

# Polar Circle Marathon

## The coolest marathon on earth

### OPTIONAL EXCURSIONS

#### ⇒ Running Copenhagen Special Tour (23 October 2024) – R1 100

They have arranged a specially crafted running tour for the Polar Circle Marathon participants that you can book if you would like some sightseeing in Copenhagen and to stretch your legs before heading off to Greenland. The relatively short distances, the fantastic sights, and the vibe of the city makes it perfect for sightseeing while running. The tour departs at 15h30 from Rådhuspladsen (City Hall Square). From the statue of world-famous storyteller H.C. Andersen, you will head towards the main sights in Copenhagen including the Parliament, the Queen's castle, and the Little Mermaid.

The route has been planned with the beautiful scenery of Copenhagen in mind and you will be running along the canals and the harbour as well as through some of Copenhagen's many parks. They keep the tours very informal and only run in smaller groups, so there is plenty of time to ask questions about the sights, places, or people that you will pass, or any other questions that you may have during the tour. The pace will be adjusted according to the overall level of the participants, but you should expect between 5-6 minutes per kilometer.

#### ⇒ Northern Lights (25 October 2024) – R 1 000

The town of Kangerlussuaq is sheltered between the Greenland Ice Sheet, the fjord, and mountains, which all contribute to a stable climate with minimal cloud cover - they have roughly 300 clear nights per year. Adding to this, Kangerlussuaq utilizes artificial lighting sparingly and the backcountry's cloak of darkness lies just a short drive away.

To begin your Northern Lights tour, you set off into the backcountry by bus. You will quickly find yourself in total darkness beneath Kangerlussuaq's starry skies. Gazing upward, you will hopefully be able to see brilliant, green bands or flapping curtains of color waving across the celestial sphere. Shades of red, blue and violet are possible as well. This ethereal light display is the result of a scientific phenomenon where gaseous protons and electrons from solar wind collide with molecules in Earth's atmosphere.

Color variations are due to the type of gas particles that collide, as well as the altitude at which they collide. Oxygen molecules at lower altitudes of up to 241 km (150 mi) produce the most common color, a yellowy green; then deepen to shades of red above 241 km (150 mi) high. Nitrogen produces blue hues at altitudes up to 96.5 km (60 miles); and vivid purples

**Disclaimer:** Please note that the Northern Lights tour is weather-dependent. In case of cloudy weather, the tour will be cancelled and a full refund given. As the Northern Lights is a natural phenomenon, we cannot guarantee its presence.

**Departures:** The Northern Lights tour is an evening tour - typically it will run from 20h00-22h00, but it may be pushed an hour later if the chances of seeing the Northern Lights are better later. **Also, note that the date shown is only an indication. They will do the excursion when the forecast is best, so it could be the evening of any of the days that we are in Kangerlussuaq.** Your tour leader and the staff will keep you updated once you are in Greenland.

#### ⇒ Tundra Safari and Kangerlussuaq Sightseeing (24 & 26 October 2024) – R 1 500

Present-day Kangerlussuaq is a former American air base that has transformed into the main airport of Greenland. On this tour, you will do some sightseeing while your guide shares exciting stories - telling you about everything from primitive Kangerlussuaq to the origins of the base (from the Second World War to the Cold War) and its subsequent transformation into a modern international airport and small settlement. It is also interesting to learn about Greenland's culture and how its people have adapted to the harsh environment.

The area around Kangerlussuaq has Greenland's longest road, and using this you will embark on a roadtrip and experience the great Greenlandic nature.

You will drive to the harbour to enjoy views of the beautiful Kangerlussuaq Fjord. You will also drive past Kellyville, a small town 12 km from the airport that is a research facility, and tour the old base area. You will visit the village kennel, where you will get better acquainted with Greenlandic sled dogs (as the season is not open in Kangerlussuaq in October 2024ober, you will not be able to go dog sledding) and their unique instincts. You will have ample opportunity to take in the stunning nature along the way, and, if your are very lucky, spot musk oxen during this scenic 3.5-hour drive.

#### ⇒ Russell Glacier (24 & 27 October 2024) – R 2 150

Kangerlussuaq enjoys the unique pleasure of being the only place in Greenland where you can drive to the Ice Sheet. You will board a tundra coach - a special 4WD vehicle designed to handle ice, rocks, and uneven ground- and then drive partially off-road on the fascinating route to the magnificent Russell Glacier. The drive will take approximately 1.5 hours, and along the way you will be on the lookout for wildlife such as reindeer and musk oxen.

The glacier is an impressive sight, with vertical walls of ice that rise as high as 60 meters. You will not walk on the glacier itself, but you'll have a chance to hike along the glacier's edge to truly appreciate its immense power.

You'll get close enough for some great photo and video opportunities before heading back to Kangerlussuaq.

#### ⇒ Meet the sled dogs (29 & 30 October 2024) – R 900

You will begin the excursion at Arctic Living where Flemming, a local musher, will meet you outside next to his dogs. He will tell you about raising the pups, the expeditions he has been on, and mushing itself. You will also be able to observe the dogs, but please remember that these are working animals and not pets - they are not meant for cuddling.

This excursion does not include dog sled riding but will give a very thorough and interesting look into the history and life of dog sled mushers in Greenland.

⇒ **Sail to the Oqaatsut Settlement (30 October 2024) – R 4 100**

You will start the tour by boat from Ilulissat to Oqaatsut; a 30-minute boat tour where you sail among the gigantic icebergs from the Ilulissat Icefjord on their path north of Ilulissat. After you arrive in Oqaatsut your guide will take you on a tour of the settlement where you, among other things, will see the school, church, and fish factory of Oqaatsut. Your guide will tell you all about living in a small settlement community and the history of Oqaatsut.

The settlement tour ends at Restaurant H8 Explorer where they will be serving lunch made from local ingredients. After lunch, you will have time on your own to hike in the area or simply enjoy a peaceful hour or two with a cup of coffee and unforgettable views before the boat sails us back to Ilulissat.

Afterwards, you will board their boat which will take you speedily back to Ilulissat. On the route back there is plenty of scenery to enjoy. The 70-million-year-old volcanic Disko Island is to the west and the green mainland to the east. You will pass Ilulissat Airport and the popular bay Bredebugt, which is surrounded by small cabins owned by locals.

For reservations, please contact

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