wi-Fi

There will be no mobile / cell phone coverage except at Kangerlussuaq airport at the beginning and in Sisimiut town at the end. Each group will have a satellite telephone.

Toilets

There will be no public toilets on the trek and there will be male and female toilet tents (with holes dug by the organisers) in camp.

Clothing & equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, we will provide a comprehensive kit list and can also help you to buy the gear through some outdoor retailers with whom we have negotiated some discounts. With significant cold weather, keeping warm is paramount. We will advise you and support you to ensure you are properly kitted out.

Food & Drink

The whole trek is on a full board basis with additional drinks or food not included.

Breakfast and evening meals during the trek will be dehydrated camping meals, requiring boiling water prepared on lightweight portable camping stoves (provided by us and carried by you). No actual food preparation or cooking will be required. These meals will be supplemented with a whole range of additional foods, drinks and snacks. Vegetarian, gluten free, vegan and other special dietary requirements can be catered for but must be stated on the registration form at the time of booking.

Accommodation

You will have one night full board in Iceland at the start and then one night full board in Kangerlussuaq before departing for the trek start point.

During the trek you stay in group tents of 3 - 4 people which you will break down and carry each day between tentmates (around 2kg per person).

At the end of the trip you will have one night full board in Sisimiut with the celebratory dinner.

Typical Day

Its very difficult to give a typical day as it will be heavily dependent on the weather and conditions, but a rough guide, you will wake up around 6:30am each morning for breakfast and depart on the trek by 9am.

You will trek each day for between 6-8 hours (up to 10 hours for slower groups making longer stops), aiming to finish each day by 6pm.

Level of Difficulty

The Greenland Arctic Challenge is graded as "tough". This is a challenge for someone who who has some experience with regular trekking and who wants to take that to the next level.

You can tell your sponsors that on the HSBC Arctic Challenge you will be:

- Trekking 7 - 9 hours a day for 5 days
- Carrying all of your own equipment
- Camping in the Arctic Circle with minimal facilities
- Pushing physical and mental limits
- Having to put up and take down your tents

Terrain

You will be trekking along low lying hills and mountain tracks to a maximum elevation of 450m. A footpath and track will be followed but there may be short diversions due to melted water streams.

Normal conditions underfoot will be a mixture of soft earth footpaths, rock and heather with occasional wet or boggy sections.

Good sturdy walking boots are required and MUST be broken in before the trek - essential to avoid severe blisters!

Climate

Temperatures in August can get as low as 5 celcius during the night and during the day can average between 10 and

15 degrees celcius.

Leadership

We employ a number of first aid qualified challenge leaders, all of whom speak English to varying degrees. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Group size

We are aiming for 5 groups of 20 trekkers, a total of 100 participants. Each group will have 2 qualified leaders/guides.

Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you should complete and return.

For more general travel insurance questions, please refer to our main [FAQs page](#).

Flights

The challenge starts in Keflavik, Iceland on the 3rd August. You are responsible to get to and from Iceland as per the itinerary. This challenge includes flights from Keflavik airport to Kangerlussuaq in Greenland where you take a private helicopter charter to the start point.

You will be flown at the end from Sisimiut to Kangerlussuaq, and onto Keflavik, Iceland.

Vaccinations

For up to date vaccination information please visit the NHS Government website 'Fit for Travel' at: <http://www.fitfortravel.nhs.uk/home.aspx>. Although the Charity Challenge team are travel professionals, they are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements

Visa

UK Citizens do not require a visa to visit Greenland with the same rules and regulations as Denmark. Check with your home country foreign office for details of any home country requirements (eg. South Africans requires a special VISA to

leave and return).

You will however need your passport and it must be valid for at least six months from the end of your challenge. You may also be asked for proof of return in the form of your flight ticket.

Money

Currency: Danish Krone. For up to date currency exchange, go to www.xe.com.

Credit cards: Credit card facilities are available at main hotels and bigger airports. There is an ATM at Kangerlussuaq airport and there are two banks with ATMs in Sisimiut, but you will have little time to visit them.

Spending money: You will not need to carry a large amount of money during this trip. We recommend that you change your pounds into Krone in England before you go, and that you carry a sufficient amount of cash with you during the trek.

Tips: Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend approx. GBP£5 / 40 DKK per participant per trekking day and this should be given to the challenge leader at the end of the challenge who will distribute it amongst the local support team.

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Any more questions?

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