THE STRIVE COLLECTIVE

# STRIVE GREENLAND.

Disko Bay Expedition · 4–11 September 2027
The Strive Collective · Thrive Through Challenge
8 days · 40 participants · ~80 km on foot · 1,000 m peak climb · Basecamp: Polar Athena

THE EXPEDITION · THRIVE THROUGH CHALLENGE

# EIGHT DAYS AT THE EDGE OF THE WORLD.

Greenland's Disko Bay is one of the most dramatic landscapes on Earth: a vast, ice-studded seaway where ancient glaciers calve into dark Arctic waters. This is where STRIVE takes on its most ambitious challenge yet.

For eight days, 40 participants live aboard Polar Athena, waking each morning to a new physical challenge and a new corner of this extraordinary wilderness as the vessel explores the sheltered waters of Disko Bay. From kayaking among skyscraper-sized icebergs to hiking to the edge of the Greenland Ice Sheet, every day is designed to push personal limits, and to forge the bonds only shared effort can create.

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|---|---|---|---|
| **DURATION**<br>8 days · 7 nights | **GROUP SIZE**<br>40 participants | **DATES**<br>4–11 September 2027 | **DIFFICULTY**<br>Moderate to advanced |
| **DISCIPLINES**<br>Hike · Run · Kayak · Bike | **BASECAMP**<br>Polar Athena | **ON FOOT**<br>~80 km | **PEAK ELEVATION**<br>~1,000 m |

DAY BY DAY

# ITINERARY.



## 3 Sep

Day 0 · FRIDAY

ICELAND

### TRAVEL TO ICELAND

REYKJAVIK / KEFLAVIK · ICELAND

The expedition assembles in Iceland, a fitting gateway to the Arctic.

Make your own way to Keflavik, Reykjavik's international airport on Friday, ready for the group flight to Greenland on Saturday morning. If you'd like to arrive a day early, spend the night in Reykjavik, or unwind at the Blue Lagoon before a short transfer to Keflavik the next morning. Travelling from North America? Overnight flights leave on Friday evening and land early on Saturday, in time to join the group flight to Ilulissat.

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| TRAVEL | Independent international travel to Keflavik (KEF), Reykjavik's international airport. |
| OVERNIGHT | Optional night in Reykjavik or at the Blue Lagoon. Recommended hotels and special rates to follow. |
| FROM NORTH AMERICA | Overnight flights depart Friday evening and arrive early Saturday morning. |



## 4 Sep

Day 1 · SATURDAY

ILULISSAT

### ARRIVAL & THE ICEFJORD

ILULISSAT ICEFJORD · UNESCO WORLD HERITAGE

A coastline studded with icebergs so vast they appear motionless, monuments adrift in water the colour of hammered pewter.

The expedition begins with a morning flight into Ilulissat from Iceland or Denmark. A short transfer and a Zodiac ride take you out to Polar Athena, your basecamp for the week, in time for lunch on board and a first briefing from the expedition team.

In the afternoon the expedition heads ashore for a first encounter with the Icefjord. At the Icefjord Centre, the story of Sermeq Kujalleq comes to life: one of the fastest-moving and most productive glaciers in the Northern Hemisphere, where ice that fell as snow thousands of years ago drifts out to sea in cathedral-scale icebergs. An easy walk out to Sermermiut then brings the Icefjord itself into view. Late in the evening, Polar Athena sets sail for Disko Island.

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|---|---|
| MORNING | Flights to Ilulissat from Iceland or Denmark. Transfer and Zodiac ride to Polar Athena. |
| AFTERNOON | Lunch on board and welcome briefings, then ashore for the Icefjord Centre and an easy walk to Sermermiut. |
| EVENING | Briefing and dinner. Polar Athena departs Ilulissat for Disko Island. |



## 5 Sep

Day 2 · SUNDAY

QEQERTARSUAQ

### LYNGMARKSBRÆEN SUMMIT HIKE (VERTICAL CHALLENGE #1)

QEQERTARSUAQ · DISKO ISLAND

From the harbour to the glacier: 900–1,000 metres of relentless, rewarding ascent from sea level.

Disko Island is a world apart: a basalt plateau rising from the sea, its peaks capped with permanent snow. Qeqertarsuaq, the island's only town, is a close-knit community with a university research station and a volcanic black-sand beach. From the harbour, a guided ascent climbs through tundra and alpine terrain towards the Lyngmarksbræen glacier, where lunch is a barbecue with a view across Disko Bay.

| | |
|---|---|
| CHALLENGE | Guided ascent through tundra and alpine terrain to the icecap, barbecue at the top, and descent. |
| AFTERNOON | Sessions on board or optional activities ashore. |
| EVENING | Briefing, dinner & discussions on board. |

14-16 KM ROUND TRIP · 1,000 M ELEVATION GAIN



## 6 Sep

Day 3 · MONDAY

QEQERTARSUAQ

### COASTAL BIKE RIDE & THE DISKO BAY GAMES

QEQERTARSUAQ · TEAM COMPETITION

An Arctic multisport day inspired by Greenland's landscape and traditions.

A coastal bike ride leads to a waterfall and a viewpoint over towering basalt cliffs. Back in town, a football match against the locals is followed by traditional Inuit games shaped by centuries of Greenlandic culture. It is a competition, but just as much about curiosity, camaraderie and genuine exchange. In the evening Polar Athena weighs anchor and sails across Disko Bay towards Eqi.

| | |
|---|---|
| MORNING | Coastal bike ride to the waterfall and basalt cliffs. |
| AFTERNOON | Football and Inuit games with the locals. |
| EVENING | Briefing, dinner & discussions on board. |



## 7 Sep

Day 4 · TUESDAY

EQI GLACIER

### EQI GLACIER: HIKE TO THE ICE CAP (VERTICAL CHALLENGE #2)

EQIP SERMIA · ON PAUL-ÉMILE VICTOR'S ROUTE

One of West Greenland's most dramatic calving fronts, and the gateway to the second-largest ice sheet on Earth.

In 1948, French polar explorer Paul-Émile Victor and his Expéditions Polaires Françaises landed here and built a trail onto the ice cap: the start of their journey into the heart of the ice sheet to study Greenland's climate and ice. Today you follow the same route.

Led by a local ice guide, you cross glacial valleys and ancient moraine ridges to the edge of the ice cap, where we gather to celebrate the achievement and enjoy a picnic lunch. The way back follows the same trail, with the option to run it.

| | |
|---|---|
| MORNING | Zodiac transfer to Eqi Camp. Kit check and briefing. |
| CHALLENGE | Guided 23.5 km return hike to the ice cap. |
| AFTERNOON | Picnic and team photo at the edge of the ice cap, then hike or run the trail back to Eqi. |
| EVENING | Zodiacs back to Polar Athena, briefing and dinner. Polar Athena sails north. |

23.5 KM RETURN



## 8 Sep

Day 5 · WEDNESDAY

NORTHERN DISKO BAY

### WILDERNESS EXPLORATION: NORTHERN DISKO BAY

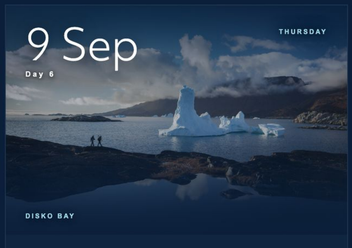
NORTHERN DISKO BAY · HIKING IN THE WILD

Greenland beyond the familiar: vast landscapes, ancient history and no trails but your own.

Polar Athena sails north through the iceberg-strewn waters of northern Disko Bay, where mountains rise straight from the sea and the coastline is shaped by glaciers, to set a furthest north for the expedition. From a quiet landing, the morning's challenge follows the shoreline and climbs into open tundra, with wide views across the bay and no trail but your own.

In the afternoon Polar Athena repositions along the coast for a Zodiac or ship cruise. Look for traces of past lives in this landscape and the Arctic wildlife that now fills it, before the ship turns south as evening falls. Darkness hours in the wilderness present the possibility of sighting the aurora borealis.

| | |
|---|---|
| MORNING | Wilderness hike ashore. |
| AFTERNOON | Session on board, then a Zodiac or ship cruise along the coast. |
| EVENING | Briefing, dinner & discussions on board. Polar Athena repositions overnight. |



## 9 Sep

Day 6 · THURSDAY

DISKO BAY

### WILDERNESS EXPLORATION: DISKO BAY & THE FJORDS

DISKO BAY · HIKING IN THE WILD

A second day in the wild, shaped by the weather and the ice.

Disko Bay and its neighbouring fjords offer a second day in the wilderness, with a flexible programme built around the best of the weather and ice conditions. The morning is spent exploring ashore with adventure activities or a trail run, before a cold water immersion challenge. Overnight, Polar Athena sails south to Ilulissat for the final full day.

| | |
|---|---|
| MORNING | Wilderness exploration ashore. |
| AFTERNOON | Session on board, then a Zodiac or ship cruise. |
| EVENING | Briefing, dinner & discussions on board. Polar Athena sails for Ilulissat. |



## 10 Sep

Day 7 · FRIDAY

ILULISSAT

### THE ICEBERGS BY KAYAK OR BOAT & FAREWELL DINNER

ILULISSAT ICEFJORD · UNESCO WORLD HERITAGE

Back in Ilulissat, the final full day takes the expedition onto the water, right among the icebergs.

Threading between cathedral-scale icebergs, to the sound of dripping meltwater and distant calving, is an experience found nowhere else on Earth. Local guides lead a skills briefing before the kayaks launch, while some cruise the Icefjord by boat, with the two groups swapping over at lunch. In the evening the expedition comes ashore for a farewell celebration dinner looking out across Disko Bay at Hotel Icefiord.

| | |
|---|---|
| MORNING | Polar Athena arrives off the Icefjord. Kayak or Icefjord cruise, in two groups. |
| AFTERNOON | Groups swap between kayak and cruise, followed by a final session on board. |
| EVENING | Farewell celebration dinner at Hotel Icefiord. |



## 11 Sep

Day 8 · SATURDAY

ILULISSAT

### SUNRISE & HOMEBOUND TRAVEL

ILULISSAT · DEPARTURE DAY

One last gift before the world reclaims your calendar: sunrise over Ilulissat Icefjord.

In late summer the Arctic sun paints the horizon in vivid colour, casting a low golden light across the icebergs. For those who enjoy cold water, a dawn plunge from the ship is one last chance to be fully present among the ice before packing up. Then it's ashore and on to the airport: eight days, one extraordinary bay, and memories that will keep surfacing long after you return home.

| | |
|---|---|
| MORNING | Final morning on board Polar Athena, disembarkation and travel to Ilulissat airport. |
| AFTERNOON | Flights arrive in Keflavik (Iceland) or Copenhagen (Denmark). |

All times are approximate and may change with weather, ice and sea conditions. The expedition leaders will confirm each day's schedule at the evening briefing.

EXPEDITION ROUTE

# DISKO BAY & BEYOND.






DAYS 1, 7, 8

## ILULISSAT

Icefjord Centre and walk to the UNESCO Icefjord · icebergs by kayak or boat · farewell dinner · sunrise cold plunge · departure.



DAYS 2-3

## QEQERTARSUAQ

Vertical challenge to Lyngmarksbræen · coastal bike ride · Disko Bay Games.



DAY 4

## EQI GLACIER

Vertical challenge to the Greenland Ice Cap.



DAYS 5-6

## WILDERNESS EXPLORATION

Wilderness exploration · coastal cruise · polar distance swim.

Route and order may be adjusted by the expedition leaders for weather, ice or operational reasons.




ACCOMMODATION

# POLAR ATHENA

All seven nights are spent aboard Polar Athena, an expedition vessel with a 1A super ice-class rating, built to slice through heavy sea ice and explore the world's oceans.

Born as a research vessel, now reimagined and refurbished for travel to the remote polar regions, she is the expedition's floating basecamp that repositions overnight to make the most of every day exploring Disko Bay.

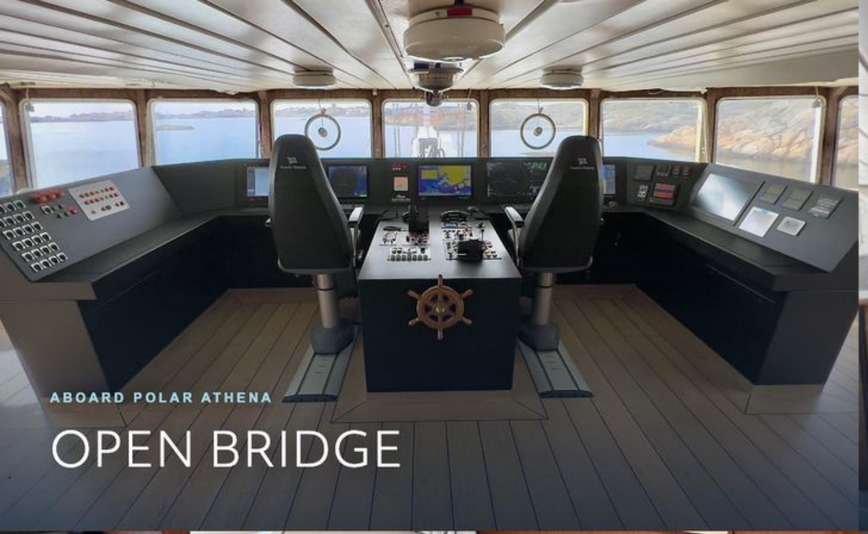
Accommodation on board is basic but comfortable, with several cabin categories available, all with outside views and a small work area. There is a lounge for gathering and discussions and a dining room where meals will be served. The bridge is open to allow visits to the navigators and the open decks are the perfect viewpoint from which to watch icebergs and whales. Polar Athena is equipped with Zodiac tenders for landings in the wilderness and has a sauna to relax after the day's challenge. Satellite internet access is available on board.

ICE CLASS
1A super

NIGHTS ABOARD
Seven

LANDINGS
Zodiac tenders

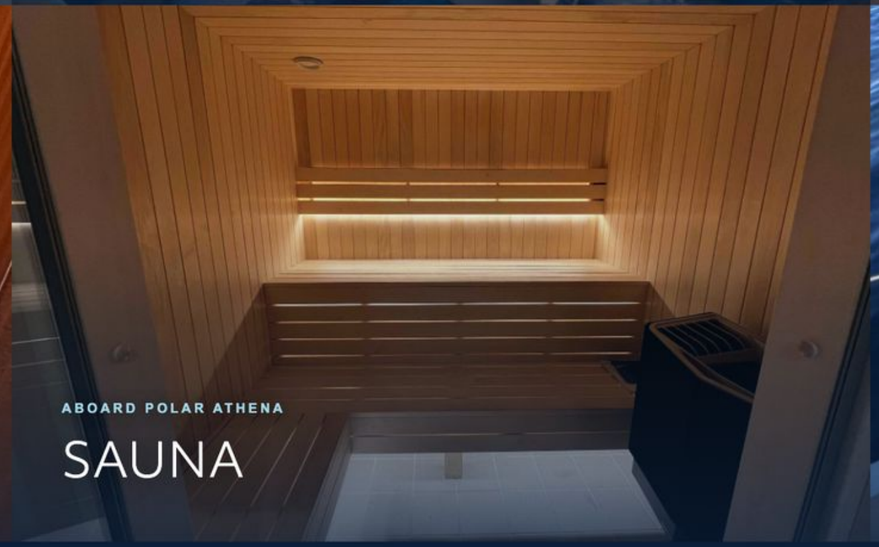
ON BOARD
Satellite internet


ABOARD POLAR ATHENA
OPEN BRIDGE


ABOARD POLAR ATHENA
LOUNGE


ABOARD POLAR ATHENA
DINING ROOM


ABOARD POLAR ATHENA
CABINS


ABOARD POLAR ATHENA
SAUNA


ABOARD POLAR ATHENA
ZODIAC TENDERS

PRACTICAL GUIDE

# WHAT TO EXPECT.

## ARCTIC SUMMER

The expedition will travel to the Arctic during the boreal summer months, although at these high latitudes the ice never disappears. Sunny conditions are common but they can change quickly to storms with cold winds and snow flurries.

Travelers must be prepared for rapid weather changes. Strong winds and sea spray can make conditions feel significantly colder.

Expect average temperatures between 0°C and 7°C (32°F and 45°F).

Dress typically consists of casual and practical clothing: the clothes you would bring on a ski holiday are a good guide. Layers of warm clothes to wear on landings, warm casual clothes for wearing on board, and a warm jacket to wear on deck.

## TYPICAL DRESS FOR A LANDING

For landings, we recommend dressing in layers to allow you to adjust your insulation during changing conditions.

### TOP

- Thermal underwear
- Lightweight fleece / thermal top
- Heavy fleece top / sweater / parka liner
- Parka / waterproof shell

### BOTTOM

- Thermal underwear
- Comfortable trousers (if insulated you may not need thermals)
- Waterproof trousers
- Thick warm socks
- Fully waterproof rubber boots with sturdy, high-traction soles

## PACKING: CLOTHING

- Thermal or silk long underwear (top + bottom)
- Warm sturdy tall socks (wool/smart wool, several pairs)
- T-shirts, polo shirts, casual layering pieces
- Warm wool or polar fleece sweaters (light + heavy mix)
- 2 pairs warm trousers under waterproof pants
- Waterproof shell jacket (quality matters)
- Waterproof pants: Gore-Tex or similar
- Warm parka jacket for deck time
- Softshell or micro-down insulation layer
- Waterproof mittens + thin liner gloves
- Warm hat + scarf / neck gaiter
- Bathing suit
- Knee-high waterproof rubber boots, high-traction
- Evening attire for aboard

## PACKING: EQUIPMENT

- Camera, lenses, plenty of memory cards
- Laptop for downloading photos during the voyage
- Extra batteries: cold saps battery life fast
- Quality binoculars: 8×42 or 10×42 are popular; image-stabilized are excellent
- Trekking pole / walking staff for ice + tundra
- Water-resistant backpack (or waterproof liner)
- Zip-lock bags for camera, batteries
- Sunblock, moisturizer, lip balm
- 2 pairs UV-protection sunglasses (summer sun off ice is dangerous)

EXPEDITION DETAILS

# EVERYTHING YOU NEED TO KNOW.

## TEAM & GUIDES

- STRIVE leaders
- Expedition leader & guides
- Local cultural hosts and guides at some stops

## ACTIVITY MIX

- Sea kayaking
- Trail running
- Glacier & ice-cap hiking
- Coastal biking
- Team challenges
- Football & Inuit games
- Cultural immersion

## DIFFICULTY & FITNESS

Rated moderate to advanced. Participants should be comfortable with several hours of sustained effort on consecutive days. Experience in running, cycling or kayaking helps but is not required. Every challenge is designed to be inclusive.

## TRAVEL

A group booking has been made on recommended flights from and to Keflavik, Iceland. Seats are available to book through Strive/EYOS (TBC):

| | | |
|---|---|---|
| 4 SEP 27 | Icelandair FI 123 Keflavik (KEF) to Ilulissat (JAV) | 0950-1110 |
| 11 SEP 27 | Icelandair FI 124 Ilulissat (JAV) to Keflavik (KEF) | 1210-1535 |

Estimated roundtrip price: DKK 7,908.00 (economy) or DKK 10,480.00 (Saga Premium)

If booking your own travel please book to arrive in Ilulissat by 1200 on 4 Sep and depart any time after 1200 on 11 Sep.

Optional recommended flight from Copenhagen (CPH):

| | | |
|---|---|---|
| 4 SEP 27 | Air Greenland GL 705 Copenhagen (CPH) to Ilulissat (JAV) | 0945-1145 |
| 11 SEP 27 | Air Greenland GL 706 Ilulissat (JAV) to Copenhagen (CPH) | 1315-2100 |

## WEATHER & FLEXIBILITY

This is Greenland, and this is an expedition. Weather, ice and sea conditions set the pace, so the programme may be adjusted along the way. Your expedition leaders will always make the most of the conditions on the day.




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