PAUL WALKER
TANGENT EXPEDITIONS

KORSBJERG & TVILLINGERNE

TANGENT EXPEDITIONS

www.greenlandexpeditions.com

KORSBJERG & TVILLINGERNE

This two week expedition will take you to the two highest summits of Liverpool Land, Korsbjerg (1400m) and Tvillingerne (1430m). These are relatively non-technical glaciated peaks, making this trip suitable for participants with less skiing and technical climbing skills who still want to climb incredible summits and get the full arctic Greenland experience.

As well as using skis or snowshoes to climb these two peaks, there will be opportunity for ascents of nearby, smaller peaks if time and weather allows. Our small group size guarantees that all participants will get individual attention and build their own skills whilst enjoying this very special part of the world.

OVERVIEW

You'll fly into Constable Point, Tangent Expeditions' operational base in north east Greenland, where you'll be greeted by the Tangent Expeditions team and your guide for the trip. You will spend your first two nights at base, sleeping in your expedition tents to get used to the systems needed for winter camping. You'll have chance to go through all of your equipment and learn glacier travel skills with your guide, as well as discussing in detail the objectives for the trip.

Tangent Expeditions' snowmobile guides will drop you off at the base of the Hans Glacier, which leads gradually up towards the two summits. From here, you'll use specialist pulk sleds to transport your equipment and food up the glacier to your base camp. Once camp is established, you'll start work on the first objective.

Over the ten days at base camp, you'll aim to climb both summits of Korsbjerg and Tvillingerne, with some smaller local summits as well. You'll also spend plenty of time working on snow and glacier travel skills. Early in the trip you might have chance to see the beautiful Northern Lights. Darkness decreases rapidly at this time of year, and you'll barely notice it going dark by mid April.

At the end of your trip, you'll descend the glacier to your pick-up point. Tangent Expeditions' snowmobiles will meet you here and transport you back to Constable Point, ready for your flight home the next day.

DETAILS

2020 DATES	31 March - 14 April
2021 DATES	31 March - 14 April
DURATION	15 days
GROUP SIZE	3 - 6 people plus guide

Please note that we can, on request, arrange a bespoke expedition package on dates to suit you. Contact us for more information.

PRICE £5250

Price includes: return flights between Akureyri (north Iceland) & Constable Point (Greenland); guiding; all food whilst in Greenland; use of group and safety equipment.

Price does not include: compulsory insurance; travel to/from/within Iceland; Iceland accommodation & food; personal clothing & equipment.

See page 28 for more information.

ITINERARY

Subject to weather and local conditions, the typical itinerary for the expedition will be as follows:

DAY 1	Meet in Akureyri, Iceland for your flight to Constable Point, north east Greenland. The afternoon will be spent at Tangent Expeditions' base at Constable Point, getting to know the rest of your group. You will camp in your expedition tent to get used to the equipment.
DAY 2	A full day at base to recap your existing skills and learn new ones, including roped up glacier travel.
DAY 3	Morning snowmobile transport to your drop-off point in Nøkkedal valley, taking 1-2 hours dependent on conditions. The afternoon will be spent travelling on skis or snowshoe to your base camp location,using specialist pulk sleds to transport your equipment.
DAYS 4 – 13	Ten days to climb Korsbjerg and Tvillingerne. This allows plenty of time for any bad weather delays and learning extra skills, increasing your chances of summitting both mountains. Any spare time will be used climbing smaller peaks in the area.
DAY 14	Travel out from base camp to your pick up location, where you will be met by snowmobiles and transported back to Constable Point.
DAY 15	Return flight to Akureyri, Iceland.

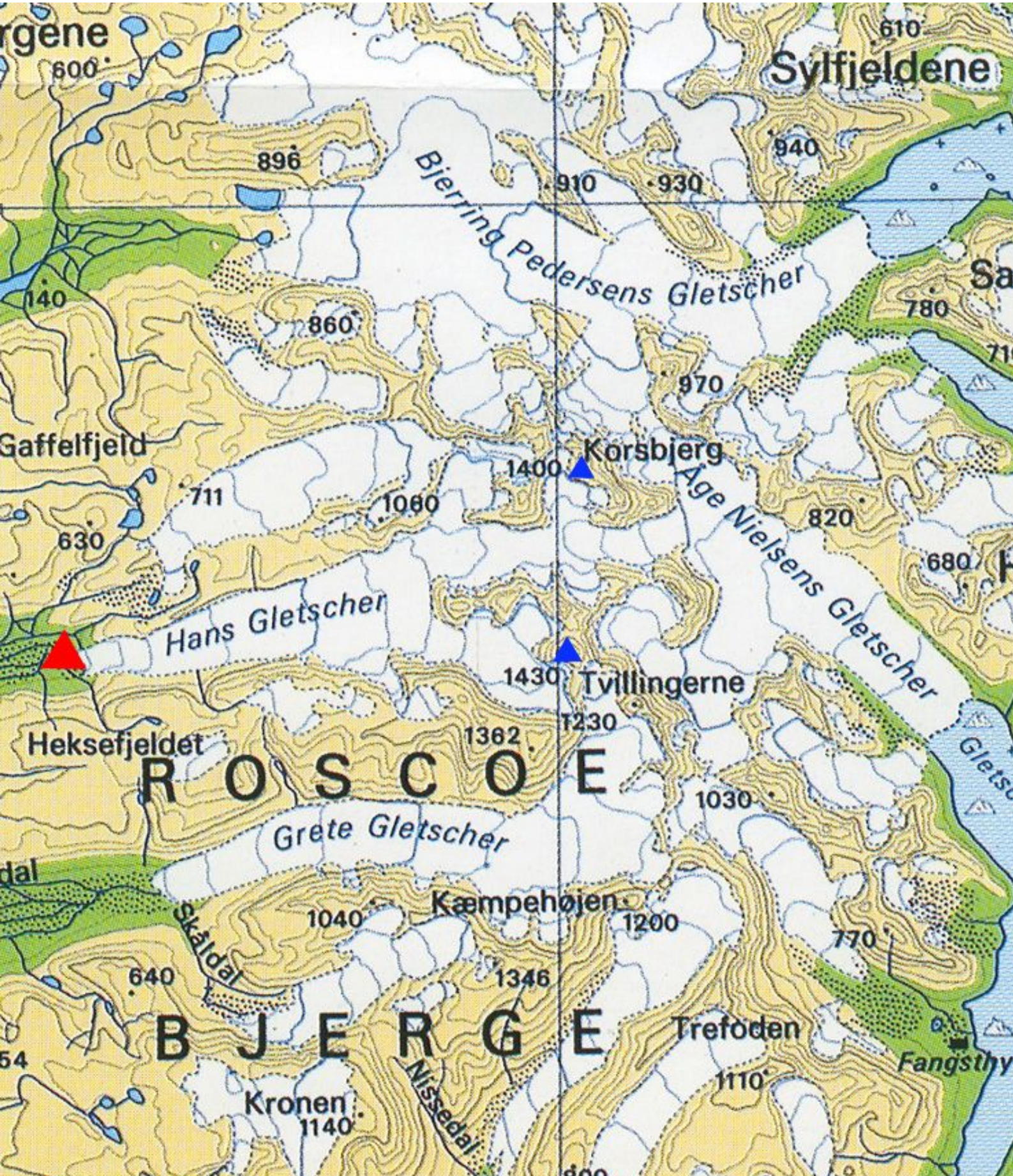
Please note that the exact itinerary will be determined based on weather/local conditions, participants' previous experience and group objectives.

80°
Ellesmere Island
CANADA
Greenland Sea
Qaanaaq
(Thule)
Baffin Bay
Expedition Location
70°
70°
Constable Point
Ilulissat
(Jakobshavn)
Aasiaat
(Egedesminde)
Denmark
Strait
Arctic Circle
Sisimiut
(Holsteinsborg)
ICELAND
Maniitsoq
(Sukkertoppen)
Nuuk
(Godthåb)
Labrador Sea

LOCATION

You'll be based on the Hans Glacier, at the head of the Nøkkedal valley. This is located in southern Liverpool Land, on the east coast of Greenland.

Both summits are on subsidiary glaciers of the Hans Glacier, providing easy access to the peaks.



WHO IS MY GUIDE?

Tangent has a very experienced and reliable team of mountain and polar guides and mountain instructors who work with us on a regular basis and have significant previous arctic Greenland guiding experience.

Your guide will be assigned approximately two months prior to the start date of your expedition and you will be notified of their contact details. He/she will contact you prior to your trip to check if you have any queries or need further information.

HOW MUCH EXPERIENCE DO I NEED?

This expedition is aimed at those with intermediate mountain experience. You should be happy hill walking and scrambling in all conditions. Although you do not require any previous glacier or winter walking/alpine experience, this will be highly beneficial. Previous use of an ice axe and crampons will reduce the amount of training you need to complete in Greenland.

Travel to and from your objectives may either be on skis or snowshoes. No experience is needed for snowshoers, but anyone wishing to use skis should be comfortable skiing red runs and have some off-piste experience.

Prior wild camping experience is an asset, but not essential. You will be required to set up your own tent and cook for yourself throughout the expedition. Full training will be given in the use of expedition stoves and tents.

You should be reasonably fit and capable of 5-8 hour mountain days with a light pack. You shouldn't have any significant ski-related injuries or knee or back problems.

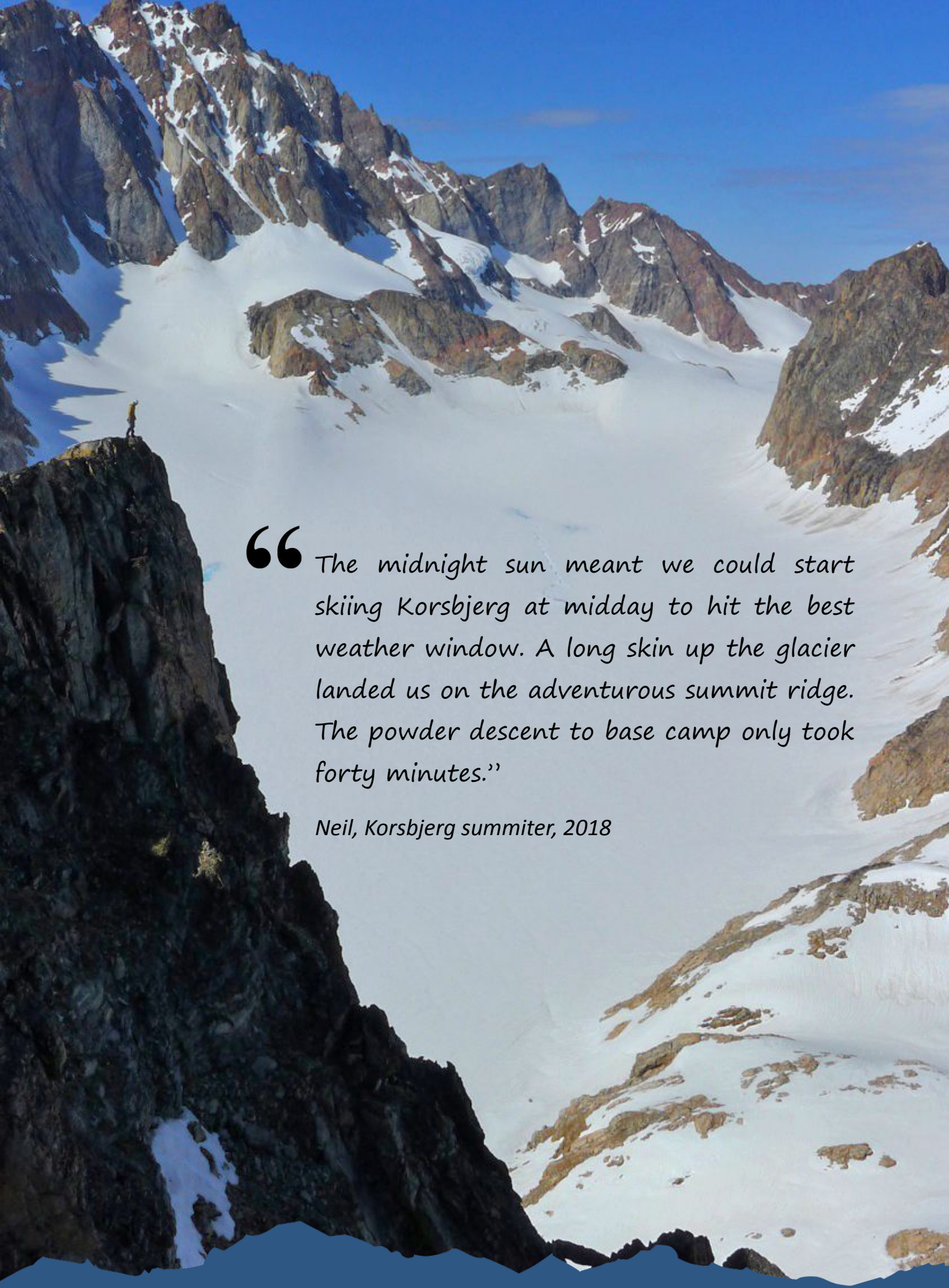
If you have any questions about your experience or fitness level, please contact Tangent before booking.

WHO ARE THE OTHER PARTICIPANTS?

The trip will have between three and six participants, plus the guide. You are welcome to book onto the expedition with friends or a partner – please let us know at the time of booking if this is the case, so that we can arrange accommodation sharing appropriately.

The other participants may be of any age or gender, and from all over the world. Everyone on the expedition will have signed up to share the same experience, giving you all common ground and the opportunity to spend time and build friendships with like-minded people.

If you prefer not to share a tent with a participant of the opposite gender, please let us know at the time of booking and we will try to take this into account, although this cannot be guaranteed.



“The midnight sun meant we could start skiing Korsbjerg at midday to hit the best weather window. A long skin up the glacier landed us on the adventurous summit ridge. The powder descent to base camp only took forty minutes.”

Neil, Korsbjerg summiter, 2018

WHAT ARE THE SUMMIT DAYS LIKE?

On summit day you'll have an early alarm. You'll use the snow you've collected the night before to melt for water before even leaving your sleeping bag. This helps to warm the tent up, as well as providing drinks for the day and water for your freeze-dried breakfast.

You'll set off as early as possible. Travelling on skis or snowshoes up the glacier, you may rope up as protection from crevasses. It's a long way, so you'll need to keep a steady pace, but your guide will ensure this is manageable for the group, with regular snack stops.

Towards the summits the mountains become steeper and you will need to take off your skis or snowshoes and switch to crampons and an ice axe. Your guide will belay you on the rope through steeper sections.

Both mountains have a steep rock buttress right at the top, which your guide will belay you up. You'll need to take off your crampons to climb this. Tvillingerne is the most technical of the two peaks.

On top, if the weather allows, there'll be time for photos and snacks before starting your descent. You'll come down the same way and head back across the glacier to your base camp.

Once back at camp, you'll prepare dinner and enjoy some down-time. Base camp is in a beautiful location, so relaxing outside your tent is a treat.

SHOULD I BRING SKIS OR SNOW/SHOES?

If you're an experienced skier, then travel in the mountains will be much easier on skis. If you have any doubts as to your skiing ability, or have no ski experience, then opt for snowshoes. Skiers are advised to bring a back-up pair of snowshoes in case of ski/binding failure, or objectives that may require snowshoes.

If bringing skis, you may use backcountry touring (Randonee), Telemark or Nordic mountain touring ski gear. Your boots must be appropriate for your bindings and broken in before coming to Greenland to avoid blisters. You'll need full length skins. Your ski poles can be either adjustable or fixed length, but whichever poles you bring, you should have powder baskets fitted. Snowshoers will also need poles.

Snowshoers will use their mountaineering boots in the snowshoes. Skiers may opt to climb in their ski touring boots (prior experience of this is advised), or to carry mountaineering boots to change in to. If using soft leather ski boots, you must bring mountaineering boots too, that can have crampons fitted to them.

Tangent Expeditions does not hire any skis or ski boots, however please contact us if you wish to discuss your choice of skis for the expedition. If you are UK-based, we recommend Braemar Mountain Sports in Scotland for ski hire.
www.braemarmountainsports.com

WHAT WILL I EAT?

All Tangent Expeditions' courses and guided expeditions are fully catered, so you do not need to bring any of your own food. You will be expected to prepare all meals for yourself within your shared tent, using a camping stove that Tangent will provide.

Food is packaged in bags containing everything that you will need for two days. These are clearly labelled with your name and any special dietary requirements. We work on a minimum of 4000 kCal per person, per day, to help equip you for long days and pulling heavy loads on pulks. Day packs are varied, so you won't be eating the same food each day.

Drinks are packaged separately and include coffee, tea, herbal teas, hot chocolate and fruit flavoured sports drinks, as well as sugar and milk powder. You'll be asked at the time of booking for your drinks preferences. Toilet roll is also included.

BREAKFAST

A high-calorie serving of freeze-dried granola, porridge, scrambled eggs or similar. Add boiling water and eat straight from the packet.

LUNCHES AND SNACKS

There won't usually be a dedicated 'lunch' stop, as it is more efficient to stop once an hour or so for a smaller snack. Daily rations contain a large variety of sweet and savoury snacks such as cheese, crackers, biscuits, chocolate bars, dried fruit and nuts, beef jerky, vegetarian pate, tinned fish, granola bars and more. Put some in your pockets as easily accessible snacks throughout the day.

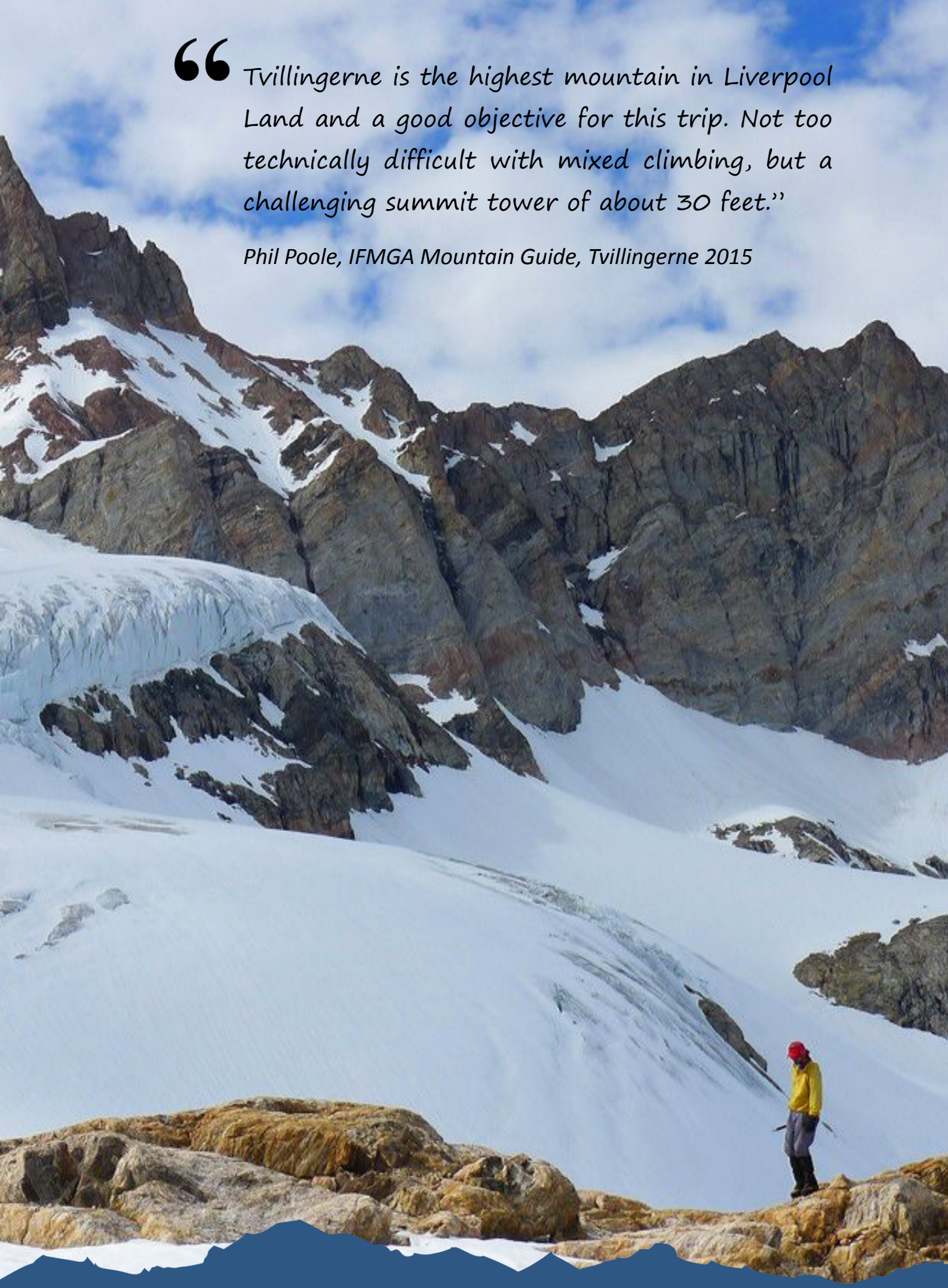
DINNER

A good quality high calorie freeze-dried savoury meal, such as curry, stew or hotpot. Just add boiling water and your dinner will re-hydrate over 5-10 minutes and can then be eaten from the packet. Dessert could be a chocolate bar, biscuits or dried fruit from your day pack.

SPECIAL DIETS

We can cater for vegetarian/pescetarian, gluten free and lactose free diets. Please let us know your requirements at the time of booking as we order and ship food rations well in advance of expedition and course start-dates.

For any other dietary needs, religious restrictions or allergies, please contact us before booking to discuss your requirements. We will make every effort to try and accommodate your dietary needs.



"Tvillingerne is the highest mountain in Liverpool Land and a good objective for this trip. Not too technically difficult with mixed climbing, but a challenging summit tower of about 30 feet."

Phil Poole, IFMGA Mountain Guide, Tvillingerne 2015

WHAT PERSONAL EQUIPMENT DO I NEED?

You will need to provide the following personal equipment. *(Items in green may be rented from Tangent Expeditions. Items marked with an asterisk * are optional, but highly recommended).*

CLOTHING

- ☐ 3 sets of thermal underwear (full length leggings and long sleeve top) – merino or synthetic
- ☐ Thin fleece or insulated jacket
- ☐ Thick fleece or insulated jacket
- ☐ Warm expedition down jacket (or synthetic equivalent)
- ☐ Softshell mountain trousers or salopettes
- ☐ Insulated trousers*
- ☐ Waterproof and windproof jacket and trousers/salopettes
- ☐ 2-3 pairs thin liner socks
- ☐ 3 pairs thick ski or mountaineering socks
- ☐ Thin liner gloves
- ☐ Lightweight fleece gloves
- ☐ Medium thickness waterproof gloves
- ☐ Warm over-gloves or insulated mitts
- ☐ Warm hat (to fit under helmet)
- ☐ Balaclava or face mask
- ☐ Sun-hat or cap
- ☐ Ski goggles (100% UVA/UVB category 4/5)
- ☐ Sunglasses (100% UVA/UVB category 4/5)
- ☐ Insulated mountaineering boots (B1 rating is adequate) (optional if using rigid ski boots)
- ☐ Winter boots for camp use* (Sorrell, Baffin etc)
- ☐ Down booties for in tent use*

CAMPING EQUIPMENT

- ☐ Five season or expedition rated sleeping bag with comfort rating to at least -15°C and extreme/risk rating to at least -30°C
- ☐ Sleeping bag liner*
- ☐ Inflatable sleeping mat, with repair kit
- ☐ Closed cell foam sleeping mat (e.g. Karrimat)
- ☐ Spoon (long handled is useful for reaching the bottom of dehydrated meals!)
- ☐ Insulated mug with lid
- ☐ Pee bottle (Nalgene recommended. She-wee is useful for females)
- ☐ 1 litre Thermos flask
- ☐ Nalgene bottle with insulation (or second Thermos flask)
- ☐ Pocket knife or multi-tool

TECHNICAL EQUIPMENT

- ☐ Skis, ski boots, skins (see note on ski equipment on page 10) AND/OR
- ☐ Snowshoes
- ☐ Ski/hiking poles (adjustable preferred)
- ☐ 100L expedition holdall (for use in pulk as well as travelling)
- ☐ 30-40L backpack for day trips
- ☐ Climbing harness
- ☐ Helmet
- ☐ Ice axe (walking axe, not technical)
- ☐ Crampons (adjusted to your boots before arriving in Greenland)
- ☐ Glacier kit: 5 x screwgate karabiners, 3 x prussiks, 2 x pulleys, 120cm sling, 60cm sling
- ☐ Compass*
- ☐ GPS*
- ☐ Avalanche transceiver (modern 3 antennae digital) and spare batteries
- ☐ Avalanche probe (at least 240cm)
- ☐ Avalanche shovel (metal blade)

MISCELLANEOUS

- ☐ Camera*
- ☐ Suncream (SPF 50) and UV lipbalm
- ☐ Personal first aid kit (see note on page 14)
- ☐ Headtorch (will only be used in tent)
- ☐ Eye mask* & ear plugs*
- ☐ Passport & flight tickets, in waterproof bag
- ☐ Insurance documents (see page 27)
- ☐ Credit card and/or currency (Greenland uses Danish Krone)
- ☐ Diary*, notebook*, pen* & book*
- ☐ Dry bags for sleeping bag & spare clothes
- ☐ Plastic zip lock bags for storing small items*
- ☐ Watch/altimeter*
- ☐ Personal hygiene products e.g. toothbrush, toothpaste, baby wipes
- ☐ Small towel & soap, for use at Constable Point showers after the expedition

Please note, there are no charging facilities at base or in the field, so please bring spare batteries or a power pack for any electronics.

PERSONAL FIRST AID KIT CONTENTS

Your guide will carry a full mountain first aid kit, but you are required to bring your own 'mini first-aid kit' for frequently used items. This should contain the following:

- ▢ Adhesive plasters (assortment)
- ▢ Blister treatment (e.g. Compeed)
- ▢ Antiseptic wipes or cream
- ▢ Throat lozenges (if you experience a sore throat in dry climates)
- ▢ Foot powder/talc (optional)
- ▢ Any personal medication you require
- ▢ Your usual pain killer for headaches, sprains, strains, period pain etc.

The following pain killers may be useful:

- Aspirin / Anadin / Paracetamol / Panadol * (headaches and mild pain relief)
- Cocodamol (500gms Paracetamol + 8gms Codeine) ** (mild-moderate pain relief)
- Brufen / Nurofen / Ibuprofen *** (mild-moderate pain relief and anti-inflammatory for sprains / muscle aches / strains etc. Also effective in reducing mild-moderate pain from soft tissue injuries)
- Voltarol (Diclofenac) or Preservex (Aceclofenac) ****

* 'Panadol' is a brand name containing Paracetamol. Available without prescription over the counter.
** Slightly stronger than Paracetamol. Available without prescription over the counter.
*** 'Brufen' and 'Nurofen' are brand names for drugs containing Ibuprofen. There are several other brands also on the market - your chemist can advise. Available without prescription over the counter.
**** Stonger anti-inflammatory than Brufen/Nurofen. Prescription required.

Ensure that you seek advice from your doctor or pharmacist if you have any allergies to medicine.

WEATHER

Daytime highs in early-mid April are usually around -15°C to -10°C, with overnight temperatures dipping to -25°C. The very dry climate means these low temperatures are nowhere near as cold-feeling as you might expect.

On warmer days, with the sun on you and reflecting off the snow, it can feel very warm and you may be able to wear just one or two layers whilst climbing. Sunburn and snow-blindness are a real concern, and you'll need to be vigilant in regularly applying sunscreen and wearing 100% UVA/UVB category 4/5 sunglasses or goggles.

Storms can hit at any time, and these may leave you tent-bound for several days. Your guide will receive an up-to-date forecast every day, enabling you to prepare yourselves for incoming bad weather.

There will be around 9 hours of darkness at the start of your trip, with this decreasing rapidly into April.

SNOWMOBILE TRAVEL

Our snowmobiles are state of the art Lynx Grand Tourer and 69 Ranger models. These will transport you from Tangent Expeditions' base camp at Constable Point to the start point for your trip, a journey of approximately 1-2 hours, depending on conditions.

The snowmobiles pull specially designed arctic cargo sleds, which will be loaded with all personal and group equipment at Constable Point base camp, prior to departure. Remember to keep aside for the journey your warmest clothing, ski goggles, balaclava or face mask, your mitts, and any items of personal kit you may need in a separate bag (extra warm layers, snacks and your camera).

Before setting off, you will receive a briefing on snowmobile safety. You'll be riding pillion on the back of the snowmobile, or in a people - carrier towed behind the snowmobile. A snowmobile journey is an incredible experience as you blast through snow and icy landscapes. It goes without saying that the journey will be cold, so wear lots of warm layers and keep your face covered to prevent frostbite. The journey can be bumpy, so let us know if you have any back problems when you book your trip (along with any other medical conditions), so we can seat you appropriately.

When you arrive at your destination, the snowmobile team will help you and the other participants unload your equipment and check you have everything before departing.

At the end of your expedition, the snowmobiles will pick you up and transport you back to Constable Point.

CONSTABLE POINT BASE

Tangent Expeditions' base is within walking distance of the small airport of Constable Point. The base consists of two Weatherhaven insulated tents, several containers for equipment storage and staff accommodation/living quarters.

Whilst at base, you'll be camping in your expedition tents. This allows you to get used to them & the camping system, as well as getting to know your tent mate(s). One of the Weatherhaven tents will be available for your groups' use as a communal space (this may be shared with other groups on base), for kit organisation, cooking, socialising and trip planning/training.

Mobile signal is usually available at base, but is often very expensive in Greenland – check with your provider. Data roaming doesn't work for most providers. Expect to only be able to make voice calls and send text messages. There is no mobile signal away from base camp at Constable Point. Tangent has satellite communications systems that are only for emergency use and essential calls to base whilst in the field. Public wi-fi is not available either at Tangent's base or in the airport.

There are no flushing toilets on base, however we have a chemical toilet. Whilst camping away from base, you will be expected to use – and help set up – a dedicated toilet area. Biodegradable toilet paper, but not wet-wipes, can be left buried in toilet areas to decompose.

Tangent has no shower facilities on base, but they are available at the airport's hotel, for a fee, and must be pre-booked by Tangent's Base Camp Manager. Tangent will cover the cost of a shower at the airport hotel at the end of your trip. An additional fee will apply for any other showers you require whilst at base. Some clients choose to book in to the hotel for their last night at base. Please contact Tangent if you would like to do this.

You will be sharing the base and its communal facilities with other members of your group, participants on other expeditions and Tangent staff. We ask you to help maintain the base in a clean, tidy and organised state, for the benefit of everyone on site. In addition, there are certain guidelines we must follow in relation to the airport. Tangent Expeditions' Base Camp Manager will provide a full introduction to base camp when you arrive.

QUERIES AND QUESTIONS IN GREENLAND

A Tangent Expeditions' member of staff will be your first point of contact at base camp and will be available to answer any questions or deal with any issues that arise whilst you are on the base.

Your guide will be with you on base and for the duration of your trip, providing a first point of contact specifically for any expedition-related queries.

HEALTHCARE & EMERGENCY RESPONSE

The arctic environment is incredibly harsh, and it is very important to be aware of common medical issues so they can be avoided, or caught early, before becoming a bigger problem. It is essential that your guide knows of any medical conditions you may have prior to the trip. **You must also let Tangent Expeditions know of any medical conditions at the time of booking.**

Whilst undertaking the expedition, your guide will make sure you are aware of issues such as frostbite, hypothermia, blisters and sun blindness.

Your guide will have mountain first aid knowledge and equipment to provide an immediate, in-the-field response to emergencies. They are also able to contact Tangent's doctor and medical consultant in the UK, Dr Andrew Cumpstey (BMBCh MA MRCP FRCA DiMM), by satellite phone if they need to discuss any medical problem in more detail.

All participants on every course and expedition are required to have full emergency evacuation insurance coverage. Please see page 27 for details of what this needs to cover.

Emergency evacuation will be provided by a helicopter based at Constable Point, in collaboration with the Greenland Police. **Evacuation can only be arranged with the agreement of your insurance provider.**

For serious injuries and illnesses, patients will likely be flown to Iceland for immediate hospital treatment. For minor injuries and illnesses, the village of Ittoqqortoormiit is within 15 minutes flying time of Tangent's base at Constable Point. This basic village hospital has a doctor and nurse in attendance year-round.

POLAR BEARS

The coastal regions of Greenland are inhabited by polar bears. These beautiful creatures must be respected; seeing a polar bear (from a safe distance) is an amazing privilege.

Polar bears tend to be curious, rather than immediately aggressive and adverse bear encounters are extremely rare within our geographical areas of operation. However, there is always potential for an encounter and appropriate precautions must be taken, for everyone's safety.

Tangent has established bear defence systems and procedures, with which your guide will be extremely familiar. These include:

- Alarmed bear fence around the camp
- Undertaking a rotating night-watch system when in high-risk areas (e.g. close to sea-ice on the east coast of Liverpool Land). In bad weather this may not be possible and will be carried out from inside the tent, listening for the alarm
- Carrying a set of flares of various sizes and ranges, including personal hand flares, in order to deter curious bears
- Carrying a rifle or shotgun

Shooting is primarily aimed at making a loud noise and scaring bears away. Shooting to kill a polar bear is a last resort and a very serious choice that will lead to an investigation by the Greenland Police. No Tangent Expeditions group has ever had to shoot a bear.

TRAVEL TO AND FROM GREENLAND

All expeditions and courses start from and end in Akureyri, northern Iceland. Here you will meet your guide and the other members of your group for your flight to Constable Point in Greenland. You are responsible for ensuring that you and all your equipment arrive at Akureyri in time for your flight to Greenland. The flight cannot usually be held for you, due to scheduling commitments. Advice on getting to Akureyri is provided on page 25.

THE FLIGHT TO GREENLAND

Tangent Expeditions will organise your flight from Akureyri to Constable Point (known as *Nerlerit Inaat* in Greenlandic). Most flights check in at Akureyri at around 9am on the morning of departure. Exact check in details will be provided closer to your departure date.

Akureyri airport is a five-minute taxi ride from the town centre. (Please note that if you plan to travel to Akureyri via rental car, you can arrange to drop the car off at Akureyri airport at the time of booking).

It will be easy to meet the rest of your group at Akureyri airport as it is very small. Tangent Expeditions will provide all members of the expedition with contact details for everyone in the group (unless otherwise requested) prior to your trip, enabling you to contact fellow participants and make arrangements to meet in Akureyri airport or at an earlier point after arrival in Iceland. Please let us know at the time of booking if you do not wish your contact details to be shared.

The flight to Greenland will be on a small King Air or Twin Otter aircraft, each of which seat only a few passengers. The journey on these small aircraft is exciting, with fantastic views over the Denmark Straits and on approach to Greenland, with the mountains of Liverpool Land visible, along with the village of Ittoqqortoormiit. Flying time is 1.5 to 2.5 hours, depending on the aircraft.

Owing to their small size, neither of these planes have any onboard services, or a toilet! Go prepared with food, drink and having used the toilet beforehand. We recommend you take earphones and music, particularly for the Twin Otter, which can be noisy.

On arrival at Constable Point, you'll be directed across the apron to the small airport waiting room, where a Tangent Expeditions representative will be waiting to greet you and show you to base camp.

BAGGAGE ALLOWANCE

You will need to bring all your personal equipment and clothing to Greenland with you, including your skis, if applicable. This will normally involve flying with two bags (your main expedition holdall and a ski bag).

A hold baggage allowance of 20kg is normally allowed on the flight to Constable Point from Akureyri. An extra 10kg is pre-paid for this expedition, to a total of 30kg. In addition, you can carry on 5kg as hand baggage.

Maximum baggage allowances are strictly enforced due to the small size and available payload of the aircraft used on this route. Please pack carefully as any baggage in excess of the above amounts (if the airline is willing and able to accept it on the aircraft) will be charged at £10 per kg, in each direction.

Please contact Tangent if you anticipate that you will require excess baggage – we will endeavour to pre-book it, to increase the chance of the airline accepting it on the flight.

For all international flights to and from Iceland and internal flights within Iceland, please check your baggage allowance with your airline. You are responsible for all excess baggage charges on these flights.

You are welcome to bring your duty-free allowance of wine or beer with you from Akureyri for consumption whilst you are at base. Taking alcohol on the expedition with you is not recommended. There is no alcohol for sale at Constable Point.

GETTING TO ICELAND

All international flights into Iceland land at Keflavik International Airport, approximately 45 minutes' drive from the capital city of Reykjavik. Flights are easily available on many international airlines from most major European and North American cities, with low-cost deals available from some carriers.

GETTING TO AKUREYRI

There are two options to get from Keflavik to Akureyri.

1) Hire a car from Keflavik airport. It is around a 6 hour drive to Akureyri, allowing for a one hour stop. There is a high likelihood of snow on this drive, so make sure you are confident driving in winter conditions if you choose this option. You'll need to arrange the car hire as a one-way rental, to be dropped off at Akureyri airport.

2) Alternatively, travel from Keflavik into Reykjavik by bus (using the regular FlyBus service from the airport), or by taxi (much more expensive). Then, from the smaller domestic Reykjavik airport, take an internal flight to Akureyri with Air Iceland Connect. You can book online and there are several flights each day.

Flybus: www.re.is/flybus

Air Iceland Connect:
www.airicelandconnect.com

PLANNING YOUR FLIGHTS

Flights to and from Greenland can be unreliable, due to extreme weather conditions in both Greenland and Akureyri. Pilots must have good visual conditions to take off and land in both locations, so flights can be delayed due to storms or low cloud. We highly recommend that you plan ahead, in anticipation of delays.

Flights to Constable Point from Akureyri are twice-weekly. As described above, planes are small with few seats, and are usually fully booked. If you miss your flight out, there is a high chance you will miss your expedition. **You should plan to arrive in Akureyri at least 24 hours before your departure to Constable Point.** This will help to allow for any delays on your international flights, or within Iceland.

In case of any delays to your return flight to Akureyri from Constable Point, **we recommend that you schedule your international flights home for 2-3 days after you are due to arrive back at Akureyri.**

By allowing yourself extra time either side of your Greenland flights, you will not only mitigate possible flight delays but also give yourself the opportunity to explore in and around Akureyri and Iceland.

Akureyri is a lovely small town, with relaxing coffee shops, restaurants and bars. There are also art and bookshops, a shopping centre, ski resort and a municipal swimming pool with a hot tub, sauna and steam rooms. Nearby, there are popular hot springs, around an hour's drive away. Many people rent a car to experience these and see something of the local landscape.

Reykjavik has many attractions, as well as the popular Golden Circle tour and other options, such as whale watching, cycle hire or trekking.

STAYING IN ICELAND

You will need to book your own accommodation in Iceland. A wide range of options are available, from camping and hostels, to guest houses and more upmarket hotels. These may be booked using international websites such as booking.com (for hotels and guesthouses) and hostelworld.com (for youth hostels).

Tangent Expeditions' staff usually stay at Snorris Guesthouse in Reykjavik, and at Hotel Akureyri in Akureyri. Both are comfortable, welcoming and reasonably priced.

Snorris: www.guesthousereykjavik.com
Hotel Akureyri: www.hotelakureyri.is

DO I NEED A VISA?

A visa is not normally required for stays of up to 90 days in Iceland or Greenland for residents of European and North American countries. It is your responsibility to check with your own foreign office if you require a visa for entry into Iceland or Greenland and to obtain any such permit or documentation in good time.

INSURANCE

All participants joining this expedition must have suitable insurance in place.

Your insurance must include cover for:

- Search & Rescue to a minimum of GBP £10,000
- Evacuation to the nearest hospital (Ittoqqortoormiit) for accident, injury & medical reasons
- Medical/hospital costs
- Repatriation to home country
- Repatriation of human remains to home country
- Winter camping
- Off piste and remote location skiing, roped mountain climbing & roped glacier travel
- Arctic Greenland (north of 71 degrees)
- Snowmobile transport (as a passenger, not driving)
- Public liability

Tangent Expeditions can provide this insurance at a cost of £765 per person for 17 days. Please contact us if you wish to arrange this.

Proof of insurance (a full copy of all insurance documents) must be sent to Tangent Expeditions' office at least 2 weeks prior to the start date of the trip. The office address is:
Tangent Expeditions Ltd, Glendale House, 14-16 Glendale Road, Wooler, Northumberland, NE71 6DN, United Kingdom.

Alternatively, send your documents by email to: **paul@greenlandexpeditions.com**

We highly recommend arranging suitable travel insurance to cover delays and lost baggage. Tangent Expeditions is not responsible for any costs incurred as a result of missed or delayed flights (including those to and from Constable Point) or any lost or damaged baggage and equipment. For full details, please refer to our terms and conditions:
www.greenlandexpeditions.com/terms-conditions

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- Winter camping
- Off piste and remote location skiing, roped mountain climbing & roped glacier travel
- Arctic Greenland (north of 71 degrees)
- Snowmobile transport (as a passenger, not driving)
- Public liability

Tangent Expeditions can provide this insurance at a cost of £675 per person for 15 days. Please contact us if you wish to arrange this.

Proof of insurance (a full copy of all insurance documents), if not taken out through Tangent Expeditions, must be sent to Tangent Expeditions' office at least 2 weeks prior to the start date of the trip. The office address is: Tangent Expeditions Ltd, Glendale House, 14-16 Glendale Road, Wooler, Northumberland, NE71 6DN, United Kingdom.

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PRICING DETAILS

The cost of the Korsbjerg & Tvillingerne Expedition is £5250 (GBP). This can be paid in either GBP or the current Euro equivalent (using exchange rates on the day) to **Tangent Expeditions Ltd.**, online or by cheque. A deposit of £1550 is due upon booking, with two further payments of £1850 each due by the 27th December and 27th January respectively.

For further details regarding payments, cancellation policy and financial protection, please refer to our Terms & Conditions at www.greenlandexpeditions.com/terms-conditions.

PRICE INCLUDES

- Return flights between Akureyri (Iceland) and Constable Point (Greenland)
- Passenger taxes and fees
- 30 kg check in and 5kg hand baggage
- Use of base camp facilities
- Expedition leader/guide
- Shared tent accommodation in Greenland in mountain tent suitable for arctic conditions
- All expedition food and drinks in Greenland
- Expedition related snowmobile transport, as per the itinerary
- Use of specialist group equipment, including:
  - MSR stove, pan set, spares & fuel
  - Snow shovel & snow saw
  - Pulk sled & harness
  - Ropes & climbing equipment
  - Alarmed bear fence
  - Firearms & ammunition
  - Flares
  - Group mountain first aid kit
  - Satellite & radio communications system
  - Personal locator beacon (PLB)
  - Garmin InReach tracker device
  - GPS & maps
  - Group survival shelter
- Single use of airport hotel shower at end of course
- ATOL 9074 payment protection

PRICE DOES NOT INCLUDE

- Flights to and from Iceland from your home country
- Iceland-related costs (accommodation, transfers, taxis, meals etc.)
- Excess baggage beyond the stated baggage allowance
- Additional showers
- Airport accommodation charges (if chosen, or as a result of weather related flight delay)
- Final group meal in airport canteen (if the group chooses to do so)
- Rental of equipment items shown in green on the attached equipment list
- Insurance

THE FOLLOWING ITEMS WILL INCUR AN ADDITIONAL CHARGE:

- Personal satellite phone calls (GBP £5/minute) (for emergency / urgent calls only)
- Excess baggage beyond stated allowance (GBP £10/kg (each way)
- Use of single-person tent (GBP £80 per person, per tent)
- Extra equipment rented from Tangent Expeditions, beyond the stated group kit (refer to the Rental Equipment section of our website for cost details)

Before you book on the trip, please ensure you read and fully understand all the Terms & Conditions. If you have any questions about these (or any other matter), please contact us.

ABOUT TANGENT EXPEDITIONS

Tangent Expeditions has been operating extreme mountain expeditions, polar journeys and training courses in Greenland since 1989. We have organised more than 250 arctic expeditions, including over 200 first ascents of previously unclimbed mountains throughout Greenland, the first guided trip to cross the Greenland ice cap and the only winter ascent of the highest mountain in the arctic, Gunnbjørnsfjeld.

We continue to offer truly pioneering and inspirational expeditions to the most remote parts of Greenland at the core of our business, providing fully-guided, tailor-made trips for a wide range of clients, as well as providing operational support for privately-led groups. Commercial clients include BBC film crews and the British, French and American militaries, as well as various TV and sporting celebrities.

Tangent Expeditions has a highly trusted and reliable team of mountain and polar guides who have the highest levels of outdoor qualifications and decades of experience. They are capable of guiding technical climbs and ski descents, as well as managing teams of over a hundred people on Greenland challenge events.

Tangent's experienced snowmobile drivers, boat coxwains and base camp staff are located in-country at our permanent base close to Constable Point airport throughout the main expedition seasons of March - May and July - August. Having a dedicated fleet of snowmobiles and boats, together with staff at base 24/7, allows expeditions to receive the best possible support throughout their time in Greenland.

The majority of our guided trips are based out of Constable Point, with quick snowmobile or boat access to the mountains of Liverpool Land, the Stauning Alps and beyond. We also offer comprehensive logistics packages and guiding services throughout Greenland, including trips to the west coast, ice cap crossings and highest arctic summits of the Watkins mountains.

We are the only company in Greenland operating to the highest global safety levels and have British Standard accreditation for adventurous activities outside the United Kingdom (BS 8848), ensuring Tangent's Greenland adventure activities are planned, financed and executed to the highest possible standard.

For more information on this and other expeditions, or to book, please contact:

PAUL WALKER
TANGENT EXPEDITIONS

0044 (0)7887 556089
paul@greenlandexpeditions.com

www.greenlandexpeditions.com

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Tangent Expeditions, Glendale House, 14-16 Glendale Road, Wooler, Northumberland NE71 6DN