



East Greenland

INFORMATION GUIDE

by DMO Visit East Greenland



Visit East Greenland

Website: eastgreenland.com

Instagram: [@visiteastgreenland](https://www.instagram.com/visiteastgreenland)

Welcome to East Greenland, as this might be your first encounter with East Greenland, consider this your essential guide to its breathtaking landscapes, rich history, and vibrant culture. Here, you'll find a wealth of information to help you explore the region's geographical wonders, delve into its past, and discover the unique experiences that await in this part of Greenland.

It will help you understand and appreciate East Greenland's unique beauty and heritage and support you in navigating your projects and tasks in our East Greenlandic community.



Photo: Chris Koenig, Visit East Greenland

General Greenland Information

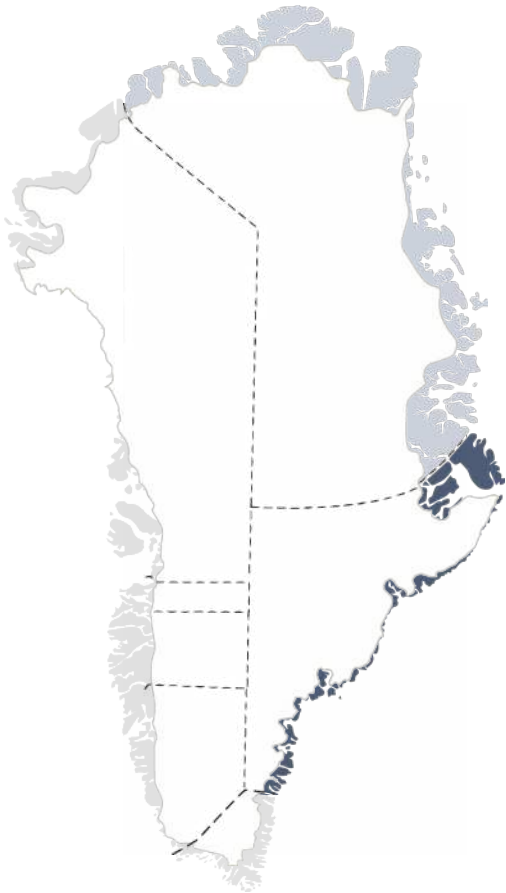
Greenland, the world's largest island, is a remote Arctic territory known for its stunning natural landscapes, including glaciers, icebergs, and a unique Inuit culture. Yet, each region has its own distinctive personality, landscape, language variations and attractions. It is a land of stark and enigmatic beauty, known for its vast ice sheet that covers about 80% of its land area while the remaining 20% offers a range of landscapes from lush meadows to rocky mountains and sparse population.



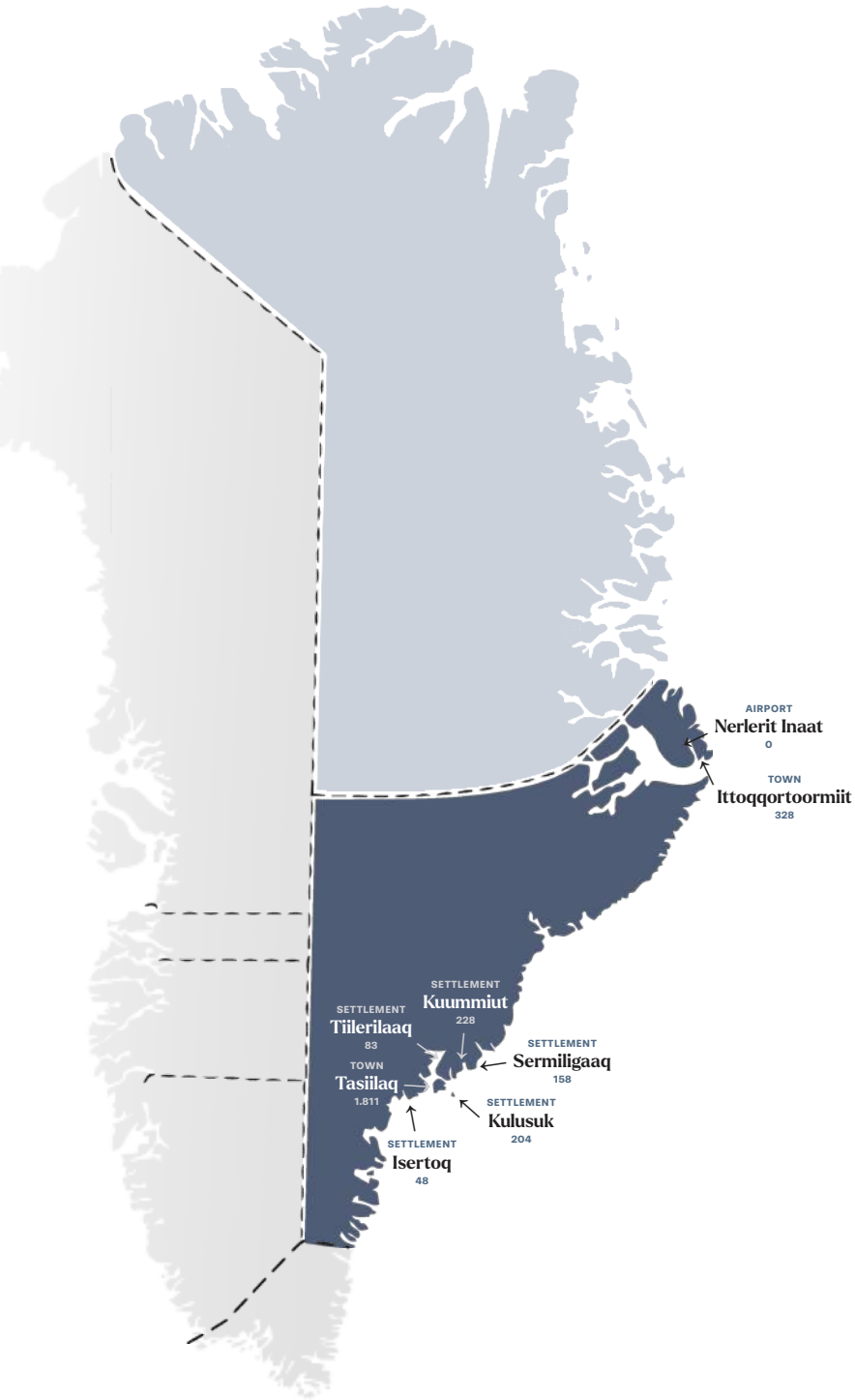
Photo – Emmett Sparling, Visit East Greenland

The Landscape of East Greenland

Greenland is divided into six regions, with East Greenland highlighted in color on the map. It's important to note that the National Park in Northeast Greenland is distinct from the rest of East Greenland as it serves as an uninhabited wildlife preservation area. Access to the region highlighted in the bright colour requires a special entry permit. The remaining part of East Greenland consists of two inhabited areas – Ammassalik and Ittoqqortoormiit – which are more than 800 kilometers apart from each other. Along the coastline, there are several abandoned settlements that still hold historical significance. In total, slightly less than 3.000 people reside along the East Greenland coast. Ittoqqortoormiit, bordering the National Park, is home to approximately 328 inhabitants, while the largest town Tasiilaq is located in the Ammassalik area and houses 1.811 residents. Other settlements in the Ammassalik area include Sermiligaaq, Iser-



Source: 01.2026 – stat.gl



toq, Kulusuk, Kuummiut, and Tiilerilaaq. This second map of Greenland highlights the Greenland ice sheet and the ice-free areas, where all inhabited places are located. The area surrounding Ittoqqortoormiit is the biggest ice-free part of Greenland. Of course, the ice-free areas still have plenty of alpine glaciers in East Greenland.

East Greenland – Historical Timeline

2500 BCE

Early Arctic cultures inhabit the region.

982 CE

Norse explorers visit Greenland.

16th-17th Century

Thule culture (ancestors of modern Inuit) arrive.

1884

Gustav Holms Umiak expedition to Ammassalik.

1894

East Greenland explored by Carl Ryder's expedition.

20th Century

Increased exploration and establishment of trading posts.

Modern Era

Transition towards autonomy within the Kingdom of Denmark.

The island's economy relies on fishing, with increasing attention to tourism and mineral resources. Greenland's commitment to environmental sustainability makes it a focal point in global climate change discussions.



Infrastructure

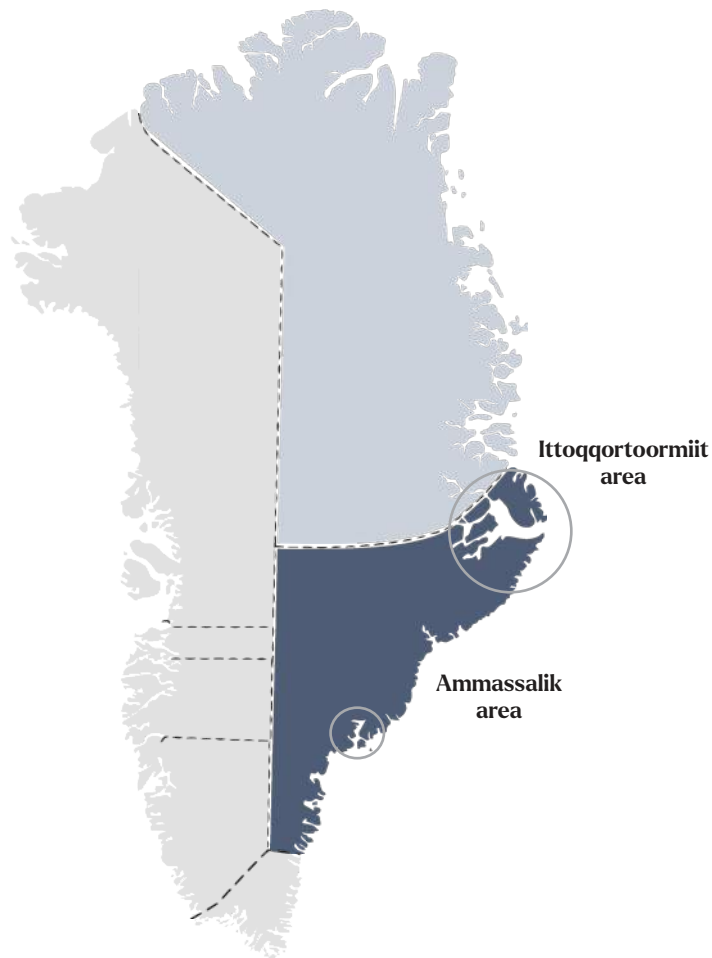


Visiting East Greenland, your best connection will be traveling via Iceland, where Icelandair serves a seasonal connection to Kulusuk, the international airport in the Ammassalik area, and Nordlandair to Nerlerit Inaat, internationally known as Constable Point CNP, the international airport in the Ittoqqortoormiit area. From there connections to other places will be via helicopter or boat.

-  Transatlantic airport
-  International airport
-  Domestic airport
-  Heliport

Regional Overview

East Greenland



East Greenland, distinguished by its remote and rugged terrain offers unspoiled landscapes and an Inuit way of life in interaction with the Arctic environment. East Greenland is a land of stark contrasts.

Home to towering mountains and intricate fjord systems where the summer's mid-night sun gives way to winter's northern lights. Land, water, and air offer vastly different experiences. Step into the old world charm of Inuit culture amid the challenges of the Arctic environment.

The region's inhabited areas, such as Tasiilaq and Ittoqqortoormiit, offer glimpses into traditional Inuit lifestyles, with subsistence hunting and fishing still prevalent.



Photo - Emmett Sparling, Visit East Greenland

Events Calendar

A number of relevant events that are re-occurring every year, which are celebrated in East Greenland and can be witnessed by the public, also tourists.



Photo - Angela Burdick, Visit East Greenland

Mitaartut

On January 6th, people become 'mitaartut' - mysterious figures in masks, performing silently with humorous and scary gestures for treats as they visit homes, marking the end of Christmas.



Photo by Aninegaard Carlsen - Visit Greenland

Return of the Sun

In Ittoqqortoormiit, the return of the sun on January 19th ends the polar night, bringing light and warmth back to the Arctic.



Photo - Oscar Søren Carl, Visit East Greenland

Dog Sled Race

Regional dog sledding event in the Ammassalik area, honoring traditional dog sledding in East Greenland.



Photo by Aninegaard Carlsen - Visit Greenland

National Day

On the 21st of June celebrating East Greenlandic culture with music, dance, games and food.



Photo by Nicole Franken - Visit Greenland

First day of school

Every year in August.



Photo - Anna Burdick, Visit East Greenland

First Advent

Lighting of the christmas tree in town center and adventstar and christmas lights in the homes.

Destinations in East Greenland

Ammassalik Area

Known for its colorful houses, Tasiilaq is the largest town in East Greenland, surrounded by stunning fjords and mountains. It's a hub for cultural activities and outdoor adventures. In the proximity of Tasiilaq you find 5 settlements: Isertoq, Kulusuk, Kuummiut, Sermiligaaq, Tiilerilaaq.

Ittoqqortoormiit

One of the most isolated towns in Greenland, Ittoqqortoormiit is near the entrance to Scoresbysund, the world's largest fjord system, offering unique wildlife and breathtaking scenery.

The National Park

The national park in East Greenland borders the Ittoqqortoormiit area and covers an area of 972.000 km2. There are no settlements in this area, only military, research and meteorological stations, which means that only less than 40 people inhabit parts of this large area during the year. To visit the world's largest National Park with unspoiled, pristine wilderness and unique Arctic wildlife you need to require a permit.



Photo - Robin Utne, Visit East Greenland



Photo - Marek Micanek, Visit East Greenland



Photo - Emmett Sparling, Visit East Greenland

Map of the Ammassalik Area

The Ammassalik area in East Greenland offers captivating panoramas of snow-capped peaks, endless blue waterways, deep fjords with colossal floating icebergs and vast terrains of steep mountains reaching straight down into the sea.

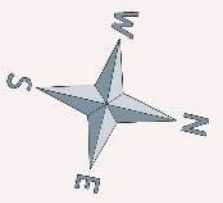


Greenland ice sheet
Today 7-80% of the island
of Greenland is covered by the
ice sheet and the Ammassalik
region is located at the foothills
of the ice sheet in East Greenland.
It is 3 km at its thickest point
and composed of ice
cubic kilometers of ice.

Helheim Glacier
One of Greenland's largest
outlet glaciers and the fastest
flowing glacier along the
western edge of the
Greenland ice sheet.

Polar Bears
They travel with the sea ice
along the coast of Greenland
observing them in their natural habitat
ranked as one of East Greenland's most
unusual red escape services.

The Ammassalik area has many scenic
views to capture on your adventure.
Please be mindful and respect the local
life, norms and everyday lives. Refrain
from taking pictures of people, especially
children without permission.



Map of Tasiilaq

Tasiilaq, the largest town in East Greenland, is situated on Ammassalik island and nestled amidst icy, jagged mountain ranges with the iconic view of Polhem. It is known for its hilly terrain and flourishing Arctic flora in the Flower Valley.



Tasiilaq area has many scenic views to capture on your adventure

Please be mindful and respect the locals, their homes and everyday lives – refrain from taking pictures of people, especially children, without permission

Map of Kulusuk

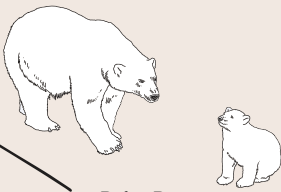
Located on Kulusuk Island, the settlement of Kulusuk, with the international airport, is the remote gateway to the Ammassalik region. It offers panoramic views of the Apusiaajik Glacier and the seemingly endless open ocean.



Most houses in the settlements don't have running water. Drinking water can be collected from:



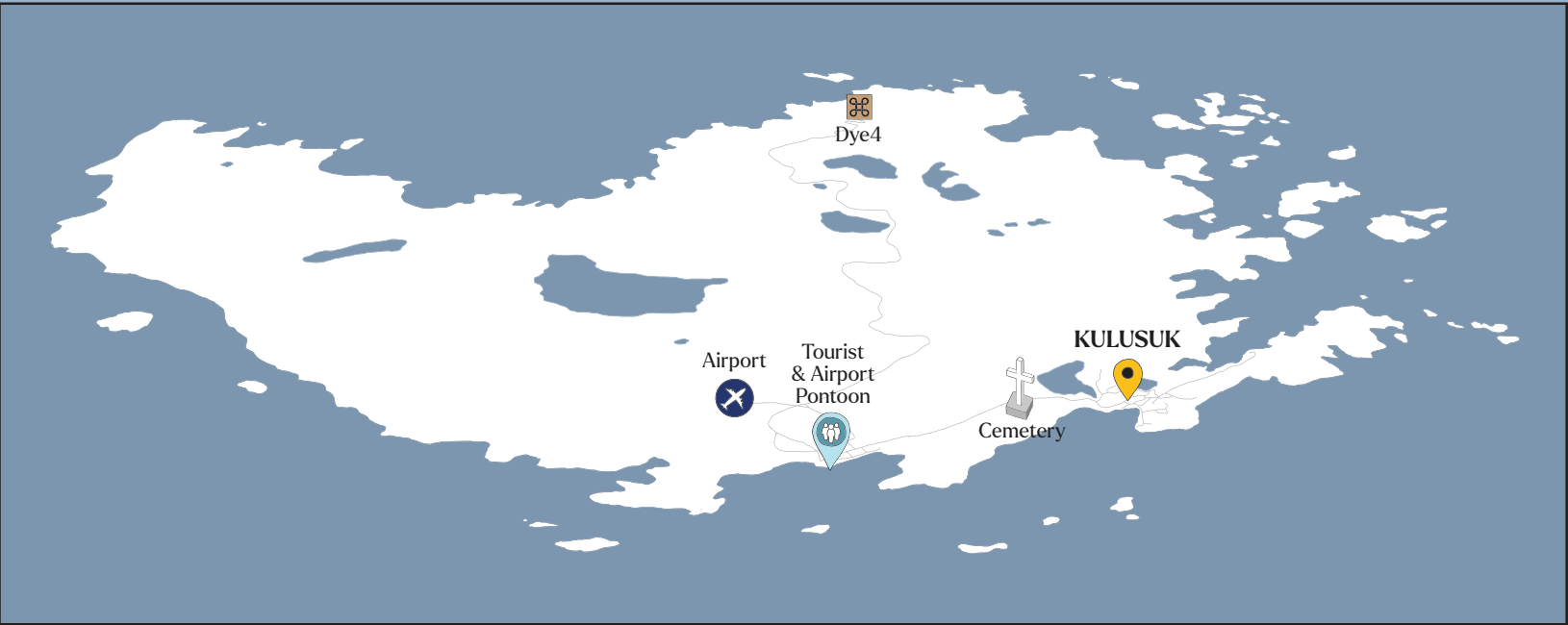
Small blue water huts spread across the settlement



Polar Bears

They roam the sea ice from the north travelling close by Kulusuk Island

- This Way To**
- Cemetery (10 minute walk)
 - Kulusuk Airport (40 minute walk)
 - Tourist & Airport Pontoon (40 minute walk)



Nursing Station

Pilersuisoq
Supermarket, Post Office & Local Bank

Kulusuk Museum

Sports Field

Scenic View

Community House

Service House Laundry & Shower

Municipality Office

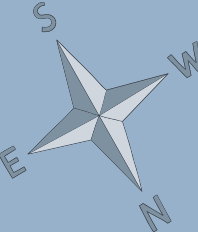
Church

Drum Dance Monument

Local Harbour

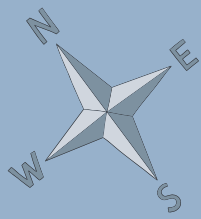


Humpback Whales
Whale Safari Season:
July to September



Kulusuk has many scenic views to capture on your adventure

Please be mindful and respect the locals, their homes and everyday lives – refrain from taking pictures of people, especially children, without permission



Ringed Seals



Helistop



Scenic View



Water Tank



Nursing Station



Sports Field

Service House
Laundry, Shower
& Accommodation



School & Church



Community House



Municipality Office



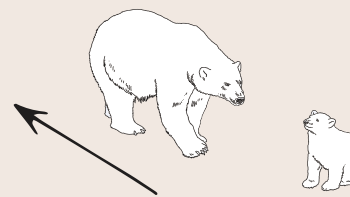
Pilersuisoq
Supermarket,
Post Office &
Local Bank

Local Harbour

Local Harbour



Cemetery



Polar Bears

They call the ice filled Fjord and Greenland ice sheet their natural habitat



Tiilerilaaq has many scenic views to capture on your adventure

Please be mindful and respect the locals, their homes and everyday lives – refrain from taking pictures of people, especially children, without permission

Scenic View



Most houses in the settlements don't have running water. Drinking water can be collected from:



Small blue water huts spread across the settlement



The communal water tank

Map of Tiilerilaaq

Perched above the stunning Sermilik Fjord, this settlement offers sweeping views of towering icebergs drifting from the Helheim Glacier with the Greenland ice sheet as a dramatic backdrop. Ideal for breathtaking vistas, raw Arctic nature and small-village charm.



Humpback Whales
Whale Safari Season:
July to September

Map of Kuummiut

Kuummiut, nestled deep within the Angmagssalik Fjord, is a traditional hunting and fishing settlement surrounded by towering mountains. It serves as a gateway to scenic hiking routes through lush valleys, rugged peaks and glacier-carved landscapes.



Hiking & Camping
Lush valleys and rugged peaks form the backdrop for unforgettable trekking tours

Heliskiing
The rugged peaks are one of the prime locations for heliskiing during winter

Kuummiut has many scenic views to capture on your adventure

Please be mindful and respect the locals, their homes and everyday lives – refrain from taking pictures of people, especially children, without permission

Most houses in the settlements don't have running water. Drinking water can be collected from:

Small blue water huts spread across the settlement



This Way To The Fish Factory

Capelin Fish

Humpback Whales
Whale Safari Season: July to September

Most houses in the settlements
don't have running water.
Drinking water can be collected from:



Sermiligaag has many scenic views
to capture on your adventure

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their homes and everyday lives – refrain
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children, without permission

Map of Sermiligaag

Sermiligaag is a remote settlement
of hunters and fishermen nestled
along a dramatic coastline of the
Sermiligaag Fjord. Surrounded by
towering mountains and an expanse
of glaciers that feed into an
iceberg-filled fjord, it builds upon
traditional livelihoods.



Map of Isertoq

Isertoq, the smallest settlement in the Ammassalik region, lies about 65 km south of Tasiilaq. Just under 5 km from the massive Greenland ice sheet, it offers stunning views of the coastal cliffs and the vast inland ice.



Polar Bears
They roam the Greenland ice sheet all year round and travel along the coastline with the sea ice from the north

Cemetery

Helistop
H

Church

Municipality Office

Sports Field

Community House

Service House
Laundry, Shower & Accommodation

Nursing Station

Water Tank

Isertoq has many scenic views to capture on your adventure

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Most houses in the settlements don't have running water. Drinking water can be collected from:

Small blue water huts spread across the settlement

The communal water tank

Pilersuisoq
Supermarket, Post Office & Local Bank

Local Harbour

Ringed Seals

Humpback Whales
Whale Safari Season:
July to September

Ittoqqortoormiit and its area

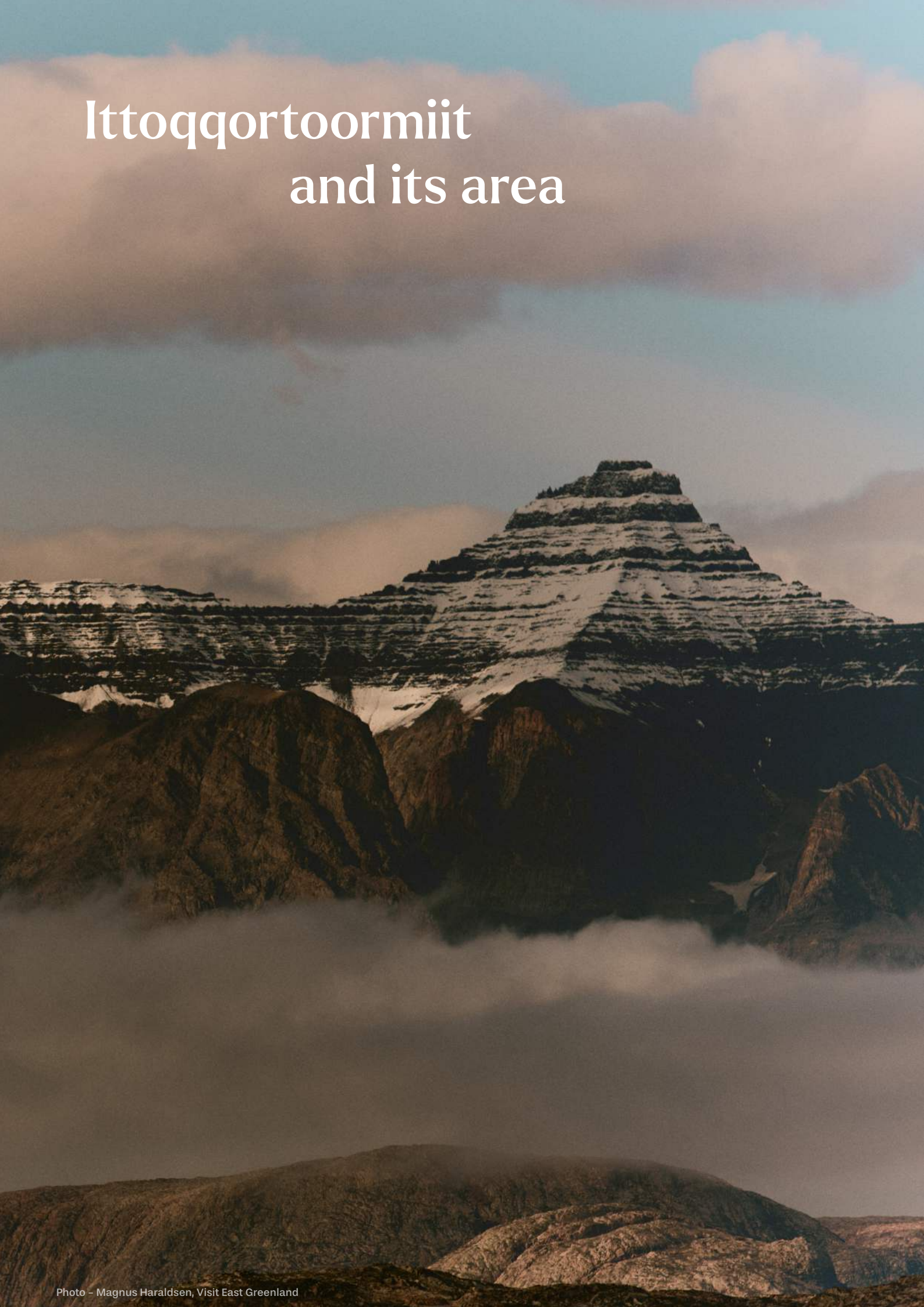


Photo – Magnus Haraldsen, Visit East Greenland

Map of the Ittoqqortoormiit Area

The Ittoqqortoormiit area in East Greenland, the largest ice-free area in Greenland, while bordering the North-East National Park, offers the most marvelous and colorful rock formations and the world's largest fjord system with unique wildlife such as polar bears, muskoxen and narwhals.

Map of the Ittoqqortoormiit Area

The Northeast National Park covers an area of 922,000 km². There are no settlements in this area, only military research and meteorological stations, which means that only less than 40 people inhabit parts of this large area during the year.

To visit the world's largest National Park with unspoiled, pristine wilderness and unique Arctic wildlife you need to acquire a permit.

This line indicates the border of the protected area of the Northeast National Park.

This way to Iceberg Graveyard Viewpoint

Roughly 80% of the island of Greenland is covered by the ice sheet and the area surrounding Ittoqqortoormiit is the closest ice-free part of Greenland.

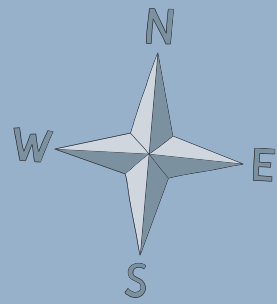
It's 3 km at its thickest point and contains about 3 million cubic kilometers of ice.

The Ittoqqortoormiit area has many scenic views to capture on your adventure. Please be mindful and respect the locals, their traditions, and the environment when taking pictures of people, especially children, without permission.

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KOMMUNEQARFIK
SERMERSOOQ

Map illustration by Petra Byrne | @petrabyrne



Map of Ittoqqortoormiit

Ittoqqortoormiit, the only inhabited settlement in the area, is situated amid a pristine wilderness, where a thriving population of wild animals, millions of nesting seabirds, and ever-shifting colossal icebergs create a constantly evolving landscape. It is known for its opportunity to encounter polar bears.

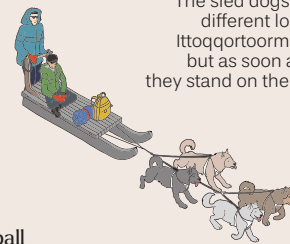


Ittoqqortoormiit has many scenic views to capture on your adventure

Please be mindful and respect the locals, their homes and everyday lives - refrain from taking pictures of people, especially children, without permission.

Sled Dog Location

The sled dogs are spread across different locations around Ittoqqortoormiit during summer, but as soon as the ice arrives, they stand on the sea ice close to town.



Scenic View



Football Field



Helistop



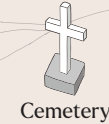
Start of the walk to Walrus Bay



Cemetery



Scenic View



Cemetery



Scenic View



Guesthouse

Jean-Baptiste Charcot Memorial



Pilersuisoq Supermarket



Community House



Service House Laundry & Shower



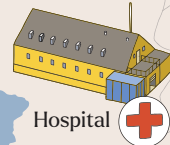
Ejnar Mikkelsen Memorial



Scenic View



Petrol Station



Hospital



Police Station



Ngiup Kiosk



Church of Ittoqqortoormiit



Tourist Office



Scenic View



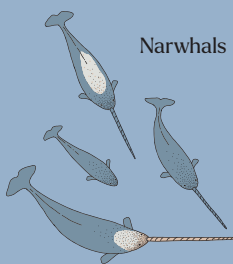
Museum



Tourist Pontoon



Ringed Seals



Narwhals

Weather Patterns in East Greenland

East Greenland experiences a polar climate with long, cold winters and short, cool summers. The region is known for its unpredictable weather, with frequent snow and strong winds. Summer brings milder temperatures, ideal for outdoor activities and exploration. The best times to visit are summer to early fall for milder weather and winter to early spring for northern lights and winter sports.

Temperatures

A brief overview of the temperatures in Tasiilaq and Ittoqqortoormiit.

Keep in mind that these are just numbers measured on a scale; depending on factors like sun, wind, and other conditions, it can feel significantly colder or warmer, and the weather can change rapidly.

TASIILAQ

ITTOQQORTOORMIIT

MAXIMUM TEMPERATURE IN °C

Januar	5,2	-8,5
Februar	3,4	-4,0
Marts	5,9	-0,6
April	6,8	5,6
Maj	7,4	7,5
Juni	11,4	10,7
Juli	17,2	16,9
August	15,6	15,6
September	11,8	8,3
Oktober	7,0	3,6
November	5,8	0,1
December	2,6	-6,4

MINIMUM TEMPERATURE IN °C

Januar	-15,9	-26,3
Februar	-19,9	-28,8
Marts	-16,0	-30,5
April	-14,1	-27,4
Maj	-5,4	-10,6
Juni	-1,4	-4,2
Juli	-1,1	0,3
August	-0,5	-0,6
September	-2,1	-6,1
Oktober	-9,3	-14,1
November	-13,9	-21,3
December	-19,1	-24,8

Source: 2024 - stat.gl

Scheduling and Flexibility

It's essential to embrace flexibility in your schedule. This remote Arctic destination is known for its unpredictable weather conditions, which can occasionally impact travel plans. By allowing for some flexibility in your itinerary, you'll have the freedom to adapt to changing circumstances and make the most of unexpected opportunities, ensuring a more enjoyable and memorable adventure in this captivating region.

Infrastructure in East Greenland

Infrastructure in East Greenland is limited but functional. The main mode of transport is by boat or helicopter, as there are no roads between settlements. In winter, mushers also use dog sledding or snowmobiles to move from one place to another. Accommodations range from basic hostels, private lodging, guest houses to hotels. Only Tasiilaq, due to its size and hilly terrain, has a number of cars, and taxis can be hired to get from one place to another.

Self-Guided Activities

East Greenland offers a unique opportunity for digital detox and self-guided adventures. From hiking in the pristine Arctic wilderness to kayaking in tranquil fjords, the region encourages visitors to connect with nature, and their fellow human beings, while they disconnect from the digital world. Bare in mind the following safety and security guidelines when opting for a self-guided activity or expedition.

Conditions & Safety Guidelines

Traveling in East Greenland offers an extraordinary encounter with nature, yet it demands careful preparation and awareness of safety measures. Travelers to East Greenland should be prepared for rugged conditions and rapidly changing weather. It's essential to respect local wildlife and environmental regulations.

Photo - Emmett Sparling, Visit East Greenland

Essential Safety Tips for East Greenland Travelers

Inform about Travel Plans

Always let your accommodation or local provider know your daily itinerary, especially for remote excursions.

Weather Awareness

Check local forecasts regularly as the weather can change rapidly.

Wildlife Precautions

Maintain a safe distance from wildlife, particularly polar bears. Consider carrying deterrents and traveling with knowledgeable guides in remote areas.

These guidelines help ensure a safe and enjoyable experience in the breathtaking but unpredictable environment of East Greenland.

Terrain Challenges

Wear sturdy footwear with ankle support. For glacier or mountain treks, consider crampons and a local guide.

Navigating Sea Conditions

When near icebergs, follow safety guidelines and use life vests. Ensure boats or kayaks have communication devices, especially in isolated fjords.

Preparedness

Always carry a basic first aid kit, keep communication devices charged, some food, a bottle of water, and share your plans with someone.



Photo - Benjamin Story, Visit East Greenland



Photo - Emmett Sparling, Visit East Greenland

Polar Bear Safety



Even if it is unlikely that you will see a polar bear, one should always be cautious. Chances of encountering polar bears are more likely in the remote places of East Greenland. Polar bear safety rules are set in place not just for your own safety, but also for the well-being of the polar bear population. Remember, safety begins with preparedness. The tourist destinations Ammassalik and Ittoqqortoormiit both are located within the territory of the North-east polar bear subpopulation. Sightings in the inhabited area of Ammassalik are rare and any observation of a polar bear close

by the town and settlements is monitored by the local hunters and authorities. For self-guided tours in the backcountry it is always highly recommended to carry suitable polar bear protection. Sightings in the town of Ittoqqortoormiit or close by are always a possibility. Thus, a polar bear patrol has been established to ensure safety when walking within the parameters of the town. However, leaving the inhabited area always means that you need to carry a rifle or bring a guide with a rifle along for your own protection.

Photo – Emmett Sparling, Visit East Greenland

Essential Quick Facts for Polar Bear Country Travelers

In areas where observations of polar bears are frequent, it is recommended to always bring along polar bear protection in the form of a rifle when venturing out. An East Greenlandic sled dog also serves as an additional safety measure.

When camping in these areas, you should always have a polar bear guard and/or a warning system. Choose your camping spot wisely and ensure that sleeping tents and food stock/waste are separated from each other.

If you spot a polar bear, remain calm and immediately leave the area. Do not walk or sail up to the polar bear unless you are on a designated polar bear safari with a licensed hunter.

Notify the Ministry of Fisheries, Hunting, and Agriculture or the local authorities about where you sighted the polar bear.

Feeding polar bears is prohibited and should under no circumstances take place. This can lead to polar bears repeatedly seeking out residential areas.



Photo – Emmett Sparling, Visit East Greenland

Travel and Health Insurance

All travelers, including journalists, must have comprehensive travel and health insurance. This is crucial due to the remote nature of East Greenland and potential for weather-related disruptions and/or other emergencies.

Social Interaction & Etiquette

People in East Greenland are warm and hospitable and welcome you with a friendly, yet shy smile on their face, when you meet them in East Greenland. Honest curiosity about them, their everyday lives and life in one of the remote places in East Greenland is welcomed. Respect and understanding of local Inuit culture are crucial. Visitors are expected to show respect for traditions and the environment. English is the 4th language young people in East Greenland learn to speak, after East Greenlandic,

West Greenlandic and Danish. Quite a few people do speak English in East Greenland, especially those working in the tourism sector. Please be aware that talking quietly is highly appreciated, long pauses in many conversations are common and it is spoken in a soft-tone.

Photographing

To ensure that your visit here is enjoyable, respectful, and harmonious with the local environment and communities, it is essential to always seek permission before capturing an image of a person – Always respect a 'no' or any indication/hesitation signaling a desire not to be photographed. Be mindful about photographing wildlife and make sure not to disturb any animals for getting

the perfect shot. Please refrain from altering the placement of objects, plants, or any other elements within the natural environment to achieve a specific photograph. The perfect shot should be captured within the context of the surrounding environment. Make sure to not leave any footprints/traces behind.

Your questions answered

Check Visit East Greenland's FAQ for insider tips!



eastgreenland.com/faq

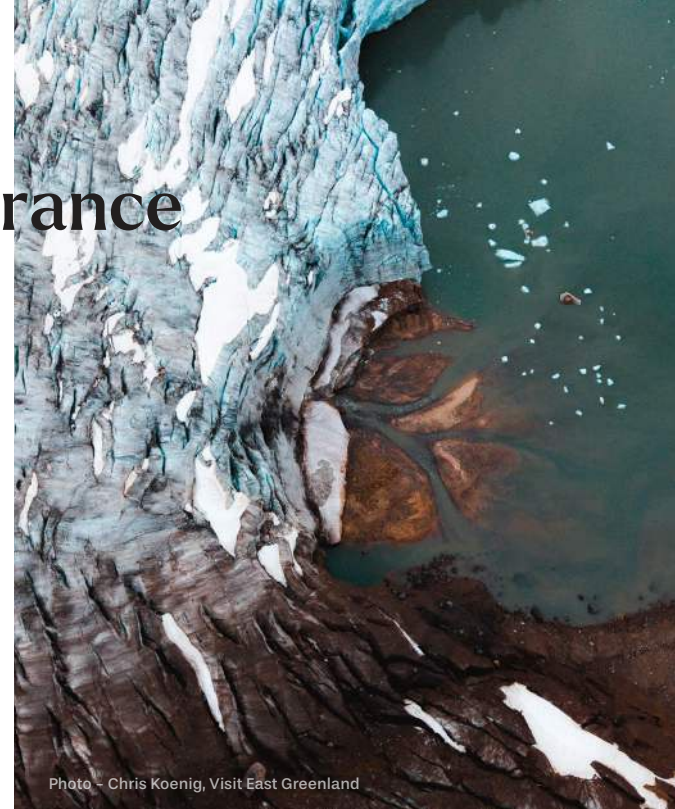


Photo - Chris Koenig, Visit East Greenland



Photo - Emmett Sparling, Visit East Greenland



Photo - Filip Gielda, Visit East Greenland