



## Summary

A longer trail leading to the Flower Valley with amazing views of fjords, lakes, and the Iviangusat and Uummannarsuaq mountains.

The trail is narrow but well-marked. There are short sections with vertical drops that may cause some hikers concern.

## LEAVE NO TRACE

- Follow the marked trail
- Carry out all trash
- No fires. Be careful of cigarettes
- Do not disturb wildlife
- Respect the tranquility of nature



## SAFETY FIRST

- All passage is at your own risk
- No cellphone reception on trail
- Refill water from any stream
- Watch the weather
- Be careful of slippery and unstable surfaces

[hiking.gl](#) (GPX route, feedback)

[destinationarcticcircle.com](#)

## EXTENDED FLOWER VALLEY TRAIL

CHALLENGING ●●●●○

5.1 KM ONE WAY

85 M MAX ALTITUDE





# TRAIL DESCRIPTION

The trail begins at the airport road. Head out through the industrial area and follow the gravel road for 1.5km. Near the end of the road, look for the markers (blue dots) leading off to the right through a short, torn-up area which is quickly left behind as you start a gentle climb into the hills.

There are some boggy areas that you may need to navigate around, but the views over the fjord, the win peaks of Uummannarsuaq, and out to Iviangiusat (the tallest mountain on Maniitsoq Island) are incredible. You can also see the blue ski centre below you to your right – which is where the trail heads next.

The descent down to the ski centre is short but fairly steep and requires you to scramble over rocks and boulders. From the building, follow the blue dots down the rocks and across the river.

Here the trail turns to the right and follows the base of the hill. Depending on how wet it is, there is a short section of less than 10m that may be slightly underwater, even though rocks have been laid to help.

The trail climbs as it negotiates the western edge of Maniitsoq's water supply before turning sharply. Make sure you follow the blue dots to your right and not the white cross that is visible ahead of you across the flat area.

The next section of trail offers spectacular views over the lake and is marked with a combination of blue dots, white crosses, and cairns. The foot-width track is fairly obvious for the most part as it follows the ridge above the lake. However, it does get very narrow in places with a steep drop to one side, so this section may not be suitable for those who are concerned about heights. All hikers should watch their footing.

The trail descends to the Flower Valley where you can check out the Uluusia viewpoint before crossing the valley floor and returning to Maniitsoq via one of the two Flower Valley routes.

The more challenging route (blue) continues along the valley and through a difficult boulder field back to Maniitsoq. The easier option (green) is to follow the water pipeline back to the start.

