

..... GREENLAND & WILD LABRADOR

DETAILED ITINERARY

Sep 15/26



From Greenland's Arctic capital to Newfoundland's storied shores, this journey traces a powerful arc of culture, history, and wild northern landscapes. It begins in Nuuk, where colourful homes, striking modern architecture, and a thriving arts scene reflect a confident Inuit identity rooted in tradition yet alive with contemporary energy. From Southwest Greenland's ice-filled fjords and ancient geology, the voyage moves through realms shaped by glaciers and sea, offering close encounters with drifting ice, rugged coastlines, and the immense silence of the Arctic.

Crossing the Davis Strait, learning and reflection unfold at sea as Inuit knowledge holders, artists, and scientists share stories that deepen understanding of this region and its peoples. In Canada's Torngat Mountains National Park, Inuit hosts welcome you into a vast ancestral homeland where towering peaks, tundra, and fjords carry millennia of meaning. Visits to Hebron and Nunatsiavut communities reveal stories of resilience, displacement, renewal, and cultural pride along the Labrador coast.

FACTS & HIGHLIGHTS

- 15 Days • Start in Nuuk, Greenland and finish in St. John's, Canada (Or Reversed) • All meals on board included
- Travel aboard the Ocean Nova • Experience Inuit culture and contemporary Arctic life in Nuuk, Greenland's capital.
- Explore the glaciers, fjords, and icebergs of Southwest Greenland by Zodiac and on foot. • Cross the Davis Strait, learning from Inuit educators, artists, and scientists
- Discover the dramatic peaks and deep cultural significance of Torngat Mountains National Park • Travel along the rugged Labrador coast, shaped by fishing traditions, remote outposts, and wild landscapes. • Visit Hebron and Nunatsiavut communities • Sail into St. John's historic harbour for a spectacular finale

DEPARTURE DATES & PRICES FROM (Per person)

Please call our office or visit our website for 2028 dates & rates.

Activity Level: 1

Comfort Level:

Seas can be rough. Zodiac landings required

ACCOMMODATIONS

Travel aboard the Ocean Nova.

ELDERTREKS



SMALL GROUP
EXOTIC ADVENTURES
FOR TRAVELERS 50 PLUS

This is not an ElderTreks operated tour. As such, participants on this tour are not exclusive ElderTreks clients and it may not adhere to ElderTreks' maximum size restrictions of our tours.

Following historic shorelines shaped by fishing, migration, and survival, the journey reaches L'Anse aux Meadows, where Norse explorers once made landfall, before continuing along Newfoundland's dramatic northeast coast. It concludes in St. John's, a vibrant Atlantic city where music, history, and seafaring spirit echo across one of the world's great natural harbours bringing the voyage to a richly human and unforgettable close.

DAY 1 NUUK, GREENLAND

In Nuuk, Greenland's vibrant capital, steep peaks rise from the sea and creativity fills the air. Colourful homes and striking modern architecture reflect a city alive with Arctic energy and Inuit pride. Along the waterfront, fishing boats rock beside galleries and cafés, and daily life unfolds against a backdrop of sea and stone. Here, ancient traditions and contemporary life flow together with ease—language, food, and music carrying the pulse of a culture both grounded and evolving. Lively yet intimate, Nuuk offers a glimpse of a modern Arctic city shaped by connection, culture, and imagination.

DAY 2-3 SOUTHWEST GREENLAND

Explore Southwest Greenland, where glaciers carve their way through rock and icebergs drift across mirror-still fjords. Guided Zodiacs and shore landings bring you close to this elemental world: hiking across landscapes shaped by geological time,



drifting among sculpted ice, and discovering the quiet, moving power of Greenland's interior as it flows seaward.

DAY 4 AT SEA - DAVIS STRAIT

Cross the Davis Strait, a storied stretch of ocean connecting Greenland and Labrador. While whales and seabirds trace your course, life aboard turns to learning and exchange. Inuit cultural educators, scientists, artists, and historians share knowledge, stories, and laughter that deepen understanding of the Arctic and its peoples. Reflection and discovery flow together on this day at sea.

DAYS 5-8 TORNGAT MOUNTAIN RANGE, NL, CANADA

Enter Torngat Mountains National Park, a vast, untamed landscape where sheer peaks rise from deep fjords and tundra stretches to the horizon. Inuit hosts guide your exploration of this ancestral homeland, sharing stories that root the land in millennia of knowledge and connection. The Torngats are one of the least accessible places in Canada, protected and co-managed by Inuit to preserve both their natural and cultural heritage. From the possibility of spotting polar bears along the coast to hearing the wind move through glacial valleys, every moment here feels profound—a reminder of the power, beauty, and spirit that define the Arctic.

DAY 9 HEBRON

Step ashore at Hebron, a former Moravian mission where the past lingers powerfully. In the 1950s, families here were forced to

relocate, leaving deep scars still remembered today. Visit the preserved church, hear stories from descendants, and reflect at the commemorative plaque marking both loss and continuity. Meeting those who continue to return to hunt, fish, and honour their heritage makes Hebron a living story of displacement, memory, and return.

DAY 10 NUNATSIAVUT COMMUNITY

Come ashore in a Nunatsiavut community, where the spirit of the Labrador coast comes vividly to life. Here, history, art, and daily life intertwine, revealing stories of resilience, pride, and connection to land and sea. Walk through a community where tradition and modern life coexist—where voices rise in song, artisans share their craft, and every conversation offers insight into Inuit self-governance and cultural renewal. Framed by striking coastal hills and ancient rock formations, this visit offers a powerful sense of place and a deeper appreciation of Inuit Labrador.

DAYS 11-12 LABRADOR COAST

Along the Labrador coast, sheer headlands give way to quiet coves and forested valleys that reach toward the sea. For centuries, Inuit, Innu, and settler communities have lived within this landscape of contrasts—its beauty matched only by its demands. During the great cod fishery, harbours once filled with schooners, salt fish, and the rhythm of seasonal life. Today, cultural sites and small outports echo those stories, revealing how people and sea have long sustained one another. Guided hikes and Zodiac

excursions invite you to trace these same shorelines, where every turn offers a glimpse of Labrador's raw power and enduring spirit.

DAY 13 L'ANSE AUX MEADOWS

At the tip of Newfoundland's Great Northern Peninsula lies L'Anse aux Meadows, the only authenticated Norse site in North America and a UNESCO World Heritage treasure. Step back a thousand years to when Norse voyagers made landfall here, marking the first known meeting between Europeans and the Indigenous peoples of this continent. Wander among grassy mounds and reconstructed sod dwellings that bring the past to life, and trace the stories unearthed by archaeologists—guided by the sagas and the clues preserved in the earth.

DAY 14 NORTHEAST NEWFOUNDLAND

Follow the Labrador Current along Newfoundland's rugged northeast coast, where fishing villages cling to headlands shaped by wind and tide. It's cold waters

once supported the greatest fishery in the world, king cod, drawing settlers to carve out lives along the rocky shores. These coastal communities, though ever adapting, still carry the imprint of their sea-going heritage. Out at sea, whales surface and seabirds wheel overhead, drawn by the nutrient-rich flow. Here, wild landscapes and enduring traditions meet, revealing a shoreline defined as much by people and history as by the restless sea itself.

DAY 15 ST. JOHN'S, NL

Cradled by steep hills and guarded by the dramatic Narrows, St. John's—Newfoundland and Labrador's spirited capital—is one of the world's great natural harbours and one of North America's oldest cities. Brightly painted row houses climb the slopes beside Signal Hill, where the Atlantic stretches endlessly beyond. In its winding streets and lively waterfront, history and creativity thrive side by side, filling the air with music, laughter, and the unmistakable spirit of Newfoundland.





THE OCEAN NOVA DETAILS:



Maximum: 78 passengers

Thanks to the Ocean Nova's intimate group size and our seamless operations, hopping into one of our eight Zodiacs is a breeze—rain, shine, or snow. With the ship's shallow draft and ability to anchor close to shore, you'll spend less time ferrying and more time exploring. Need to head back to the ship mid-excursion? No problem. Simply return to the landing site, and we'll whisk you back in no time. More adventure, less waiting—that's the Ocean Nova way!

CABIN CATEGORIES:

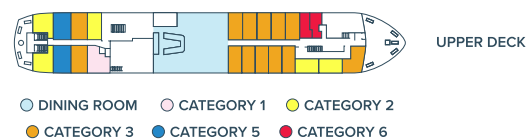
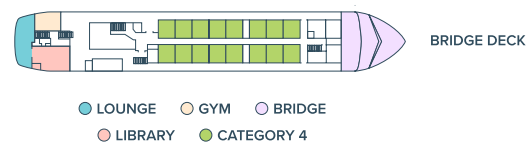
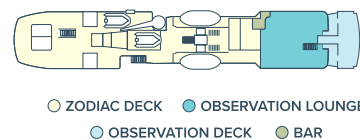
- CABIN CATEGORY 1
Triple / Upper Deck
- CABIN CATEGORY 2
Bunk Bed Twin / Upper Deck
- CABIN CATEGORY 3
Upper Deck Twin / Upper Deck
- CABIN CATEGORY 4
Bridge Deck Twin / Bridge Deck
- CABIN CATEGORY 5
Superior Twin / Upper Deck
- CABIN CATEGORY 6
Single / Upper Deck



Panorama Lounge aboard the Ocean Nova



Dining aboard the Ocean Nova.



QUESTIONS & ANSWERS

1. HOW BIG ARE THE GROUPS?

The Ocean Nova is a 75 passenger vessel.

2. WHAT IS INCLUDED IN THE TOUR PRICE?

From Day 1 to disembarkation, all meals, coffee/tea/water, wifi, lectures, expeditions, entertainment and services of naturalist guides are included.

A complimentary expedition jacket is also included.

3. WHAT IS NOT INCLUDED IN THE TOUR PRICE?

International and charter flights, speciality drinks (including alcoholic and non-alcoholic drinks) and tips. Personal expenses like telephone calls and laundry are not included and put onto your shipboard account which is payable in USD the night prior to disembarkation. Gratuities are not included. Automatic gratuity of \$15 USD per guest/per day will be added to shipboard account. This goes into a lumpsum and distributes to the entire crew equally. Mandatory medical evacuation insurance is not included.

4. ARE THESE “EDUCATIONAL” TOURS?

Yes, in the broadest sense of the word, “educational”. We visit museums, national parks and reserves and have talks and discussions on many aspects of history, culture and nature. But this is only a portion of the educational experience. We believe that it is equally educational to meet local people on a non-commercial basis, and even try to learn a few words in the native language. Sometimes the most “educational” moments are wandering through the streets of a mountain village.

5. HOW DO WE TRAVEL DURING THE TOUR?

We cruise on our vessel and often use Zodiacs for our adventure excursions.

6. WHAT ARE OUR ACCOMMODATIONS LIKE?

The ship’s design is compact, cozy and charming. It is designed for efficiency, functionality and connection with nature. The ship was custom built for ice-choked waters.

7. WHAT ABOUT THE WEATHER?

We travel during the northern summer season. In general, we can experience temperatures between 35-55°F (1-12°C).

8. WHEN IS PAYMENT DUE?

A non-refundable deposit of \$3000 USD is due as soon as you decide to go and will reserve your place on the tour. The balance of the payment is due 150 days before departure. Cancellation charges are applicable and these are outlined in the “Terms & Conditions” section of our brochure.

9. IS MEDICAL INSURANCE REQUIRED?

Insurance coverage is not included in the cost of your trip. Please note that medical insurance is required for this adventure with a minimum of \$500,000 USD coverage for evacuation insurance, including air ambulance. We strongly recommend cancellation and interruption insurance as well! ElderTreks offers comprehensive travel insurance and we are happy to provide you with a quote if you call our office. If you are purchasing insurance elsewhere, please ensure you provide the details to ElderTreks as soon as possible.

10. WHAT SHOULD I TAKE ON THE TOUR?

There is a detailed “What to Take” list in our Trip Kit,

which we will send to you after you have booked the trip.

11. WHAT MEALS ARE INCLUDED?

All meals are included, starting with dinner on day 1 and finishing with breakfast on departure day.

12. CAN YOU ARRANGE MY FLIGHTS?

We would be happy to take care of your air arrangements. ElderTreks offers personalized flight itineraries — not group flights. Stop over en route,

come in a few days early, or extend your stay. Call us for a customized itinerary.

13. WHAT IF I WOULD LIKE MORE INFORMATION?

If you have any further questions about the adventure, please call our office for more details. A Trip Specialist will be happy to answer your questions. A Trip Kit containing further details on the destination will be sent to you once you have booked the trip.

