

ANTARCTICA | SPITSBERGEN | GREENLAND | ICELAND | CANADA | SOUTH AMERICA | EUROPE

# GET READY TO EXPLORE

2017 - 2018

















2017 - 2018





# An abundance of choices

Experience the tropical Amazon rain forest or explore Antarctica - the coldest place on the planet. Visit the Arctic next to the North Pole or discover ancient cities filled with history or paradise islands. Where and how do you want to explore?

#### Introduction

| The history of Hurtigruten  | 8 - 11  |
|-----------------------------|---------|
| Sustainability              | 12 - 15 |
| Safety                      | 16 - 19 |
| Expedition Team             | 20 - 23 |
| Exquisite food              | 28 - 31 |
| Find your exploration level | 32 - 35 |
| Our expedition fleet        | 36 - 55 |
|                             |         |
|                             |         |

# Antarctica Destination Antarctica 56 – 57 Antarctica with MS Fram 58 – 69 Antarctica with MS Midnatsol 70 – 83



#### The Arctic

| Destination Arctic               | 84 – 85     |
|----------------------------------|-------------|
| Iceland, Canada and Greenland    |             |
| with MS Spitsbergen              | 86 – 95     |
| Spitsbergen/Norway with MS Fran  | m 96 – 105  |
| Spitsbergen with MS Nordstjerner | n 106 – 111 |
| Land adventures Spitsbergen      | 112 - 115   |
| Greenland with MS Fram           | 116 – 125   |
| Greenland with MS Spitsbergen    | 126 - 131   |
| Iceland with MS Spitsbergen      | 132 – 135   |
|                                  |             |

#### South America/Amazonas Africa and Europe

Adventures with MS Fram 138 – 153
Adventures with MS Midnatsol 154 – 167

#### Unlocking the wonders of the world

Our Expedition Teams consist of glaciologists, historians and biologists, making your journey even more memorable.

P 20 - 27











|                                  |                 | 2017<br>MAR | APR         | MAY         | JUN         | JUL         | AUG         | SEP         | ОСТ         | NOV         | DEC         | 2018<br>JAN | FEB         | MAR         |
|----------------------------------|-----------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Antarctica                       | MS FRAM         |             |             |             |             |             |             |             |             | х           | х           | х           | х           |             |
|                                  | MS MIDNATSOL    |             |             |             |             |             |             |             | х           | х           | х           | х           | х           |             |
| British Isles<br>and Iceland     | MS SPITSBERGEN  |             |             | х           |             |             |             |             |             |             |             |             |             |             |
| Canada/<br>Greenland             | MS SPITSBERGEN  |             |             |             | х           | х           |             |             |             |             |             |             |             |             |
| Spitsbergen                      | MS FRAM         |             |             | х           | х           | х           | х           |             |             |             |             |             |             |             |
|                                  | MS NORDSTJERNEN |             |             |             | х           | х           | х           | х           |             |             |             |             |             |             |
|                                  | LAND PACKAGES   | ALL<br>YEAR |
| Greenland                        | MS FRAM         |             |             |             | х           |             | х           | х           |             |             |             |             |             |             |
|                                  | MS SPITSBERGEN  |             |             |             |             |             | х           |             |             |             |             |             |             |             |
| Iceland                          | MS SPITSBERGEN  |             |             | х           | х           |             |             |             |             |             |             |             |             |             |
| South America,<br>Africa, Europe | MS FRAM         | х           |             |             |             |             |             | х           | х           |             |             |             |             | х           |
|                                  | MS MIDNATSOL    | х           | х           |             |             |             |             | х           | х           |             |             |             |             | х           |

# ENGAGE IN A TRUE ADVENTURE

HURTIGRUTEN EXPLORER VOYAGES
LET YOU CONNECT WITH YOUR INNER EXPLORER

Hurtigruten's unique heritage, combined with highly skilled crews and a diverse fleet consisting of nimble, intimately-scaled expedition ships, enable us to offer you breathtaking nature-based experiences in remote corners of the world. At Hurtigruten, we give you the opportunity to bring meaning to your travels. Building on our explorer heritage dating back to 1893, our voyages appeal to those who value life experiences and personal growth over excessive luxury. As the world leader in sustainable explorer trips to the polar regions, we take pride in offering travel that leaves the smallest environmental footprint possible.

Building on our unique explorer heritage dating back to 1893, we connect our guests with their inner explorers through authentic, thrilling and meaningful expeditions to remote corners of the world.

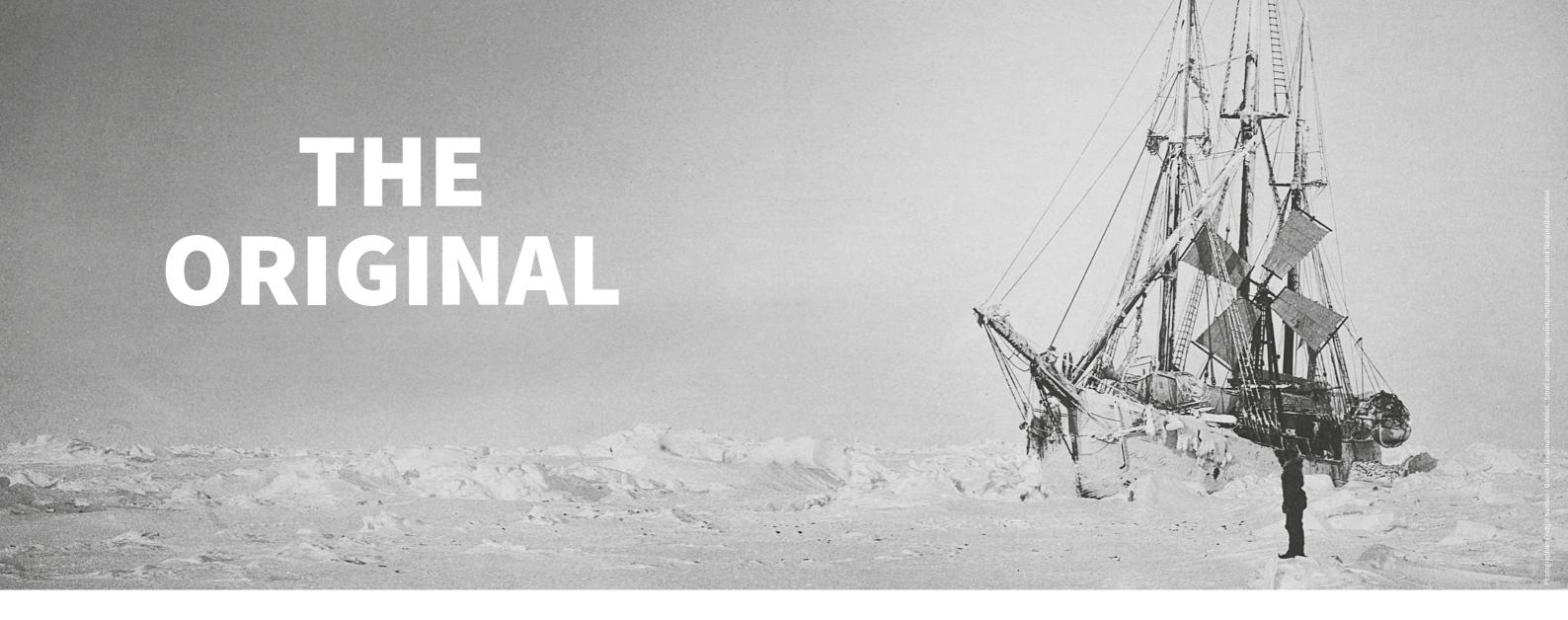


#### On a Hurtigruten voyage you will...

- ... engage in authentic, significant and breath-taking experiences
- ... immerse yourself in culture, nature and wildlife
- ... travel on board a diverse expedition fleet tailor-made to meet your exact needs
- ... explore with experienced crews that take you safely to the most thrilling places where you can meet and interact with the locals
- ... take part in more than 200 activities designed to suit all explorer levels
- ... travel safely on our Polar cirkel and tender boats, launched from mid-deck

- ... stay safe thanks to advanced safety technology such as forward-scanning sonar, an ice radar system and open sea stabilisers
- ... learn from a highly knowledgeable and dedicated crew who live and breathe sustainable travel
- ... relax in peaceful surroundings and enjoy on-board experiences where you can meet fellow explorers
- ... indulge in the excellent food provided on board
- ... enjoy stunning panoramic views from all the restaurants and saloons

Welcome on board!



# Exploring new waters since 1896

In 1896, the same year that Fridtjof Nansen returned from the pack ice on his ship ,Fram', Hurtigruten started its ,Sports Route' from Hammerfest to Spitsbergen with DS Lofoten. The captain was Otto Sverdrup, who had just returned home after the first Fram expedition with Nansen. In the same year, Richard With built a hotel near Longyearbyen, Spitsbergen.

The original Fram was the most famous vessel of its time, and the achievements of her expeditions are unparalleled. As part of Nansen's expedition, she was the first ship to sail across the Arctic Ocean. She was then used by Otto Sverdrup to survey the Canadian territory of Nunavut, the largest area to be surveyed on a single expedition at that time. And most famous of all, she took Roald Amundsen to his starting point in Antarctica, as he raced to reach the South Pole.

 1893
 1900
 1930
 1940
 1950

#### 1893

Captain Richard With establishes the steam ship service to link northern and southern Norway — Hurtigruten. On 2 July, the first Hurtigruten steamship DS Vesteraalen sails from Trondheim to Hammerfest.



#### 1896

Hurtigruten starts the 'Sports Route' between Hammerfest and Spitsbergen using DS Lofoten. Captain With ships his hotel to Spitsbergen from Trondheim on board the steamer 'Raftsund'.



#### 1922/

1910-1912

Roald Amundsen

and his team use

the Ross Sea and

become the first

humans to set foot

on the Geographic

Fram to cross

South Pole.

The Lofoten and Vesteralen archipelagos are added to the stops along the Norwegian coast.



#### 2/



#### 102

1932

takes 6 hrs.

DS Dronning Maud is the first ship of a new generation. She is about one and a half times bigger than her predecessors. For the first time, all cabins have running water and a separate ventilation system.

Hurtigruten arranges ship races

DS Princess Ragnhild wins the Vestfjord's Blue Ribbon when she clocks in at 3 hrs, 44 min.

In normal traffic today, the trip

from Bodø to Svolvær, and



#### 1940 - 4

Several ships take over transport services for the Norwegian government during World War II.

#### 1945

The reconstruction of Hurtigruten after World War II takes the highest priority. New ships are built.



A ship now leaves Bergen every day. Every year more than 230,000 passengers travel on board the fleet, which comprises 14 ships.



#### 1937

All Hurtigruten ships are equipped with a sonar depth finder, an electric logbook and a radio transmitter.

The route along the Norwegian

coast is extended to the south and

now includes Bergen. There are

three departures each week.

Kirkenes, near the Russian border, becomes the northern turning point of the coastal voyage.



1950 2000 2010 2016

The new Hurtigruten expedition

Greenland. MS Fram is the most

ship MS Fram is added to the fleet

and completes its maiden voyage to

modern ship of its kind at the time.

1952

Since 1949, seven new ships have been added to the fleet. The entire fleet is fully equipped with diesel engines and transports 500,000 passengers a year. The class system onboard is no longer used.

The new vessels MS Vesterålen, MS Midnatsol and MS Narvik replace older ships. MS Midnatsol is the first ship with a side hatch for easier loading and unloading.



#### 1993

Hurtigruten celebrates its 100th birthday. The construction of the modern MS Kong Harald sees a new era. Eleven of a total of 14 ships are in regular service on a permanent basis.



On 30 May, MS Lofoten (built in 1963) is declared a national monument by the Norwegian government.

#### 2002

One of the new-generation ships is in use in Chile for the Norwegian coast.

voyages from Cape Horn to the Antarctic Peninsula. Two new ships, MS Trollfjord and MS Finnmarken, commence their maiden voyages along

2010 In addition to Greenland and the waters of the Antarctic. MS Fram now also operates along the coast of

Spitsbergen and Europe.

The new MS Midnatsol is christened in Hamburg.

#### 2011

The northbound journey with MS Nordnorge from Bergen to Kirkenes from 15 to 22 June is broadcast live on Norwegian television. At 134 hours, 42 minutes and 45 seconds, it makes it into the Guinness Book of World Records as the world's longest live broadcast.

2016



MS Fram is accompanied by MS Midnatsol in Antarctica, more than doubling the capacity for explorers and adventures travelling to the South Pole. MS Midnatsol also explores the Chilean fjords and the highlights of Antarctica on these voyages.



#### 2013 Hurtigruten celebrates its 120th anniversary.



#### 2017

Hurtigruten acquires the new expedition ship MS Spitsbergen and strengthens its position as world leader in exploration travel, adding Canada to the list of destinations. New expeditions are also introduced along the South American coast.

#### **Expanding into** new territories

In 2002, Hurtigruten launched its first expeditions to Antarctica, and Greenland was soon to follow. Both destinations have a strong heritage for Norwegian explorers. In 2007, our new explorer vessel was delivered and named after Nansen's Fram. Today, our explorer ships sail to Greenland, Iceland, Spitsbergen and Antarctica, giving our passengers life-long memories from the most extreme destinations in the world.

As of 2016, MS Fram, MS Midnatsol and MS Nordstjernen will be accompanied by MS Spitsbergen taking explorers to the distant shores of Canada and Newfoundland, deep into Greenland's fjords and to the coastline of the British isles.

The original Fram was a vessel for broadening the understanding of the world and our hope is that MS Fram, MS Midnatsol, MS Spitsbergen and MS Nordstjernen can do the same for you!



#### WE TAKE RESPONSIBILITY

Becoming the world leader in exploration travel comes with a great responsibility for preserving the natural wonders along our route. Travelling is a big part of the modern lifestyle. The desire for travel and exploration has a huge influence on the environment, the wildlife and the people who live in the places we visit. Every voyage has an impact and acknowledging this is a crucial part of sustainability. Hurtigruten offers life-affirming experiences in regions where the nature, people and wildlife are unique. We guarantee the highest environmental awareness on board and on shore and take great pride in our commitment to preserve the natural wonders that

we visit. Our goal is to be the most sustainable option for travel to the polar regions and we have already made a lot of changes to make sure that we leave the smallest footprint possible.

#### **ENHANCING OUR DESTINATIONS**

Another of Hurtigruten's core values is responsibility: We work to sustain and enhance our destinations through social, environmental and safety improvements. This means that we trade locally, respect traditions and value co-operation with the communities that go to great efforts to welcome our guests, both along the Norwegian coast and in the polar regions.



Our waste oil is reused as fuel to heat large institutions in Norway.

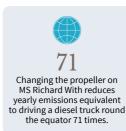


















Our coastal ships use SDM (Special Distillate Marine), which has 4–12 times lower sulphur emissions, less NO<sub>x</sub> and less soot than heavy oil. All vessels use MGO (Marine gas oil) south of 62°N.

Four of our ships are built as 'Clean Class' ships, reducing NO<sub>x</sub> and SO<sub>2</sub>.

# **HURTIGRUTEN FOUNDATION**

**COMMITTED TO RESPONSIBLE, SUSTAINABLE AND MEANINGFUL TRAVEL** 

Hurtigruten has always taken great pride in offering safe and responsible travel experiences and we are committed to supporting the areas we visit. Now, we are taking our commitment to a new level and we ask our guests and partners to help maximise the positive effect of our efforts.

The aim of the Hurtigruten Foundation is to make sure our guests in the future can enjoy the same meaningful travel experiences as those who travel with us today.

The Hurtigruten Foundation raises awareness of opportunities and challenges in the areas we visit and raises funds to manage them in the best way. We want to make sure that our footprint is as small as possible and that our presence is positive for the Now, we invite you to take part in places that we visit.

Our on-board auctions have contributed to some of the most ambitious habitat restoration projects on Earth, including work in South Georgia, a project to protect the albatross and the maintenance of research stations

We support several local initiatives such as ,Clean up Svalbard' and the Association of Greenlandic

this important work for sustainable travel. You can support Hurtigruten Foundation by making a donation, contact us for details.

HURTIGRUTEN FOUNDATION



awareness and contribute funds, knowledge and years of experience to protect the vulnerable nature and unique culture of these

Hurtigruten wants to offer travel with meaning. By having guests, staff, partners and Hurtigruten friends from around the world joining forces, they aim to ensure that future guests can have ,Dugnad' is a unique Norwegian word which means working together voluntarily for the good of the community because individuals feel that it's important. This is exactly what the polar regions need, a good dugnad. I feel confident that through this foundation we can achieve great results and make a real difference."



Lewis Gordon Pugh and CEO Hurtigruten Daniel Skjeldam

# More than 50,000 guests have travelled safely to the **Polar Areas and** back with our captains.

# INTRODUCING A MASTER OF POLAR WATERS

Hurtigruten holds the highest maritime reputation, and there is only one-way to develop such high esteem: By combining years of operations, hours at sea and generations of immersion in the philosophy and traditions of polar water exploration.

#### **RUNE ANDREASSEN, CAPTAIN**

"I started sailing in 1984, a time when sailing was very different. I have been with Hurtigruten for 30 years on various ships, sailing along the Norwegian coast, in the Baltic Sea and to Northern Europe. I've sailed to Antarctica, Greenland and Svalbard over the last 10 years. Although they are all polar waters, they are very different. At the start of the 90s, we started to use computers as part of the navigation system, which made navigation much easier. Many parts of Antarctica, Greenland and Svalbard are still very rarely visited. Some of the areas we operate in have fewer soundings than we are used to in

more central parts of the world. When we sail in these waters, we use sound and sonar as an extra aid for safe navigation. Each time Hurtigruten sails along one of these routes, the data is logged and saved in a Norwegian navigation system called Olex. We use this information, and co-operate with other operators, to make new and more precise maps so that the journey becomes safer for those who follow in our wake", says Rune Andreassen.

THERE IS NO SINGLE FACTOR MORE IMPORTANT FOR THE SAFETY OF THE SHIP AND HER PASSEN-GERS IN POLAR WATERS THAN THE QUALIFICA-TIONS AND EXPERIENCE OF THE CAPTAIN AND CREW. BELOW: CAPTAIN. RUNE ANDREASSEN







# SAFETY FIRST!

Top-of-the-line navigational equipment and technology, specially designed ships, ice class A propellers and life-saving protocol and equipment are some of the safety features that are vital when taking explorers to the polar regions. But the fact that our captain and crew are great mariners with extraordinary experience is maybe the most important factor. We let the figures speak for themselves:

Our captains have completed more than 200 expeditions and spent 51,000 hours in polar waters. This equates to an average of 57,000 miles per year. Over the years this amounts to an astonishing 489,000 miles. They are used to challenging weather, ice and wind conditions in narrow stretches of water and ports. Travelling in remote regions where weather and ice determine the route means flexible schedules and making the best out of the conditions at hand - of course, safety always comes first. This applies as much to our voyage as to our landings and excursions ashore.

MS FRAM MANEUVERS SAFELY THROUGH THE ICE USING STERN PROPELLERS THAT ROTATE 360 DEGREES, AND BOW PROPELLERS THAT CAN BE PIVOTED INDEPENDENTLY.

## MID-LEVEL DECK VS. TOP DECK DEPLOYMENT

While other expedition ships have top-deck deployment for landing craft, we use our mid-level deck. This makes it much easier and safer to enter the landing craft. Other ships also use cranes from their top deck – our top decks are free to be used as the best observation points on the ship. With us you can also choose between Polarcirkel boats or tender boats when sailing in polar waters. The main difference between these boats is the size. Tender boats can carry twice as many people as the Polarcirkel boats, whose smaller size makes them perfect for landings at challenging sites. The fact that we offer both types gives you the opportunity to explore in the safest, most flexible and most comfortable way possible.







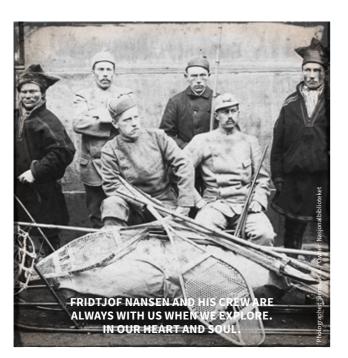
"I may say that this is the greatest factor: the way in which the expedition is equipped, the way in which every difficulty is foreseen, and precautions taken for meeting or avoiding it. Victory awaits him who has everything in order, luck, people call it. Defeat is certain for him who has neglected to take the necessary precautions in time, this is called bad luck."

Joal Thrun open ROALD AMUNDSEN Norwegian explorer

"Come on board with an open mind, take risks you never thought you would and be flexible. Every single journey is custom-made in terms of the landing sites and activities being subject to the current weather conditions. Following these simple guidelines, we will help you to get the most out of your expedition."







# Catching the Polar Bug



Expedition Leader on MS Fram and MS Midnatsol

#### What makes your field of expertise Please describe a day at work so fascinating?

My ,office' is in some of the most remote wilderness in the world, and it is filled with vast landscapes, wildlife, ice and glaciers. Not bad for an office, right?

#### What do quests on board like to hear about/see/experience?

They like to step into a world where the normal man-made infrastructure we surround ourselves with fades into the background, and nature and wildlife in its natural habitat takes over all their senses. The feeling of being small in this mighty natural world fascinates people and sends shivers down their spines. We silently glide by an iced landscape that is so amazing that I will never find words to do it justice. You just have to be there!

Each day at work is different depending on the destination. One task is the same regardless; planning and leading landings and activities. As we go ashore, the expedition staff spread out and assess the landing site for suitability. Then we position ourselves where we need to be and get ready to guide, inform and educate our guests so they can watch the wildlife without causing any disturbance.

#### What do you love most about your

work? I get to work in a team that loves their work, and we get to share these amazing natural experiences in some of the most pristine areas of the world. The days are long and we work hard, but the energy comes easy when you love what you do. And I do!

#### **MEET OUR EXPEDITION TEAM HERE**

# Explore with them in polar waters



Our Expedition Team members are not only expert lecturers, they are also your hosts on board and ashore. They will give professional lectures on topics including biology, history, geology and the eras of human exploration. They also take you on landings and hikes and tell you how to make the most of your stay without disturbing the fragile wildlife and nature.



Aka Bendtsen Activity guide and Greenland expert

Aka was born and raised in Qaqortoq, a town in South Greenland. She studied in Denmark and has worked on a sheep farm in South Greenland. She followed specialist studies to become an Arctic guide at the business school in Qagortog. During each expedition, she gives talks on daily life, animals, nature, culture, plants, and even the role of kayaking in Greenland.



**Olav Orheim** Glaciologist/climatologist

Olav has led numerous scientific expeditions in Antarctica and has a PhD from Ohio State University. He has more accomplishments than we can list, including 4 decades with the Norwegian Polar Institute, the Research Council of Norway, and Norway's permanent station in Antarctica. He is regarded as one of the world's leading glaciologists.



Line Overgaard Expedition leader

Line started working for Hurtigruten in 2001, and joined Fram in 2008. Line's favourite expeditions are the 16-day ski expedition over Spitsbergen's snowcovered glaciers, the 8-day hike across the Arctic Circle Trail in Greenland, and kayaking on the rivers of Nepal. She completed the Arctic Nature Guide study programme in 2010 in Spitsbergen.



Lewis Gordon Pugh Maritime lawyer/ pioneer

Lewis was the first person to complete a long-distance swim in every ocean of the world. He undertakes spectacular swims in the most vulnerable parts of our oceans to draw attention to their plight and to campaign for the creation of more marine protected areas or MPAs. His toughest swim was across the North Pole in 2007 where the water was minus 1.7°C.



#### Steffen Biersack Geologist

Steffen is a geologist from Berlin, where he obtained master's degrees in both Administration Management and Geology. In his opinion, geology and the complex "System Earth" is a most intriguing and important subject. So his particular aim is to convey his passion and fascination for geology to a wider public.



#### Friederike Bronny Geographer and biologist

Friederike (also known as "Frieda") studied at Bochum University, and specialises in the ecology of the polar regions. As part of her studies, she spent more than a year in a tent in Greenland. This valley is now named after her. Her old base camp was officially given the name "Camp Frieda" in 2013.



#### Stian Aadland Activity guide and historian

Stian has been an adventurer since the age of two, when he first tried to fly. His love for snowboarding grew fast and ended up taking him all over the world in search of the perfect snow. He found his snowboarding paradise in the faraway mountains of Svalbard where he spends all his time during winter.



**Benedicte Ingstad** Professor, medical anthropology

Benedicte will be sharing unique insights from her parents' explorer adventures as well as her own. In 1960, her parents discovered the remains of a Viking settlement at L'Anse aux Meadows in Canada. Lectures and excursions will naturally have a significant proportion of Viking history and myths.

# "I used to think that a journey to Antarctica would be a once-in-a-lifetime experience. Now I am sure that I will return."

Silje Våtvik, guest on MS Fram, January 2015

As a child, Silje Våtvik admired explorers such as Amundsen, Shackleton and Scott. During her journey to Antarctica with Hurtigruten, she not only explored in the footsteps of these great adventurers, she became one too.



SILJE VÅTVIK

Silje grew up on Svalbard, The Kingdom of the Polar Bear. As long as she can remember, she has been fascinated by wildlife and extreme nature. A trip to Antarctica, where close encounters with penguins, leopard seals, whales, fur seals and elephant seals are common, has been on her bucket list all her life. And last year, she made her childhood dream come true.

After sailing through the Drake Passage and spending two days on the open sea, Silje eventually got a glimpse of land. This was a soultouching experience that she will never forget.

"MOST PEOPLE RAN OUT
ON DECK, AND I WAS ONE
OF THEM. FINALLY I GOT TO
BREATHE THE SAME AIR AS MY
HEROES DID MORE THAN 100
YEARS AGO." SILJE EXCLAIMS
ENTHUSIASTICALLY

Also putting her feet on this huge continent of ice, felt very special. She tried to imagine how it must have been for the first people who came here. Completely isolated, thousands of miles away from civilisation. "Going ashore, I was surprised how close we came to the wildlife. Suddenly, we found ourselves in the middle of penguins and fur seals. With huge smiles on our faces, we took photographs like there was no tomorrow. It was almost like we needed the evidence to prove that this was really happening", says Silje.

Their first day in Antarctica was celebrated with champagne in the Jacuzzi on deck. This felt like a huge contrast to how things were 100 years ago when the polar pioneers travelled here with their lives at stake. "I hardly think Amundsen and his crew ended each day in the wilderness with bubbles in a hot tub", laughed Silje.

#### **NUMEROUS OPPORTUNITIES**

Silje likes to stay in shape, and had big plans to make use of the fitness room on board. This didn't happen. "The days were so filled with adventures that I didn't find time to use the fitness room. OK, I knew that MS Fram was famous for land-



ing just about everywhere, but getting the opportunity to go ashore in so many places, that was really mind blowing", says Silje.

MS Fram did about two landings every day and the opportunities, both on land and at sea, were numerous. "There were new activities all the time, and I felt I had to try everything. I was on a boat safari, I paddled kayak, and then I spent a night ashore. The feeling of lying in a tent on land, like many polar explorers had done before me, was something I wouldn't



miss! We slept right next to a penguin trace. As darkness fell, the penguins were suddenly quiet. This was an unexpected contrast to the continuous chatter during the daytime. The most fascinating thing was that they fell asleep right where they happened to be when it got dark. Some stood up as straight as soldiers, some lay down on their stomachs and some stood with their heads bent backwards so it looked as if they were headless. It was an incredibly fun experience that we never would have had if we had not taken part in this excursion!"

#### A PART OF NATURE

Silje also went kayaking on her journey in Antarctica. Surrounded by magnificent and wild nature, she got the feel of how small we humans really are.

"WHEN I PADDLED AMONG PENGUINS LEAPING INTO THE AIR LIKE MISSILES AND LEOPARD SEALS LYING ON THE ICE, I TRULY FELT LIKE I WAS A PART OF NATURE." Silje also had some really soul-moving experiences on board the ship. "One morning, I opened the blinds in my cabin and I was greeted by the sight of whales right next to the ship. And in the background, I could see a huge glacier that stretched down the mountains and out into the sea. Wow! Later that day we got to see humpback whales jumping enthusiastically alongside the ship to greet us".

#### **SWIMMING WITH SEALS**

Silje also got to experience the temperature of the sea. She took part in two swims in the ocean, the second time was south of the southern polar circle, at 60'S. "It was both refreshing and exciting. And I wasn't the only one 'enjoying' the water; two leopard seals swam nearby! After my short swim, it was quite nice to come aboard the MS Fram again and get my normal body temperature back — and then some — in the hot sauna".

In general, Silje found life on board relaxing and enjoyable. "In many ways, it felt sort of like a basecamp. It was a nice place to relax after

spending most of the day out in the great white open. The crew were friendly and very knowledgeable, the food was delicious, there were exciting lectures on board and good entertainment. I also found it very easy to get along with the other guests. We were there because of the same reasons, we were all adventurers", says Silje.

"WHEN WE LEFT THESE SOUL-TOUCHING WATERS, MY THOUGHTS WENT OUT TO THE EARLY POLAR HEROES WHO PUT THEIR LIVES ON STAKE ON THE TOUGHEST CONTINENT IN THE WORLD."



 $\underline{26}$   $\underline{27}$ 



# ENJOY A HOT JACUZZI WHILE WATCHING THE LOCALS SLIPPING INTO SLIGHTLY CHILLIER WATERS

Hurtigruten provides you with all the comfort and facilities you need to have a great onboard experience. And our ships take you so close to the shore that you can kick back in the Jacuzzi or go for a run in the gym while you enjoy the best entertainment the world has to offer: Pure nature and thrilling wildlife.











# **UTEN MAT** OG DRIKKE, DUGER HELTEN IKKE.

// OLD NORWEGIAN SAYING WHICH MEANS "LACK OF FOOD AND DRINK MAKES AN INSUFFICIENT HERO"/

A journey with Hurtigruten is all about exploring. But to get the energy you need to maximize your expedition experience, it's important that you eat well. On board with Hurtigruten, you will have the pleasure of enjoying delicious portions of fine food all through the day. Even though our restaurants are quite informal and casual, both the dishes served and the service are first class.

#### **EXQUISITE FOOD - ALL DAY LONG**

Start the day with a tasty and satisfying omelette or another choice from our lavish breakfast buffet, before setting out on the adventures waiting for you. Having undoubtedly worked up an appetite over the morning, our selection of both hot and cold lunchtime dishes will offer something to suit every palate. We are delighted to serve biscuits and homemade cookies during our afternoon teas, and freshly made tea and coffee is available whenever you feel like having a hot drink. After spending the day outside with Bon appetit – and bon voyage!

amazing treats for the soul, your taste buds will also enjoy a feast in the evening. We offer either themed dinners or three-course meals using local Norwegian foods or produce from the lands we visit and the waters through which we sail. Our extensive wine menu includes wines from all over the world, and our generous dessert trolley is a fabulous way to end an exquisite meal, before relaxing with a freshly shaken cocktail in the bar!







# A treat for your taste buds

In a unique and creative partnership with our chefs, on board all our ships we serve a bounty of fresh, local ingredients from the places we visit along our journey. We call this food concept our Norway´s Coastal Kitchen. The culinary treats reflect the true character of the countries we visit and give you a welcomed and authentic travel experience.



CHEF, EIRIK LARSEN

#### **ENJOY THE TASTE OF NATURE**

Culinary traditions have much in common with the nature and animal life of the coastlines. The food we offer is fresh, distinctive and full of variety. We strive to give our guests truly unique and authentic experiences; therefore local produce and long-held traditions are incorporated into every element of our onboard dining. Hurtigruten has an exceptional opportunity to acquire fresh produce from local suppliers. This means delicious new and fresh ingredients, both from land and sea, from wherever we sail.

"As a chef, I am awestruck when working with products from local suppliers, because they are so passionate about their produce. Meeting them, hearing their history and knowing that these are handmade products of

exceptionally good quality makes me proud and humble. Using an ingredient that does not look manufactured, but is a little bit imperfect and smells heavenly, makes our job all the more enjoyable. Our dishes also have to match the divine beauty of the landscapes we pass - visually. They have to look (and taste) delicious, but at the same time have a rustic, "Vikingy" feel. We like to enhance the different tastes, making every meal a great experience. Surprise is another element we like, mixing old traditional recipes and tastes with something new. That is always appreciated by our guests", says Hurtigruten head chef Eirik Larsen.

#### A MENU THAT CHANGES WITH THE SEASONS AND AR-EAS WE SAIL IN

Based on the season's best ingredi-

ents, our chefs create either threecourse dinners or lavish buffets. Being on a voyage, seafood often dominates the menu, accompanied by fresh vegetables and delicately flavoured sauces. Each dinner ends with traditional desserts, such as homemade cakes, puddings, berries or sorbet. Breakfast and lunch are served buffet style. Our restaurants are fully licensed and the set dinner at your reserved table is an occasion to exchange your daily experiences, while savouring food crafted by the coast. To accompany each meal you can choose from our comprehensive selection of red and white wines. beer, aquavit and soft drinks. Afterwards you can enjoy fresh coffee in any of the lounges, drinks in one of the bars, and the beautiful landscape.













# Find your exploration level!



With more than 200 excursions and activities to choose from on four different continents, you can be sure that you will find something that suits your exploration wishes perfectly.

Enjoy a cup of hot chocolate on the deck while sailing past giant icebergs, visit a cacao farm in Patagonia, wander in the midst of thousands of penguins, walk on a jungle track beneath colourful parrots, paddle a kayak past playful leopard seals, sleep in a tent under the Arctic sky, set out on an extreme ski expedition, be blown away by the Northern Lights on a remote beach, go on a dog sledging ride, get a

glimpse of a puma or a polar bear, take a dip in a hot spring, swim with seals, view endless glaciers from a helicopter... yes, the bucket list goes on and on.

Our point is that Hurtigruten gives you the opportunity to connect with your inner explorer — no matter how tough he or she happens to be!

THERE IS AN EXPLORER IN ALL OF US







# **PACK LIKE** AN EXPLORER

There are several things to remember and bring along when you are coming on an expedition with us. To make packing a bit easier, we have drawn up a pack list, covering both polar areas and expeditions in warmer waters, such as the crossings along the South American coast and in Europe. If you should forget something, don't worry! On board all of our ships you will find a shop with a wide range of clothes and practical items.



- 1. ON BOARD IT'S SMART TO WEAR ORDINARY SHOES
- 2. BRING A MEMORY CARD WITH A LARGE CAPACITY. THERE ARE SOCKETS IN THE CABINS TO RE-CHARGE PHOTO EQUIPMENT
- 3. THE DRESS CODE ABOARD THE SHIP IS RELAXED AND CASUAL, AND YOU ARE NOT EXPECTED TO DRESS FORMALLY FOR MEALS
- 4. EXTRA SHOELACES ARE ALSO A GOOD IDEA.
- (OR RENT A HIGH QUALITY PAIR FROM THE SHOP).
- 6. A SMALL WATERPROOF BACKPACK IS NECESSARY FOR CARRYING ESSENTIALS.
- 7. PLEASE REMEMBER TO BRING YOUR PASSPORT AND A COPY OF IT.
- 8. SUN PROTECTION (FACTOR 30 +)
- 9. SUNGLASSES WITH UV-FILTER LENSES
- 10. LIP SALVE WITH UV PROTECTION. DRY, COLD WIND AND SUN OFTEN CAUSE CHAPPED LIPS.
- 5. BRING A PAIR OF GOOD BINOCULARS 11. MONEY IN THE CORRECT CURRENCY. REMEMBER, OUR SHIPS ALSO ACCEPT SEVERAL CREDIT CARDS.
  - 12. REMEMBER TO BRING SUFFICIENT MEDICATION TO LAST THROUGH ANY UNFORESEEN DELAYS.

YOU WILL RECEIVE A WIND AND WATER RESISTANT PARKA AS A MEMENTO

YOU CAN RENT RUBBER BOOTS ON BOARD



#### **EXPEDITIONS TO**

## **POLAR AREAS**

This means voyages to Antarctica, Spitsbergen, Greenland, Canada and the Norwegian coast.

- 1. WARM WINTER JACKET
- 2. WIND AND WATER RESISTANT TROUSERS AND LONG THERMAL UNDERWEAR + TOP (WE RECOMMEND WOOL)
- 3. WARM CAP OR HEADBAND 4. YOU SHOULD ALSO BRING
- SWIMWEAR FOR USE IN OUR ON-DECK WHIRLPOOLS
- 5. SCARF OR FLEECE TUBE
- 6. WARM WOOLEN JUMPER AND FLEECE JUMPER/JACKET. REMEMBER LAYERS ARE **ESSENTIAL**
- 7. SUNGLASSES WITH UV-FILTER LENSES 8. GLOVES AND MITTENS,
- FLEECE AND WOOL 9. WARM SOCKS
- 10. BRING EXTRA BATTERIES FOR YOUR CAMERA, AS BATTERY LIFE IS SHORTER IN COLD AREAS.
- 11. SHOES WITH GOOD SOLES ARE RECOMMENDED FOR USE OUTDOOR ON DECK AND FOR EXCURSIONS ASHORE. MAKE SURE THAT THEY ARE WORN-IN WALKING BOOTS.

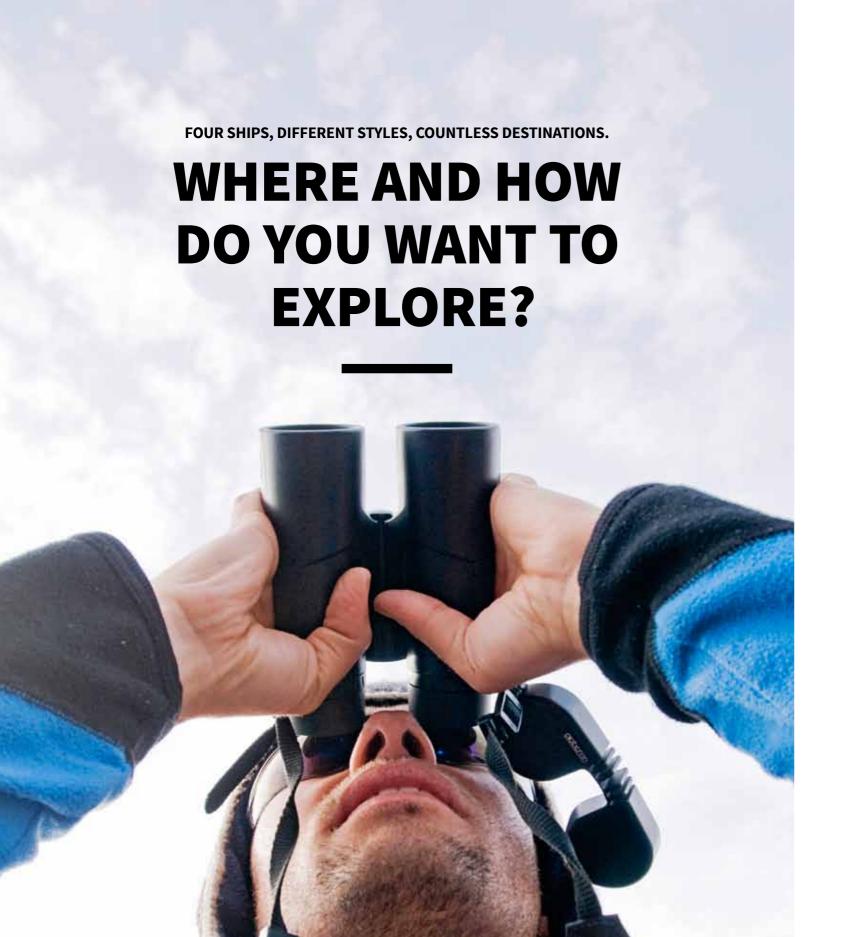


#### **EXPEDITIONS TO**

# **AREAS**

Generally, the Amazon and areas around the equator are hot and muggy, but during the evenings, it can cool down quite a bit especially if it rains. Fast-drying clothes that can be layered work best.

- 1. INEXPENSIVE RAIN PONCHO
- 2. SANDALS OR SHOES YOU DON'T MIND GETTING WET
- 3. WIDE-BRIMMED SUN HAT
- 4. LIGHT JACKET (WATER-RESISTANT)
  THAT WILL KEEP YOU WARM ON A COOL EVENING OR DRY DURING A SUDDEN DOWNPOUR
- 5. SWIMWEAR, BOTH FOR USE ON BEACHES ON IN THE WHIRLPOOLS ON DECK
- 6. SHORT- AND LONG-SLEEVED T-SHIRTS WITH UV-FILTER
- 7. SUNGLASSES WITH UV-FILTER
- 8. SHORTS FOR WARM DAYS
- 9. TROUSERS FOR COOLER DAYS 10. INSECT REPELLENT WITH DEET
- (DIFTHYI-META-TOLUAMIDE) 11. ANTI-ITCH CREAM FOR INSECT



#### **ONE PHILOSOPHY - AN ABUNDANCE OF CHOICES**

At Hurtigruten, our exploration style meets the needs of people who value learning and personal growth more than excessive luxury. Our guests value interactions with a nature and wildlife which is so much bigger than themselves because it helps them put life into perspective. For so many travellers from so many countries who share these values, Hurtigruten is the perfect choice.



#### **MS SPITSBERGEN**

The modern expedition ship Explorer ship built in 2009, rebuilt in 2015/16.

- Modern public areas and cabins
- Scandinavian design
- Photo & optics test centre
- Experts in geology, history and ornithology
- Daily lecture programmes
- Exploring historic routes
- 200 passengers at full occupancy See more on page 38 - 41.



#### **MS FRAM**

The original expedition ship A purpose-built polar expedition vessel (2007).

- The perfect size for extreme conditions
- The only 98% Polar Waster operator
- Best available landing craft for ventures ashore
- Most polar-experienced captains and crew
- Mid-sized ship for better stability
- 256 passengers at full occupancy See more on page 42 - 45.



#### **MS MIDNATSOL**

The discovery ship MS Midnatsol was built in 2002, and rebuilt for exploration voyages in 2016.

- Itineraries in both the Arctic and Antarctica
- Explorer deck with science centre
- Young explorer programme
- Unmatched panoramic views
- Guides specialising in polar studies
- 500 passengers at full occupancy See more on page 46 - 51.



#### **MS NORDSTJERNEN**

The nostalgic ship Originally built in 1956 and extensively modernized in 2013.

- Explorer ship with an aura of nostalgia
- Sails exclusively in Spitsbergen and along the Norwegian coast
- Classic wooden interiors
- All original art on board
- Roof over some of the deck space
- Expedition Team specialising in the Svalbard Archipelago
- 130 passengers at full occupancy

See more on page 52 - 55.

**MS SPITSBERGEN** 

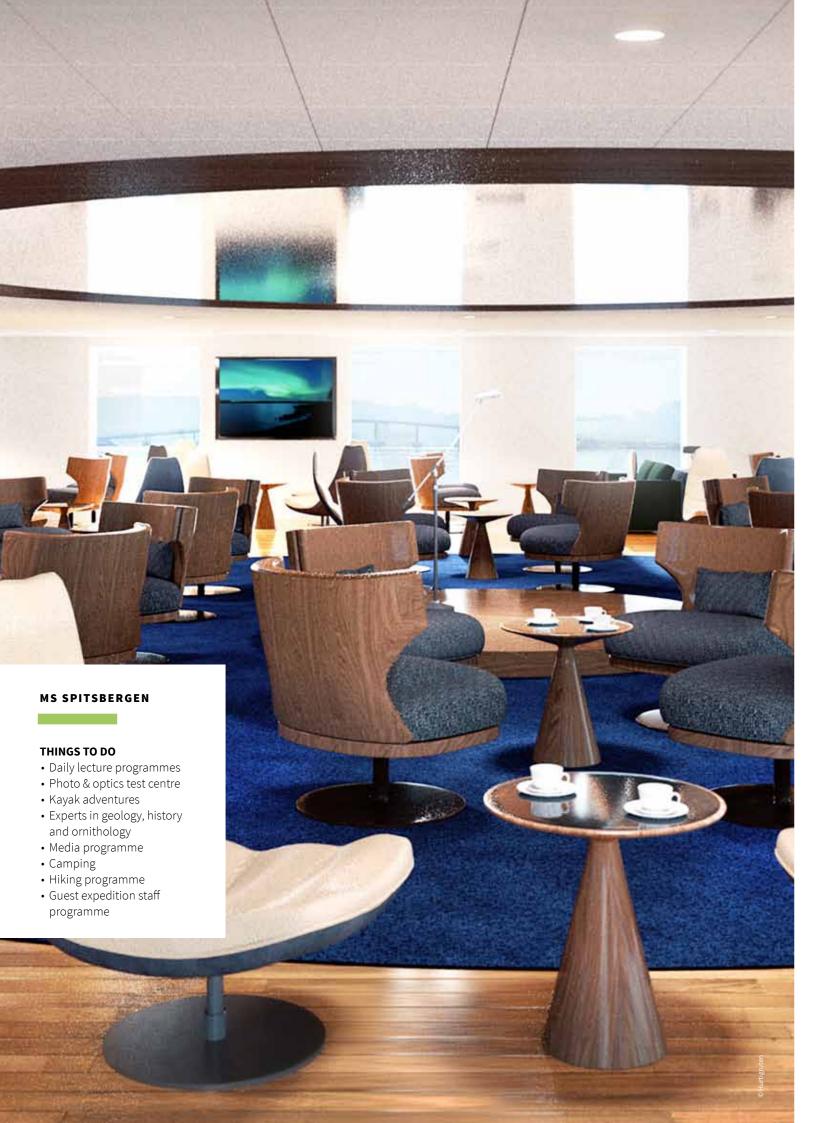
# WRITE YOUR OWN SAGA!

MS Spitsbergen has both the required size and manoeuvring abilities to be the perfect explorer ship in polar waters. She was built in 2009 and rebuilt and modernised in 2015. So, even though she sails in the wake of the old Vikings, the comfort on board is slightly better than it was back then. But there is one thing both the crew and the guests aboard MS Spitsbergen have in common with the old Vikings: The urge to explore remote places.



IN THE YEAR 1,000 LEIV ERIKSSON WAS POSSIBLY THE FIRST PERSON TO TRAVEL TO NORTH AMERICA. HE CALLED THE PLACE VINLAND.





# **Explore** on historic ground from a comfortable new ship

MS SPITSBERGEN



#### EXPLORE AND LEARN

Our newest ship, MS Spitsbergen, will take you on expeditions beyond the ordinary in the Arctic. MS Spitsbergen's manoeuvrability and size make her well suited to our style of cruising in Arctic waters. This ship will bring Hurtigruten's guests even closer to the natural environment of our voyage and touch the culture, history and lives of the people living here. The Expedition Team on board will give informative lectures on our upcoming destinations, so that you can learn more about the region's natural phenomena, polar exploration history, Viking history, geology, glaciology, culture and climate – to mention just a few. They will enrich your time on board MS Spitsbergen, leaving an indelible mark on the memories you take home.

#### **SCANDINAVIAN DESIGN**

The ship features high standards and comfortable and modern public areas and cabins. The fresh, Scandinavian design reflects the colour palette from the sea. MS Spitsbergen is modern and environmentally friendly and we have made even more improvements in order to reduce emissions

and fuel consumption. Tillberg Design of Sweden - the world's leading marine architecture and interior design company - is responsible for the incredible interior refurbishment.

#### **UNMATCHED VIEWS**

The spacious outside decks offer access to the very front of the ship – a great place to observe marine wildlife. The observation lounge on deck 6 provides incredible views. Here you will find large panoramic windows and comfortable sitting areas. In the restaurant and bistro on deck 5, you can enjoy the finest cuisine with views of the amazing surroundings. On deck 7 you will find a well-equipped fitness room and out on the deck itself are two outdoor whirlpools.

PHOTOGRAPHS,

#### **EXPLORE COMFORTABLY**

Sailing on MS Spitsbergen, you have a choice of comfortable cabins and suites, a number of which are designated 'Superior'.



**TAKE ONLY LEAVE NOTHING BUT FOOTPRINTS.** 

**MS FRAM** 

# FOR THOSE ABOUT TO PLANT THEIR FLAG

Fram was the name of the ship the polar pioneers Roald Amundsen and Fritdjof Nansen used on their world famous expeditions back in the day. Our MS Fram is not the same ship physically, but in spirit the old and the new Fram are two of a kind. The same way as our guests share the mentality of the polar heroes who explored these waters many years before them.



ON 14 DECEMBER 1911, ROALD AMUNDSEN AND HIS COMPANIONS BJAALAND, WISTING AND HASSEL PLANTED THE NORWEGIAN FLAG AT THE SOUTH POLE.



# Superior expeditions in the wake of Amundsen

**MS FRAM** 

The original Fram was the most famous explorer ship of its time, and the achievements of her Norwegian expeditions are unparalleled. Today's modern MS Fram offers a true 'expedition' designed to challenge you mentally and physically with extraordinary opportunities for personal encounters and an in-depth understanding of the natural world.

## A COMBINATION OF HERITAGE AND ADVANCED TECHNOLOGY

Fram means 'forward', which immediately raises expectations of the voyage at hand. MS Fram was purpose-built for polar expeditions in 2007 with one mission in mind – to bring her guests closer to nature, wildlife and remote regions of the world. She was designed from inception for sailing in polar waters, and meets the highest safety standards.

#### **UNMATCHED VIEWS**

The spacious outside decks offer access to the very front of the ship – a great place to observe marine

wildlife. The observation lounge on deck 8 provides incredible views and here you will find large panoramic windows and comfortable sitting areas. In the restaurant on deck 5, you can enjoy the finest cuisine. The floor has different levels, so no matter where you are seated, you'll have an outside view with a nearby observation balcony so you'll not miss a single photo opportunity. On deck 7 you will find a well-equipped fitness room with a panoramic ocean view and stairs that lead up to a warm and cosy sauna on the very top deck of the ship. Or you can enjoy one of our outdoor whirlpools.

#### **EXPLORE COMFORTABLY**

Sailing on MS Fram, you have a choice of comfortable cabins and suites, a number of which are designated 'Superior', and have been named after Norwegian polar heroes. We are also very proud of the art collection on board, commissioned for MS Fram by local Arctic artists.









**MS MIDNATSOL** 

# THE HIGHLIGHTS OF DISCOVERY

MS Midnatsol is perfect for people who value learning and personal growth over luxury. The ship is filled with state-of-the-art technology and is designed to bring polar exploration to all ages and learning levels. Engage in exciting field experiments, immerse yourself in interesting lectures or enlighten yourself in the science centre on the explorer deck. No matter what you choose to explore along the journey, MS Midnatsol will help you understand more about yourself and the world you live in.



SCIENCE AND RESEARCH HAS ALWAYS BEEN AN IMPORTANT PART OF EXPEDITIONS TO REMOTE POLAR AREAS.



# Discover on a whole new level

CURIOSITY IS THE LUST OF THE MIND

**MS MIDNATSOL** 

#### **DISCOVERY STYLE VOYAGES**

MS Midnatsol is a ship built and designed to meet the needs of modern explorers – both on and off board. Put into service on 15 April 2003, and with an ice class 1C rating and advanced technology, she is very well suited to our newest itineraries in Antarctica in 2016 – 2017.

## A MIDSUMMER NIGHT'S DREAM

MS Midnatsol (Midnight Sun) is named after the Norwegian summer. The interior's bright, colourful décor is inspired by the warm, sunny climate and is a great contrast to the ice and snow in Antarctica.

### MODERN AND ENVIRONMENTALLY SOUND

The ship has a strong environmental profile and a modern design, with Norwegian materials used extensively throughout its interiors and Norwegian art on display. What characterises MS Midnatsol is the large, two-storey panoramic lounge above the bow and the huge expanses of glass that allow natural light to flood in as well as providing extraordinary views. There are also 23 beautifully appointed suites, several of which have balconies.

## EXPLORER DECK, OPTICS CENTRE & MEDIA ROOM

Our explorer deck is where you can meet fellow adventurers for scientific fun with our engaging Expedition Team, no matter what age you are. The media room on board shows the highlights of the day, and if you haven't joined an excursion or landing, you can see films and photos, and share in the adventures here at the end of each day.

## WHERE ANYONE CAN BECOME AN EXPLORER

MS Midnatsol is designed especially to bring polar exploration to all ages and learning levels. Most importantly, you will explore ashore and in small craft through iceberg-rich waters to feel like a real polar explorer. Back on board, you'll have fun opportunities to learn and share discoveries with family and new friends in relaxed and comfortable surroundings.









# Young **Explorers Programme**

Hurtigruten's Young Explorers Programme on MS Midnatsol is designed to give children between 7 and 13 a scientific introduction to the Arctic and the ever-faster melting of the ice.



One of Hurtigruten's main aims is to enlighten young people about how fragile the Earth really is, especially the polar waters. On expeditions with MS Midnatsol, we therefore dedicate one staff member to follow up our new Young Explorer Programme. On embarkation day, there'll be a meet-and-greet event for the kids where they'll be introduced to all the exciting stuff they're going to experience. The guideline for the programme will be a "FIELD NOTES WORK BOOK" which will contain the following chapters:

**SCIENCE:** Exercises using the science centre, looking into the biology and geology of the Southern Ocean via samples. Among other things we do ocean sampling together with the kids.

**POLAR HISTORY:** Exercises both on board and in the field. For example, recreating the scene where Amundsen and his men reached the South Pole.

**PHOTOGRAPHY:** Some sessions together with our onboard photographers.

**NAUTICAL:** Some exercises of a nautical nature together with our navigation officers. For example, a meeting with the Captain for the children only.

**LECTURE:** A separate "Introduction to Antarctica" lecture for children.

Every task completed in the FIELD NOTES WORK BOOK will earn one stamp - in total four different stamps representing each main field. If the book is complete at the end of the voyage, a prize and certificate will be awarded to those who have completed the programme. They will then get a final, official Ship Stamp from the Captain in the book, and as an extra prize receive a hat bearing the slogan "Antarctica Young Explorer".

# ... and the adults can join in too!

At Hurtigruten we want to take our science exploration one step further. In addition to our science lectures, which will still be the basic information source, we are now proud to introduce our brand **new Science Centre**. Here, guests can be more "hands on" performing science experiments. The programme is complementary and guests will be asked to sign up for the sessions with our biologists and geologists, due to limited space and equipment.

**YOU ARE NEVER TOO OLD** - OR YOUNG - TO BROADEN **YOUR HORIZONS!** 

#### Ten biological microscopes:

The Leica DM500 is a biological microscope which has been designed for demanding applications in teaching. The optics are very user-friendly, which means that even novice users quickly see good images. The settings have been reduced to the essentials, meaning that operating errors and consequent damage are virtually eliminated.

#### Ten geological microscopes:

The Leica EZ4 is a stereomicroscope which is also successfully used for training purposes. Stereomicroscopes are used for enlargements of stones, insects, etc. The image quality of this model is very good, making it highly suitable for experienced users too.

During sessions, we will divide into groups where 2-3 people share one microscope. The biologist and geologist will sometimes invite guests along to sample biomaterial for use in the science centre. There is also a large screen connected to the "teacher's" microscope for viewing by everyone during the science session.















#### **MS NORDSTJERNEN**

# SURROUNDED BY TIMELESS BEAUTY

MS Nordstjernen was built for the Hurtigruten fleet in 1956 and extensively modernised in 2013 for exclusive Arctic sailing. Despite this, MS Nordstjernen has all her splendour intact and still retains the aura of an old Atlantic ship. The classic wooden interiors combined with modern comforts create an extraordinary atmosphere, so if you are interested in exploring with an aura of nostalgia, look no further.



MS NORDSTJERNEN WAS BUILT IN 1956. «NORDSTJERNEN" MEANS NORTH STAR (STELLA POLARIS) IN NORWEGIAN. THE STAR IN THE BOW REFLECTS THE NAME.



# Explore in an aura of nostalgia

MS NORDSTJERNEN

MS Nordstjernen is named after the North Star, also known as the Pole Star or Stella Polaris. This star is famous for helping ships navigate north over the centuries, even back to the age of the Vikings. The ship was built for the Hurtigruten fleet in 1956 and extensively modernised in 2013 for exclusive Arctic sailing. Despite this, she still retains the aura of an old Atlantic ship. The classic wooden interiors combined with modern comforts create an extraordinary atmosphere. The extensive use of new brass and wood has taken her back to her former splendour. She still has all of her original art on board.

#### SURROUND YOURSELF WITH MARITIME CHARM

MS Nordstjernen is equipped with a dining room and bar, a café, a panoramic lounge and a library. Inside you'll find cosy interior and exterior cabins, the majority of which have upper and lower berths.

All cabins and deck surfaces feature the ship's original, beautiful wood. Out on deck you come extra close to the untouched nature. The roof over some of the deck space makes it easy to enjoy being outside, even in rough weather.

### AN ESSENTIAL EXPEDITION EXPERIENCE

All Hurtigruten voyages maintain the same level of dedication to discovery and exploration, and the programme aboard MS Nordstjernen is no exception. Daily landings with the Expedition Team, with

their interpretations and insights, are at the heart of these polar voyages.

#### **EXPLORE WITH THE EXPERTS**

MS Nordstjernen's core team specialises in Spitsbergen and the Svalbard Archipelago, and they know these waters like no other operator. Spitsbergen itself is part of Norway, and who better to lead you through this remote and wild region than the Norwegians themselves.

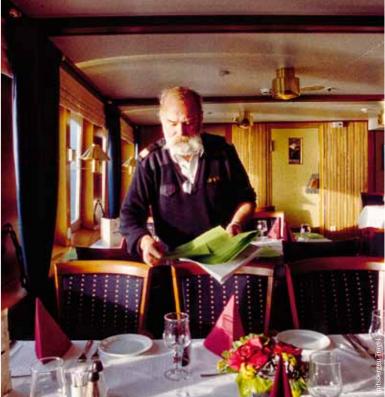


MS NORDSTJERNEN
IS NEWLY RESTORED,
BUT STILL OOZES
MARITIME HISTORY ON
THE BRIDGE, ON DECK
AND IN THE COMFORTABLE LOUNGES AND
MANY PUBLIC AREAS.











No matter what other parts of the world you've seen on your previous travels, Antarctica is different from anything else you will ever experience. It is the last unexplored place the planet. With no permanent human inhaon Earth. Setting foot on the 7th Continent, bitants, it is home to millions of penguins you also set foot on what is dubbed "The last frontier". In this isolated place, enclosed by a huge cold water current, you will find nature can also see shoals of penguins swimming at its most sublime and haunting.

We take you to landscapes that have remai-

ned as awe-inspiring and unchanged as the day man first saw them. It is the coldest, driest, highest and cleanest continent on and seals. During the austral summer it is a feeding area for thousands of whales. You out to sea to hunt for krill, the torpedo-like leopard seal patrolling the shorelines, keeping a sharp eye on all movements, the breath



of the humpback whale that is heard in the distance followed by frantic turning of heads trying to locate it.

Antarctica holds the secrets of Earth, captured in mighty glaciers more than 15 million years old. Traversing these glaciers – with a glaciologist – is only one of the many experiences awaiting you. Kayaking silently among the icebergs, or standing in the middle of a thousand noisy penguins, you will find yourself in

an adventure more thrilling than the wildest safari. Listen to the melting ice, the distant echo of a calving glacier and the occasional squawk of a penguin as you sleep ashore in a tent. Climb the snowy hillsides of a white eternity. In short, the overwhelming presence of nature, the spectacular contradiction of teeming wildlife against the extreme of temperature, will leave you speechless but with everlasting images imprinted on your mind.

1. The penguins are adapted to the cold in Antarctica 2. Get even closer to the nature by using kayaks 3. Amazing wildlife experiences







#### **ON-BOARD SCHEDULE**

Daily lecture programmes Photo and optics test centre **Expert Expedition Team/lecturers Expedition photographer** 

#### **THINGS TO DO**

Camping Kayaking Snowshoeing Flightseeing, Falklands Hikes and landings Glacier traversing



# **EXPLORE ANTARCTICA WITH** THE EXPERTS ON **MS FRAM**

Antarctica is an endless white wilderness. There is a continent of stunning, white solitude between you and the South Pole, making Antarctica different from everything you will ever experience. Hardly anyone sails this far south.

#### WILDLIFE IN ANTARCTICA

This frozen continent surrounding the Earth's South Pole, and the icy seas around it, are home to many animals. The Antarctic seas are teeming with life, ranging from microscopic plankton to the largest animal on Earth – the blue whale. There is no hunting in Antarctica, and the animals have no fear of humans. The continent's signature animal is the penguin and the most common species are Adélie, emperor, chinstrap and gentoo penguins. On the pack



ice surrounding Antarctica and in the water, you might be lucky enough to see crabeater, fur, leopard, Ross, southern elephant and Wedell seals. The Antarctic Ocean is also a feeding ground for several whales species: The blue whale, fin whales, humpback whales, minke whale, orcas, one of the rare places in this area



southern right and sperm whales are magnificent giants you might see next to the ship. Millions of seabirds breed along the coast and offshore islands of Antarctica. From deck you might spot albatrosses, snow petrels, cormorants, fulmars, gulls and skuas among others.

#### HIGHLIGHTS IN ANTARCTICA

The Antarctic expeditions with MS Fram are designed to appeal to the heart of explorers. Depending on your expedition, you will go ashore to explore several places in Antarctica. See the highlights including the distinctive ring-shaped Deception Island, the staggeringly photogenic Half Moon Island, the icebergs around Cuverville Island and Neko Harbour,

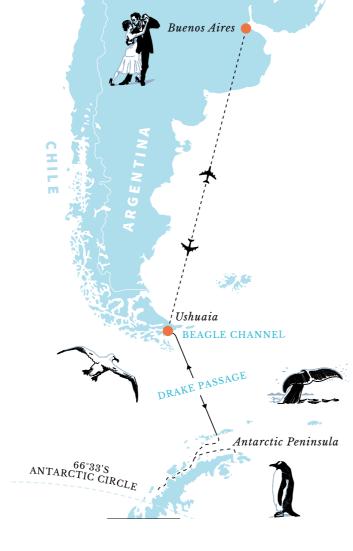
where you may land on the Antarctic mainland. In addition you will have a chance to explore rarely visited places like Stonington Island, Pourquoi Pas Island and Horseshoe Island. Other highlights include visits to former whaling stations and research bases such as Grytviken and Port Lockroy. You will also have the chance to see research bases where the few human inhabitants on Antarctica live for some months of the year, such as the Argentine base Almirante Brown, the Chilean base Gonzalez Videla and the Polish Arctowski base. Meeting the scientists who work here, and hearing more about their research, is truly inspiring. Now you are no longer a tourist. You're an explorer!



1. Majestic mountains and teeming wildlife 2. You are an explorer in a white eternity 3. See the old British base, Port Lockroy 4. See wildlife up close

# THE FROZEN LAND **OF THE PENGUINS**

Join us as we take bird watching to a whole new level! We travel to Antarctica for a close encounter with its wildlife, especially the penguins. Be amazed by the large, dense 'rookeries', some with 180,000 or more birds. The sights, smells and noise of these huge colonies are unforgettable. When the opportunity arises we will launch our kayaks, pitch tents ashore and take you on unforgettable hikes to explore the last untouched places on the planet.



#### YOUR EXPEDITION DAY BY DAY

#### DAY: 1 BUENOS AIRES

Your voyage starts with an overnight stay in Buenos Aires, the bustling capital of Argentina. We offer an optional city tour in the afternoon. Spend the evening at your leisure and discover "Paris of South America" for yourself.

#### DAY: 2 BUENOS AIRES/USHUAIA

The flight leaves Buenos Aires in the morning allowing you a few hours to explore Ushuaia or to join an optional excursion to Tierra del Fuego National Park. In the evening MS Fram sets her course through the scenic Beagle Channel for the Drake Passage and Antarctica.

#### DAY: 3 DRAKE PASSAGE

In addition to spotting the wandering might be just as curious about you as you are albatross and other seabirds from deck, the crossing of the Drake Passage features our lecture series focusing on the history, environment and wildlife of Antarctica. Our series also includes a thorough introduction to the Antarctic visitor guidelines from the Antarctic Treaty and International Association of Antarctica Tour Operators (IAATO).

#### DAY: 4 DRAKE PASSAGE

During the afternoon we will have crossed 60 degrees South and we are formally in Antarctica. The air is colder, penguins in the

make our first spottings of the eternally of the Antarctic sound are home to an ice-covered land. These amazing birds in their large, dense 'rookeries', some with 180,000 or more birds, will overwhelm you.

#### DAY: 5 – 11 ANTARCTICA

Antarctica is different from anything else you will ever experience! Once we have crossed the Antarctic Convergence you will start feeling the air getting crisper and colder. You will begin to see Antarctic penguins in the water, and don't forget to be on the lookout for the first iceberg. There are no permanent human inhabitants in Antarctica, but it is home to millions of penguins and the feeding area for thousands of whales. The penguins are sailing time in good weather. fearless when encountering humans and they about them. Some of the highlights during our time here are Deception Island and Half Moon Island, because of the resident colonies of penguins. Enjoy beautiful vistas and the Gentoo penguin colonies on Yankee Harbour, Cuverville Island, Neko Harbour and Paradise Harbour. On Petermann Island you will see thousands of Adélie penguins. The British base in Port Lockroy is one of the most popular sites in Antarctica, and offers a peek into life on an Antarctic base in the 1950s. The nesting Gentoo penguins surrounding the main building have become accustomed to the water, first ice-berg spottings and often we frequent human visitors. The huge ice shelves

estimated half million Adélie penguins as well as Gentoo penguins, leopard seals, and killer whales. The best way to experience Adélie penguins in Brown Bluff is to sit quietly and watch nature's cutest comedians at work. When opportunities arise we will launch our kayaks, pitch tents ashore and take you on unforgettable hikes to explore one the most beautiful, untouched places on the planet.

#### DAY 12: DRAKE PASSAGE

The voyage from the Antarctic Peninsula to Ushuaia at the southern tip of Argentina is roughly 950 km (600 miles) or 40 hours of

#### DAY 13: DRAKE PASSAGE

On our way back to civilization, we will continue our lecture series and recap our experiences of Antarctica.

#### DAY 14: USHUAIA/BUENOS AIRES

We arrive back in Ushuaia in the morning where you can join an optional excursion. After the flight back to Buenos Aires you can extend your adventure with a post voyage extension to the Tigre Delta or Iguazu falls.

14-DAY EXPEDITION

#### VOYAGE

DEPARTURES: 14 November 2017 1 January and 13 January 2018

**BOOKING CODE:** 

EARLY BOOKING \$8,890



- 1. Enjoy a whole new level of bird watching
- 2. Explore the marine wildlife of the Antarctic waters
- 3. Visit penguin colonies



63



# THE ULTIMATE ANTARCTICA EXPERIENCE

When embarking on one of our most ambitious voyages to Antarctica, it's best to travel with an open mind and expect the unexpected. This epic voyage takes you through the isolated Falkland Islands, stunning South Georgia and the wild South Orkneys before exploring the great white continent of Antarctica. Coming here, seeing the endless white landscape and hearing nothing but nature's silence is a powerful experience. The ocean in these parts is unimaginably rich in bird and marine life and Antarctica's surreal and haunting landscape is like nothing else on Earth. We look forward to taking you on an expedition of a lifetime.

20-DAY EXPEDITION VOYAGE

**DEPARTURE:** 26 November 2017

BOOKING CODE: CENERANT1702

EARLY BOOKING FROM \$13,120







1. Kayaking in icy waters is a stunning experience 2. King penguins are very photogenic 3. The cute seals will charm you

#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: BUENOS AIRES

Your voyage starts with an overnight stay in Buenos Aires. Discover the birthplace of tango, either by joining our optional City Tour or by exploring the city on your own.

#### DAY 2: BUENOS AIRES/USHUAIA

The following day you fly to Ushuaia, where you can join the optional excursion to the amazing Tierra del Fuego National Park before embarking MS Fram.

#### DAY 3: AT SEA

Enjoy life on board and keep a lookout for wildlife or join our Expedition Team as they start our on board lecture series.

#### DAY 4: FALKLANDS

The Falklands Islands consist of two large islands and around 700 smaller ones with an estimated population of 3,000 persons. As we reach the westernmost settled outposts in the Falklands you will see remote farms that have been family owned for six or seven generations. The sheep graze alongside immense colonies of albatross and rockhopper, king and macaroni penguins while predatory striated caracaras patrol overhead and upland geese forage at the water's edge.

#### DAY 5: FALKLANDS

The Falklands offer fantastically clear blue skies, seamless horizons, vast open spaces and stunning white sand beaches. Meeting

the penguins, they will approach you close up, stop and take a glance, before continuing on their way in total disregard to your presence, giving you some great photo opportunities. Stanley, the islands' capital, makes a wonderful starting point for the various excursions we offer in the area. The town is easy enough to discover on foot, as most shops and services are centred on the port.

#### DAY 6: AT SEA

During the time at sea, our lecture series will help prepare you for the wonders of South Georgia.

#### DAY 7: STILL AT SEA

Enjoy another day at sea.

#### DAY: 8 SOUTH GEORGIA

South Georgia has magnificent mountain scenery with glaciers and beaches teeming with wildlife. We plan to visit Fortuna Bay and some of South Georgia's abandoned whaling stations.

#### DAY 9: SOUTH GEORGIA

During our stay here, you will see Elephant seals lounge on the sand, fur seal pups race in and out of the water, albatross soar overhead, and King penguins can be seen in the thousands.

#### DAY 10: SOUTH GEORGIA

You will also see some of South Georgia's abandoned whaling stations, a whaling

museum, the Norwegian seaman's church, and the tiny graveyard where we can pay our respects to the great Antarctic explorer Sir Frnest Shackleton

#### DAY 11: AT SE

As we continue to Antarctica our lecture series includes a thorough introduction to the Antarctic visitor guidelines.

#### DAY 12: SOUTH ORKNEY

The deserted South Orkney Islands are a photographer's dream with majestic snow-capped mountains, blue icebergs and endless wilderness. We will spend one day exploring these islands before sailing the Washington Strait to Coronation Island and Elephant Island.

#### DAY 13: AT SEA

On our way to the Antarctic Peninsula, you could look through your photos, relax, attend a lecture, watch the animal life or simply get ready for our arrival in Antarctica.

#### DAY 14 - 17: ANTARCTICA

Antarctica is a continent dedicated to peace and science. We are visiting a place that has evolved through millennia without human interference, a place where wildlife remains fearless of man. On Deception Island a portion of the caldera wall has collapsed and created a navigable opening into the flooded interior. As we reach the natural harbour

inside the island we will also visit Whalers Bay. Staggeringly photogenic and blessed with some of the most spectacular Antarctic scenery imaginable, Half Moon Island is a glittering gem amongst these island treasures. The strong currents of the Weddell Sea conspire to bring massive flat-topped bergs north into the Antarctic Sound. Brown Bluff has, as the name suggests, a landscape dominated by a towering, rust-coloured bluff of volcanic origin and is home to a beach sprinkled with lava "bombs". When opportunities arise we will launch our kayaks, pitch tents ashore and take you on unforgettable hikes to explore the most beautiful, untouched places on the planet.

#### DAY 18: DRAKE PASSAGE

After some magnificent days exploring Antarctica, MS Fram heads north and we make our way back to the South American continent.

#### DAY 19: DRAKE PASSAGE

Sailing to Ushuaia at the southern tip of Argentina takes 40 hours in good weather. We will continue our lecture series and recap our experiences of Antarctica.

#### DAY 20: USHUAIA/BUENOS AIRES

We make landfall in Tierra del Fuego. Your voyage ends in the world's southernmost town, Ushuaia, and your journey back continues with a flight to lively Buenos Aires.



20-DAY VOYAGE

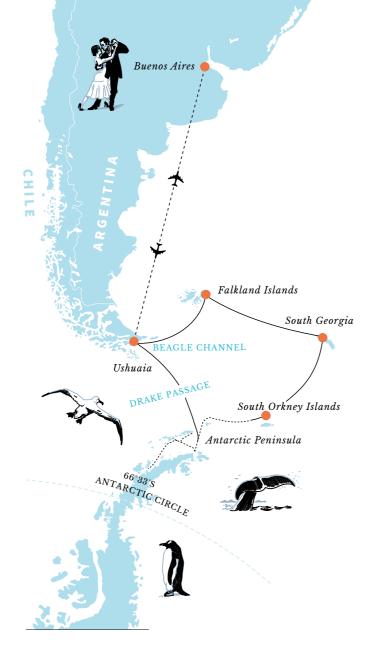
DEPARTURE:

**BOOKING CODE:** CENFRANT1703

EARLY BOOKING FROM **S12,600** 

# WHITE CHRISTMAS **IN ANTARCTICA**

We can make your dreams of a white Christmas come true! Combine an expedition voyage with a festive celebration in wonderful settings. Come ashore on isolated beaches, encountering incredible wildlife in haunting landscapes, kayak trips in untouched waters with icebergs floating by, or spend a night in a tent under the stars. On board we invite you to celebrate Christmas in the traditional Norwegian way and we will spend New Year's Eve in one of the Earth's most remote regions with penguins, seals and whales.







111

- 1. Spend time alone with the penguins 2.Explore the iceberg up
- 3. Get the Facebook
- update of your life

#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: BUENOS AIRES

Explore Buenos Aires, also dubbed "Paris of South America", on your own and get a taste of what the birthplace of the Tango has to offer.

#### DAY 2: BUENOS AIRES/USHUAIA

After a night in Buenos Aires, you fly to Ushuaia where MS Fram awaits you. In the evening we set our course for the Southern Ocean and the Christmas adventure that awaits us.

#### DAY 3: AT SEA

We head across the open sea. Enjoy our lectures and keep an eye out for wildlife from deck.

#### DAY 4: FALKLAND ISLANDS

The Falklands are teeming with wonders of wildlife and nature. Penguins comes close to you, stop and take a glance, before continuing on their way in total disregard to your presence, giving you some great photo opportunities!

#### DAY 5: FALKLAND ISLANDS

Stanley, the islands' capital, makes a wonderful starting point for the various excursions we offer in the area. The town is easy enough to discover on foot, as most shops and services are centred on the port.

#### DAY 6: AT SEA

We spend two days cruising southward to beautiful South Georgia. En route you can participate in a number of presentations about the area's wildlife, as well as whaling and polar history.

#### DAY 7: AT SEA

Our Expedition Team is well versed in every facet of South Georgia, from its geology and glaciology to the mating rituals of the sooty albatross and the legends of the Norwegian whalers. One of the fascinating stories that will be told is that of Sir Ernest Shackleton

and the men of the ill-fated Endurance and the amazing feats of bravery and seamanship that saved them all.

#### DAY 8: SOUTH GEORGIA

South Georgia is a superb place to celebrate Christmas Eve! There is nowhere, in any latitude, quite like South Georgia. It offers magnificent mountain scenery with majestic glaciers and beaches teeming with wildlife.

#### DAY 9: SOUTH GEORGIA

South Georgia is a superb place to celebrate Christmas! Explore abandoned whaling stations, the whaling museum, a Norwegian whaler's church and the tiny graveyard in Grytviken.

#### DAY 10: AT SEA

As we continue to Antarctica we learn more about the wonders of the Deep South, focusing on the history, environment and wildlife

#### DAY 11: SOUTH ORKNEYS

The deserted South Orkney Islands are every photographer's dream, with majestic snowcapped mountains, blue icebergs and an endless wilderness. We spend one day exploring these islands.

#### DAY 12: AT SEA

We will cruise by the Washington Strait and Coronation Island before setting course towards Elephant Island and Antarctica.

#### DAY 13: ANTARCTICA

Antarctica is different from anything else you will ever experience! Once we have crossed the Antarctic Convergence you will start feeling the air getting crisper and colder. You will begin to see Antarctic penguins in the water, and don't forget to be on the lookout for the first iceberg.

#### DAY 14-17: ANTARCTICA

Among the highlights of our days in Antarctica is Deception Island, one of the

South Shetlands; a distinctive ring-shaped volcanic caldera. This is one of the few places in Antarctica where we can take our backpacks and hike. Hiking on an active volcano is a rarity, and being in Antarctica makes it even more special. You can also look forward to visiting Half Moon Island, considered a jewel of diversity in the polar landscape. It can be difficult to navigate through the 48-kilometre Antarctic Sound due to ice, but it offers the most impressive manifestations of icebergs that we will see on our voyage. On Brown Bluff, adélie and chinstrap penguins, kelp gulls and cape petrels nest below spectacular cliffs that rise 745m out of the sea. The stony beach is suitable for shore landings outside of nesting season. When opportunities arise we will launch our kayaks, pitch tents ashore and take you on unforgettable hikes to explore the most beautiful, untouched places on the planet.

#### DAY 18: DRAKE PASSAGE

After some magnificent days exploring Antarctica, MS Fram heads north and we make our way back to the South American continent.

#### DAY 19: DRAKE PASSAGE

During the two days we spend sailing in a northbound direction, we will recap our expe-

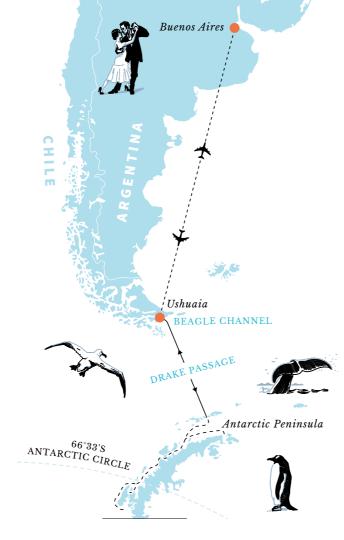
#### DAY 20: USHUAIA/BUENOS AIRES

If you want some sun and warmth after spending time in the coldest place on earth, we recommend you participate in one of our post-voyage programmes in Buenos Aires.

67

## ANTARCTIC CIRCLE **EXPEDITION**

On this Antarctic Circle expedition we venture south into areas that are almost permanently frozen and totally inaccessible in winter. The forming of the sea ice in Antarctica is the largest natural seasonal phenomenon on Earth. But, during the austral summer more than 7.7 million square miles of sea ice melts, making these waters passable for a few short weeks. Join us and witness the winter-locked landscape of Antarctica in summer and set foot where few have gone before.



#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: BUENOS AIRES

Buenos Aires' mixture of elegant and bohemian neighbourhoods only adds to its charm and appeal. You start with an overnight stay here, in the birthplace of the tango.

#### DAY 2: BUENOS AIRES/USHUAIA

Ushuaia is where the Andes meet the Southern Ocean. It is a busy port and adventure hub with steep streets and architectural diversity below the snow-capped Martial Range.

#### DAY 3: DRAKE PASSAGE

The Drake Passage is the stretch of ocean between the south tip of South America, also known as Cape Horn or Tierra del Fuego, part of Chile, and the South Shetland Islands of Antarctica, off the coast of the Antarctic Peninsula. On the way across the passage and towards "the ice" (as it's often referred to by our expedition leaders) you can learn a great deal about Antarctica's natural wonders and fascinating history.

#### DAY 4: DRAKE PASSAGE

The Drake Passage is famous for some of the roughest and most unforgiving waters of the world. This is where two oceans meet; sailors say that it's either the Drake Lake or the Drake Shake. In the afternoon we will have crossed 60 degrees South and we are formally in Antarctica. The air is colder, penguins in the water, first ice-berg spottings and often we make our first spottings of the eternally ice-covered land.

#### DAY 5-13: ANTARCTICA

The Antarctic continent is an endless white wilderness full of overwhelming vistas of nature and wildlife. On this special trip, we plan to cross the Antarctic Circle at latitude 66° 33' 39". We will go ashore several places and offer activities like hiking, kayak trips and snowshoeing. You might even have the chance to spend a night ashore in a tent. Witness what the winter-locked landscape of Antarctica looks like in summer and set foot where few have gone before you. Visiting the South Shetland Islands is definitely worth looking forward to. Deception Island, Half Moon Island and Yankee Harbour all have a diverse landscape, amazing animal life and spectacular photo opportunities. The narrow Errera Channel offers a spectacular passage to and from Cuverville Island. Neko Harbour is feeding ground for shy minke whales. Paradise Harbour offers another rare opportunity for a mainland landing and some of the finest vistas of the Antarctic Peninsula. The Lemaire Channel is known as one of the most beautiful passages in Antarctica and Petermann Island is a great place for iceberg and whale spotting. On the British base Port Lockroy you get a peek into life on an Antarctic base in the 1950s. Wilhelmina Bay is feeding ground for whales and seals, and was a preferred hunting ground for whalers back in the days. Evidence of this is a partially submerged wreck of a Norwegian whaling ship. We might take a closer look at the wreck from our Polarcirkel boats. The 48 km (30 mi) Antarctic Sound is home to an estimated half million Adélie

penguins as well as Gentoo penguins, leopard seals, and killer whales. On Brown Bluff we might land and take a walk along the beach admiring the lava "bombs" from the old volcano and all the penguins. There is also the chance to walk to the viewpoint above the landing site. On Detaille Island we find the former geology and meteorology "Base W" of the British Antarctic Survey. On Horseshoe Island we'll see an important example of a relatively unaltered and completely equipped British scientific research station of the 1950s.

#### DAY 14: DRAKE PASSAGE

After nine unforgettable days in Antarctica, MS Fram takes us safely back across the famous Drake Passage.

#### DAY 15: DRAKE PASSAGE

The sailing from the Antarctic Peninsula to Ushuaia at the southern tip of Argentina is roughly 40 hours in good weather. During the voyage north, we will continue our lecture series and recap our experiences of Antarctica.

#### DAY 16: USHUAIA/BUENOS AIRES

Back in Ushuaia you can either join an optional excursion or go straight to the airport to fly to Buenos Aires. Here you can either fly back home or spend time with our post programmes to the Tigre Delta or the incredible Iguazu Falls.

16-DAY EXPEDITION

VOYAGE DEPARTURES:

25 January and 8 February 2018

**BOOKING CODE:** 

EARLY BOOKING FROM \$10,430







1. Explore by Polarcirkel boats

we spend the night in a tent

for thousands of whales

3. Try snow shoeing

2. The Antarctic Ocean is a feeding ground

4. Join the Amundsen Night excursion where





# PENGUINS, PATAGONIA AND POETRY

If you like diversity and want to visit the most intriguing spots along the South American coast and Antarctica, this expedition is for you. Starting in Ushuaia, we cross the ocean to explore the wonders of the Deep South in Antarctica. Then we continue to Cape Horn and the wild fjords of Chile to visit one of the most scenic national parks in the world. Enjoy spending time ashore, kayaking, hiking, close encounters with penguins, birds and seals, and the rich wildlife of Patagonia, before the voyage ends in Valparaíso Chile.



YOUR EXPEDITION DAY BY DAY

#### **DAY 1: BUENOS AIRES**

Your voyage starts with an overnight stay in stunning Buenos Aires. Join our optional City Tour or explore the city on your own.

#### DAY 2: BUENOS AIRES/USHUAIA

The following day you fly to Ushuaia, where you can join the optional excursion to Tierra del Fuego National Park before embarking MS Fram.

#### DAY 3: AT SEA

Enjoy life on board and keep a lookout for wildlife or join our Expedition Team as they start our onboard lecture series.

#### DAYS 3 – 7: ANTARCTICA

As we reach Antarctica you will be overwhelmed by this endless white wilderness full of vistas of nature and wildlife. Staggeringly photogenic and blessed with some of the most spectacular Antarctic scenery imaginable, Half Moon Island is a glittering gem amongst these island treasures. Cuverville Island boasts the largest known colony

of gentoo penguins in the Antarctic Peninsula. We will sail through the narrow Errera Channel, to and from Cuverville, and see the icebergs that have become trapped and grounded in the nearby shallows. Danco Island lies peacefully amongst the icebergs in the Errera Channel, just a few hundred vards from the Antarctic mainland, and is a breeding site for gentoo penguins. Come ashore and explore with us, go kayaking to see the ice up close or take a trip on one of our small boats. Port Lockroy is a British station from the Second World War that was turned into a museum in 1996. It is one of the most popular sites in Antarctica and offers a peek into life on an Antarctic base in the 1950s. Pleneau is situated just south of the Lemaire Channel and is a beautiful landing site, with many stranded icebergs in the bay area.

#### DAY 8: AT SEA

After four unforgettable days in Antarctica, MS Fram takes us safely back across the famous Drake Passage.

#### DAY 9: CAPE HORN

At almost 56 degrees south, Cape Horn is the southernmost point of South America, and one of the most mythical places on Earth. Before the Panama Canal, seafarers had to pass this infamous rocky island in order to cross from one side of the Americas to the other. We will do our best to land on Cape Horn, an area known for high seas and challenging conditions. Landing on Cape Horn will be a true highlight of your voyage.

#### DAY 10: CHILEAN FJORDS IN PATAGONIA

During the next two days we will sail through the Magellan Strait and the Beagle Channel, with channels, fjords and mountains plunging into the icy water. This wild and remote area seems almost untouched by humans. The ice has scoured its way between the mountains, creating the isolated islands and hidden bays that form the unique fjord landscape of Chile. Nature enthusiasts will be excited by the Chilean fjords. The snow-capped mountains and steep valleys make a striking contrast to an otherwise very green area that

18-DAY EXPEDITION VOYAGE

**DEPARTURE:** 22 February 2018

**BOOKING CODE:** CENFRANT1705

EARLY BOOKING FROM \$10,585







1. Patagonia is home to the Andean condor 2. Get close to the penguins in Antarctica 3. Enjoy hiking in the stunning Patagonian wilderness

is rich in wildlife. Come ashore and you might be lucky enough to spot sea lions, Andean condors and several bird species that can only be found here.

#### DAY 11: PUERTO NATALES, TORRES DEL PAINE NATIONAL PARK

Puerto Natales is the gateway to the worldrenowned Torres del Paine National Park, one of the most attractive national parks in Chile. Its main attraction, the "towers" themselves, is the impressive rock formation, both colossal and unique, called "Torres del Paine" (Towers of Paine). The towers are made up of the Torre Central (9,186 feet high), Torre Sur (9,350 feet) and Torre Norte (7,375 feet). Enjoy hiking, glacier traversing, kayaking and landings in these amazing surroundings.

#### DAY 12: PUERTO NATALES, TORRES DEL PAINE NATIONAL PARK

This diversity of environments here has led to a very rich fauna and flora. While we are here you might see llamas, pumas, chilla foxes and skunks in addition to more than 100 species of birds like the Andean condor and black-chested buzzard eagle.

#### DAY 13: PUERTO EDÉN, CHILE

After an unforgettable cruise through the Patagonian archipelago, you will be enchanted by the unique village of Puerto Edén. Known for its geographical isolation, its population of 250 includes the 15 remaining members of the Kawéskar people. Stroll among the laneways or join the Expedition Team for hiking, mountain climbing or kayaking.

#### DAY 14: CHILEAN FJORDS

Enjoy another day in the Chilean fjords. From the deck or the panorama lounge you have orchestra seats to the majestic mountains and beautiful scenery.

#### DAY 15: PUERTO MONTT

Puerto Montt boasts great views of the ocean and the towering peaks of the Andes. Coming ashore on one of our excursions will give you a great overview of the scenery, culture and architecture of this area. You can also explore this city on your own.

#### DAY 16: AT SEA

Enjoy a day at sea. Relax on deck or join the lectures from the Expedition Team.

#### DAY 17: VALPARAÍSO

Poets, painters and philosophers have long been drawn to Chile's most unusual city, described as both colourful and poetic. After disembarking, join us on a sightseeing tour before we take you to your hotel in Santiago de Chile.

#### DAY 18: SANTIAGO DE CHILE

After a breakfast in the hotel your expedition comes to an end.

71









#### **ON-BOARD SCHEDULE**

Daily lecture programmes
Photo and optics test centre
Workshops and lectures
Media programme
Science centre
Young Explorers

#### THINGS TO DO

Landing on Cape Horn Kayaking A wide variety of excursions Exciting landings



# JOIN MS MIDNATSOL, AND LET THE COLDEST CONTINENT ON EARTH MELT YOUR HEART

Discover the deep fjords of Chile, see the spectacular landscapes and nature of Patagonia, enjoy the culture of South America, visit Cape Horn and then see all the highlights of Antarctica.

#### HIGHLIGHTS OF CHILE AND ANTARCTICA

These adventures start as we set course for the Chilean fjords. And we're talking fjords with a capital F, surrounded by mountains spelled with an even bigger M. The nature and landscapes of Patagonia can only be described as stunning, and cruising deep into the fjords to see



glaciers and make landings will be simply amazing. The wow factor is only increased by the sight of the tough Patagonian cowboys herding wild cattle, like tiny little dots in the mountainside. In a moment of sheer magic, the crew will land us at Cape Horn, the southernmost point of America, with cliffs rising straight up from the ocean. And then, after crossing



Drake Passage, we are in Antarctica. Here our voyage climaxes, as behind every new iceberg a new highlight awaits. A 'goosebump' moment is felt every day, no matter whether you're standing on deck, going ashore or taking a kayak out on the open sea.

#### WILDLIFE IN CHILE AND ANTARCTICA

The wildlife on these expeditions is a chapter all by itself. In the lush Chilean fjords you might encounter guanaco, Andean fox, North American beaver, rabbits and muskrat, and along the shoreline you might see sea lions. Bird watchers can look forward to seeing Andean condor and other species such as the striking Magellanic woodpecker. As we reach Antarctica, the wildlife becomes even more exotic. You will see whales,



meet thousands of penguins and

even some seriously cute seals. As

this mighty continent sprinkles pen-

guin charm on top of the mile-long

icebergs, you will experience true

magic: Feel your heart melt in a fro-

zen world, and truly connect with

Antarctica. Let the elements rule. Let

the adventure begin!

1. Come ashore for amazing experiences 2. Guanaco in Patagonia 3. Warm greetings from the locals in Antarctica 4. The cute seals will smelt your heart

Explore the

# SOUTH ATLANTIC, ANTARCTICA AND PATAGONIA

If you have always wanted to take in the very best of the South American coast and Antarctica, then this is the adventure for you! From Montevideo, we sail to the UNESCO World Heritage Site Peninsula Valdés, then on to Antarctica, where we spend four days seeing the highlights of the Deep South. Our return journey sees us visit Cape Horn and the wild fjords of Chile, before arriving in Punta Arenas. Our extensive onboard programme, excursions and activities make this a dream voyage for any likely adventurer.

# YOUR EXPEDITION DAY BY DAY DAY 1: MONTEVIDEO, URUGUAY

You start the voyage with an overnight stay in Montevideo. Visit the Ciudad Vieja (Old Town) with its 18th century buildings, the vibrant Mercado del Puerto, the bustling Avenida 18 de Julio with its numerous theatres, museums and art galleries, and the stretch of white, sandy beaches surrounding the city.

#### DAY 2: MONTEVIDEO, URUGUAY

The next morning you will learn more about Montevideo by joining a city tour before you embark MS Midnatsol, and the adventure begins!

#### DAY 3: AT SEA

Spending a day at sea, you can get to know your fellow adventurers, have fun in the explorer room or just enjoy the views from deck.

#### DAY 4: PENINSULA VALDEZ

You can look forward to our one and half day stay in the Valdés region. This is one of the wildlife highlights of Argentina where you can experience some of the largest marine animals in their natural environment. We will also pay a visit to the amazing Puerto Madryn.

18-DAY

DEPARTURE: 22 October 2017 BOOKING CODE: CENMSANT1701

\$9,025

#### DAY 5: PENINSULA VALDEZ

The Valdez Peninsula is a fauna reservation that has been declared a UNESCO World Heritage site. Situated on Argentina's barren eastern Patagonian coast, this oddly shaped peninsula is home to some of the country's richest wildlife, with elephant seals, magellanic penguins, the southern right whale and a great variety of birds.

#### DAY 6: AT SEA

Spend another relaxing, but exciting day at sea.

#### DAY 7: FALKLAND ISLANDS

The Falklands Islands consist of two large islands and around 700 smaller ones with an estimated 3,000 inhabitants. As we reach the westernmost settled outposts in the Falklands you will see remote farms that have been family owned for six or seven generations. The sheep graze alongside immense colonies

of albatross and rockhopper penguins, while predatory striated caracaras patrol overhead and upland geese forage at the water's edge. We will visit a local family and enjoy cakes and refreshments.

#### DAY 8: FALKLAND ISLANDS

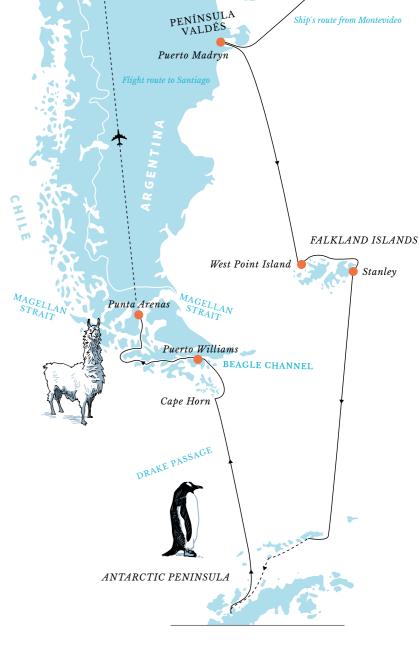
The Falklands are teeming with wonders of wildlife and nature. This is an unpolluted environment with fantastically clear blue skies, seamless horizons, vast open spaces and stunning white sand beaches. The penguins will approach you close up, stop and take a glance, before continuing on their way in total disregard to your presence, giving you some great photo opportunities!

#### DAY 9: FALKLAND ISLANDS

Stanley, the islands' capital, makes a wonderful starting point for the various excursions we offer in the area. The town is easy enough to discover in a day on foot as shops and services are all centred on the port, including Stanley's lively pubs.



1. Visit the Cape Horn Lighthouse



#### DAY 10: AT SEA

Tomorrow we are in Antarctica! You will soon enough find out if your inner image of Antarctica fits reality. We will fill the day with preparatory exercises – titbits of information that give you the best possible "canvas" on which to paint your experiences. Our curated Polar film festival will continue in the lecture hall.

#### DAY 11 - 14: ANTARCTICA

Now you are in one of the most remote areas of the world! We will visit places that were used by the old days whalers, landings with great surroundings and have theme days on board. Among the places we will see are Cuverville Island, home to one of the largest known colonies of Gentoo penguins. Neko Harbour is beautifully located in the inner part of Andvord Bay. Paradise Harbour got its descriptive name from the whalers during the last century. Wilhelmina Bay has spectacular scenery and the Antarctic Sound offers an astounding assortment of floating ice. Brown Bluff is recognisable by the cliffs that dominate the landscape, soaring at 750 metres. After exploring this superlativeexhausting continent, we set course for South America again. Come ashore and join our Expedition Team to see the penguins, seals and maybe whales up close, enjoy field days, kayaking and exploring the waters and ice in small boats.

#### DAY 15: DRAKE PASSAGE

The Drake Passage was notorious among the early polar explorers and is a unique voyage which only a few have had the chance to experience. You can use this days at sea to recap your experiences, sort your photos or simply relax on deck.

# DAY 16: CAPE HORN AND CHILEAN FJORDS

When ranking the mythical places on Earth, Cape Horn is high on the list. Before the Panama Canal, seafarers had to pass this infamous rocky island in order to cross from one side of the Americas to the other. We will do our best to make a landing on Cape Horn – however, this is an area known for high seas and challenging conditions and if we make it this will be a great achievement.

#### DAY 17: CHILEAN FJORDS

As we set course for Punta Arenas, we sail through some of the wildest and most impressive landscapes anywhere on earth. The Chilean fjords are deep with high mountains and glaciers calving into the sea. Enjoy the amazing views from deck, or come ashore to explore the area like Darwin did more that 180 years ago.

#### DAY 18: PUNTA ARENAS

Sadly, every adventure must come to an end. When we reach Punta Arenas, on the edge of the Strait of Magellan, it is time to say goodbye to all your new friends and the crew. Your journey home continues with your flight to Santiago de Chile.

# ADVENTURE THE CHILEAN FJORDS AND ANTARCTICA

They say you can't have your cake and eat it too, but on this expedition you actually might. This adventure is filled with the best from the coast of Patagonia and Antarctica. You'll see fjords, amazing nature, wildlife and Cape Horn. Then, we take it up a notch by exploring the South Shetland Islands and Antarctica. Being on board MS Midnatsol also means that there is something happening all the time: an Explorer Room, Young Explorer Antarctica club, barbeques, film day, theme days, wine tasting, talks and exciting lectures on several topics. Enjoy!



#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: SANTIAGO DE CHILE

Welcome to Chile and your adventure, starting with an overnight hotel stay in Santiago de Chile.

#### DAY 2: SANTIAGO DE CHILE/ PUNTA ARENAS

Today you will fly to Punta Arenas, where your expedition ship is awaiting you. Once on board the MS Midnatsol we kick off everything with a welcome-on-board dinner.

#### DAY 3: CHILEAN FJORDS/ TIERRA DEL FUEGO

The next three days we will sail through amazing areas like the Magellan Strait and the Beagle Channel, with channels, fjords and mountains plunging strait into the icy water. The wild and remote area seems almost undisturbed by humans. The ice has scoured its way between the mountains, leaving isolated islands and hidden bays and creating the unique fjord landscape of Chile.

#### DAY 4: CHILEAN FJORDS/ TIERRA DEL FUEGO

Any nature enthusiast will find it exciting to explore the Chilean fjords, Garibaldi fjord being one of them. When we enter the last part of this fjord you're in for a beautiful surprise; the Garibaldi glaciers. The mountains and valleys are steep with snow-capped mountains making a striking contrast to an otherwise very green area rich in wildlife. Come ashore and maybe we will see sea lions, Andean Condors and several other birds only found here. There will be an Argentinian wine tasting in the evening.

#### DAY 5: CHILEAN FJORDS/ TIERRA DEL FUEGO

At almost 56 degrees south, Cape Horn is the southernmost point of South America. When ranking the mythical places on Earth, Cape Horn is high on the list. Before the Panama Canal, seafarers had to pass this infamous rocky island in order to cross from one side

of the Americas to the other. We will do our best to make a landing on Cape Horn – however, this is an area known for high seas and challenging conditions and if we make it this will be a great achievement.

#### DAY 6: AT SEA

As we cross the famous Drake Passage on our way to Antarctica, we continue our "Young Explorers Antarctica" classes. There will also be several lectures on popular science topics and the explorer room will be buzzing with activity.

#### DAY 7 - 11: ANTARCTICA

It's not like it hasn't been a lot of photo opportunities so far on this adventure, but Antarctica is probably where you will use most of your memory card. Come ashore to explore the impressive Antarctic scenery, penguins and seals. From deck there are lots of chances of seeing whales as well. Enjoy close encounters with wildlife and glaciers, old whaling stations and relics. Trust us when we say that

15-DAY EXPEDITION VOYAGE

#### DEPARTURES: 7 November and 20 November 2017

BOOKING CODE: CENMSANT1702

EARLY BOOKING FROM

\$7,730 PER PERSON TWIN SHAR



- 1. Experience the amazing Garibaldi Glacier
- 2. Study the clear, cold ice between your hands
- 3. See the Guanacos

Spodes-Strutters for Strutters for Strutters

you will not be bored for one single second. Now you are in one of the most remote areas of the world! Among the places we see are South Shetlands and Cuverville Island, home to one of the largest known colonies of Gentoo penguins. Neko Harbour is beautifully located in the innermost part of Andvord Bay. Paradise Harbour got its descriptive name from the whalers during the last century. Wilhelmina Bay has spectacular scenery and is often called "Whale-mina Bay", because of the large number of humpback whales spotted here in December. During our stay here, you can come ashore and join our Expedition Team to see the penguins, seals and maybe whales up close, enjoy field days, kayaking and exploring the waters and ice in small boats.

#### DAY 12: AT SEA

After an exhilarating time in Antarctica, you can spend the day in the explorer room, with lectures, on deck or see a recap of our experiences so far.

# DAY 13: CAPE HORN AND CHILEAN FJORDS

Seeing Cape Horn again means we are back in civilization. In the Beagle Channel we visit Puerto Williams, a small town between the ocean and the mountain. On our way back to Punta Arenas, we sail through the majestic Chilean fjords.

#### DAY 14: CHILEAN FJORDS

We will make one last landing in the Chilean fjords, surrounded by high mountains and glaciers. As this is the last night on board, there will be a farewell dinner and gathering. Arriving in Punta Arenas it is time to say goodbye to all your new friends and the crew. After debarkation we transfer you to the airport for your flight to Santiago de Chile.

#### DAY 15: PUNTA ARENAS/ SANTIAGO DE CHILE

Sadly, every adventure must come to an end. It is time to say goodbye to all your new friends and the crew when we reach Punta

Arenas, on the edge of the Strait of Magellan. Your journey home continues with our flight to Santiago de Chile.

<u>77</u>

16-DAY EXPEDITION VOYAGE

**DEPARTURE:** 03 December 2017

**BOOKING CODE:** CENMSANT1703

EARLY BOOKING FROM

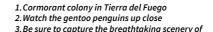
\$7,525 PER PERSON TWIN SHARE

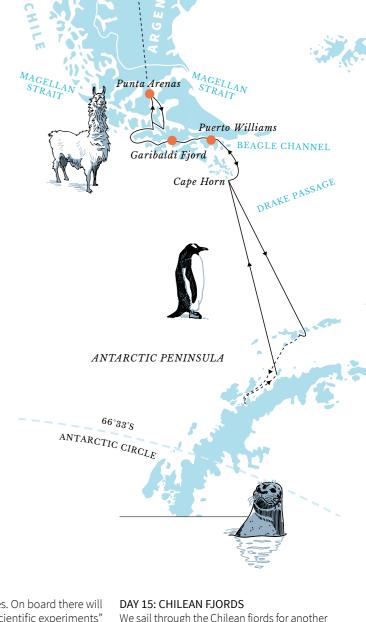
# DISCOVER PATAGONIA AND ANTARCTICA

Enjoy the best of Antarctica and the eastern and southern coasts of Patagonia with landings, lectures, excursions and activities that will take your breath away. Explore the Chilean fjords, see Cape Horn, meet penguins up close, take hikes on deserted Antarctic islands and touch icebergs with your bare hands – and that's just ashore. On board, there will be lectures on popular scientific topics, theme days, activities in our fully equipped Explorer Room and a multimedia area that will make any geek jealous. Get ready for a fun-filled adventure.









# YOUR EXPEDITION DAY BY DAY DAY 1: SANTIAGO DE CHILE, CHILE

This adventure begins in Chile, with an overnight stay at a hotel in Santiago de Chile.

#### DAY 2: SANTIAGO DE CHILE/ PUNTA ARENAS

Today you will fly to Punta Arenas where your expedition ship is already awaiting you. Once on board the MS Midnatsol we kick off everything with a welcome-on-board dinner.

#### DAY 3: CHILEAN FJORDS/ TIERRA DEL FUEGO

We start the adventure by sailing past Isla Tucker and through the extremely narrow Canal Gabriel. Enjoy being on board and getting to know your fellow adventurers. Seeing the Patagonian coast from the seaside is incredible, and sailing in the fjords here will leave you short of superlatives.

DAY 4: CHILEAN FJORDS/

#### TIERRA DEL FUEGO

It is going to be an exciting time when we explore the Chilean fjords, Garibaldi fjord being one of them. When we enter the last part of this fjord your in for a beautiful surprise; the Garibaldi glaciers. The mountains and valleys are steep and even if it is snow on top of the mountains the area is very green with a lot of wildlife. Come ashore and maybe we will see sea lions, Andean Condors and several other birds only found here.

#### DAY 5: CHILEAN FJORDS/ TIERRA DEL FUEGO

At almost 56 degrees south, Cape Horn is the southernmost point of South America. When ranking the mythical places on Earth, Cape Horn is high on the list. Before the Panama Canal, seafarers had to pass this infamous rocky island in order to cross from one side of the Americas to the other. We will do our

best to make a landing on Cape Horn – however, this is an area known for high seas and challenging conditions and if we make it this will be a great achievement.

#### DAY 6: AT SEA

We cross the Drake Passage and tomorrow we will actually be in Antarctica! There will be movies in the "Amfi" all day, showing everything from cartoons to documentaries. If you're not into films, join our lectures or snoop around in the explorer room for some scientific fun. You can also enjoy several lectures that will make your visit to Antarctica even more interesting.

#### DAY 7 – 12: ANTARCTICA

Being in Antarctica you are in the most remote area of the world. You will feel like a real explorer, especially when you see the endless ocean and continent covered with snow and ice. It might come as a surprise that the

penguins are not afraid of humans. Wellbehaved visitors usually cause nothing more than disinterested yawns. Our guess is that your reaction will be the exact opposite... We will visit places that were used by the whalers past, landings with great surroundings and have theme days on board. Some of the places we will see while exploring Antarctica are South Shetlands and Cuverville Island, home to one of the largest known colonies of Gentoo penguins. Neko Harbour is beautifully located in the innermost part of Andvord Bay. Paradise Harbour got its descriptive name from the whalers during the last century. You can also look forward to visiting Half Moon Island, considered a jewel of diversity in the polar landscape. After exploring this superlativeexhausting continent, we set course for Ushuaia. Enjoy our days here in Antarctica with landings, a close look at thousands of penguins and seals, kayaking, and visits to the

most interesting places. On board there will be several lectures, "scientific experiments" for Young Explorers Antarctica - and the views from deck are impeccable.

#### DAY 13: AT SEA

As we head back to South America, there will be classes on how to edit your photos. You can also spend the day on deck, in the explorer room, with lectures, and enjoy photos and films with recaps of our experiences so far.

#### DAY 14: CAPE HORN AND CHILEAN FJORDS

Before we sail into the Beagle Channel, we will try to go ashore on Cape Horn if we didn't do this on our voyage south. Then we might visit Puerto Williams, a small town between the ocean and the mountain. On our way back to Punta Arenas, we sail through the Chilean fjords. We sail through the Chilean fjords for another day of wild nature and impressive sights. In majestic surroundings of wilderness and glaciers, we will find a suitable place to land. In the evening there will be a farewell dinner.

#### DAY 16: PUNTA ARENAS/ SANTIAGO DE CHILE

Arriving in Punta Arenas the adventure is over for now. After debarkation we transfer you to the airport for your flight to Santiago de Chile.

The legendary Magellan,

# **CHILEAN FJORDS** AND ANTARCTICA

Want to celebrate Christmas or start the New Year in an extraordinary way? Why not join us for this adventure? Starting with the Chilean fjords, we sail south and spend five full days exploring the highlights of Antarctica, going ashore in several places. Then, we move on to discover the Falkland Islands, followed by Cape Horn and the wild fjords of Chile before ending the voyage back in Punta Arenas. Our extensive onboard programme, excursions and activities make this a once-in-a-lifetime experience.

18-DAY EXPEDITION VOYAGE

DEPARTURES: 17 December 2017 and 02 January 2018

**BOOKING CODE:** 

EARLY BOOKING FROM \$8,370







1. Paddle through the Antarctic waters 2. Greet the Magellanic penguins in Patagonic

# 3.Be inspired by the great surroundings

#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: SANTIAGO DE CHILE

After arriving in Santiago de Chile, you can explore the city for yourself and then spend the night at a hotel.

#### DAY 2: SANTIAGO DE CHILE/ **PUNTA ARENAS**

The following day our flight takes you to Punta Arenas, and once on board MS Midnatsol we will have a "welcome on board" dinner.

#### DAY 3: CHILEAN FJORDS

Next on our agenda is sailing past the small island called Isla Tucker. It is famous for its colony of Magellanic Penguins, birds, dolphins and sea lions. The captain and his crew show their navigation skills as we sail through the narrow Canal Gabriel.

#### DAY 4: CHILEAN FJORDS

Gazing will be your favourite activity when we reach the Chilean fjords. They are extremely deep, surrounded by very high mountains. You might not see a single person on shore, just endless wilderness. In one of the fjords we take our small boats out for a closer look at the nature and the wildlife. If the weather is good we will go ashore on Cape Horn. This area is known for high seas and challenging conditions and if we make it ashore this will be a great achievement.

#### DAY 5: CHILEAN FJORDS AND CAPE HORN

Of all the mythical places on Earth, Cape Horn is high on the list. Before the Panama Canal seafarers had to pass this infamous rocky island in order to cross from one side of the Americas to the other. We will do our best to make a landing on Cape Horn however, this is an area known for high seas and challenging conditions and if we make it this will be a great achievement.

By now our Expedition Team will most probably have convinced everybody on board that science is fun. We can promise first class edutainment!

#### DAY 7: AT SEA

Once we have crossed the Antarctic Convergence the air is getting crisper and colder. From deck you start seeing Antarctic penguins and icebergs in the water, maybe whales as well.

#### DAY 8 - 13: ANTARCTICA

Come ashore to explore the impressive Antarctic scenery, penguins and fur seals. From deck there are lots of chances of seeing whales as well. Enjoy close encounters with wildlife and glaciers, old whaling stations and relics. Trust us when we say that you will not be bored for one single second. Now you are in one of the most remote areas of the

world! Some of the places we will see while exploring Antarctica is South Shetlands and Cuverville Island that is home to a large colony of Chinstrap penguins. Neko Harbour is beautifully located in the innermost part of Andvord Bay. Paradise Harbour got its descriptive name from the whalers during the last century. One of the voyages this is on Christmas Eve. We celebrate the "Norwegian way" with a Christmas tree, carols and a traditional Norwegian Christmas dinner. Join the Expedition Team and explore Antarctica with landings to get a close look at thousands of penguins and seals, enjoy kayaking and visits to the most interesting places. On board there are several lectures, "scientific experiments" for Young Explorers Antarctica.

#### DAY 14: FALKLAND ISLANDS

Having just been in Antarctica it might seem a bit surreal to arrive in a town that looks like a miniature England, with red phone boxes, red buses and English pubs.

#### DAY 15: FALKLAND ISLANDS

Stanley is the capital on the Falkland Islands. Roam the city streets or join one of the excursions to explore the wilderness and wildlife in the surroundings.

#### DAY 16: FALKLAND ISLANDS

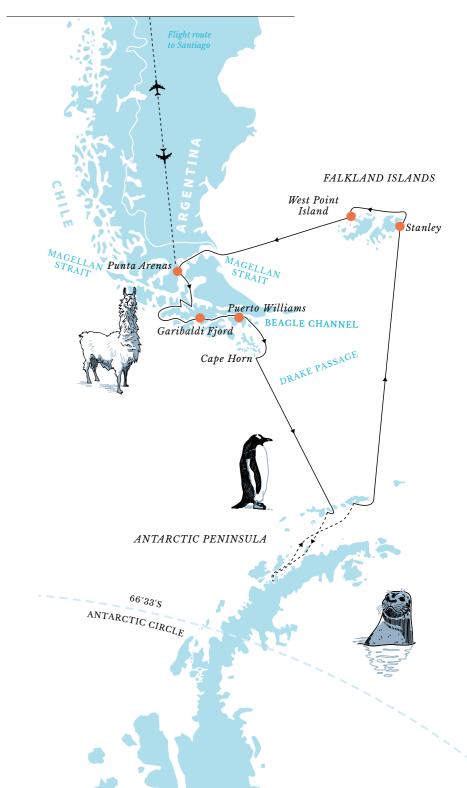
We continue with our exciting on board programme in the evening. Bird lovers will rejoice as we reach Carcass Island. This is a bird paradise with several ducks, geese, penguins, albatrosses, caracaras and wrens. It is also one of the islands down here with trees. We use our small boats to go ashore for exploring, hiking or take a closer look at all the birds.

#### DAY 17: AT SEA/MAGELLAN STRAIT

As we complete the loop of the Magellan Strait we will have a recap of everything we have explored, seen and discovered on this trip. We celebrate these experiences, new friendships, new knowledge and spending a great expedition together with a farewell dinner and party.

#### DAY 18: PUNTA ARENAS/ SANTIAGO DE CHILE

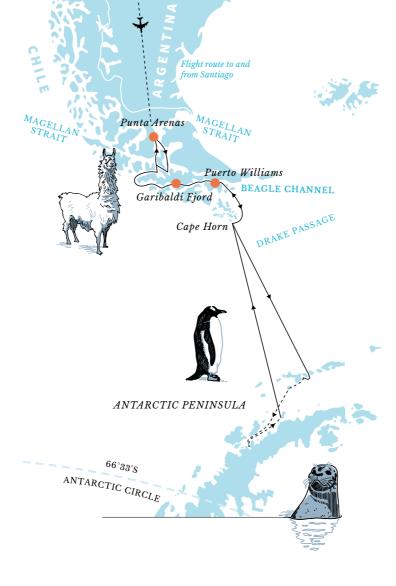
Arriving in Punta Arenas it's time to say goodbye. Your journey home continues with our flight to Santiago de Chile.



#### Adventure from

# **CAPE HORN TO** THE PENGUINS OF **ANTARCTICA**

This adventure takes you to all the highlights of Antarctica, giving you a real impression of what this enormous continent of ice is all about. We will also visit the Chilean fjords and Cape Horn. There is plenty happening on board. Our science club "Young Explorers Antarctica" is aimed at our younger guests, but there's no age restriction for joining in, even though we have an extensive onboard programme for adults, too. Join us on a voyage to the bottom of the world for a real adventure in the southern hemisphere.



#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: SANTIAGO DE CHILE

Before embarking on this adventure, you spend a night in Santiago de Chile.

#### DAY 2: SANTIAGO DE CHILE/ **PUNTA ARENAS**

The next day you fly to Punta Arenas where your expedition ship the MS Midnatsol is DAY 7 – 11: ANTARCTICA already waiting for you.

#### DAY 3: CHILEAN FJORDS

We kick off by sailing south in the Magellan Strait and pass Isla Tucker and then through the extremely narrow Canal Gabriel. Chilean fjords are truly spectacular, and staying on deck to take in the view is the preferred activity.

#### DAY 4: CHILEAN FJORDS AND CAPE HORN

We will do our best to make a landing on Cape Horn. However, this is an area known for high seas and challenging conditions and if we make it this will be a great achievement...

Prepare yourself for Antarctica! Either with one of the films we show, by joining lectures or with a stay in the explorer room.

#### DAY 6: AT SEA

Trust us, Antarctica will overwhelm you. Everything is endless and white and the oceans

are full of icebergs and whales. Maybe even more awe-inspiring will be your meeting with the huge colonies of penguins. They are not afraid of humans; you can look forward to true close encounters with this most charming of bird species.

Come ashore to explore the impressive Antarctic scenery, penguins and fur seals. From deck there are lots of chances of seeing whales as well. Enjoy close encounters with wildlife and glaciers, old whaling stations and relics. You are in one of the most remote areas of the world, but trust us when we say that you will not be bored for one single second. Some of the places we will see are the South Shetlands and Cuverville Island, home to a large colony of gentoo penguins. Neko Harbour is beautifully located in the innermost part of Andvord Bay. Paradise Harbour got its descriptive name from the whalers during the last century. You can also look forward to visiting Half Moon Island, considered a jewel of diversity in the polar landscape. Join the Expedition Team and explore Antarctica with landings to get a close look at thousands of penguins and seals, enjoy kayaking and visits to the most interesting places. On board there are several lectures and "scientific experiments" for Young Explorers Antarctica.

After six exciting days in Antarctica, we spend a day recapping our experiences, have fun in the explorer room or just relax on deck.

#### DAY 13: CAPE HORN AND CHILEAN FJORDS

If we didn't go ashore on Cape Horn on our way south we will try again today, or visit Puerto Williams, that is home to an interesting museum of anthropology and remains of ancient Indian campsites.

#### DAY 14: CHILEAN FJORDS

We sail through the Chilean fjords and enjoy a day of wild nature and impressive sights. We will find a great place to land, surrounded by wilderness and glaciers. In the evening there will be a farewell dinner.

#### DAY 15: PUNTA ARENAS/ SANTIAGO DE CHILE

The adventure is over as we reach Punta Arenas, and it is time to say goodbye to all your new friends and the crew. After debarkation we transfer you to the airport for your flight to Santiago de Chile.

15-DAY EXPEDITION VOYAGE

#### DEPARTURES:

18 January, 31 January and 13 February 2018

**BOOKING CODE:** 

EARLY BOOKING

\$8,345







1. Explore the icv waters in our tender boats 2. Get a close look at the gentoo penguins 3. Watch hundreds of crabeater seals

17-DAY EXPEDITION

> DEPARTURE: 26 February 2018

**BOOKING CODE:** CENMSANT1706

EARLY BOOKING FROM

Southern hemisphere adventure

# **SOUTH AMERICA** AND ANTARCTICA

On this adventure, you will experience the best of the Chilean fjords, Antarctica and the Falkland Islands. We start by discovering the narrow fjords of Chile, and take a closer look at the glaciers, nature and wildlife here. As we sail into the most remote area of the world, you will see penguins and icebergs in the water, and maybe whales as well. Join our Expedition Team and explore Antarctica with visits to the most interesting places, hikes and kayaking. After four days on this icy continent, we visit the wonderful Falklands before ending the voyage in Montevideo.

#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: SANTIAGO DE CHILE, CHILE

Welcome to Chile, where your adventure starts with an overnight stay at a hotel in Santiago de Chile.

#### DAY: 2 SANTIAGO DE CHILE/ **PUNTA ARENAS**

Today you will fly to Punta Arenas where your expedition ship is awaiting you. Once on board the MS Midnatsol we kick off everything with a welcome-on-board dinner.

#### DAY 3: CHILEAN FJORDS

Gather on deck to see a little island called Isla Tucker. It is famous for its colony of Magellanic penguins, birds, dolphins and sea lions. Next, we sail through the narrow Canal Gabriel.

#### DAY 4: CHILEAN FJORDS

The Chilean fjords are a big surprise to many, with its huge mountains and vast wilderness. And the surprise doesn't get any less when we enter the Garibaldi fjord and two huge glaciers emerge at the end of the fjord. We take our small boats out for a closer look, exploring the area and the wildlife.

DAY 5: CHILEAN FJORDS/ TIERRA DEL FUEGO

Cape Horn on the southernmost tip of South America is a legend among seafarers. If the weather is good we will go ashore. However, this is an area known for high seas and challenging conditions and if we make it this will be a great achievement.

#### DAY 6: AT SEA

We are now in Antarctica! Come ashore to meet the penguins and fur seals, have fun in a kayak or take a hike with the explorer team. Young Explorers Antarctica, and those not so young that want to join in, are up for exciting days both ashore and in the explorer room.

#### DAY 7 – 10: ANTARCTICA

We will do landings several places and we are convinced that this is going to be an experience you will never forget. Among the places we will see are Half Moon Island, Yankee Harbour and Cuverville Island, home to a large colony of Gentoo penguins. Neko Harbour is beautifully located in the innermost part of Andvord Bay, and Paradise Harbour got its descriptive name from the whalers of history. When the storms were at their worshey came to seek shelter. Staggeringly photogenic and blessed with some of the most spectacular Antarctic scenery

imaginable, Half Moon Island is a glittering gem amongst these island treasures. Join the Expedition Team and explore Antarctica with landings to get a close look at thousands of penguins and seals, enjoy kayaking and visits to the most interesting places. On board there are several lectures, "scientific

#### DAY 11: AT SEA

Enjoy a day at sea, recapping our experiences, exchange stories of experiences, photos and films with your fellow adventurers, have fun in the explorer room or simply relax on deck.

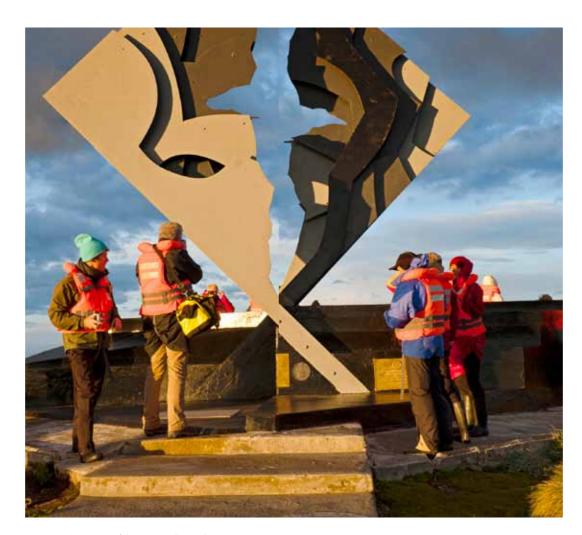
experiments" for Young Explorers Antarctica.

#### DAY 12: FALKLAND ISLANDS

Stanley is a very small town, but is still the capital of the Falkland Islands. If you want to explore the city by yourself it's easy to do it on foot.

#### DAY 13: FALKLAND ISLANDS

New Island is an adorable island, with sandy white beaches and turquoise waters. Except for the temperature it could easily be mistaken for a Caribbean island. We will pass an old shipwreck on our way ashore to enjoy a day amongst penguins, seals and elephant seals.



- 1.A monument in memory of the mariners lost in the waters off Cape Horn
- 2. Do not miss the shipwreck we pass in the Falkland

#### DAY 14: FALKLAND ISLANDS

We also offer several excursions to see the penguins, hike in the area or kayak in the pristine waters.

#### DAY 15: AT SEA

The last days on board are spent crossing the Drake Passage and then sailing along the coast of Argentina.

#### DAY 16: AT SEA

Spend time with family, old friends, new friends and our friendly Expedition Team, and enjoy the farewell dinner on the last evening.

#### DAY 17: MONTEVIDEO

Arriving in Montevideo it's time to say goodbye. If you want to have a bit more fun before going home, you are more than welcome to join our optional excursions in the post programme.





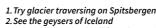


To this day, the Arctic remains one of the Spitsbergen and Greenland. For centuries, world's uncharted regions. The reasons are obvious: in winter the pack ice is more than 10ft thick and covers a vast expanse of sea, and even in summer huge slabs and bergs are constantly drifting. But the Arctic Ocean is still extremely rich in marine and bird life. On terra firma, there is something dreamlike landscapes, whether you stay 'south' in the pine forests and tundra landscapes of Alaska and Canada or head for the ice caps of

only indigenous settlers lived here, but the modern explorer can combine comfort and pleasure with a memorable trip to some of the emptiest, loneliest, coldest places on the planet. Among many highlights, you can look forward to crossing the Polar Circle, experiencing the coast of Northern Norway and beautifully bleak about Arctic and seeing the King of the Arctic, the polar bear — all in ice-cold surroundings. Speaking of which, the polar bear and the melting ice are central to the narrative of global warming



that dominates our times. To see this for yourself will add to your knowledge and heighten your awareness of exactly what is at stake — exploring the Arctic will really broaden your horizons.



<sup>3.</sup> Enjoy the teeming birdlife in the Arctic 4. The polar bear is the King of the Arctic







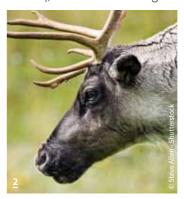
# TRAILS OF LEGENDS UNDER THE MIDNIGHT SUN WITH MS SPITSBERGEN

On these Polar adventures we sail in the wake of Norse settlers who travelled extreme distances more than a thousand years ago. This means that the expeditions vary hugely, both when it comes to nature, highlights, wildlife and experiences.

#### WILDLIFE IN ICELAND, GREENLAND AND CANADA

Iceland is the place to experience magnificent birdlife. A popular country with ornithologists, it boasts dozens of species of birds during the summer nesting season. It is also home to many seabirds, among them puffins, skuas and kittiwakes that nest on sea cliffs around the island. In the ocean you might see minke and humpback whales, and if you're lucky you might spot the blue whale and orca as well. On land you can take a closer look at Icelandic horses, sheep and the indigenous Arctic fox.

The oceans west and south of Greenland are home to the narwhal, also known as the unicorn of the sea, walrus and the magnificent humpback whale. The massive musk ox lives wild in the area around Kangerlussuaq, and as we sail along the





coast you might be lucky enough to see the sea eagle too.

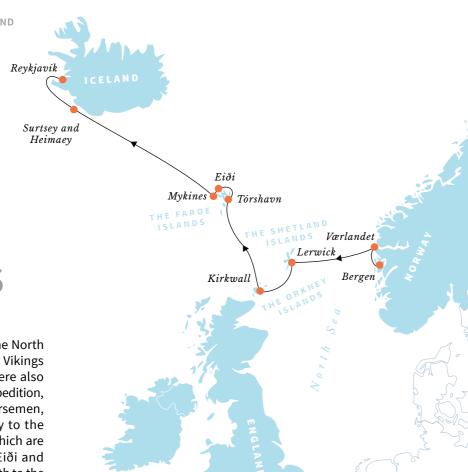
The spectacular wilderness of Northern Canada is where polar bears hunt seals along the coast, and in both the Torngat Mountains and along George River, caribou herds cross paths as they migrate to and from their calving grounds. The musk oxen have lived here for at least 10,000 years, and can still be seen grazing in herds. The wolf and polar hare are rarely seen from the sea, but the gigantic walrus might be easier to spot.

### HIGHLIGHTS IN ICELAND, GREENLAND AND CANADA

On these expeditions the forces of nature combine with ancient myths. Pair the breathtaking views of the Arctic wilderness with in-depth knowledge, and let Norse legends come alive as you set foot on the remote shoreline of Greenland or explore cities founded by the Vikings on the islands of the North Atlantic Ocean. Meet the descendants of the Vikings on Iceland, and discover geology that dates back millions of years through the eyes of modern technology. Explore some of the most stunning national parks in Newfoundland and Labrador that are also UNESCO World Heritage sites.



1. Forces of nature and ancient myths 2. See animals that you won't encounter anywhere else 3. Enjoy kayaking 4. Canada's nature is awesome



# IN THE WAKE OF THE VIKINGS

More than 1,000 years ago, the Vikings crossed the North Sea and landed on the British Isles. Although the Vikings are often thought of as barbaric raiders, they were also accomplished explorers and settlers. During this expedition, we sail in the wake of these fared and fabled Norsemen, following their journey from Bergen in Norway to the beautiful Shetland and Orkney Islands, both of which are rich in Viking history. We sail on to Tórshavn, Eiði and Mykines in the Faroe Islands, before continuing north to the 'Kingdom' of the Vikings' – Iceland!

#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: BERGEN

Our journey starts in Bergen, a town founded in 1070 by Viking King Olav Kyrre. He called the city Bjørgvin, meaning 'meadow between the mountains'. Departing from Bergen, we will follow the same route that the Vikings once sailed when they went to explore or plunder.

#### DAY 2: VÆRLANDET/BULANDET

Located to the northwest of Bergen, Værlandet/Bulandet and Atløy/Nærvik form the westernmost archipelago of Norway. Enjoy visits to the most interesting sites in this area.

#### DAY 3: LERWICK

Lerwick is the main port in the Shetland Islands. In and around the town, you will find some of Shetland's most attractive scenery and an extraordinary concentration of archaeological sites, including two remarkable Iron Age villages and Europe's best-preserved broch, a drystone dwelling dating from this period.

#### DAY 4: KIRKWALL

The capital of the Orkneys, Kirkwall, is the largest town in the Islands, and is dominated by the famous St. Magnus Cathedral. The first mention of a settlement is in a saga from 1046 and the name Kirkwall derives from Norse Kirkjuvagr (Church Bay).

TO BOOK CALL **1800 OCEANS (623 267)** OR CONTACT YOU TRAVEL SPECIALIST

#### DAY 5: TÓRSHAVN

The Faroe Islands are a group of islands in the middle of the North Atlantic. The capital city, Tórshavn, is one of the smallest in the world, with only 15,000 inhabitants. The city was founded in the 10th century and might very well be the oldest capital in northern Europe. The Vikings established their parliament here on the Tinganes Peninsula in 850 A.D., and Tórshavn has remained the capital of the Faroe Islands ever since.

#### DAY 6: EIÐI

During the 9th century A.D., the Vikings settled in Eiði. A visit here will provide a chance to hear exciting Viking stories and discover more about Viking history. It is also a great place to enjoy a hike led by our Expedition Team

#### DAY 7: MYKINES

A thousand years ago, the Vikings who lived in Mykines would climb over the ridge to visit their neighbouring community for occasions such as christenings, weddings and funerals. This was hiking the way it used to be – no trampled path, no paving stones and no handrail. Join us for a landing here if you enjoy hiking and take the opportunity to see the island's puffin colonies.

#### DAY 8: AT SEA

Enjoy a relaxing day at sea. Take in the views from on deck or participate in our lectures as we sail towards Iceland.

#### DAY 9: SURTSEY/HEIMAEY

The Vestmannaeyjarm or Westman Islands, are a group of 15 spectacular islands and about 30 rock pillars, located off Iceland's south coast. The islands are named after the Gaelic slaves who were captured by Norsemen. The Old Norse word 'vestmenn' literally means men from the west. Even though we now know that there are countries further west than Iceland, the name has stuck. We will visit Surtsey, one of volcanic islands here, and the fishing port of Heimaey.

#### DAY 10: REYKJAVIK

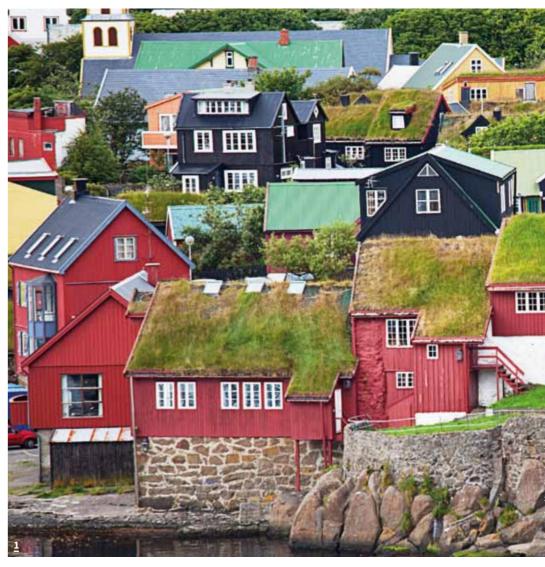
Reykjavik was the first Viking settlement in Iceland. Today, Iceland's capital offers a lot to tempt the curiosity of its visitors. Relatively close to Reykjavik, you'll find glaciers, waterfalls, geysers and mountains. Within the city itself, you'll find a vast selection of restaurants, museums and shops. We will arrive in the city early in the morning, and it is here that our voyage comes to an end.

10-DAY EXPEDITION VOYAGE

**DEPARTURE:** 12 May 2017

BOOKING CODE: CENSPEUR1701

EARLY BOOKING FROM







1. Charming Tórshavn is an old Viking village 2. The heritage of the Vikings is clear to see in Kirkwall

91

15-DAY EXPEDITION VOYAGE

**DEPARTURE:** 12 June 2017

BOOKING CODE: CENSPWOR1701

EARLY BOOKING FROM \$10.255

# THE VINLAND SAGA ADVENTURE

Between 800 and 1000 A.D., the feared and fabled Vikings carried out a number of expeditions to explore the North Atlantic Ocean. The Vikings' superior ships enabled them to travel long distances across the rough oceans and through stormy weather, although ironically, their most significant discoveries were often made when they lost their way during storms. Our expedition sees us following the route described in the Vinland Saga. Starting in Iceland, we sail to Greenland and then continue on to Newfoundland, Canada. All of the places we visit boast fascinating Viking history as well as astonishing natural beauty.









1.Enjoy a visit to St. John's, the easternmost city in North America 2.See relics from the Viking age and meet the locals 3. In Qassiarsuk, a statue has been erected in memory of Leif Erikson

#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: REYKJAVIK, ICELAND

The Vikings were the first people to permanently settle in Iceland. According to 'The Book of Settlements (Landnámabók)', Ingólfur Arnason was the first to settle here around 870 A.D. He named the settlement Reykjarvík (bay of smoke), after the steam from the hot springs in the area. Today, Iceland's modern capital is the starting point of this expedition.

#### DAY 2: SNÆFELLSJÖKULL NATIONAL PARK

The Snæfellsjökull National Park has many famous sites, and the magnificent Snæfellsjökull glacier is one of the highlights. Other attractions include basalt cliffs and the many fascinating lava formations. At Djupalonssandur, you can also test your 'Viking strength' on the four 'lifting stones': Amlodi (Useless), Halfdraettingur (Weakling), Halfsterkur (Half Strength) and Fullsterkur (Full Strength).

#### DAY 3: AT SEA

Rather than rowing a longship across the Denmark Strait to reach Greenland, we'll sail in the modern and very comfortable MS Spitsbergen. Join our Expedition Team's fascinating on board lectures to learn about Norse Greenland before our arrival.

#### DAY 4: AT SEA

Greenland's southern shores contain some of the most culturally and scenically diverse regions of this massive island. Conditions permitting, we will try to sail through the narrow, 70-mile-long channel Prins Christian Sund, which crosses the southernmost point of Greenland, to enjoy the breathtaking scenery. If the channel is blocked with ice, we will instead sail around Nunap Isua (Kap Farvel).

#### DAY 5: SOUTH GREENLAND

Qassiarsuk is the site where Erik the Red built his Brattahlíð estate in 982 A.D. He had been exiled from Iceland and escaped to the land he called Greenland. He chose to settle in Qassiarsuk believing it to be the richest and best site in on the island. Join the settlement walk to explore the reconstruction of Erik the Red's longhouse and the church that his wife Tjodhildur made him build.

#### DAY 6: SOUTH GREENLAND

Igaliku is home to the well-known ruins of Garðar, once the religious heart of Norse Greenland. In Hvalsey, you'll find some of the best-preserved ruins from the Norse period in the former town of Austurbygd. Erik the Red's relatives established the farmstead in the late 10th century. In 1408, 500 years after the town was established, all the inhabitants suddenly left. Amongst the ruins, you'll find the remains of the church where the last known Viking wedding took place.

#### DAY 7: AT SEA

As we cross the ocean again, you will have plenty of time to imagine how it must have felt to cross an ocean more than 1,000 years ago. According to The Saga of the Greenlanders, Leif Erikson (son of Erik the Red) set out in the year 1002 or 1003 A.D and the first land he found to the west was covered with flat rocks, so he called it Helluland, the land of flat stones (From Old Norse: hella).

#### DAY 8: 'MARKLAND'/LABRADOR, CANADA

After Helluland, Leif Erikson arrived at a land that was flat and wooded, with white sandy beaches, which he called Markland ("Forest Land"). Today, this area is known as Labrador.

#### DAY 9: 'MARKLAND'/LABRADOR

We will explore Labrador, making several explorer-style landings to discover more of the area's astonishing nature and wildlife.

#### DAY 10: 'MARKLAND'/LABRADOR

While we are here, outdoor enthusiasts will enjoy hiking along the trails and the countless miles of wilderness to explore, whilst others will appreciate learning more about the history, cultures and traditions of the area at the numerous historic sites we will visit.

#### DAY 11: AT SEA

Enjoy a day at sea. There will be lectures on various topics or you can spend some time on deck enjoying the wildlife we'll see on our journey.

#### DAY 12: L'ANSE AUX MEADOWS, NEWFOUNDLAND

In L'Anse aux Meadows, you'll see the first known evidence of the Vikings settling in America. This is probably where Thorfinn Karlsefni and several others settled in 1010. In 1960, two Norwegian archaeologists started excavating in this area and discovered the fascinating remains of the Viking camp. In 1979, L'Anse aux Meadows became a UNESCO World Heritage Site. On the recreated camp, you can see original artefacts from this internationally renowned archaeological find.

#### DAY 13: 'VINLAND'/NEWFOUNDLAND

According to the sagas, the Viking settlement Hóp was considered to be the 'land of grapes and wheat'. When Leif Erikson discovered it, he called the place Vinland (wineland). This is where the Norse settlers first encountered 'Skrælings', the indigenous people. They started trading with the Skrælings, but after a brutal attack, the frightened Norse abandoned this lush land to go back north. We can promise, however, that the welcome we will

receive while visiting the small settlements in this area will be anything but hostile!

#### DAY 14: 'VINLAND'/NEWFOUNDLAND

With its tiny seaside communities, encompassing forests, freshwater fjords, bogs, barren lowlands, and striking cliffs and shorelines, this area is world-renowned for its complex geology. The wildlife is amazing with large seabird colonies, huge moose and caribou populations, and a rich marine life including several species of whales. With some 10,000 humpback whales visiting the area every year, don't be surprised if you inadvertently capture a whale in a photograph you take on derk!

#### DAY 15: ST. JOHN'S, NEWFOUNDLAND

St. John's is the oldest and most easterly city in North America, and is where our Vinland Saga Adventure ends. We recommend that you explore this historic town, with its striking twin clock towers of the Basilica of St. John the Baptist and its excellent shopping before you fly home.

# **EXPLORING** THE ARCTIC LAND OF THE CARIBOU

Exploring the coastline of Newfoundland and Labrador in Canada is an amazing adventure. This expedition includes the chance to visit two national parks, several different settlements and some intriguing cities. You will see stunning scenery and exotic wildlife. Learn more about the fascinating history of the people that have lived here for thousands of years, and the people living here today. Along the way, we will take you to places where you can see remarkable archaeological remains and get an insight into the interesting history of the Vikings.

15- AND 16-DAY VOYAGE

#### DEPARTURES:

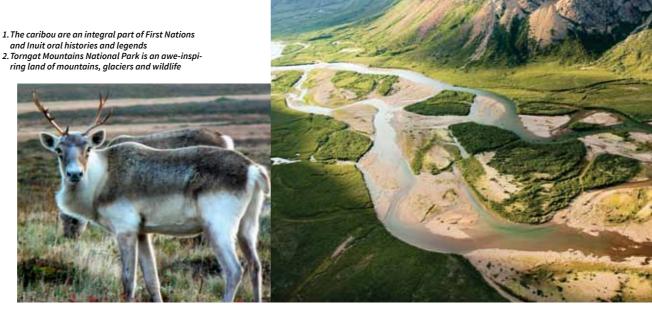
26 June and 09 July 2017

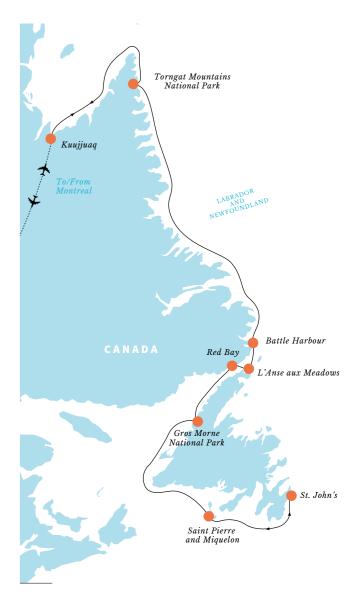
#### **BOOKING CODE:** CENSPWOR1703

EARLY BOOKING

1. The caribou are an integral part of First Nations and Inuit oral histories and legends

ring land of mountains, glaciers and wildlife





YOUR EXPEDITION DAY BY DAY

#### DAY 1: ST. JOHNS, NEWFOUNDLAND

St. John's is the oldest and most easterly city in North America, and it is said that this is where heritage lives. With its narrow streets and hidden alleyways, the city is full of character. We recommend that you explore this historic town, with its striking twin clock towers of the Basilica of St. John the Baptist, before you embark on your adventure.

#### DAY 2: ST PIERRE AND MIQUELON

Even though Paris is around 2,500 miles away, the people living in St Pierre and Miquelon are very proud to be French. The islands are part of the French Republic and are, in fact, the country's oldest overseas territory. Today, you can enjoy a taste of the typical French way of life with nice bistros, cafés, wine, cheese, baguettes, chocolates and pastries.

#### DAY 3: AT SEA

Enjoy a day at sea. There will be lectures on various topics or you can spend some time on deck enjoying the wildlife we'll see on our journey.

#### DAY 4: GROS MORNE NATIONAL PARK

The Gros Morne National Park is one of the highlights of a trip to Newfoundland. The

landscape, with its deep valleys, steep cliffs, sandy beaches and spectacular fjord system, is now a UNESCO World Heritage Site. Moose, caribou, foxes, black bears, ptarmigans and eagles are all a very common sight here. A visit to the higher regions of this ancient landscape will be unforgettable.

#### DAY 5: RED BAY

Between 1550 and the early 17th century, Red Bay was a centre for Basque whaling operations. During the whaling heyday up to 2,500 whalers came on 50 ships from France and Spain for the whale-hunting season. The discovery of the wrecks of whale-hunting galleons and chalupas has made Red Bay one of the most exquisite underwater archaeological sites in America. It is now a UNESCO World Heritage Site. If you feel like going treasure hunting while we are here, local legend has it that the infamous pirate Captain Kidd hid some of his treasure in the 'Pond on the Hill'.

#### DAY 6: L'ANSE AUX MEADOWS. NEWFOUNDLAND

In L'Anse aux Meadows, you'll find the first known evidence of European presence in America. It is here that a Norse expedition built a small camp around 1,000 years ago. In 1960, two Norwegian archaeologists started excavating in this area and discovered the fascinating remains of this Viking camp. In 1979, L'Anse aux Meadows became a UNESCO World Heritage Site. On the recreated camp, you can see original artefacts from this internationally renowned archaeological find.

#### DAY 7: BATTLE HARBOUR

Located on the edge of the Labrador Sea, Battle Harbour is a nature lover's paradise. For two centuries, it was the economic and social centre of the southeast Labrador coast. Today, it is a wilderness adventure destination, where you can encounter whales, dolphins, seabirds, Arctic foxes, icebergs and the spectacular island scenery on one of our hikes or boat tours.

#### DAY 8: CRUISING THE COAST OF LABRADOR

We will spend three days sailing along the coast of Labrador and exploring this area. Outdoor enthusiasts will enjoy hiking along the trails and the countless miles of wilderness to explore, while others will appreciate learning more about the history, cultures and traditions of the area at the numerous historic sites we will visit.

#### DAY 9: CRUISING THE COAST OF LABRADOR

One of the places we may visit is Red Bay. The discovery of the wrecks of whale-hunting galleons and chalupas has made Red Bay one of the most exquisite underwater archaeological sites in America. It is now a UNESCO World Heritage Site.

#### DAY 10: CRUISING THE COAST OF LABRADOR

We may also visit the picturesque town of Rigolet, the southernmost Inuit community in the world. This small, isolated town has a population of just 300 and cannot be accessed by road. However, it is accessible by ship all year around, and in wintertime also via snowmobile. We offer several outings here: You can explore the beautiful waters in a speedboat or go fishing, riding or whale watching. We may also visit Hopedale, originally the Inuit settlement of Agvituk, meaning 'the place of the whales', and Hebron, a former Moravian mission and

the northernmost settlement in Labrador.

#### **DAY 11: TORNGAT MOUNTAINS** NATIONAL PARK

The spectacular wilderness of Torngat Mountains National Park comprises 3,700 square miles in Northern Labrador Mountains.

#### **DAY 12: TORNGAT MOUNTAINS** NATIONAL PARK

The peaks of the Torngat Mountains National Park are dotted with remnant glaciers. The landscape was formed during the last ice age and features steep fjord systems rising up to 900 metres directly out of the sea. It is truly rough and wild.

#### DAY 13: TORNGAT MOUNTAINS NATIONAL PARK

Today, the Inuit people continue to use this area for hunting, fishing and travelling throughout the year. Torngat, means 'place of spirits', and the Torngat Mountains have been home to the Inuit and their predecessors for 7,000 years, as we can see from archaeological sites in the area.

#### DAY 14: TORNGAT MOUNTAINS NATIONAL PARK

You might get to see polar bears hunting seals along the coast, the Torngat Mountain and George River caribou herds crossing paths as they migrate to and from their calving grounds or any number of moose, foxes, wolves and black bears that are native to the park.

#### DAY 15: KUUJJUAQ/MONTREAL

Your adventure ends in Quebec's Arctic region - an immense, pristine territory lying north of the 55th parallel. Experience the Nunavik Inuit's corner of the world, and maybe see the distinctive characteristics of their cultural and linguistic heritage, art and history, as well as traditional clothing and tools before you fly to Montreal.

NOTE: We offer one northbound and one southbound expedition. The southbound journey has a reversed itinerary and includes an overnight stay in Montreal.

15-DAY EXPEDITION VOYAGE

DEPARTURE: 24 July 2017

**BOOKING CODE:** CENSPGRE1701

EARLY BOOKING FROM

From Canada to Greenland

# **CROSSING BAFFIN BAY**

Join an expedition to explore the unspoiled regions on both sides of Baffin Bay. Starting in Newfoundland and Labrador in Canada, we visit places where you can see remarkable archaeological remains, and get an insight into the very interesting history of the Vikings. Then, we continue to the grand landscape of Baffin Island, the spectacular homeland of the Inuit people and an accessible Arctic playground for the adventurous. We cross Baffin Bay to Greenland where you can touch an iceberg with your bare hands and marvel at the power of nature in Ilulissat Icefjord.









1. Over 1,000 years ago a group of Norse settlers built a small camp in L'Anse aux Meadows

2. Lighthouse on the coast of Newfoundland

3. The Greenland dog is an ancient breed and is kept as a sled dog

YOUR EXPEDITION DAY BY DAY

#### DAY 1: ST. JOHN'S, NEWFOUNDLAND, CANADA

Your adventure starts in St. John's, the oldest and most easterly city in North America. The town still embodies the spirit of an old fishing village and its narrow streets and hidden alleyways are full of character and experience.

#### DAY 2: CRUISING THE COAST OF NEWFOUNDLAND

With its tiny seaside communities, encompassing forests, freshwater fjords, bogs, barren lowlands, and striking cliffs and shorelines, this area is world-renowned for its complex geology. The wildlife is amazing with large seabird colonies, huge moose and caribou populations, and a rich marine life including several species of whales. With some 10,000 humpback whales visiting the area every year, don't be surprised if you inadvertently capture a whale in a photograph you take on deck!

#### DAY 3: L'ANSE AUX MEADOWS

In L'Anse aux Meadows you'll find the first known evidence of European presence in

America. It is here that a Norse expedition built a small camp around 1,000 years ago. In 1960, two Norwegian archaeologists started excavating in this area and discovered the fascinating remains of a Viking camp. In 1979, L'Anse aux Meadows became a UNESCO World Heritage Site. On the recreated camp, you can see original artefacts from this internationally renowned archaeological find.

#### DAY 4: CRUISING THE COAST OF LABRADOR

We will spend three days sailing along the coast of Labrador and exploring this area. Outdoor enthusiasts will enjoy hiking along the trails and the countless miles of wilderness to explore, while others will appreciate learning more about the history, cultures and traditions of the area at the numerous historic sites we will visit.

#### DAY 5: CRUISING THE COAST OF LABRADOR

One of the places we may visit is Red Bay. The discovery of the wrecks of whale-hunting

galleons and chalupas has made Red Bay one of the most exquisite underwater archaeological sites in America. It is now a UNESCO World Heritage Site.

#### DAY 6: CRUISING THE COAST OF LABRADOR

We may also visit the picturesque town of Rigolet, the southernmost Inuit community in the world. This small, isolated town has a population of just 300 and cannot be accessed by road. However, it is accessible by ship all year around, and in wintertime also via snowmobile. We offer several outings here: You can explore the beautiful waters in a speedboat or go fishing, riding or whale watching. We may also visit Hopedale, originally the Inuit settlement of Agvituk, meaning 'the place of the whales', and Hebron, a former Moravian mission and the northernmost settlement in Labrador.

#### DAY 7: BAFFIN ISLAND

Baffin Island is a great, wild landscape, the spectacular homeland of Inuit and an accessible Arctic playground for the adventurous. The vast geographical area that is now fondly known as 'Nunavut' has supported a continuous indigenous population for over 4,000 years.

#### DAY 8: BAFFIN ISLAND

Most historians today identify Baffin Island as the 'Helluland' (place of black rocks) described in ancient Norse sagas. It is believed that both the Dorset and Thule inhabitants of the region had regular contact with Norse sailors over 1,000 years ago.

#### DAY 9: BAFFIN ISLAND

Viking artefacts have been discovered on Baffin Island, including architectural materials, yarn spun from a hare, tally sticks, and a carved wooden face mask depicting white European features.

#### DAY 10: AT SEA

As we cruise towards Greenland, you can lounge or simply relax with a good book.

#### DAY 11: EXPLORING NORTHWEST GREENLAND

Qegertarsuag is the only town situated on the old volcanic island of Disko. The area offers amazing Arctic experiences. Join optional excursions such as a tour of the town, kayaking or an ice cruising boat tour. If you appreciate archaeology and history, you should definitely pay a visit to the local museum in Qasigiannguit.

#### DAY 12: EXPLORING NORTHWEST GREENLAND

Today, you will have a unique opportunity to witness the true power of nature on a visit to the Eqip Sermia Glacier, which calves icebergs into the open ocean. The town of Ilulissat in the Ilulissat Icefjord was added to the UNESCO World Heritage List in 2004. See enormous icebergs at the mouth of the fjord and enjoy a variety of optional shore excursions such as hikes, historic town walks and a boat tour to the Icefjord.

#### **DAY 13: EXPLORING NORTHWEST GREENLAND**

Itilleq means 'the hollow', and as its name suggests, this small settlement is situated in a hollow, majestically surrounded by high mountains and glaciers. With the Arctic Circle passing just 200 metres south of the village centre, Itilleq can rightly claim the title of 'the Arctic Circle Village'. The 130 people who live here are mainly engaged in hunting and fishing activities.

#### DAY 14: KANGERLUSSUAQ/COPENHAGEN

As we reach Kangerlussuaq, your expedition comes to an end. Take the opportunity to join a final excursion to the Greenland Ice Sheet, a vast icy wasteland stretching 1,500 miles north. Your plane to Copenhagen leaves late in the evening.

#### DAY 15: COPENHAGEN

You arrive in the Danish capital early in the morning and may even have the time to explore "Wonderful, Wonderful Copenhagen"

97

enjoy lectures, the view from the observation before you head home.



# A NORWEGIAN TALE **TOLD BY EXPLORERS ON MS FRAM**

Norway is the country where the sun never sets during the cool summers, and the cold winters have days when it never rises. Then there is the crown of Arctic Norway and realm of the polar bear, Spitsbergen. The variety of destinations creates expeditions to suit any explorer.

#### WILDLIFE ALONG THE NORWEGIAN COAST AND ON SPITSBERGEN

Northern Norway is one of the most varied wildlife-watching destinations in Europe with its combination of High Arctic landscapes, Atlantic shorelines and boreal forests sheltering an astonishing array of species. A great variety of whales and seals are likely to be seen in many places along the Norwegian coast, and ornithologists will get their share of thrilling experiences. Further north, all the way up to Spitsbergen, you will meet the King of the Arctic, the polar bear. The Sjuøyane islands are the northernmost group of islands in the Svalbard Archipelago, with Rossøya, the northernmost of the group, lying at close to 81° North. These islands are sea ice for most of the year. In summer, they serve as the closest land point to the permanent sea ice of the Arctic Ocean, making them a meeting point for ice-edge-dwelling species, such as the polar bear.





#### HIGHLIGHTS ALONG THE NORWEGIAN COAST AND ON **SPITSBERGEN**

Explore a side of coastal Norway not seen by many, a side with maritime traditions, navigational marks and lighthouses. We call on ports and islands that are not visited by the scheduled Hurtigruten coastal voycaked in snow and surrounded by age, as well as popular favourites like the Lofoten Islands. The Arctic gateway into Tromsø is also something you will always remember. The same goes for the famous Lyngen area, a place known for its absolutely stunning nature, and standing at the legendary North Cape will blow you away. On Svalbard, our expedition style field landings will take you close to both the Arctic wildlife and the remnants of the 17th century whaling stations. In some places we will see cabins from past times, when farmers from Northern Norway headed for Svalbard to seek their fortune as trappers. Cruising the mighty ice fjords reminds you how fragile the summer

Spitsbergen has a tundra climate with permafrost, but due to the passage of a minor arm of the Gulf Stream along the west coast of Spitsbergen, it is the world's northernmost ice-free area. This helps to keep the temperature above freezing most of the season. Join us north of the polar circle, just a little south of the North Pole and right in the middle of an Arctic adventure!



<sup>1.</sup> Svalbard is the crown of Arctic Norway 2. Midnight Sun and endless photo opportunities

3. The walrus live mostly in shallow waters 4. The iconic North Cape



**DEPARTURES:** 7 May 2017

BOOKING CODE: CENERFUR1701

EARLY BOOKING FROM \$4,995

# NORWAY – OFF THE BEATEN TRACK

Norway has an incredibly long coastline, stretching from 58° to 71°N. Its fascinating geological features and hugely diverse landscape, make it the perfect place for an expedition! On this voyage, we will explore the secret side of Norway's coast; one of maritime traditions, navigational marks and lighthouses. The trip visits ports and islands that are not featured on the normal Hurtigruten Coastal Voyage, as well as our popular favourites like the Lofoten Islands. Our Expedition Team will share their local know-ledge and take you on hikes, Polarcirkel excursions, guided walks, bird safaris and visits to museums.

#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: BREMERHAVEN

Bremerhaven is the largest port city in northern Germany, playing a crucial role in Germany's trade. A popular hive of heritage, science, high technology and space industry keep up the innovation pace. This 1,200-year-old Hanseatic city has a unique quality that ensures a metropolitan experience like no other.

#### DAY 2: CROSSING THE NORTH SEA

As we cross the North Sea our Expedition Team give lectures on various topics.

#### DAY 3: HAUGESUND

Haugesund calls itself the Homeland of the Viking Kings, and not without reason. This is where the Vikings ruled the land that gave name to Norway, "the way north". Despite being only a small village back in the medieval times, King Harald Fairhair lived at Avaldsnes, very close to the modern town of Haugesund. During the last decades the town has moved from fishery to petroleum and tourism as new sources of income. Even so, the town continues to have a special maritime flavour to it. Participate on one of our optional excursions, or discover the city on your own.

#### DAY 4: VÆRLANDET/BULANDET AND ATLØY/NÆRVIK

We find ourselves in the westernmost archipelago of Norway. Here at the mouth of the Sognefjord, under the majestic mountain Alden, the islands appear like a string of pearls. We will explore some of the most interesting sites on these idyllic islands, and make several landings.

#### DAY 5: ULSTEINVIK

In the morning we pass the bird cliffs at Runde. In Ulsteinvik you can explore the town or join an excursion to learn more about the area. In the evening we will sail inside the narrow fjord-system to reach Dalsfjord, a place known for its mines and excellent stonemasons.

#### DAY 6: BUD AND BJØRNSUND

In the 16th and 17th century Bud was the biggest trading post between Bergen and Trondheim. Still today, it is an active and charming fishing village. Bjørnsund is a deserted island with an idyllic atmosphere. We will use our Polarcirkel boats to reach the villages that are interesting both in history and for hikes and other activities. In Bud we will take you to a visit to the Ergan coastal fort, which is a museum dedicated to the "Atlantic wall"

built during the Second World War. A visit to the marine archaeology museum is also included. In Bjørnsund we will take a stroll in the village and hike to the lighthouse to see it up close. Sailing north this afternoon we will see a handful of interesting lighthouses from a distance, and you'll hear the stories about most of them.

#### DAY 7: FRØYA

More than 5,400 islets and reefs surround the island Frøya. Experience the wild, beautiful and unspoilt nature on one of our excursions or spend the day exploring on your own.

#### DAY 8: VEGA

The exciting Vega archipelago is a UNESCO World Heritage Site because of the population's unique practice of eider-down harvest and its relationship with the birds. We will make a landing that includes a visit to the Eider Museum. In addition we offer optional excursions for smaller groups.

#### DAY 9: TRÆNA AND VIKINGEN

Træna is one of the smallest councils of Norway and is situated right on the Arctic Circle. Later this day we will visit the island Vikingen, where you find the statue of the Arctic Circle symbol.



Lofoten is often described as one of the most scenic parts of Norway. The island Værøy has a lively fishing village, high bird cliffs and good hiking options. Later we will make a daylight sailing through the Lofoten Islands. Enjoy the spectacular scenery and a landing at one of the best-preserved fishing villages from the 1800s, including a tour with tastings from the sea.

#### DAY 11: VESTERÅLEN AND SENJA

At the tip of Andøya we find Andenes, the largest fishing village in the area. It is home to interesting museums and a NASA rocket range. We continue to Gryllefjord in Senja. This charming fishing village is situated in a fjord surrounded by high mountains.

#### DAY 12: TROMSØ

Tromsø, the Gateway to the Arctic, is a lively and beautiful city surrounded by the dramatic Lyngen Alps, blue fjords and hundreds of islands. Exploring the city is a great way of ending this varied and eventful adventure.



Senja, Norway's second largest island, is surrounded by beautiful, high mountains
 Watch out for puffins as we pass the cliffs at Runde on our way to Ulsteinvik



101

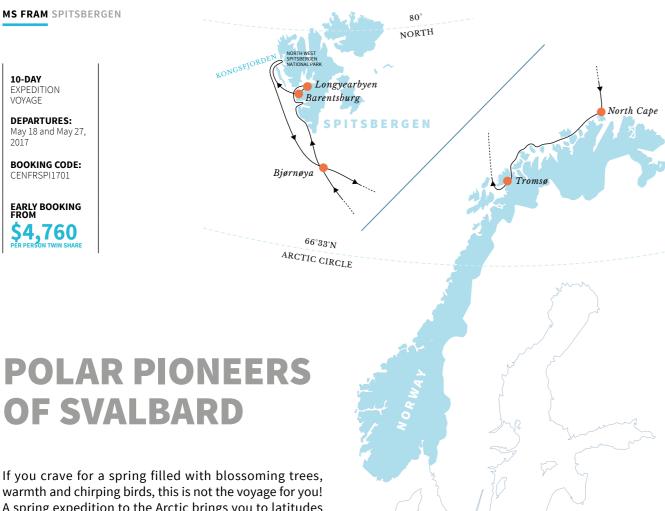
10-DAY

**DEPARTURES:** May 18 and May 27, 2017

**BOOKING CODE:** 

EARLY BOOKING FROM

\$4,760



If you crave for a spring filled with blossoming trees, warmth and chirping birds, this is not the voyage for you! A spring expedition to the Arctic brings you to latitudes where it feels like winter in other parts of Europe. However, wherever we make landfall, you'll have the pleasure of leaving footprints in untouched snow and ice. In Spitsbergen, you'll see the summer's Midnight Sun over a landscape where winter reigns — a unique experience as few people venture this far north.



#### DAY 1: TROMSØ

Tromsø is called the Gateway to the Arctic. When polar explorer Roald Amundsen recruited members for his famous expeditions more than 100 years ago, he went to Tromsø. This was the only place he could find men (yes – it was mostly men back in those days) with navigational experience from Polar seas. He needed men that knew how to survive with minimal of means in the Arctic, men that had survived an overwintering in Svalbard by trapping and hunting. Today Tromsø is home to the most competent people on polar operations and the academics that investigate Global warming in the Arctic. It is a melting pot with indigenous people, locals and people from all over Europe. Tromsø is in short still the Gateway to the Artic and a natural starting point for several expeditions heading north – just like the one you are about to experience.

#### DAY 2: BJØRNØYA

Bjørnøya, with a population of 9 persons, is the southernmost island of the Svalbard Archipelago. It is situated very isolated in the middle of Arctic Ocean. This small island is known for being "the largest concentration of sea birds on the Northern Hemisphere". This is where the cold waters from the Arctic Ocean meets warm Gulf Stream currents. When these water masses collide nutrient-rich water is pushed up to the surface, making it an "all-you-can-eat" buffet for 126 different bird spices of birds living here. We will try to make a landing here.

#### DAY 3: EXPLORING SPITSBERGEN

Cruising northbound from Bjørnøya we will take advantage of the conditions at hand, focusing on the ice edge. We will attempt to enter fjords where we can expect fast ice - ice that is landlocked. This is the platform

where the ringed seal cast (gives birth) to their offspring, making it a perfect hunting ground for polar bears.

#### DAY 4: EXPLORING SPITSBERGEN

Within the Svalbard Archipelago there are about 3000 polar bears, probably the largest concentration on Earth. There are more polar bears than humans. On the other hand the polar bears are solitude animals with no set colony or living area. It is only the pregnant females that use denning areas during winter. It is more likely to observe this marine mammal on the drift ice, close to the ocean or even in the ocean. Bottom line is that we often observe polar bears on this itinerary - not every day and seldom on very close range - there are no guarantees for sure. But the more eyes scouting through binoculars the higher is the chance of observing the King of the Arctic.







1. Find your inner explorer in stunning Arctic landscapes 2. Explore the Arctic waters in our Polarcirkel boats. 3. Keep your eyes open for polar bears, the Kings of the Arctic!

#### DAY 5: LONGYEARBYEN

The climate in Spitsbergen is mild compared to the location. Longyearbyen, as one of the northernmost settlements in the world, benefit from the Golf Stream. Spitsbergen Travel is a part of Hurtigruten and offers great winter experiences like dog sledging, ice caving and snow scooter. You should not stray outside the city limits without being with a guide.

#### DAY 6: LONGYEARBYEN AND BARENTSBURG

You will certainly notice how different Barentsburg is from Longyearbyen. Everything here happens around the entrance of the coalmine, and there is very little commercial activity available to visitors. You are invited to see a lively culture show or you can visit the hotel or the museum.

#### DAY 7: EXPLORING SPITSBERGEN

We will continue even further north to North West Spitsbergen National Park and towards the second biggest fjord system on the West coast of Spitsbergen; Kongsfjord/Krossfjord. Come ashore and enjoy the winter scenery that is beyond imagination.

#### DAY 8: BJØRNØYA

As we cruise south, we will try to make another stop at Bjørnøya - at a different place this time.

#### DAY 9: NORTH CAPE

After exploring Spitsbergen we head back to the Norwegian mainland. Arriving North Cape from the north is something very few people will experience. We will pay a visit to Gjessværstappan, a bird cliff that will be teeming with spring breeding arctic species in a cacophony of sound.

#### DAY 10: TROMSØ

When you disembark in Tromsø, you will feel like a polar hero. Being back in civilization again will be a great contrast to the expedition you have just experienced.

# **CIRCUMNAVIGATING SPITSBERGEN**

This epic voyage circumnavigates the large island of Spitsbergen. We aim to take you well above 80° North and closer than 600 nautical miles from the Geographical North Pole. Discover the great eastern nature reserves and some of the most spectacular highlights of the Arctic. The eastern part of Svalbard is more barren and characteristically High Arctic than any other place we visit with MS Fram. Enjoy expedition landings, hikes, kayaking and other activities in the largest Arctic wilderness in Europe.

#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: OSLO/LONGYEARBYEN

Your Arctic adventure starts with an evening flight from Norway's capital Oslo. Before departure, you can spend some time exploring this fjord-side city surrounded by forests, lakes and hills. Oslo offers a varied architecture, a strong café and bar culture, top-notch restaurants and endless shopping possibilities. The contrast will be significant when you arrive in Longyearbyen a couple of hours later. Still, this very small settlement offers all amenities of a modern town, in addition to its stunning location in a wild Arctic landscape.

#### DAY 2: LONGYEARBYEN AND **BARENTSBURG**

After an overnight stay in one of our hotels, you can join an exciting excursion in the unique little town of Longyearbyen and the surrounding area. The influence of the Arctic environment is obvious but it is also surprisingly cosmopolitan, with art galleries, pubs, long wine lists at restaurants, shops and a mini-shopping centre. Whilst the town is often called an antidote to modern-day life and is a prime destination for adventure travellers, the history and heritage of the first coal miners is evident everywhere. Barentsburg is a Russian settlement, known for its coal mines and Soviet architecture, and is very different to Longyearbyen. The museum, library and newly opened brewery function as meeting points and a research station is under construction.

See a colourful folklore show and visit the hotel and museum. Experience a different side of Svalbard, a little piece of Russia in the Arctic.

#### DAY 3: NORTH WEST SPITSBERGEN NATIONAL PARK

Kongsfjorden is considered to be one of the most beautiful fjord areas in Spitsbergen, with mighty glaciers calving icebergs into the sea, framed by characteristic mountain formations.

#### DAY 4: NORTH WEST SPITSBERGEN NATIONAL PARK

As we sail northwest, we reach Krossfjorden and Mitrahalvøya, where you can see ruined buildings from the whaling period, beautiful alpine flora, bird cliffs and quite often Svalbard reindeer. Try crossing a glacier with our Expedition Team. On our way back, we visit the former mining settlement of Ny-Ålesund, now an international centre for research, with a picturesque mix of old and new buildings.

#### DAY 5: NORTH WEST SPITSBERGEN NATIONAL PARK

The North West Corner of Spitsbergen offers the largest concentration of graves, blubber ovens and other cultural treasures from when we first started to inhabit Svalbard. Raudfjorden offers plenty of opportunities for great hikes. Hamiltonbukta is too shallow for our ship to navigate, but it's perfect to explore by

kayak. We will also see the enormous Monaco

10-DAY VOYAGE DEPARTURES: 3 July, 11 July, 19 July and 27 July

**BOOKING CODE:** 

EARLY BOOKING

\$8,250

#### DAY 6: EASTERN SVALBARD AND SOUTH SPITSBERGEN NATIONAL PARK

Glacier in Liefdefjord.

Eastern Svalbard also boasts the highest population of polar bears on the archipelago - we really hope that we'll get the chance to see one on this journey! Today, we'll explore Sorgfjorden, which borders the North East Spitsbergen Nature Reserve, and was the location of a famous 17th-century battle between whalers. Enjoy the view from on deck as we pass the spectacular bird cliff of Alkefiellet, one of the largest of its kind.

#### DAY 7: EASTERN SVALBARD AND SOUTH SPITSBERGEN NATIONAL PARK

Edgeøya is the third-largest island in the Svalbard archipelago. On its western shores, the landscape is largely un-glaciated, unlike most other places on the east side of Spitsbergen. Kapp Lee is a wonderful site where you will find cultural heritage from all eras of human exploration of Svalbard.

#### DAY 8: EASTERN SVALBARD AND SOUTH SPITSBERGEN NATIONAL PARK

We continue to the southern cape and the southernmost tip of Spitsbergen, where Hornsund has large variations in its landscape and geology within short distances. Ice being pushed into the fjord early in the season

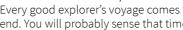
#### DAY 9: THE ISFJORD

Isfjord is the most extensive fjord system in Svalbard. We will spend the day exploring both the outer and the inner parts of the fjord. One of the most striking features of the outer part is the Alkehornet peak, where thousands of Brunnich's guillemots nest during the summer season. In the inner parts of Isfjorden, the landscape changes constantly. The immense U-shaped valleys, carved out of the mountains by the giant glaciers that covered the area some ten thousand years ago are home to large populations of the endemic Svalbard Reindeer. Later on we'll find a scenic fiord arm and arrange a farewell barbecue in the most beautiful Arctic surroundings.

#### DAY 10: LONGYEARBYEN/OSLO

Every good explorer's voyage comes to an your flight back to Oslo.

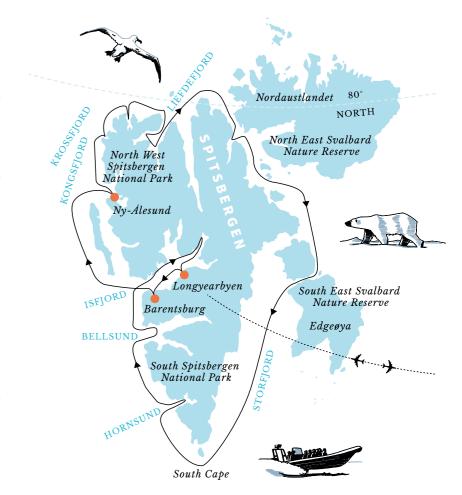
attracts polar bears that hunt on the ice.



end. You will probably sense that time has passed faster than expected. Lingering is the subtle exhilaration of having spent time on top of the globe, just a few hundred miles from the Geographical North Pole. An early morning transfer takes you to the airport for

- 1.Enjoy kayaking in stunning surroundings
- 2. Feel the ocean breeze, as we cruise through the Arctic waters
- 3. Being in polar bear territory, we might catch a glimpse of the King of the Arctic in his





12-DAY EXPEDITION VOYAGE

#### **DEPARTURES:**

4 August and 14 August 2017

BOOKING CODE: CENFRSPI1706

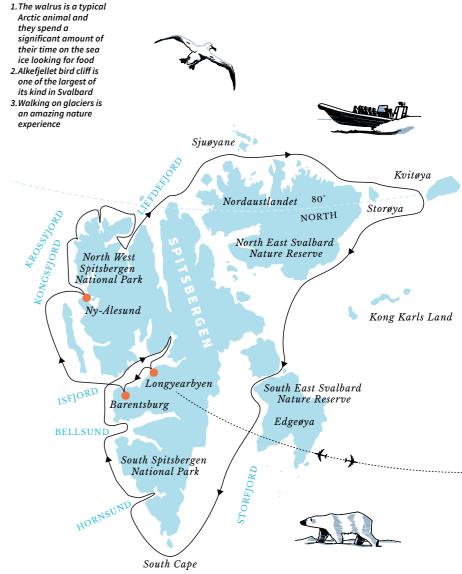
EARLY BOOKING

\$9,405









# GRAND ARCTIC CIRCUMNAVIGATION

This expedition is one of a kind, with a multitude of landing sites and exciting experiences in the Arctic. We will sail above 80°N, to take you to the ice edge of the Arctic Ocean while circumnavigating Spitsbergen. The adventure will include several excursions including hiking, kayaking and other activities on land and on the water. There's also a good chance that we'll see a polar bear – after all, there are more polar bears than there are humans on Svalbard, the largest Arctic wilderness in Europe.

YOUR EXPEDITION DAY BY DAY

#### DAY 1: OSLO/LONGYEARBYEN

This Grand Arctic Circumnavigation starts with an evening flight from Oslo. Norway's capital is often called 'The blue, the green and the city in between' because of its location between the fjord and the forest. Spend a day checking out the many museums, parks and varied architecture or relax in a café or bar. The contrast will be significant when you arrive in Longyearbyen a couple of hours later. Still, Longyearbyen is a modern town with first-class facilities, charming architecture, an internationally renowned museum and several bars and restaurants – all in the midst of the untouched Arctic wilderness.

#### DAY 2: LONGYEARBYEN AND BARENTSBURG

After an overnight stay in one of our hotels, you can join an exciting excursion in the unique little town of Longyearbyen and the surrounding area. The influence of the Arctic environment is obvious but it is also surprisingly cosmopolitan, with art galleries, pubs, long wine lists at restaurants, shops and a mini-shopping centre. Whilst the town is often called an antidote to modern-day life and is a prime destination for adventure travel-

lers, the history and heritage of the first coal miners is evident everywhere. Barentsburg is a Russian settlement, known for its coal mines and Soviet architecture, and is very different to Longyearbyen. The museum, library and newly opened brewery function as meeting points and a research station is under construction. See a colourful folklore show and visit the hotel and museum. Experience a different side of Svalbard, a little piece of Russia in the Arctic.

## DAY 3: NORTH WEST SPITSBERGEN NATIONAL PARK

Kongsfjord is considered to be one of the most beautiful fjord areas in Spitsbergen, with mighty glaciers calving icebergs into the sea, framed by characteristic mountain formations.

#### DAY 4: NORTH WEST SPITSBERGEN NATIONAL PARK

As we sail northwest, we reach Krossfjord and Mitrahalvøya, where you can see ruined buildings from the whaling period, beautiful alpine flora, bird cliffs and quite often Svalbard reindeer. Try crossing a glacier with our Expedition Team. On our way back, we visit the

former mining settlement of Ny-Ålesund, now an international centre for research, with a picturesque mix of old and new buildings.

#### DAY 5: NORTH WEST SPITSBERGEN NATIONAL PARK

The North West Corner of Spitsbergen offers the largest concentration of graves, blubber ovens and other cultural treasures from when we first started to inhabit Svalbard. Raudfjorden offers plenty of opportunities for great hikes. Hamiltonbukta is too shallow for our ship to navigate, but it's perfect to explore by kayak. We will also see the enormous Monaco Glacier in Liefdefjord.

#### DAY 6: EASTERN SVALBARD NATURE RESERVES AND SOUTH SPITSBERGEN NATIONAL PARK

Eastern Svalbard also boasts the highest population of polar bears on the archipelago – we really hope that we'll get the chance to see one on this journey! Today, we'll explore Sorgfjorden, which borders the North East Spitsbergen Nature Reserve, and was the location of a famous 17th-century battle between whalers. Enjoy the view from on

deck as we pass the spectacular bird cliff of Alkefjellet, one of the largest of its kind.

#### DAY 7: EASTERN SVALBARD NATURE RESERVES AND SOUTH SPITSBERGEN NATIONAL PARK

Edgeøya is the third-largest island in the Svalbard archipelago. On its western shores, the landscape is largely un-glaciated, unlike most other places on the east side of Spitsbergen. Kapp Lee is a wonderful site where you will find cultural heritage from all eras of human exploration of Svalbard.

#### DAY 8: EASTERN SVALBARD NATURE RESERVES AND SOUTH SPITSBERGEN NATIONAL PARK

We continue to the southern cape and the southernmost tip of Spitsbergen, where Hornsund has large variations in its landscape and geology within short distances. Ice being pushed into the fjord early in the season attracts polar bears that hunt on the ice.

#### DAY 9: EASTERN SVALBARD NATURE RESERVES AND SOUTH SPITSBERGEN NATIONAL PARK

Rossøya is less than 620 miles from the North Pole, and when you are here you can be quite sure that there is no one between yourself and 90 North. The barren landscape is considered high Arctic, with very little vegetation due to the extreme weather conditions here for most of the year. Phippsøya is home to a large ivory gull colony, and there are virtually always polar bears here. The question is whether we are able to spot them!

#### DAY 10: BELLSUND

Bellsund is the third-largest fjord system on Spitsbergen. We will pass the majestic Klokkefjellet Mountain while sailing the southern entrance of the sound. Enjoy landings where we will explore old trapping stations, wonderful Arctic flora and fauna and also fantastic views towards the vast expanse of this impressive fjord.

#### DAY 11: THE ISFJORD

We will spend the day exploring the Isfjord, the most prominent fjord system on Svalbard. In the inner parts of Isfjorden, the landscape changes constantly. The immense U-shaped valleys, carved out of the mountains by the giant glaciers that covered the area some ten thousand years ago are home to large populations of the endemic Svalbard Reindeer. Later on we'll find a scenic fjord arm and arrange a farewell barbecue in the most beautiful Arctic surroundings.

#### DAY 12: LONGYEARBYEN/OSLO

Every good explorer's voyage comes to an end. You will probably sense that time has passed faster than expected. Lingering is the subtle exhilaration of having spent time on top of the globe, just a few hundred miles from the Geographical North Pole. An early morning transfer takes you to the airport for your flight back to Oslo.

# **EXPLORE WITH STYLE TO REDISCOVER YOUR SENSES ON MS NORDSTJERNEN**

These expeditions take place in the magic of Arctic summer, when the sun never sets, and the wildlife is at its fullest and most energetic.



Svalbard is home to animals that do not live anywhere else in the world. The polar fox, Svalbard reindeer and southern vole are the only land-based mammals on the archipelago. Polar bears and their cubs are not far away and millions of seabirds surround as an untouched wilderness, Spitsthe majestic mountains of Spitsbergen, gilded in Midnight Sun. Of the numerous bird species registered on Svalbard, only one, the Svalbard ptarmigan, doesn't migrate south for the winter. The Svalbard reindeer will appear as small dots in the valleys,

while walrus, seals and whales can be found in the ocean. Polar bears tend to be found on the sea ice and the colder islands to the north and east of Spitsbergen, but strays can turn up anywhere. Out on the water there are several species of seal, including bearded seals, harbour seals and ringed seals. The walrus population is gradually growing, and new colonies have been discovered. As we sail along the coast you may also catch sight of belugas and other whales enjoying the summer conditions.

#### HIGHLIGHTS ON SPITSBERGEN

Voyage to some of the most spectacular natural highlights of the Arctic. As well bergen is the epitome of biodiversity where the tundra and towering glaciers herald a staggeringly rich array of natural and cultural treasures. Part of the Spitsbergen experience is visiting diverse and fascinating settlements such as Barentsburg, Longyearbyen and Ny-Ålesund, all of which have a completely different atmosphere. One thing they do have in common is a pioneering experience — places with self-confidence and reliance in their isolation from the mainland.





1. Svalbard is the home of the polar bear 2. Our Polarcirkel boats take us ashore 3. See seals basking in the sun 4. Try kayaking in Arctic waters

6 DAYS VOYAGE

DEPARTURES:

30 departures between June-September 2017

**BOOKING CODE:** 

EARLY BOOKING FROM

\$1,950

Spitsbergen and Polar bears

# **AN ARCTIC ADVENTURE**

This adventure voyage on MS Nordstjernen is the essential Spitsbergen experience. Explore the extraordinary Arctic landscape, glaciers and bird cliffs. Here above the Arctic Circle we will enjoy the Midnight Sun, with long days and light nights. If we are really lucky we might just see the King of the Arctic; the polar bear. We offer two different itineraries. Both voyages lasts six days, where one or two nights are spent on land and the remaining days are spent sailing along the west coast of Spitsbergen.

YOUR EXPEDITION DAY BY DAY DAY: 1 LONGYEARBYEN

On arrival you will be taken to Spitsbergen Hotel or Coal Miners Cabins, where you will stay for the night.

#### DAY: 2 LONGYEARBYEN AND **BARENTSBURG**

Enjoy a sightseeing trip in Longyearbyen, ending at the pier where you will join the MS Nordstjernen. Our first stop is the Russian settlement Barentsburg, where there will be opportunities to visit the Pomor Museum (optional) and enjoy a lively folklore show. In the afternoon we continue out the Isfjord and head north along the Prins Karls Forland.

#### DAY: 3 DIFFERENT ITINERARIES DEPENDING ON DEPARTURE DAY Itinerary 1: Woodfjorden, Liefdefjorden, Moffen and 80° North. The day will be spent

cruising towards the Monaco Glacier, passing a number of small islets where eider ducks nest during the summer. If we are lucky, we may spot a polar bear searching for eggs. If

the ice conditions are favourable we will sail past 80° North and towards Moffen, an island often host to walrus.

Itinerary 2: Magdalenefjord and the North West Corner. We arrive in Magdalenefjord in the morning, and will make our first Polarcirkel boat landing. This area has a long history of exploration. Experience a very important cultural heritage; the remains of four blubber ovens or furnaces found on Gravneset, as well as a graveyard containing about 130 graves dating from the 17th to the late 18th century.

#### DAY: 4 DIFFERENT ITINERARIES DEPENDING ON DEPARTURE DAY

Itinerary 1: Kongsfjord and Ny-Ålesund. This is the largest fjord on the North West coast. We might also visit a large adjacent fjord called Krossfjord. The landscape varies from large tundra plains to alpine peaks with dramatic glaciers tumbling into the ocean. At the end of the fjord you'll see the majestic

Kongsbreen. Later we call on Ny-Ålesund. Previously a coal-mining community, it now houses an advanced High Arctic research

Itinerary 2: Woodfjord, Liefdefjord, Moffen and 80° North. As we cruise towards the Monaco Glacier, we will pass a number of small islets where eider ducks nest during the summer. This is a great place for spotting polar bears hunting for eggs. If we are lucky, the ice conditions make it possible to sail past 80° North and towards Moffen, a known haul-out for walrus.

#### DAY: 5 DIFFERENT ITINERARIES DEPENDING ON DEPARTURE DAY

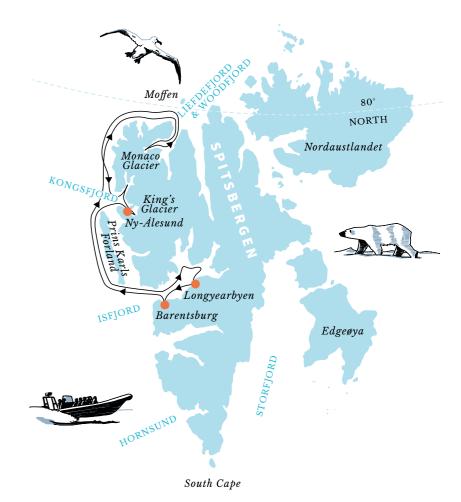
Itinerary 1: Longyearbyen. Located in central Spitsbergen, the Isfjord is the most prominent fjord system on Svalbard. We will spend the morning sailing towards Longyearbyen. As we sail into the outer parts of the Isfjord, the landscape changes. Marvel at the large U-shaped valleys, carved out of the mountains by the giant glaciers that covered the area some ten thousand years ago. On arrival in Longyearbyen you have the rest of the day at your disposal. A farewell dinner will be served at the hotel.

Itinerary 2: Kongsfjord and Ny-Ålesund. We sail into Kongsfjord, a 26 km long inlet. From here you can see the two glaciers Kronebreen and Kongsvegen. On its southern shore you find one of only four permanent settlements on Svalbard: the old coal-mining town of Ny-Ålesund - now the northernmost settlement in the world with facilities for permanent research institutes from ten countries.

#### DAY: 6 LONGYEARBYEN

The Spitsbergen adventure is over. After transfer to the airport it's time for the flight back home.

- 1.We might get lucky and spot polar bears hunting for food
- 2. Travelling with MS Nordstjernen is a nostalgic experience, as this ship was built in 1956 and has sailed many seas.





Norwegian fjords and Spitsbergen

# AN ARCTIC ADVENTURE TO THE HIGH NORTH

Starting in Hamburg, we explore beautiful fjords, spectacular scenery and a variety of ports as we make our way up to Honningsvåg and the North Cape. From here, we spend a day crossing the Barents Sea to Spitsbergen. We explore the three most interesting settlements on Spitsbergen, and then discover the Arctic wilderness along the west coast. See magnificent fjords, majestic mountains and impressive wilderness inhabited only by birds, seals, walruses and polar bears.

YOUR EXPEDITION DAY BY DAY

#### DAY 1: HAMBURG

MS Nordstjernen was built in Hamburg in 1956, so the city is an excellent starting point for this great expedition.

#### DAY 2: ESBJERG AND AT SEA

We will spend the morning in Esbjerg before heading out to sea in the afternoon.

# DAY 3: LYSEFJORD, STAVANGER AND HARDANGERFJORD

We start the day sailing into the magnificent Lysefjord, known for its scenic highlights, including the world-renowned 'Preike-stolen' or Pulpit Rock. Then, you have the opportunity to explore the city of Stavanger, the oil capital of Norway.

#### DAY 4: HARDANGER AND BERGEN

On our journey towards Bergen, we will sail through Karmsundet and into Hardangerfjord, one of the longest fjords in the world. Although Bergen is Norway's second largest city it retains a refreshing small-town charm. We recommend visiting the UNESCO World Heritage houses on the Wharf, Håkon's Hall and Rosenkrantz Tower, St. Mary's Church and Bergen Harbour with its famous fish market. Stroll through the picturesque streets, but don't forget to look up – Bergen is surrounded by seven mountains.

#### DAY 5: FLÅM, NÆRØYFJORD AND GUDVANGEN

Beautiful Flåm is surrounded by steep mountains, roaring waterfalls and deep valleys. We recommend taking a trip on the Flåm Railway. The train journey offers the opportunity to see some of Norway's wildest and most magnificent scenery. In Gudvangen in Nærøyfjord, you are sure to enjoy the view of the snow-capped mountains, wild waterfalls and impressive landscapes where tiny farms cling to the mountainsides.

#### DAY 6: GEIRANGERFJORD AND ÅLESUND

The Geirangerfjord is considered to be the most beautiful fjord in the world, and the scenery

will take your breath away. Ålesund's beautiful Art Nouveau architecture is known for its myriad of beautiful turrets, spires and steeples that give the town its distinctive character.

#### DAY 7: TRONDHEIM

Trondheim was the first capital of Norway and is still the city where new kings receive their ceremonial blessing. The well-known Nidaros Cathedral is only one of many sights worth visiting during our time here.

#### DAY 8: LOFOTEN AND TROLLFJORDEN

We start the day in Lofoten's 'capital', Svolvær. Continuing north, we take a detour into the magnificent Trollfjord before exploring the Vesterålen region.

#### DAY 9: TROMS@

We arrive at Tromsø, the Gateway to the Arctic. This is a lively, colourful town that boasts a rich Arctic history. 15 DAYS EXPEDITION VOYAGE

**DEPARTURES:** 19 May 2017

BOOKING CODE: CENNXSPI1703

EARLY BOOKING FROM \$5,390







- 1. Study the glaciers up close in our Polarcirkel boats
- 2. Enjoy being an explorer in stunning surroundings 3. The Flåm Railway takes you through some of
- Norway's magnificently mountainous scenery

#### DAY 10: HONNINGSVÅG

Close to Honningsvåg, you'll find Europe's northernmost point, the North Cape. Our journey takes us around the cape, leaving the Norwegian coast behind as we head towards Svalbard.

#### DAY 11: AT SEA

Enjoy a relaxing day at sea.

#### DAY 12: LONGYEARBYEN AND BARENTSBURG

The history of Longyearbyen is very much the history of coal mining, and remnants of the area's mining heritage can be seen everywhere. In the Russian settlement of Barentsburg, there will be opportunities to visit the Pomor Museum and see a lively folklore show.

## DAY 13: WOODFJORD, LIEFDEFJORD, MOFFEN AND 80° NORTH

If the ice conditions allow, the day will be spent cruising towards the Monaco Glacier. If we are lucky, we may spot polar bears hunting for food. If the ice conditions are favourable,

we will also sail past 80° North and on towards Moffen, an island that often plays host to walruses. On our way south, we will pass the beautiful Magdalenefjord during the night.

# DAY 14: KROSSFJORD, KONGSFJORD AND NY-ÅLESUND

Day 14 comprises a visit to Kongsfjord, the largest fjord on the north-west coast. We may also visit the adjacent fjord, Krossfjord. The landscape here varies from large tundra plains to alpine peaks with dramatic glaciers tumbling into the ocean. At the end of Kongsfjord, you'll see the majestic Kongsbreen Glacier. Later, we call on Ny-Ålesund, one of the world's northernmost year-round communities. Previously a coal-mining community, it now houses an advanced High Arctic research station. Ny Ålesund was the starting point for numerous expeditions towards the North Pole. Names like Amundsen, Ellsworth and Nobile are strongly linked to this place and even today you can see the mast that the airship 'Norge' was moored to before her

departure on the first trans-polar flight. A number of countries run their own national research stations here, and there is always plenty of research activity taking place over the summer months.

#### DAY 15: LONGYEARBYEN

Located in central Spitsbergen, the Isfjord is the most extensive fjord system on Svalbard. We will spend the morning in the heart of the fjord, as we sail towards Longyearbyen. The landscape changes constantly – marvel at the immense U-shaped valleys, carved out of the mountains by the giant glaciers that covered the area some ten thousand years ago. We arrive in Longyearbyen on Friday morning at 10:00 where our memorable adventure comes to an end.



# **EXPLORE SPITSBERGEN ON LAND**

During all four seasons, Svalbard gives you the unique opportunity to witness the natural wonders of this remote area. Here, at the top of the world, you are surrounded by stunning sights wherever you look. Take part in exciting activities such as snowmobile safaris, ice cave tours, dog sledging tours and fossil hunting, and keep your eyes peeled for the extraordinary Northern Lights. Join Hurtigruten and explore modern Longyearbyen and the untouched Polar wilderness.

Svalbard is as close to the North NORTHERN HIGHLIGHTS!

Pole as most of us can hope to get. Due to its northerly location, the Travelling this far north has up until seasons on Svalbard vary with the recently only been achievable by sea, daylight, from the four and a half but now more and more people can months of constant sunlight during fly to this magical polar archipelago the Midnight Sun period to the magifrom mainland Norway. If you are cal polar night with its dark days and flying to Svalbard, with Hurtigruten fascinating Aurora Borealis. Spitsor independently, we can help you bergen, the largest of the islands, is create your ideal itinerary in advance. home to Longyearbyen, the world's Hurtigruten has a long history with northernmost town, and the most this group of islands, and over the exciting highlights of the archipelago years we have accumulated a wealth lie within reach of this picturesque of knowledge. This means that we settlement. The area is the final fronknow more than anybody about all tier for Arctic tourism and Hurtigruten there is to see and do, and how best can help you to experience it through a fantastic selection of seasonal activities and excursions throughout the

entire year. Our team will be happy to help you create your own tailor-made itinerary for Spitsbergen.







1. Explore by snowmobile 2. Dog sledging is also possible in summer - on wheels 3. We offer a range of hiking possibilites

# NEXT TO THE NORTH POLE

Svalbard is a remote archipelago filled with unique natural wonders and governed by the polar seasons. Join Hurtigruten and experience the unique combination of modern Longyearbyen and the untouched polar wilderness.

#### RETURN OF THE SUN

After four months of darkness, Svalbard is about to emerge from a long, cold winter. The sun is returning and the days are about to get brighter and longer. In about four weeks, the Midnight Sun will be back. The light winter gives you the opportunity to join snowmobile safaris, ice cave tours and dog sledging. Let the surroundings take your breath away.

#### **ENDLESS ARCTIC SUMMER NIGHTS**

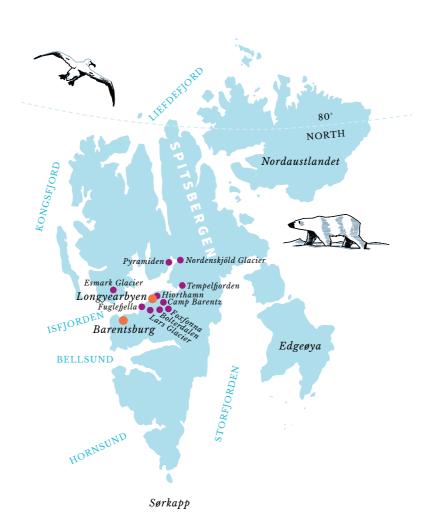
When summer arrives, it is hard to tell the difference between night and day. Bright at four in the morning, bright at four in the afternoon. The Midnight Sun offers endless hours of light and is the perfect backdrop for exploring Svalbard. Hike across Foxfonna Glacier, experience a fjord safari on the Isfjord, go fossil hunting or join the trip to Russian Barentsburg, which offers such a contrast to tiny Longyearbyen.

#### CRYSTAL CLEAR AND SILENT

With autumn comes the return of shorter days and blue light. Explore Longyearbyen, and listen to all the stories about this place. Walk on snowshoes through Svalbard's wilderness, where the only sound you can hear is the one of crackling snow below you. You're in the Arctic wilderness and nothing is more spectacular.

# MAGICAL DARKNESS AND NORTHERN LIGHTS

When winter returns, the sun never rises above the horizon. Your eyes get used to the darkness. The sky is now the stage for the main performance that everyone's here to see. The sky explodes in red, green, purple and blue. The Northern Lights are out tonight and almost every night from October to March! You can watch it from your comfortable cabin, or out in the open area on a snowmobile safari or with the dogs and your sledge. If you choose to ski from coast to coast on Spitsbergen, watch out for the King of the Arctic, the polar bear!







1. Venture into the ice cave for an extraordinary experience
2. The magical Northern Lights
3. Longyearbyen is a small settlement in the Arctic wilderness

117



|                         |  | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | ОСТ | NOV | DEC |
|-------------------------|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| SNOWMOBILE              | Northern Lights Safari                             |     |     |     |     |     |     |     |     |     |     |     |     |
|                         | Tempelfjord  |     |     |     |     |     |     |     |     |     |     |     |     |
|                         | Camp Barentz                                       |     |     |     |     |     |     |     |     |     |     |     |     |
| SNOWCAT                 | Ice Cave Tour                                      |     |     |     |     |     |     |     |     |     |     |     |     |
|                         | Northern Lights Safari                             |     |     |     |     |     |     |     |     |     |     |     |     |
| DOG SLEDGING            | Bolterdalen  |     |     |     |     |     |     |     |     |     |     |     |     |
|                         | Under Northern Lights                              |     |     |     |     |     |     |     |     |     |     |     |     |
|                         | On Wheels  |     |     |     |     |     |     |     |     |     |     |     |     |
| SNOWSHOEING             | Ice Caving: A Frozen Adventure                     |     |     |     |     |     |     |     |     |     |     |     |     |
| SPITSBERGEN EXPEDITIONS | Isfjord Kayak Expedition (6 days)                  |     |     |     |     |     |     |     |     |     |     |     |     |
|                         | Spitsbergen Coast to Coast Ski Expedition (4 days) |     |     |     |     |     |     |     |     |     |     |     |     |
|                         | Spitsbergen Winter Safari (3 days)                 |     |     |     |     |     |     |     |     |     |     |     |     |
| HIKING                  | Following a Trapper's Footprints                   |     |     |     |     |     |     |     |     |     |     |     |     |
|                         | Hike Across Foxfonna                               |     |     |     |     |     |     |     |     |     |     |     |     |
|                         | Hike to Trollsteinen Across the Lars Glacier       |     |     |     |     |     |     |     |     |     |     |     |     |
| ISFJORD SAFARI          | Fuglefjella and Hiorthhamn                         |     |     |     |     |     |     |     |     |     |     |     |     |
| BOAT TRIP               | Pyramiden  |     |     |     |     |     |     |     |     |     |     |     |     |
| KAYAKING                | Adventfjorden                                      |     |     |     |     |     |     |     |     |     |     |     |     |
| OTHER                   | A Taste of Svalbard                                |     |     |     |     |     |     |     |     |     |     |     |     |
|                         | Arctic Wilderness Evening                          |     |     |     |     |     |     |     |     |     |     |     |     |
|                         | Sightseeing Longyearbyen                           |     |     |     |     |     |     |     |     |     |     |     |     |
|                         | Northern Lights Evening                            |     |     |     |     |     |     |     |     |     |     |     |     |
|                         | Hunting the Northern Lights                        |     |     |     |     |     |     |     |     |     |     |     |     |

# SPITSBERGEN ON LAND

Svalbard's Polar location creates dramatic seasons ranging from sunlit nights to 24 hour darkness. The activities here are determined by the season and the climate. Each period has its own highlights, and we invite explorers to experience this amazing part of the Arctic all year round. A wide range of activities are available, from snowmobiling and dogsledging in the snow-covered winter to hikes through an impressive landscape and boat trips on breathtaking fjords under the summer sun. Connect with your inner explorer and experience everything that Svalbard has to offer!

#### **MAGICAL DARKNESS, NORTHERN LIGHTS**

#### WINTER: 01 JAN - 14 FEB / 01 DEC - 31 DEC 2017

During the Polar Night Longyearbyen becomes a magical place lit only by streetlights, twinkling stars, moonlight and the Aurora Borealis. At this time of year the long hours of darkness provide you an even greater chance of experiencing the amazing displays of the Northern Lights. In February the days gradually become lighter, and rays of sunlight colour mountain tops in pastel hues. The atmosphere is unique, and you truly feel that you are in the Arctic. Inside you can enjoy traditional food and drinks or do some tax-free shopping. Outside beautiful scenery and exotic activities await you.

#### NORTHERN LIGHTS SAFARI WITH SNOWMOBILE

Join us for an atmospheric experience in the Polar Night! In the period between 14 November and 29 January each year, a remarkable phenomenon occurs on Svalbard – The Polar Night. During these weeks the sun is at least 6 degrees under the horizon and the Northern Lights can be seen nearly any time of day. In the weeks before and after the night is still much longer than the day, allowing you excellent chances of seeing the magical aurora. The atmosphere is completely unique, and as you soak in the mystical darkness you will know you are a long way from the beaten track. We will stop and enjoy the scenery, and the guide will serve hot drinks and biscuits, and will always be looking for the natural fireworks of the Polar region!

#### From \$402pp\*

\* The price includes a guided snowmobile trip incl. clothing, hot drinks and biscuits, transport to/from your hotel. Driver's licence is required.

Daily, on request, minimum 2 snowmobiles Season: 01 Jan - 14 Feb / 27 Nov - 31 Dec 2017 **Duration:** approximately 3 hrs (40 km) Level: 2

**Booking Code: CENLYR14** 

#### DOG SLEDGING UNDER NORTHERN LIGHTS

As the darkness of the Polar Night sinks over the Arctic, we are able to look for other lights. Imagine enjoying the magic of a full moon in the middle of the day or marvelling at a glittering array of stars at morning tea time! Experiencing all of this from your own dog sledge makes it even more special. Our knowledgeable guides are familiar with the terrain, and will lead you out into the wilderness lit only by your headlamps and nature's own lights. During the tour we will keep a careful eye out for the magical Aurora Borealis, and turn off our

headlamps in order to experience the surreal nature of this season.

#### From \$266pp\*

The price includes a guided dog sledging tour with briefing, warm outer clothing, transport to/from your hotel. Daily, on request, minimum 1 participants

**Season:** 01 Jan – 10 Feb / 01 Nov – 31 Dec 2017 **Duration:** approximately 4 hrs

Level: 3 Booking Code: CENLYR12

#### NORTHERN LIGHTS EVENING

The Aurora Borealis is a magical lightshow created by the sun, and while it occurs all year round, the Polar Night gives us the opportunity to see it at any time of day. Our Northern Lights base is located about 10 km from Longyearbyen at Camp Barentz, well away from the light pollution of the town, giving you an even greater chance of seeing this amazing display. During this all-inclusive evening you will enjoy a fascinating presentation on these Polar 'fireworks', as well as a delicious dinner and drinks.

\*The price includes dinner with drinks, transport between hotel and Camp Barentz, presentation.

Available on selected days, on request, minimum 6

**Season:** 01 Jan – 15 Feb / 15 Oct – 31 Dec 2017 **Duration:** approximately 3 hours

Level: 2

Booking code: CENLYR31

#### HUNTING THE NORTHERN LIGHTS

On this tour you will be transported into the Advent Valley and up to the Mine 7 mountain, Breinosa. Up here we will see the massive EISCAT antennae, which are used to study the Earth's atmosphere, including the phenomenon known commonly as the Northern Lights – the Aurora Borealis! After enjoying the views we will head down to our Northern Lights base, Camp Barentz. Here we will also be able to enjoy warm drinks and snacks, as well as gaining an insight into how the lights are formed from our knowledgeable host.

#### From\$142pp\*

The price includes a presentation, warm drinks and snacks, transport between hotel, Breinosa and camp

Available on selected days, on request, minimum 6 guests

**Season:** 01 Jan – 15 Feb / 15 Oct – 31 Dec 2017 **Duration:** approximately 3 – 4 hours

#### NORTHERN LIGHTS SAFARI WITH SNOWCAT

Join us on an exciting snowcat trip and hunt for the aurora away from the lights of town! You won't miss the big red snowcat when it arrives to pick you up! The guides will greet you at the doorstep of your hotel or guesthouse before you head out of town, into the darkness and over the frozen Advent Valley. The guides will make several stops underway to look for the Aurora Borealis and will choose the route into the Advent Valley based on the weather and conditions on the day. As you experience being in the dark in the Arctic, the guide will explain how the aurora is formed, and serve hot drinks and share stories about the area, while you keep your eyes to the sky. From \$142pp\*

\* The price includes a guided safari, warm drinks, biscuits, transport to/from your hotel.

Daily, on request, minimum 2 participants Season: 01 Jan - 12 Feb / 27 Nov - 31 Dec 2017 Duration: approximately 2 hrs

Booking Code: CENLYR40

#### **RETURN OF THE SUN**

#### LIGHT WINTER: 15 FEB - 17 MAY 2017

The "light winter" is high season in Spitsbergen and the scenery is magnificent. The sun is over the horizon, and on 8 March each year the sun shines into Longvearbyen for the first time since the autumn. During this period the days become noticeably longer, culminating in the arrival of the Midnight Sun on the April 19. This period allows you to experience the majestic yet otherworldly archipelago during the light days, and activities include dog sledging adventures and a unique ice-caving trip ere you can wander through the heart of a glacier. The long days allow you to experience the best of Arctic Svalbard, with its frozen fjords and snow-covered mountain ranges. Remember to look out for the local fauna, including the Svalbard reindeer, polar fox and perhaps even the King of the Arctic – the polar bear.

#### ARCTIC WILDERNESS EVENING

Come away from the lights of town and enjoy an atmospheric evening in the Arctic tundra. You will be collected from the hotel and driven to Camp Barentz in Advent Valley, our fantastic wilderness camp about 10 km from Longyearbyen. The hosts will welcome you inside, where the open fire crackles invitingly. A traditional Norwegian reindeer dish, bonfire coffee and cake will be served while you enjoy a presentation on our most famous residents, the polar bears, and hear our host's stories from Spitsbergen

#### From \$216pp\*

The price includes dinner with drinks, transport between hotel and Camp Barentz, presentation and experienced host

Available on selected days, on request, minimum 6

**Season:** 16 Feb – 31 Aug 2017

Duration: approximately 3 hrs

Booking Code: CENLYR22

#### SNOWMOBILE SAFARI TEMPELFJORDEN

Take a trip to the picturesque Tempelfjord and the towering wall of ice that is the Tuna Glacier. After a briefing this tour heads off towards Tempelfjord. As the group accustoms themselves to the snowmobiles we will pass through the wide Advent Valley, making our way into more interesting terrain. During the trip the guide will stop to share stories of the area, or to point out the local wildlife. At historic Fredheim we will visit the area where the well-known Norwegian hunter, Hilmar Nøis, had his base station before heading out onto the fjord ice towards the ragged face of the Tuna Glacier. This massive wall of ice grows as we





1. Northern Light in Longyearbyen. 2. Snowmobile.

come closer, and we will enjoy an expedition lunch here before returning to civilisation.

#### From \$596pp\*

\* The price includes a guided snowmobile tour incl. briefing, clothing and helmet, warm drinks and biscuits, lunch, transport to/from your hotel. Driver's licence is required to drive a snowmobile.

Daily, on request, minimum 2 snowmobiles Season: 13 Feb - 17 May 2017 **Duration:** approximately 7 hours, 140 km

Level: 3

Booking Code: CENLYR15

#### SNOWMOBILE SAFARI CAMP BARENTZ

The goal for this tour is Camp Barentz, which is located just 10 km outside from Longyearbyen at the foot of the Mine 7 mountain. This is a snowmobile tour which suits those with no experience, or with young children. We will head off at a relaxed tempo and stop often to hear about the wilderness we are driving through. This area is steeped in history - with sites pertaining to mining, World War II and early scientific research to be found. The Svalbard reindeer is a common sight in this area, and occasionally the Svalbard ptarmigan also makes an appearance. These animals are endemic to this area and are only found on Svalbard. We will make a stop at Camp Barentz where our guide will serve us warm drinks inside Barentz Hus, before we head back towards Longvearbven.

#### From \$340pp\*

\* The price includes a guided snowmobile tour including briefing, clothing and helmet, warm drinks and biscuits, transport to/from your hotel. Driver's licence is required to drive a snowmobile. Daily, on request, minimum 2 snowmobiles

Season: 11 Feb - 17 May 2017 Duration: approximately 3 hours, 20 km Level: 2

Booking Code: CENLYR16

#### ICE CAVE TOUR

Walk through the heart of a glacier and into the crystal world beneath. The light from your headlamp will reveal a glittering, crystal-like cave with fascinating formations in the frozen walls. You won't miss the big red snow cat when it arrives at your hotel to transport you to the Longyear Glacier, located just outside the town. After a thrilling ride you will arrive at the igloo over the entrance and descend into the ice. Turn on your headlamp as you enter the beautiful cave and walk along the icy passages formed by the summer melt. Marvel at the way the water has carved shapes into the ice and stones - a breathtaking experience. Please note that you may have to crawl

#### From\$170pp\*

The price includes a guided ice cave tour incl. helmet, headlamp, ice spikes, warm drinks, biscuits, transport to/from your hotel with a snow cat.

Daily, on request, minimum 2 participants

**Season:** 01 Feb – 17 May 2017 Duration: approximately 3 hrs

Level: 3 **Booking Code: CENLYR17** 

#### DOG SLEDGING BOLTERDALEN

Dogsledging is an amazing and authentic way to experience the Arctic, and this tour will give you an excellent introduction to mushing techniques and the joys of working with Polar dogs. You will receive outer clothing and a briefing on the tour before you help to harness the dogs and head into the wilderness. The guide will drive first along with two guests and the following sledges will each be driven by two guests. The tour follows a riverbed, surrounded by beautiful mountains. Reindeer are often seen on this tour, and sometimes Svalbard grouse and Polar foxes as well. You will stop several times to take pictures and pat the dogs. At the Scott Turner Glacier you will turn the sledges and set a course for the dog yards. On our return you will help to unharness the dogs before the guide serves a cup of tea or coffee and introduces you to the newest litter of puppies.

#### From\$266pp\*

The price includes a guided dog sledging tour incl. clothing and necessary safety equipment, transport to/ from your hotel

Daily, on request, minimum 1 participant Season: 11 Feb – 25 May 2017 **Duration:** approximately 4 hrs Level: 3

Booking Code: CENLYR13

#### **ENDLESS ARCTIC** SUMMER NIGHTS

#### SUMMER: 20 MAY - 30 SEP 2017

The Arctic summer starts in mid-May with endless hours of Midnight Sun, which lights the nights until late August. These light days provide the perfect back-drop for exciting open boat trips in the Polar fjords, visiting the amazing Fuglefjella bird cliffs or long-deserted settlements. The first migratory birds begin to arrive in May for the hectic nesting period which stretches into August. As the migratory birds leave the cliffs the vibrant green mountainsides turn to the warm autumnal colours of September

#### HIKE ACROSS FOXFONNA

Enjoy a hike over Breinosa, with breathtaking views over Advent Valley and the Isfjord! This tour begins with a drive up to Gruve 7, the active coal mine, located about 400 metres over sea level. From here you continue on foot over the Foxfonna glacier towards Foxdalen followed by the way down towards the opening of Foxdalen where you will find an old hunters cabin, a very special place to eat lunch. After this we will set a course back towards beautiful Advent Valley and Camp Barentz, where the hike ends. Transfer back to Longyearbyen.

#### From \$162pp\*

\* The price includes a guided hike, a light lunch incl. warm drinks, transport to/from your hotel

Daily, on request, minimum 2 participants Season: 01 Jul - 30 Sep 2017

Duration: approximately 6-7 hrs. 11 km

**Booking Code: CENLYR23** 

#### HIKE TO TROLLSTEINEN ACROSS

THE LARS GLACIER

Get ready to cross the ice and conquer the steep slope before reaching your goal - panoramic views from 849 m over sea level! If you follow the Longyear Valley up to Nybyen you will suddenly find yourself standing in a moraine landscape created by the force of thousands of tonnes of ice at the foot of the Lars Glacier. This combined mountain hike and glacier crossing starts at the highest part of Longyearbyen and takes you over the Lars Glacier before ending at the distinctive Trollsteinen. The glacier is solid and safe, so we won't need to be roped together, but can instead enjoy the views and flatter ground. The last section of the climb heads up along mountain ridge. The landscape is intoxicatingly beautiful, and the panorama from the top is without a doubt worth the strenuous hike!

#### From \$164pp\*

\* The price includes a guided hike, light lunch, warm drinks, transport to/from your hotel

Daily, on request, minimum 2 participants **Season:** 23 Jun – 30 Sep 2017

**Duration:** approximately 6 hrs Level: 4

Booking Code: CENLYR44



1. Explore the Norwegian fjords; Lofoten is known for its beautiful nature 2. Polar fox 3. Boat trip to Pyramiden

#### ISFJORD SAFARI TO FUGLEFJELLA AND HIORTHHAMN

Thousands of nesting seabirds teem in the bird cliffs aptly called 'Fuglefjella' – the Bird Mountains. This tour will also show you historic areas of the Isfjord, like Hiorthhamn, an abandoned mining community from the early 1900s. Power out of the Adventfjord in our open Polarcirkel boat and explore the best of the Isfjord in just three hours. This tour takes in the amazing bird cliffs, the abandoned town of Grumant and the historic mining areas of Advent City and Hiorthhamn. Your knowledgeable skipper will tell you all about our winged friends and the history of the areas we visit – although at times we may struggle to hear over the cries of thousands of birds!

#### From \$184pp\*

The price includes a guided Polarcirkel boat safari, floatation suit, hot drinks, transport to/from your hotel Daily, on request, minimum 2 participants

Season: 20 May - 11 Aug 2017 **Duration:** approximately 3 hours

Level: 3

Booking Code: CENLYR20

#### BOAT TRIP TO PYRAMIDEN

North, north and even further north. Here we will find the ghost town Pyramiden, complete with the world's northernmost statue of Lenin. A powerful, brutally isolated town-surrounded by empty buildings and an obvious lack of life. While the sun shines over the stern, we sail north through the Isfjord and glide slowly past the bird cliff Hatten. They aren't big, but the Brunnich's guillemot swarm in and out in big flocks. We will cross Sassenfjord and see the mighty mountain Tempel guarding the entrance to the Tempelfjord and then we are there, right under the glacier and its powerful blue walls of ice. It crackles and bangs and if we are lucky, it may calve impressively for the photographers on board. Here we will serve lunch from the barbecue on board while enjoying views that would be hard to match at any meal. We will dock at the harbour in Pyramiden, where the Russian guide waits with a rifle on his shoulder. Polar bears can turn up in the town while we are going to explore Pyramiden. We must stay together in a group for safety's sake.

#### From \$402pp\*

The price includes a boat trip, guided walk in Pyramiden, lunch, transport to/from your hotel

Daily, on request, minimum 8 participants Season: 01 May - 25 Oct 2017 **Duration:** approximately 11 hrs

Level: 2

Booking Code: CENLYR27

#### KAYAK TRIP ON ADVENTFJORDEN

Join us on a kayak trip on Adventfjord, one of Svalbard's most historical fjords. Experience the contrast as you paddle from colourful Longyearbyen towards the ghost town of Hiorthhamn, and keep your eyes peeled for Arctic wildlife! During the summer over 100 species of migratory bird can often be seen in this area. Occasionally we may meet a curious seal in the water! When we reach the far side of the fjord we will make our way up the beach for lunch and a little historic sightseeing in the ghosttown of Hiorthhamn, before we return to the kayaks to continue our paddling adventure back towards Longyearbyen.

#### From \$206pp\*

The price includes a kayak trip incl. equipment and briefing, lunch, warm drinks and biscuits, transport to/ from your hotel

Daily, on request, minimum 2 participants Season: 01 Jun - 30 Sep 2017 **Duration:** approximately 7 hrs

Level: 3

**Booking Code: CENLYR28** 

#### CRYSTAL CLEAR AND COLOURFUL

#### AUTUMN: 01 OCT - 30 NOV 2017

During autumn the days grow shorter, and the magical blue light returns to the archipelago. With the return of the nights you can enjoy the glowing moonlight and the return of the Arctic winter weather. The darker hours also present the opportunity to enjoy the amazing natural wonder that is the Northern Lights, particularly after 26 October when the sun disappears under the horizon for the last time. The cultural life in Longyearbyen blossoms in the autumn months with highlights including the world's northernmost blues festival in October

#### DOG SLEDGING ON WHEELS

Eager Polar dogs pull the specially-made wheeled sledges, and you can enjoy the views and experience the birds and wildlife of Advent Valley up close! It's a fantastic chance to drive a dog sledge even though it isn't winter. Following an introduction to the tour you will help to harness the dogs before getting underway. The guide will drive the first sledge with space for one guest, and the others will follow in small wagons for 2–3 people. The dogs make good speed as we follow the road towards the old Northern Lights research station.





Underway there is a good chance that we will see reindeer, foxes and the busy nesting birds. The tour takes us along the track into Endalen, past the cableway turning station and towards the old Gruve 5 mine. Enjoy the colours of the landscape, and the refreshing Arctic air, while learning how to work your team of trusty dogs.

#### From \$204pp\*

\* The price includes a guided dog sledging tour on wheels incl. clothing, transport to/from your hotel

Daily, on request, minimum 1 participant

Season: 21 Jun - 31 Oct 2017 **Duration:** approximately 3 hrs

Booking Code: CFNIYR30

#### FOLLOWING A TRAPPER'S FOOTPRINTS

On this walking tour you will gain an insight into a trapper's day to day life. The hunt for polar foxes and polar bears began in the late autumn, and the traps had to be inspected throughout the Polar Night. We will head out on a walk through the tundra to gain an appreciation of the trapping life, and to feel what it must have been like to be out working at this time of year. The tour starts with bus transport to Todalen, and from here we will make our way into the wilrness. The guide will tell us about the life of the hunters and trappers of Svalbard and we will learn about the different techniques these hardy souls employed. Before returning to the busses and civilisation the group will enjoy a warm drink. This is an easy walk of 1-2 km through easy terrain, but snow can make the conditions a little heavier. The expected temperature will be between -5 and 5 degrees Celsius, and some wind is not uncommon. Should the tour take place in the dark, each participant will be equipped with a headlight. From \$92pp\*

\* The price includes a guided walk, headlamp, warm drinks, transport to/from your hotel

Daily, on request, minimum 2 participants Season: 01 Oct - 30 Nov 2017

**Duration:** approximately 2 hrs (1–2 km) Level: 3

Booking Code: CENLYR29

#### SIGHTSEEING LONGYEARBYEN

The perfect way to gain an introduction to Longyearbyen and the surrounding area. Your local driver will guide you through the major local attractions. The tour begins in the Longyear Valley and explores the town before heading out to Adventdalen towards Mine 7. During the drive through the valley participants are often rewarded with a sighting of the local Svalbard reindeer, and during the summer months thousands of migratory birds converge on the delta. The tour will also point out the coal mines in the Advent Valley. Next on the tour is the area around the airport and Hotellneset, as well as a visit to the site of the Global Seed Vault. The guide will talk about the attractions, flora, fauna and landscape throughout the tour, and stops will be made for photo sessions. From \$72pp\*

\* The price includes a guided sightseeing incl. transport Daily, on request, minimum 1 participant

**Season:** 01 Jan – 31 Dec 2017 Duration: approximately 2 hrs

Level: 1

Booking Code: CENLYR10

#### ICE CAVING: A FROZEN ADVENTURE

Under the glaciers of Svalbard you will find another world, a glittering world made by summer melt water running through the ancient ice. This trip starts from the top of town in Nybyen and continues with a snowshoe hike to the glacier. About one and a half hours later we will reach the entrance of the cave. Here we will be equipped with safety equipment including helmets, harnesses, crampons and headlamps before we continue down to the cave. Once inside the cave we will take our time experiencing this underworld with open halls, tight passages and thick layers of ice

#### From \$154pp\*

\* The price includes a guided snowshoe-walk, headlamp, caving equipment, warm drinks and biscuits, transport to/ from your hotel

Daily, on request, minimum 2 participants **Season:** 01 Jan – 01 Feb / 01 Nov – 31 Dec 2017 **Duration:** approximately 5 hrs

Level: 4

Booking Code: CENLYR19

#### A TASTE OF SVALBARD

A culinary experience with an Arctic twist! Take a guided walk through Longyearbyen, and try local specialities like Arctic Char and Svalbard Reindeer. We will walk a loop around the town, stopping for tastings at four very special locations where we will be served something delicious - with a generous helping of their stories and Svalbard experiences. Our walk will take us into all parts of Longyearbyen, including both the old and the new. Our route will be along roads, providing good footing for the stages between our tastings. We will also see many historical sites, and learn more about this amazing town and its inhabitants. The mountains surrounding the town are home to many of Svalbard's well known animals, including the Polar fox, ptarmigan and reindeer, and we will look out for these during the walk. Of course, a focus will also be placed on our destinations, their history and the delights that await us when we arrive.

#### From \$194pp\*

\* The price includes food and drink tastings, guide with safety equipment and snow goggles during the winter Daily, on request, minimum 4 participants

Season: 01 Jan - 31 Dec 2017 **Duration:** approximately 4 hrs

Level: 2

Booking Code: CENLYR43

#### **SPITSBERGEN EXPEDITIONS**

#### ISFJORD KAYAK EXPEDITION (6 DAYS)

When the Inuit stepped into his qajaq, it was to hunt. The word's original meaning was 'man boat' or 'hunting boat'. Today however the word is not associated with hunting. The kayak is an ideal mode of transport in the Arctic. Spitsbergen Isfjord Kayak Expedition is a six-day long journey on the island's largest fjord which stretches 107 kilometres towards the centre of Spitsbergen. With its many inlets and seven mighty glacier fronts this is an alluring universe. The silence is overpowering, only broken by your paddle strokes and nature's own sounds. A curious seal maybe, the noise of hatching sea birds or the amazing sound of glaciers cracking and calving. During six days we visit a wide range of exciting destinations in the Isfjord area. We decide the length of our paddle ourselves, and each day will be like a new expedition.

#### From \$3608pp\*

\* The price includes tents, sleeping mats, kayaks and equipment for paddling, meals, experienced guide with all necessary safety equipment and search and rescue insur-

Two dates, on request, minimum 4 participants Dates: 19 Jun - 24 Jun // 26 Jun - 01 Jul 2017 Level: Previous paddling experience recommended Booking Code: CENLYR35

#### SPITSBERGEN COAST TO COAST SKI EXPEDITION (4 DAYS)

Want to test yourself with an introduction to Polar expeditions? Get a taste of how the Arctic explorers did it - spend the nights in solid mountain tents and pull your own pulka with equipment. Join us for four days of amazing skiing as we cross the glacial landscape between Spitsbergen's west and east coasts, covering approximately 50km with the Midnight Sun as our constant companion. Our expert guide will lead the way. you just need to pack your ski gear and head to Svalbard! From \$2876pp\*

\* Price includes tents, sleeping mats, meals, experienced guide with all necessary safety equipment, transport and search and rescue insurance.

Two dates, on request, minimum 4 participants Dates: 04 May - 07 May // 11 May - 14 May 2017 Level: Above average physical fitness. Cross-country skiing experience.

Booking Code: CENLYR33

#### SPITSBERGEN WINTER SAFARI (3 DAYS)

Want to see more of Spitsbergen? Join us on an amazing three day adventure, where we will spend one night in Russian Barentsburg and one night in the cosy Spitsbergen Expedition Lodge as we explore this fascinating area on snowmobiles. This tour will take us from Longyearbyen over open plains and through narrow valleys to stunning glaciers and historical sites. With our experienced tour leaders you will see more and learn more, and perhaps catch sight of the King of the Arctic, the polar bear.

#### From 3092pp\*

\* Price includes meals and accommodation during trip, snowmobile and outer clothing/equipment, experienced guide with all necessary safety equipment and search and rescue insurance.

Five dates, on request, minimum 4 participants Dates: 09 Mar - 11 Mar // 16 Mar - 18 Mar // 23 Mar 25.03. // 30 Mar - 01 Apr // 06 Apr - 08 Apr 2017

Level: Previous snowmobiling experience recommended, up to 180 km per day. Drivers's license required. **Booking Code: CENLYR34** 

#### **ACCOMMODATION**

#### RADISSON BLU POLAR HOTEL SPITSBERGEN

The world's northernmost full-service hotel lies in the heart of Longyearbyen, with 95 well-appointed rooms and an informal atmosphere. The guest rooms have recently been fully refurbished to reflect the Polar focus of this stunning hotel, with comfortable, modern fittings and a good dash of Arctic history. Don't miss Restaurant Nansen, where the best of Arctic cuisine can be sampled a as you enjoy the amazing views from the cathedral-like windows

#### From \$144pp\*

The price is per person in a twin including breakfast

#### SPITSBERGEN HOTEL

Located on the hillside above Longyearbyen, Spitsbergen Hotel enjoys stunning views over the town and the surrounding mountains and glaciers. Originally built to house the administrators of the Norwegian mining company, the corridors and 88 rooms are filled with historic pictures from the local area and a cosy, classic style. The impressive Funktionærmessen Restaurant offers delicious French-inspired cuisine, and a Champagne tasting at 'det gamle Nordpolet' comes highly recommended.

#### The price is per person in a twin including breakfast

#### COAL MINERS' CABINS

From \$144pp\*

Coal Miners' Cabins offers reasonably priced accommodation, in the historic barracks that were once home to the local miners. Today CMC is a friendly option for those not looking for a no-fuss experience, with shared facilities and options for self-catering. Located about 2 km from the centre of town, it is an excellent starting point for hiking, skiing and snowmobile trips, during both summer and winter. With the popular new Coal Miners' Bar & Grill, CMC provides simpler rooms with a full-package experience!

#### From \$122pp\*

The price is per person in a twin including breakfast

#### **ADD A FLIGHT PACKAGE**

#### From \$732pp

- · Return flights in economy class from Tromsø to Longyearbyen including current taxes and charges Airport transfers in Tromsø and Longyearbyen
- Booking Code: CENTOSLYR17/CENLYRTOS17

#### EFFORT LEVELS

hysical guest effort level:

- 1 = Involves limited physical activity, most of the tour is operated by vehicle
- 2 = Involves moderate physical activity on relatively level surfaces and gentle terrain.
- 3 = Involves physical activity on uneven surface and/ or steep terrain. You may be expected to carry your own backpack and equipment. Not suitable if you have limited mobility.
- 4 = Involves a high level of physical activity over an extended period, in terrain that may often be uneven, slippery and steep. You would be expected to carry your own backpack and equipment. Not suitable if you have limited mobility.

# GREENLAND WITH MS FRAM





#### **ON-BOARD SCHEDULE**

Daily lecture programmes
Photo and optics test centre
Expert Expedition Team/lecturers
Expedition photographer

#### THINGS TO DO

Polarcirkel landing craft excursions
Kayaking
Ice cruise
Glacier traversing
Hikes and landings



# ADVENTURES IN THE MIGHTY FJORDS OF GREENLAND WITH MS FRAM

Greenland is the world's largest island, and the inland ice is the largest expanse outside Antarctica, covering over 80% of the island. Here, in the least densely populated country in the world, 1.3 million square miles of loneliness awaits you. Explore mighty fjords, enjoy close encounters with wildlife in the largest national park on the planet and experience dramatic history where no humans have been for hundreds of years.

#### WILDLIFE ON GREENLAND

In spite of the dominating inland ice, Greenland wildlife has access to a huge domain. Crossing fjords is not a problem for the land mammals, birds have their own highways in the air and ocean animals are tied together by a global, borderless ecosystem. Polar bears, musk oxen, Arctic foxes, hares, ptarmigans, lemmings and the rare Arctic wolf are all part of the terrestrial fauna of Greenland. Even though the numerous whales, including the narwhals, tend to get most of the attention when we talk about marine animals, the walrus, which can weigh up to a ton, is also worthy of our attention. With tusks that are up to 3 feet long, it's a mighty sight when resting on the ice.





The birdlife on Greenland is magnificent, and the Greenland falcon is an especially beautiful sight.

#### HIGHLIGHTS ON GREENLAND

Greenland offers an abundance of highlights. Few places on the planet combine such magnificent scenery, such clarity of light and such raw power of nature. Vast ranges of beautiful, unfenced wilderness give adventurers the unique freedom to wander at will. See truly magnificent mountains and glaciers and sail through some of the planet's most

spectacular fjords, while experiencing the magical hue of the Midnight Sun. Discover what Greenland is all about: the essence of life, clinging to a small, green strip of land, between the Arctic Ocean and the gigantic ice cap.



# GRAND ARCTIC TRAVERSE

On the Grand Arctic Traverse you'll enjoy many of the Arctic highlights. Starting in Tromsø, on the Norwegian mainland, we take you to the stunning Vesterålen and Lofoten Islands which are renowned for their extreme natural beauty. We then cross the ocean and make a rare stop at the isolated outpost of Jan Mayen. Mythical Iceland will surely make an impression with its diverse landscapes and teeming birdlife. As a grand finale we spend almost a week exploring southern Greenland and what is called the heart of Greenland: the Disco Bay area. The small settlements give you a genuine insight into Greenlandic life, and some of the places we visit are only accessible by boat. The spectacular scenery, fantastic Icefjord and the Midnight Sun provide a stunning backdrop to the voyage.



19-DAY EXPEDITION VOYAGE

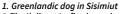
**DEPARTURE:** 5 June 2017

BOOKING CODE:

CENERGRE 1703

EARLY BOOKING

\$10,625



2. The Ilulissat Icefjord area is on in the UNESCO World Heritage List

#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: TROMSØ

When Roald Amundsen recruited members for his famous expeditions, he travelled to Tromsø in order to find men (yes it was men only in those days!) with navigational experience in icy oceans; men that knew how to survive with minimal means in the Arctic. Today, Tromsø is the refined version of itself 100 years ago, and the Gateway to the Arctic.

#### DAY 2: VESTERÅLEN AND LOFOTEN ISLANDS

We reach the Vesterålen Islands early next morning. As we sail along the coast there are strong chances of spotting whales from the deck, as they usually feed in the area. Myre is one of the largest fishing villages in Norway, and a place to experience local culture and enjoy hikes. In the evening we will sail through the narrow Raftsund between Lofoten and Vesterålen, with mountains stretching up 1,200 metres straight from the sea. You will then experience something extraordinary as we sail into the pristine Trollfjord. The Midnight Sun and sea eagles circling around the mountain peaks will make it even more memorable.

#### DAY 3: HENNINGSVÆR, LOFOTEN ISLANDS

The picturesque fishing village of Henningsvær is comprised of a number of islets spread amongst the waters of the Vestfjord.

Come ashore and discover the most wellpreserved architecture of the traditional Norwegian villages, charming cafés, small restaurants, and the Hus Gallery "an art gallery featuring Norwegian art". In the afternoon we sail with the tidewater current through the 18-kilometre long Gimsøy Strait.

#### DAY 4: AT SEA, NORWEGIAN SEA

This is an excellent day to participate in expert lectures from our Expedition Team.

#### DAY 5: JAN MAYEN

Jan Mayen is the most isolated island in the Northern Hemisphere. Tourists visiting and actually landing on the shores of Jan Mayen are extremely rare. We will do our best to make it possible to set foot on this exotic outpost.

#### DAY 6: AT SEA - GREENLAND SEA

We will be sailing along the Mid-Atlantic Ridge, a tectonic plate that separates the Eurasian and North American continents. This midocean ridge is a part of the longest underwater mountain range in the world.

#### DAY 7: GRÍMSEY

Grímsey is where the Arctic Circle touches Iceland, and we will use our Polarcirkel boats to reach this green and grassy island. The Arctic Circle cuts across the island and you can step across that line.

#### DAY 8: STYKKISHÓLMUR

As we reach the west region of Iceland, you will understand why this area is dubbed "The Sagaland". Take your time to explore Stykkishólmur's diversity with lava and rock formations, glaciers, volcanic activity, and hot and cold springs. Participate in a range of exciting excursions such as kayaking, hiking and horse riding.

#### DAY 9: REYKJAVIK

Reykjavik is the world's northernmost capital city. Norwegian settlers named the place Reykjavik (meaning "Smoky Bay") after the columns of steam that rose from the hot springs in the area and made such a profound impression. The surroundings offer fantastic natural beauty with geysers, mountains, glaciers and geothermal baths.

#### DAY 10: AT SEA - DENMARK STRAIT

While crossing the Denmark Strait we sail in the wake of the great Norse settlers who left the shores of Iceland more than 900 years ago.



We sail through the narrow channel of Prins Christian Sund and enjoy the spectacular scenery here. If the channel is blocked with ice, we will sail around Nunap Isua (Cape Farewell).

#### DAY 12: QASSIARSUK

In Qassiarsuk you will find green fields dotted with white sheep, lush vegetation and busy farmsteads; this forms a colourful contrast to the icescapes at sea. Qassiarsuk is also where Viking Erik the Red built his Brattahlíð estate in 982 A.D. It is a great area to try optional activities such as kayaking, hiking, or exploring the town on foot.

#### DAY 13: HVALSEY AND QAQORTOQ

In Hvalsey you will find some of the bestpreserved ruins from the Norse period; Hvalsey Church was probably built in the 14th century. We use Polarcirkel boats to get ashore so you can explore the area for yourself. Many consider Qaqortoq one of the most beautiful towns in Greenland due to the colourful houses. The excursions we offer here include an interesting visit to the only tannery in Greenland, a city walk with guide, and a kaffemik to meet the locals and share a traditional open-house coffee meet.

#### DAY 14: NUUK

Nuuk is the oldest town in Greenland. It is situated at the mouth of one of the largest and most spectacular fjord systems in the world. City tours and hikes are among the optional excursions.

Ilulissat

Kangerlussuaq

Qassiarsuk

Qaqortoq

Hvalsey

Nunap Isua

Sisimiut

Itilleq

#### DAY 15: SISIMIUT

The Disco Bay area offers fantastic sailing with wildlife and spectacular nature. Colourful villages cling to rough, rocky hills at the feet of the mountains surrounding the inland ice. Join excursions such as kayaking, hiking or other activities. In Sisimiut you can watch the artists make jewellery and crafts from bone, leather and metal, join a sightseeing tour or hike, and taste Greenlandic specialities in a local restaurant.

#### DAY 16: ILULISSAT

Ilulissat is set in marvellous surroundings at Ilulissat Icefjord. The area was added to on the UNESCO World Heritage List in 2004. You will see enormous icebergs run aground at the mouth of the fjord, just outside the town. There are a variety of optional shore excursions including hikes, a town walk with a historical theme and a boat tour to the Icefjord.

#### DAY 17: ITILLEQ

66°33'N

Stykkishólmu

Reykjavi

ARCTIC CIRCLE

The small settlement of Itilleq has around 130 inhabitants; they are mainly involved in hunting and fishing. Visit one of the families that live here, buy some of, the area's arts and crafts, or even enjoy a game of football with the locals.

Jan Maven

#### DAY 18: KANGERLUSSUAO/COPENHAGEN

Kangerlussuaq is situated at the end of the Kangerlussuaq fjord and this is where the expedition ends. After disembarking you can join an excursion to the ice cap before you take the night flight to Copenhagen.

#### DAY 19: COPENHAGEN

Your flight arrives in Copenhagen early in the morning.

# **GREENLAND TO SVALBARD EXPEDITION**

Enjoy a variety of islands in the Arctic. Explore the largest of them all Greenland, the small and isolated Jan Mayen, stunning Iceland and the Arctic crown of Norway, Spitsbergen. The Arctic wilderness of Greenland offers some of the most spectacular and unspoilt scenery on earth. Experience the culture and history that goes back thousands of years, including the Inuit way of life that can still be seen today, and experience old Norse settlements. We spend two days exploring Iceland's urban capital and untouched nature with cliffs and valleys, teeming with birdlife, high waterfalls and pure streams. The wild and barren beauty of Spitsbergen is dramatic and a great destination to end your voyage. In short, this is an extraordinary expedition.

13-DAY EXPEDITION VOYAGE

DEPARTURE: 22 June 2017

**BOOKING CODE:** CENFRGRE1704

EARLY BOOKING FROM

\$8,435





- 1. Explore icebergs near Qassiuarsuk
- 2. Join a landing on Jan Mayen



#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: COPENHAGEN/KANGERLUSSUAO

This expedition starts with a flight from Copenhagen. Less than five hours later you reach the settlement of Kangerlussuaq in Greenland. This small airstrip is the main gateway to Greenland, and on arrival your transfer to MS Fram will be waiting for you.

#### DAY 2: NUUK

Nuuk is the capital and the oldest town in Greenland. Today, old and new traditions meet here, from picturesque old buildings in "Kolonihaven" to the modern building of the Greenland Home Rule. The town is located on the tip of a large peninsula, at the mouth of one of the largest and most spectacular fjord systems in the world.

#### DAY 3: IVITTUUT

The abandoned mining town of Ivittuut is a stronghold for musk oxen. More than a thousand years ago, Vikings settled the area. Ivittuut was built on top of the so-called Norse Middle settlement. In summertime we might meet some of the hunters who return to inhabit the old houses by the sea.

#### DAY 4: QASSIARSUK

A little over a thousand years ago (985 A.D.), a group of Norsemen left Iceland to settle in Greenland. Their leader Erik the Red named his chieftain's seat Brattahlíð, meaning "steep

hill" in Old Norse. Soon afterwards, the Norsemen established a flourishing community in the fjord. Farming is still the main occupation in Qassiarsuk and the sheep farmers in the area cultivate the same fields, and let their animals graze on the same hillsides. Enjoy a guided walk through the village and see the reconstructions of Erik the Red's farm and Tiodhilde's Church.

#### DAY 5-6: AT SEA, NUNAP ISUA AND THE DENMARK STRAIT

We will spend two days at sea, sailing around the southernmost point of Greenland called Nunap Isua (Cape Farewell) before travelling across the Denmark Strait on our way to Iceland.

#### DAY 7: REYKJAVIK

Reykjavik is the world's northernmost capital city. Norwegian settlers named the place Reykjavik (meaning "Smoky Bay") after the columns of steam that rose from the hot springs in the area and made such a profound impression. The surroundings offer fantastic natural beauty with geysers, mountains, glaciers and geothermal baths.

#### DAY 8: STYKKISHÓLMUR

As we reach the west region of Iceland, you will understand why this area is dubbed "The Sagaland". Take your time to explore Stykkishólmur's diversity with lava and rock

for-mations, glaciers, volcanic activity, and hot and cold springs. Participate in a range of exciting excursions such as kayaking, hiking and horse riding.

#### DAY 9: AT SEA, GREENLAND SEA

We will be sailing along the Mid-Atlantic Ridge, a tectonic plate that separates the Eurasian and North American continents. This mid-ocean ridge is a part of the longest underwater mountain range in the world.

#### DAY 10: JAN MAYEN

Jan Mayen is the most isolated island in the Northern Hemisphere. It is home to the Beerenberg Volcano, the northernmost active volcano on earth. Tourists visiting and actually landing on the shores of Jan Mayen are extremely rare. We will do our best to make it possible to set foot on this exotic outpost. This will be an experience of a lifetime.

#### DAY 11: AT SEA, BARENTS SEA/ ARCTIC OCEAN

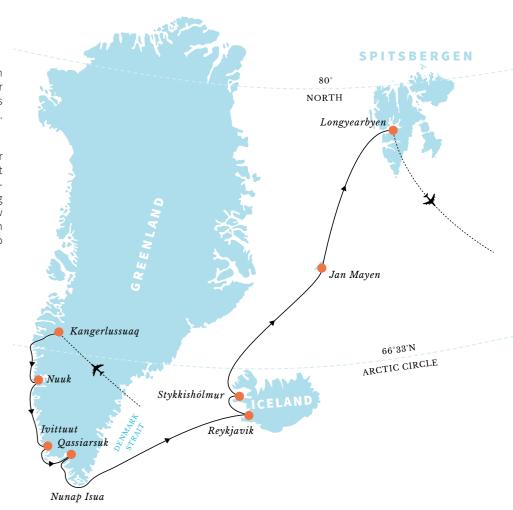
Enjoy a day with lectures from the Expedition Team as we sail towards Spitsbergen and Longyearbyen.

#### DAY 12: LONGYEARBYEN

The Isfjord is the most prominent fjord system on Svalbard, and we will sail through it on our way to Longyearbyen. We will arrive at this unique and exotic settlement during the night.

#### DAY 13: LONGYERBYEN/OSLO

As we have reached the end destination for this expedition, you will probably sense that time has passed faster than expected. Lingering is the subtle exhilaration of having spent time on top of the globe, just a few hundred miles from the Geographical North Pole. An early morning transfer takes you to the airport for your flight back to Oslo.



14-DAY EXPEDITION VOYAGE

**DEPARTURES:** 24 August 2017

BOOKING CODE: CENFRGRE1701

EARLY BOOKING FROM \$11,390

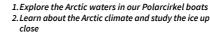
# EXPEDITION TO THREE ARCTIC ISLANDS

This expedition takes you to three Arctic islands and the least-visited national park in the world. Explore Spitsbergen, Greenland and Iceland for an adventure that cannot be compared to anything else in this hemisphere. We start by taking you through the magnificent North West Spitsbergen National Park. Once we reach the North East Greenland National Park, we might sail for days without seeing another vessel. The chances of meeting a polar wolf or a polar bear are far greater than meeting one of our own species. In Iceland, we will explore the area around Ísafjörður, before ending this voyage of a lifetime in Reykjavik.









3. You might see the King of the Arctic – a sight you will never forget



YOUR EXPEDITION DAY BY DAY

#### DAY 1: OSLO/LONGYEARBYEN

Norway's capital Oslo is often referred to as "the blue, the green and the city in between". Forest, lakes, hills and a fjord surrounds this city. Downtown you will find a very varied architecture, a strong café and bar culture, top-notch restaurants, endless shopping possibilities, and a large and visible immigrant community who add their own colourful touch to the city. You leave Oslo in the evening, heading for the High Arctic - Spitsbergen.

#### DAY 2: LONGYEARBYEN

The Svalbard Islands are located in the Arctic Ocean, halfway between Norway and the North Pole. In the midst of a mighty and wild nature you find the Norwegian settlement of Longyearbyen. After an overnight stay in one of our hotels you can join an exciting excursion in Longyearbyen and the surrounding before embarking the MS Fram.

# DAY 3: NORTH WEST SPITSBERGEN NATIONAL PARK

The first national park we visit covers the northwest corner of Spitsbergen. The area is characterised by big inland glaciers and a typical alpine landscape contrasted by green areas and moraines. We continue into Kongsfjord and Magdalenefjord, offering spectacular scenery and interesting history. At 78° 55' N we visit Ny-Ålesund, the starting point for numerous expeditions towards the North Pole in the old days. Today it is home to an advanced High Arctic research station.

#### DAY 4: AT SEA

Spend a relaxing, but exciting day at sea. We will begin our lecture series and enjoy sights of wildlife from deck.

# DAY 5: NORTH EAST GREENLAND NATIONAL PARK

As we arrive in the largest national park in the world, you will start dwelling upon the

thought that we are quite alone in a far corner of the globe. Apart from some abandoned trapping stations, a weather station and the traditional Sirius sled patrol there are absolutely no signs of humans here.

#### DAY 6: NORTH EAST GREENLAND NATIONAL PARK

Within the borders of North East Greenland National Park there are only about 30 souls that overwinter. In the very short summer season, when the waters around are not frozen, only 500 expedition cruise guests visit the park. Yellowstone has 1 visitor per hour of the year; North East Greenland National Park has 0,002!

#### DAY 7: NORTH EAST GREENLAND NATIONAL PARK

Once inside the fjords of North East Greenland your sense of distance, size and shape of landscapes will be challenged. These are the largest fjords in the world and the alpine landscape around, with hanging glaciers and

vertical granite faces, reaches as far as the eye can see.

# DAY 8: NORTH EAST GREENLAND NATIONAL PARK

As well as terrestrial wildlife like musk oxen, arctic fox, hare and wolf, we may see a variety of sea birds. And remember, where there is ice there might be polar bears!

#### DAY 9: NORTH EAST GREENLAND NATIONAL PARK

The very isolated weather and research station, Danmarkshavn is one of the places we visit en route. Sailing into fjords like Keiser Franz Josef Fjord or Alpefjord will give you an experience of a lifetime. The majority of our landings are performed as pure wilderness expeditions.

#### DAY 10: NORTH EAST GREENLAND NATIONAL PARK

We might meet the Sirius Patrol (The Danish Navy) that supervises the park using traditio-

nal methods, mushing dogs. Before the Danes acquired sovereignty of this area, the Norwegians claimed it. A natural place to attempt a landing is Myggbukta (Mosquito bay), where the legendary Governor of North East Greenland had his base.

# DAY 11: NORTH EAST GREENLAND NATIONAL PARK

During this expedition you will have ample amount of time to get the feeling of being in one of the most isolated places on earth. Still you will feel totally safe aboard one of the most fitting expedition vessels. Our expert guides and lecturers will safely guide you on hikes and small boat trips in addition to briefings and lectures about the places we go.

# DAY 12: ITTOQQORTOORMIIT (SCORESBYSUND)

In the most isolated town in Greenland, you can visit the museum, church and a photo exhibition, or walk around on your own.

#### DAY 13: THE WESTFJORDS OF ICELAND

Ísafjörður is the capital of the Westfjords region. Take a stroll around this cosy town and enjoy its diverse architecture. You'll find the country's oldest dwelling here, along with fine examples of timber houses built by wealthy foreign traders in the 18th century. Our optional excursions offer a variety of experiences from hikes to tastings of local food.

#### DAY 14: REYKJAVIK

Iceland's capital offers a lot to tempt the curiosity of its visitors. Relatively close to Reykjavik you find glaciers, waterfalls, geysers and mountains. Reykjavik has also a vast selection of restaurants, museums and shops. We will arrive in the morning hours, and here our voyage ends.



DEPARTURE: 6 September 2017

**BOOKING CODE:** CENERGRE 1702

EARLY BOOKING FROM

\$10,490

# THE ULTIMATE **FJORD EXPEDITION** IN THE ARCTIC

If you feel like a fjord adventure, we invite you to see the world's biggest fjord in Greenland, which stretches 217 miles inland. This enormous fjord system is both aweinspiring and completely fascinating. It is a place where you can enjoy the thrill and calm of nature at the same time. Join us as we cruise past high mountains, basalt cliffs and a vast wilderness. Several places show no evidence that people have ever set foot there before. We sail from Reykjavik in Iceland and spend six days in Greenland, before discovering hidden pearls along the Norwegian coast.

#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: REYKJAVIK, ICELAND

Iceland's capital Reykjavik is home to an impressive collection of interesting attractions and places of historic significance, from landmarks such as Hallgrímskirkja and the Pearl to the natural wonders in close proximity to the city, which include glaciers, waterfalls, geysers and mountains. Enjoy discovering Reykjavik on your own before you embark on MS Fram in the afternoon.

#### DAY 2: ÍSAFJÖRÐUR

Ísafjörður was an ancient church site before becoming a trading port in the 16th century. Today, it boasts charming streets of old timber houses, many of which have stayed unchanged since the 18th century when the harbour was full of ships and Norwegian whaling crews. Explore the city on your own or join the Expedition Team on activities including hikes, horse riding or sampling the local cuisine.

#### DAY 3: ITTOQQORTOORMIIT (SCORESBYSUND), GREENLAND

Ittoggortoormiit or Scoresbysund is the most isolated town in Greenland. With only 560 inhabitants, the trappers living here are the

only people allowed to hunt within the North East Greenland National Park – as you explore the town, you'll notice racks used by local trappers to dry the skins of the animals they have hunted. The town is right next to the world's largest and deepest multi-branched fjord system. A special basalt rock formation with horizontal lines runs through the cliffs, marking the transition to the even more desolate area of North-eastern Greenland.

#### DAY 4: EXPLORING THE SCORESBYSUND FJORD SYSTEM

Day 4 sees us sailing into the world's largest fjord system. You will notice the change in climate as we leave the warmer waters of the Gulf Stream and enter the cold water current that follows the coast of East Greenland. Some of the places we visit on this expedition have not been visited by other humans for the last 200 years, if at all!

#### DAY 5: EXPLORING THE SCORESBYSUND FJORD SYSTEM

As we explore the Scoresbysund fjord system, we will attempt to land in several places. These landings are performed as pure wilderness expeditions. When we visit the former trading post Syd Kap, you will see old blubber ovens and the remains of Thule dwellings. In Bjørne Øer, you can see the even bigger remains of an old Thule settlement. The hunters' cabin in Hecla Havn is a great place to spot birds and smaller mammals, including Arctic hare, lemming and ptarmigans. At Viking Bay, you can study the Colombia basalt rock formations or visit a large glacier. Qupaulakajik is significant for its abundance of plant fossils – it is possible to find fossils that are over 200 million years old here.

#### DAY 6: EXPLORING THE SCORESBYSUND FJORD SYSTEM

The mountains in this area are almost alpine in nature, rising right out of the largest fjord systems on earth to an altitude of more than 2,500 metres above sea level. The waters are scattered with large icebergs and the valleys are inhabited by musk oxen.

#### DAY 7: EXPLORING THE SCORESBYSUND FJORD SYSTEM.

As we continue to explore this fjord, watch

out for other wildlife such as the all-white Arctic hare, the Arctic fox or the very rare Arctic wolf. Turn your eyes to the sky to spot the white Greenland falcon, ptarmigan, snowy owl and a variety of sea birds.

#### DAY 8: EXPLORING THE SCORESBYSUND FJORD SYSTEM

- it's like a maze surrounded by spectacular snow-capped peaks. Remember to watch out for polar bears wherever you see ice.

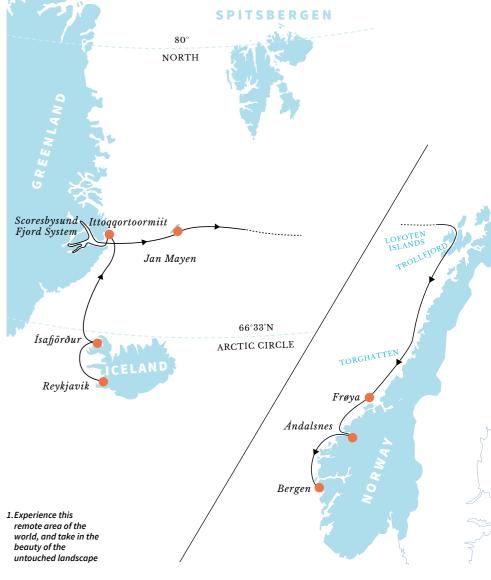
#### DAY 9: JAN MAYEN

The Norwegian island of Jan Mayen is one of the most isolated in the world. Located where the North American and Eurasian tectonic plates meet, the island is home to Beerenberg, the northernmost active volcano on earth. Dutch whalers operated from Jan Mayen in the 16th century, but today only a Norwegian weather station accommodates a few brave individuals throughout the year. Visits to Jan Mayen are extremely rare, especially from tourists. As one of the few vessels operating in this area, MS Fram and her crew will attempt to make a landing on this most exotic Arctic island.

Sailing in this fjord is an experience of a lifetime

Torghatten is one of the famous landmarks along the Helgeland coast, and from deck you have orchestra seats to this mountain with a hole in the middle.

The island of Frøva is located off the coast of Trøndelag, and is surrounded by more than 5,400 islets and reefs, making up an amazing archipelago. The landscape of Frøya is hilly, and the island has the charming village of Sistranda as its administrative centre.



#### DAY 10: AT SEA

Spending a day at sea is great for relaxing, sorting photos and enjoying lectures.

#### DAY 11: RAFTSUNDET, TROLLFJORD AND THE LOFOTEN ISLANDS

As we reach the Norwegian mainland, we sail through the narrow Raftsund before navigating into the narrower Trollfjord where the vertical mountain walls rise right out of the sea. Then, we spend the day in Lofoten, giving you chance to explore this spectacular area, known for its excellent fishing, extreme nature and picturesque fishing villages.

#### DAY 12: TORGHATTEN

#### DAY 13: SISTRANDA AND FRØYA

#### DAY 14: ÅNDALSNES

We will spend a day in Åndalsnes, a popular destination due to its location at the foot of some spectacular mountains. The Trollstigen mountain road and Vermafossen waterfall are both popular attractions here.

#### DAY 15: BERGEN

Our expedition ends in Bergen. Take the opportunity to spend some time strolling through the streets and enjoy sites such as Bergen's colourful UNESCO-listed Bryggen district before you fly home.



# DISCOVERING THE LAND OF THE PEOPLE WITH MS SPITSBERGEN

Unlike any other polar destination, Greenland offers unique cultural experiences along with breathtaking nature. See the gigantic Greenland ice cap and the lush hillsides, where you can truly connect with this land of contrasts.

#### WILDLIFE ON GREENLAND

Greenland is home to some fascinating species of animals that have all adapted to the Arctic climate both on land and in the water. Greenland's distinctive animals such as the musk ox, reindeer, narwhal and walrus are among those that you will have the greatest chance of seeing, especially when we are close to the expedition's starting point, Kangerlussuaq. Wolves, Arctic foxes, mountain hares and other small land mammals also live here, but are not often seen close to civilisation. Around 60 species of birds live on Greenland, including the white-morph gyrfalcon, also known as the 'Greenland falcon'.



#### HIGHLIGHTS ON GREENLAND

See Greenland's colossal icebergs calve into the sea, explore long fjords, lush meadows and a variety of animal life under the Midnight Sun. These expeditions offer numerous highlights with visits to small settlements and landings on remote shores. Another highlight is enjoying the views of the

Eqip Sermia Glacier. Here you will have an outstanding opportunity to experience glaciers first-hand and sense their greatness. Exploring the Ilulissat Icefjord that was inscribed on the UNESCO World Heritage List is also a something that will make a great impression. Greenland's finetuned interaction between man and nature goes back more than 4,000 years, refined throughout the generations. The Inuit still have extraordinary abilities to utilise nature, as this used to be the only key to survival. We'll also take you to the storytellers





# THULE, NORTH AND BEYOND

Join us for a unique Arctic expedition exploring the northwest coast of Greenland, along the edge of the Greenland Ice Sheet, which stretches 1,500 miles north, covering up to 80% of the island. Explore historic settlements such as Dundas and visit Siorapaluk, the northernmost natural community in the world. Touch an iceberg with your bare hands and marvel at the power of nature in Ilulissat Icefjord. With daily landings and excursions, including kayaking, hiking and many cultural activities, you will discover authentic Greenland and meet the people who call it home.



#### YOUR EXPEDITION DAY BY DAY

DAY 1: COPENHAGEN/KANGERLUSSUAQ Your flight from Copenhagen lands in Kangerlussuaq in the evening. Here, the MS Spitsbergen is already waiting for your embarkation.

#### DAY 2: SISIMIUT

Sisimiut is the southernmost of the towns on the western coast of Greenland. Here we offer a variety of optional shore excursions including hikes, boat trips and sightseeing, as well as the chance to shop for local handicrafts and enjoy a meal of Greenlandic specialities in a local restaurant.

#### DAY 3: QEQERTARSUAQ

Qeqertarsuaq is the only town situated on the old volcanic island of Disko. The area offers amazing Arctic experiences. Join optional excursions like a town walk, kayaking or an ice cruising boat tour. If you like archaeology and history you should definitely pay a visit to the local museum. Alternatively, you can stroll around the settlement on your own.

#### DAY 4: UUMMANNAQ

The town of Uummannaq is situated in scenic surroundings at the foot of a heart-shaped mountain. Our optional excursions include meeting the locals or taking a tender boat

excursion to a landing at Qilakitsoq where the mummies from the Thule era were found.

#### DAY 5: AT SEA

As we sail along the northwest coast in "Davis Straits" against "Lauge Koch coast", from 71 to 76 degrees north, we cross the point for the northernmost habitations. In these harsh and remote areas, settlements and nature constantly fight for its existence. Enjoy a day at sea and the series of lectures given by our Expedition Team.

#### DAY 6: QAANAAQ (THULE)

The Qaanaaq (or Thule) district was the first part of Greenland to be colonised by Inuits from the west. The district is among the northernmost inhabited places on earth and has a population of around 1,000. It is also the last bastion of US military in Greenland. Hunting for seal, whale and polar bear the traditional way is the only occupation in the town and the small settlements. Visit the "Ultima Thule" souvenir shop to buy genuine and original artwork and crafts from the Qaanaaq district.

#### DAY 7: SIORAPALUK

Situated only 1,362 km from the North Pole, Siorapaluk is the northernmost natural community in the world. The settlement was founded in 1933 and is known for its beautiful surroundings and geology. Siorapaluk means little Sands and was named after the small sandy beach in front of the village. This will be the northernmost landing on this trip, and you are more than welcome to visit the church, museum and the local shop.

#### DAY 8: CRUISING ALONG THE ICE EDGE/ AT SEA

We will spend a day cruising along the ice edge, and even try to reach 80° N.

#### DAY 9: DUNDAS "OLD THULE"

Greenlanders have lived in the settlement now known as Dundas for the last 900 years. Just north of Mount Dundas, we find the socalled "Comers Midden" and other middens. These are archaeological excavation sites with several ruins and mounds containing shells, animal bones and other refuse that indicate a site of human settlement. The Danish explorer Knud Rasmussen founded the trade post here in 1910. In 1963 the area was given official status as Thule, the 17th municipality of Greenland and the northernmost community in the world. Today nobody lives in this settlement. Come ashore and take a walk. See the ruins of this old trading post and walk to the other side of the peninsula to see remains of the old turf huts from the former settlement.

**16-DAY** EXPEDITION VOYAGE

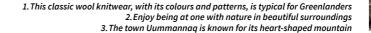
**DEPARTURE:** 06 August 2017

BOOKING CODE: CENSPGRE1702

EARLY BOOKING FROM \$13,510









#### DAY 10: AT SEA

Enjoy a day at sea where you can stay on deck to spot wildlife or participate in the lectures.

#### DAY 11: UPERNAVIK EQIP SERMIA

For centuries, the locals have migrated in spring to take advantage of the rich hunting grounds in Upernavik. This small settlement lies at N72° 47 and W 56° 10 in the Melville Bay and everything is within walking distance. Many of the locals still go hunting and fishing so keep your eyes open when walking through town for a polar bear or sealskin! In Upernavik you will also find the world's northernmost open-air museum.

#### DAY 12: EQIP SERMIA

The glacier Eqip Sermia calves icebergs into the open ocean. Today you will have a unique opportunity to experience a glacier and sense the true power of nature. We will use the ship's Polarcirkel boats to go ashore in this beautiful area. If you feel like being more active, you may take a small hike on your own in the area. Everybody who go ashore are invited to a BBQ dinner with a terrific view over the glacier.

#### DAY 13: ILULISSAT

Ilulissat is set in marvellous surroundings at Ilulissat Icefjord. The area was inscribed to the UNESCO World Heritage List in 2004. You will see enormous icebergs run aground at the mouth of the fjord, just outside of town. They originate from the Jakobshavn Glacier, one of the most productive glaciers in the northern hemisphere. We will offer a variety of optional shore excursions like hikes, town walks with a history theme and a boat tour to the Icefjord.

#### DAY 14: ITILLEQ

Itilleq means "the hollow", and as its name suggests, this small settlement is situated in a hollow, majestically surrounded by high mountains and glaciers. Around 130 people live here, who are mainly engaged in hunting and fishing. The island has no freshwater, and for this reason Itilleq makes use of a facility for forming freshwater from seawater. The church here has and interesting history: It was built in Thule (Umanak- North Greenland) in 1930 and was moved to Itilleq in 1963. Itilleq can truthfully be called the Arctic Circle Village, as the Arctic Circle is indeed found only 200 metres to the south.

#### DAY 15: KANGERLUSSUAQ

Reaching Kangerlussuaq, your expedition with MS Spitsbergen has come to an end. After debarkation you can join an excursion to the Greenlandic Ice Cap. The immense Greenland Ice Cap is an indescribable icy wasteland stretching 2,500 kilometres to the north. The tallest point is 3,200 meters above sea level. The road going here offers a wide variety of the most beautiful natural scenery ranging from Arctic desert and tundra with low growing shrubs to hilly terrain with a grand view of the edge of the Ice Cap. Your plane for Copenhagen leaves late in the evening.

#### DAY 16: COPENHAGEN

You arrive in the Danish capital early in the morning. And maybe you will have the time to explore "wonderful, wonderful Copenhagen" before you continue home.

14-DAY EXPEDITION VOYAGE

**DEPARTURE:** 20 August 2017

**BOOKING CODE:** CENSPGRE1703

EARLY BOOKING FROM



# ISLAND HOPPING IN THE NORTH ATLANTIC

Join us for a very special expedition where we go island hopping in the North Atlantic. On this extraordinary voyage you will explore the spectacular and unspoilt scenery of Greenland. Then we visit the saga island Iceland's capital Reykjavik. We continue south to the charming Faroe and Shetland Islands. We end this adventure in what is called "the gateway to the fjords" in Bergen, Norway. We can surely say that this is one of our most diverse expeditions ever!



The women's national costume is decorated with hundreds of multi coloured pearls
 You are sure to enjoy the picturesque scenery in Greenland from our Polarcirka

YOUR EXPEDITION DAY BY DAY

### DAY 1: COPENHAGEN/ KANGERLUSSUAQ

Your flight from Copenhagen lands in Kangerlussuaq in the evening. Here, the MS Spitsbergen is already waiting for your embarkation.

### DAY 2: EXPLORING NORTHWEST GREENLAND

Qeqertarsuaq is the only town situated on the old volcanic island of Disko. The area offers amazing Arctic experiences. Join optional excursions like a town walk, kayaking or an ice cruising boat tour. If you like archaeology and history you should definitely pay a visit to the local museum. Alternatively, you can stroll around the settlement on your own.

### DAY 3: EXPLORING NORTHWEST GREENLAND

Ilulissat is set in marvellous surroundings at Ilulissat Icefjord. The area was inscribed to the UNESCO World Heritage List in 2004. You will see enormous icebergs run aground at the mouth of the fjord, just outside of town. They originate from the Jakobshavn Glacier, one of the most productive glaciers in the northern

hemisphere. We will offer a variety of optional shore excursions like hikes, town walks with a history theme and a boat tour to the Icefjord.

### DAY 4: EXPLORING NORTHWEST GREENLAND

Sisimiut is the southernmost of the towns on the western coast of Greenland. Here we offer a variety of optional shore excursions including hikes, boat trips and sightseeing, as well as the chance to shop for local handi crafts and enjoy a meal of Greenlandic specialities in a local restaurant.

#### DAY 5: NUUK

Nuuk is the oldest town in Greenland and is situated at the mouth of one of the largest and most spectacular fjord systems in the world. Today this is where old and new traditions meet, from picturesque old buildings in "Kolonihaven" to the building of the Greenland Home Rule. Being the capital, Nuuk also houses a university, a teachers training college, churches and the Greenland National Museum - home to the mummies

from Qilakilsoq. City tours, hikes and possibly a flight are amongst the optional excursions

#### DAY 6: SOUTH GREENLAND

Narsaq is located at the beautiful shores of the Tunulliarfik Fjord. This part of South Greenland has been inhabited for thousands of years. It is a great area for optional activities like kayaking, hiking or exploring the town by foot. Qassiarsuk is the site where Eric the Red built his Brattahlíð estate in 982 A.D. He was banished from Iceland and escaped to the land he called Greenland. Eric the Red settled in Qassiarsuk because the area was according to him the richest and best site in Greenland. Join the optional boat trip or the settlement walk to explore more.

#### DAY 7: SOUTH GREENLAND

Many consider Qaqortoq one of the most beautiful towns in Greenland due to the colourful houses. The excursions we offer here include an interesting visit to the only tannery in Greenland, a city walk with guide and a kaffemik - the typical Greenland-style social gathering - to meet the locals. In Hvalsey you find some of the best-preserved ruins from the Norse period; the former 'Austurbygd'. 500 years after it was established all the inhabitants suddenly left in 1408. Here you find the remains of the church where the last known Viking wedding took place.

#### DAY 8: NUNAP ISUA

Greenland's southern shores contain some of the most culturally and scenically diverse regions of this giant island. We will try to sail through the narrow, often ice-choked 70-milelong channel Prins Christian Sund that cross the southernmost point of Greenland and enjoy the breathtaking scenery. If the channel is blocked we will sail around Nunap Isua (Kap Farvel).

#### DAY 9: DENMARK STRAIT

While crossing the Denmark Strait you can either use the day to relax or join the variety of lectures on topics like history, biology and geology.

#### DAY 10: REYKJAVIK, ICELAND

Reykjavik was once the first Viking settlement and is today the modern capital of Iceland. The surroundings offer fantastic spots of natural beauty; geysers, mountains, glaciers and geothermal bathing.

#### DAY 11: AT SEA

Enjoy a relaxing day at sea with on board lectures while we set course to the Faroe Islands.

#### DAY 12: TÓRSHAVN, FAROE ISLANDS

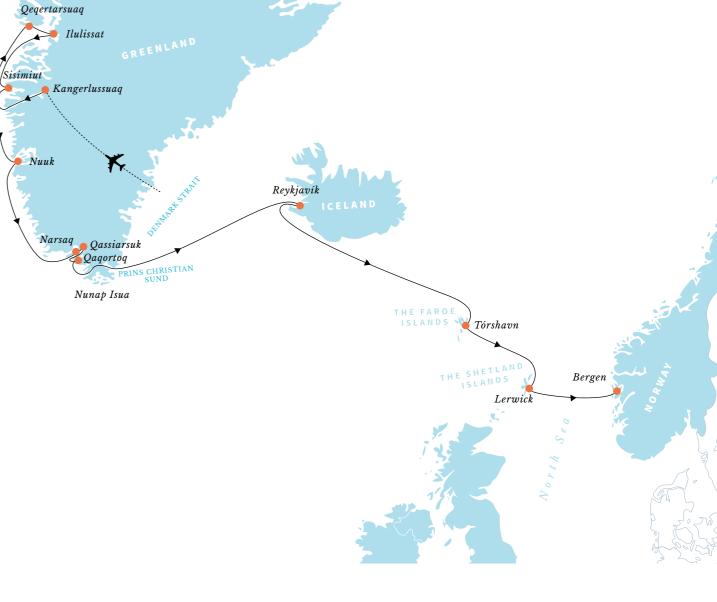
The Faroe Islands are a group of 18 islands in the middle of the North Atlantic, halfway between the Shetland Islands and Iceland. Tórshavn is one of the smallest capitals in the world, with only 15,000 inhabitants. It was founded in the 10th century, and might very well be the oldest capital in northern Europe. Since the turn of the 20th century, Tórshavn has grown rapidly, and is today the economic, cultural and administrative centre of the Faroe Islands. The town is a charming blend of old and new with small houses in nearly every colour.

#### DAY 13: LERWICK, SHETLAND ISLANDS

Lerwick is the main port of the Shetland Islands, and by far the northernmost town of Scotland. It was founded in the 17th century as a fishing port, and fishery is still the main industry, in addition to ferry and oil. Today, Lerwick is a bustling, cosmopolitan seaport with services and amenities only found in much larger places on the British mainland. The old waterfront is thronged with visiting yachts and working fishing boats. In the surroundings we will find some of Shetland's most attractive scenery and an extraordinary concentration of archaeological sites, including Europe's best-preserved broch and two remarkable Iron Age villages.

#### DAY 14: BERGEN, NORWAY

As we arrive in Bergen, we see the end of this expedition. We recommend you acquaint yourself with this charming city. Stroll through the picturesque streets of Bergen and enjoy the well-known and famous UNESCO World Heritage site "Bryggen" (the wharf) and the fish market





# EXPLORE THE LAND OF FIRE AND ICE WITH MS SPITSBERGEN

Iceland has lava and glaciers, as well as vast expanses of unspoilt nature lying at the doorstep of highly modern, urban communities. Icelandic traditions date back to the ancient sagas, and the folk stories are ripe with mysticism, elves and trolls.

#### WILDLIFE ON ICELAND

There are a handful of whale species that feed and breed off the Icelandic coast. Most common are minke and humpback whales, plus a few types of porpoise and dolphin. If you are lucky you might also see blue whales and orcas during certain times of the year. Reindeer were imported to Iceland in the 18th century from Norway. They once lived wild across the whole country, but now survive only in Eastern Iceland. The cute little Arctic fox



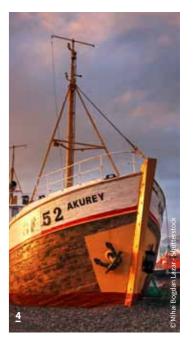
is the only wild land animal that is native to Iceland. It was here before the Vikings, and still survives today, well adapted to life on this cold island. You will see a lot of Icelandic horses and sheep, but they came with the Vikings some thousand years ago. If your hobby is birdwatching,



Iceland has much to offer. To European birdwatchers, Iceland is famous for its three breeding bird species of American origin: Great northern diver, harlequin duck and Barrow's goldeneye, and for one Arctic bird, Brünnich's guillemot. Bird cliffs especially attract many visitors, both general tourists and keen birdwatchers. There are around 350 Icelandic bird species and some 75 of them breed in Iceland.

#### HIGHLIGHTS ON ICELAND

Iceland is located on the Mid-Atlantic Ridge, which runs right through it. This location means that the island is highly geologically active with many volcanoes and geysers. Iceland has a diversity of landscapes including lava and rock formations, glaciers, volcanoes, and hot and cold springs. The untouched nature, majestic mountains and waterfalls are among Europe's most powerful and awe-inspiring.



# ELVES, SAGAS AND VOLCANOES OF ICELAND

Mythical Iceland is the land of fire and ice, with glaciers and volcanoes side by side. It is the perfect destination for explorers looking for the unexpected. Iceland's heritage dates back to the ancient sagas, and folk tales are ripe with mysticism, elves and trolls. Enjoy hikes through lava fields, swim in natural hot spas, visit one of the many museums or simply walk around on your own. Join us when we circumnavigate the island, exploring the wilderness, wildlife, history and settlements.









- 1. Siglufjörður is a small fishing town, originally known for herring industry in the 1940s and 1950s 2. Iceland is home to
- some famous geysers, due to the high rate of volcanic activity 3. The cliffs in Látrabjarg are home to millions of sea birds, including puffins gannets,

guille-

#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: REYKJAVIK

A lot of visitors are puzzled when landing in Iceland, because the airport is located in a part of the country that looks like an arctic desert with lava rocks, moss and mountains. 45 minutes later you find yourself in Reykjavik, a charming and vibrant town with lots of restaurants, museums and shops on narrow streets.

#### DAY 2: STYKKISHÓLMUR

The West region of Iceland is often named "The Sagaland". Here you can enjoy Stykkishólmur's diversity with lava and rock formations, glaciers, volcanic activity, hot and cold springs. Join several exciting excursions like kayaking, hiking and horseback riding.

#### DAY 3: FLATEY AND BJARGTANGER/ LÁTRABJARG BIRD CLIFF

On the charming island of Flatey time literally stands still. Most of Flatey's houses are from

the 19th century, so strolling about gives you the impression of travelling back in time. Látrabjarg is a promontory and the westernmost point in Iceland. The cliffs are home to millions of birds, including puffins, northern gannets, guillemots and razorbills. One of Iceland's best-kept secrets is the Westfjords.

#### DAY 4: ÍSAFJÖRÐUR

Ísafjörður is the largest town, with a centuriesold history as a major centre of commerce and trading, all based on fish. We invite you to take a stroll around to see its architecture or join our wide range of optional excursions.

# DAY 5: HORNBJARG CLIFF AND REYKJAFJÖRÐUR

The Hornbjarg cliff is one of the greatest seafowl habitats, and we will take a closer look, and hopefully make a landing. Reykjafjörður can only be reached by foot or

boat, and we plan to take a closer look at this stunning area.

#### DAY 6: SIGLUFJÖRÐUR AND GRÍMSEY

Siglufjörður offers facilities for both recreation and sightseeing. A few hours in the rugged landscape give you the chance to savour the peace and tranquillity. Grímsey is where the Arctic Circle touches Iceland, and we will use our Polarcirkel boats to reach this island.

#### DAY 7: AKUREYRI

12-DAY EXPEDITION VOYAGE DEPARTURES:

21 May and 1 June

**BOOKING CODE:** 

EARLY BOOKING FROM

\$6,180

Akureyri is a lively and energetic town. It is the most populated community outside the Reykjavík area and the centre of trade, culture and services for the north of Iceland. Akureyri is close to many of Iceland's most renowned natural beauty spots and the town itself is a popular destination. Enjoy an optional hike or join an excursion to the impressive Goðafoss waterfall.

#### DAY 8: HÚSAVÍK

Húsavík is the oldest settlement on Iceland. The most famous landmark of the town is the wooden church Húsavíkurkirkja, built in 1907. Húsavík has over the years become a whale watching centre in Iceland and is home to a Whale Museum. We will sail by the Langanes peninsula in at the evening.

#### DAY 9: BAKKARGERDI AND SEYÐISFJÖRÐUR

Bakkagerdi is the main settlement in Borgarfjörður. This area is known for its natural beauty and is "the land of the elves". There are a lot of puffin colonies in the fjord, so it is a popular place for bird watching. Bakkagerdi is off the typical tourist track, and offers peace, quiet and nice views. If you prefer more action, you can join us for an optional tour to the natural forest of Hallormsstaður. Seyðisfjörður is distinguished by its Norwegian heritage. The colourful Norwegian-style wooden houses date from the early 20th century and render this village unique in Iceland. Explore the town, join a hike or take an optional excursion out to Skálanes.

#### DAY 10: HÖFN

Large mountains and wide rivers, as well as the ever-present Vatnajökull glacier dominate the area around the charming fishing village Höfn. In the harbour you will have scenic views of the Vatnajökull glacier. On the east coast you will find pine forests, lush farmlands and a variety of colourful fishing villages and vibrant seaside communities. The Vatnajökull glacier is the largest glacier of Europe and a spectacular sight.

# DAY 11: SURTSEY AND HEIMAEY (VESTMANNAEYJAR)

Surtsey is a volcanic island, formed by an eruption starting 130 meters below sea level and reaching the surface in 1963. Heimaey is the largest of the Westman Islands and is dominated by magnificent bird cliffs. The Vestmannaeyjar is located off Iceland's south coast. Most of the islands have steep sea cliffs and is a habitat for extreme amounts of birds, including puffin. This is also a great place for spotting whales.

#### DAY 12: REYKJAVIK

Our voyage of discovery and adventure ends in Reykjavik. If you have the time, join our exciting post programme Golden Circle and Blue Lagoon.

141



unique sense of peace alongside the thrill of a along the coast of South America. Sail from Bogart's legendary Casablanca in Africa. Discover cultural contrasts in Europe or sail in the wake of mariners of the past.

Being at sea is a destination of its own, with a Explore with all your senses, taking in a variety of sights and experiences as we journey from classic adventure. The diversity of the things one hemisphere to another. Experience the you will experience is out of the ordinary! See spiced heat of the Sahara, the lush shadows the amazing coast of Brazil or discover the of the Amazon rainforest and the greatest mysteries of ancient Incas on our expeditions attraction of them all, the big, blue Atlantic giant, as it unlocks nature's wonders day by the luxuriant rainforest of the Amazonas to day. These expeditions demand your investment of time and provide the time of your life in return.







1.Rio de Janeiro 2. Traditional tagine, Morocco 3. Native Brazilian woman in the Amazon 4. Walk in the jungle



# FROM THE AMAZON **TO SAHARA WITH MS FRAM**

This is your opportunity to really explore a range of unique destinations on three continents: South America, Africa and Europe, along the world's legendary sea routes.

#### HIGHLIGHTS IN SOUTH AMERICA. AFRICA AND EUROPE

Venture deep into the tropical jungle of the Amazon Rainforest where you can learn more about the ecology and see the unique bird and wildlife on hikes or from a canoe. Unlock the ancient mysteries of the Incas, see fascinating archaeological sites and learn more about the histories of lost cultures. At the same time, enjoy the world's longest and most stunning beaches on our expeditions under the tropical sun, along the coastlines of South America. If you choose to go further south, the wildlife in Argentina's Valdés Peninsula is some of the country's richest, with can also discover the entire European elephant seals, Magellanic penguins, coastline, with historical sites of the southern right whale and a knights and emperors. Or take a great variety of birds. Continuing transatlantic crossing in the wake even further south you can visit the isolated Falkland Islands and stunning South Georgia. Here you excursions such as canoeing, hiking,



taking kayaks out on the water, hiking and experiencing close encounters with penguins, birds and seals. You of pirates and colonial conquerors. Expedition style landings and cooking, dancing classes and visiting

UNESCO Heritage sites will make these expedition voyages all the more fascinating.





1. Venture deep into the Amazon Rainforest 2. Meet the local Indians in the Amazon 3. Try local food, and maybe make some yourself 4. See the camels of Morocco

**DEPARTURE:** 13 March 2017

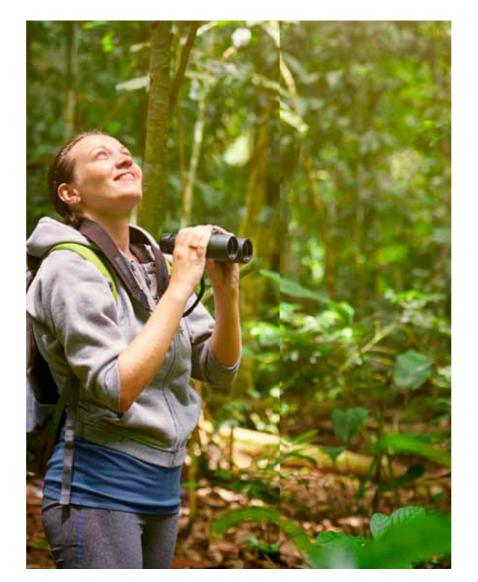
**BOOKING CODE:**CENERWOR1701

EARLY BOOKING FROM \$8,785

Northbound

# EXPEDITION TO THE AMAZON RAINFOREST

This is an amazing expedition combining tropical beaches with metropolitan city life as well as excursions into the Amazon rainforest. We embark in Montevideo in Uruguay and travel north along the coastline of Brazil. Next, we sail up the Amazon River to Manaus, giving you a fantastic opportunity to really get to know the country with its tropical paradises, stunning nature, and rich history.







1. Explore the Amazon rainforest 2. Experience local culture 3. Canoeing on the Amazon River



Atlantic

YOUR EXPEDITION DAY BY DAY

#### DAY 1: MONTEVIDEO, URUGUAY

Your journey begins with an overnight stay in a hotel in Montevideo, the Uruguayan capital. MS Fram does not leave until the next afternoon, giving you plenty of time to explore the city and experience its lively nightlife.

#### DAY 2: MONTEVIDEO

In the afternoon, MS Fram sails out of the Rio de la Plata into the open waters of the Atlantic. The river mouth is a very busy shipping route and you can spot vessels from all over the world.

#### DAY 3: AT SEA

Enjoy the tropical temperatures on deck or lectures from the Expedition Team.

#### DAY 4: ITAJAÍ, BRAZIL

Itajaí is a mix of modernity and elements of the past. With more than 140 years of history, Itajaí still shows traces of its Azorean colonisation in the local architecture, as well as a cultural heritage from the Portuguese colonists and German immigrants that came in the 18th and 19th centuries.

#### DAY 5: ITAJAÍ, BRAZIL

Many buildings, such as the Public Market, the Itajaí History Museum and the House of Culture, are former mansions that are listed as historic heritage sites. Surrounded by the beautiful Brazilian rainforest and several impressive beaches, it is an excellent starting point for our excursions that let you explore both the fascinating culture and the astonishing nature.

#### DAY 6: SANTOS

Home to the largest seaport in South America, Santos is a vibrant and eclectic port town. The city features a four-mile stretch of beach with a lush promenade separating it from the seafront condos and hotels. The promenade is where the locals hang out, so taking a walk here is a great way to experience the ambience of the city. Other places of interest include the aquarium, the Orchid Garden

and the zoo-botanic garden. At the dock museum and the Coffee Stock Exchange, you will see the important role that coffee has played in the town since the 19th century. Finally, don't miss the handicraft market, where you will find typical Brazilian souvenirs.

#### DAY 7: AT SEA

A day at sea is perfect for birdwatching, attending lectures or simply relaxing with a good book.

#### DAY 8: AT SEA

Have another relaxing day at sea, or attend the lectures.

#### DAY 9: SALVADOR

The state of Bahia has been populated for several thousand years, firstly by the Gê people and then by an indigenous tribe called the Tupinambá people. In 1500, it was claimed by the Portuguese and in 1549, Salvador de Bahia – Brazil's first town – was established by the colonial settlers. The historic centre,

the Pelaurinho, is a UNESCO World Heritage Site with impressive Portuguese colonial architecture and an array of churches. As Salvador was a centre for the slave trade, the African influence is still evident in the music, religion and, most noticeably, in the local cuisine, which makes lavish use of dendà oil, coconut milk and groundnuts.

#### DAY 10: AT SEA

Spend another relaxing and interesting day at sea.

#### DAY 11: AT SEA

Relax and enjoy the journey as we spend another day at sea.

#### DAY 12: FORTALEZA

Fortaleza is Brazil's fifth-largest city. While you are here, we recommend that you visit Centro, the oldest part of the town, which is a lively area to explore by day, with its busy streets full of small stores. Try the typical Brazilian food in one of the barracas (rustic

restaurants) next to the beach, and visit the old fortress built by the Dutch captain Matias Beck in 1649 as well as Fortaleza's cathedral, the third-biggest church in Brazil.

#### DAY 13: AT SEA

Join the Expedition Team for more lectures or spend the day on deck.

#### DAY 14: AT SEA

Relax as we spend another day at sea.

#### DAY 15: AT SEA

As we sail up the Amazon River, spend the day on deck and enjoy the views.

#### DAY 16: SANTARÉM

The Amazon River is the largest river in the world and runs through the largest forest in the world. After three days at sea, it will be great to feel land under your feet again! Stroll along the waterfront promenade in lively port town Santarém where the murky brown Amazon meets the dark blue-green Rio

Tapajós. Santarém is the perfect starting point for several activities in the National Forest Tapajós, a beautiful national forest where you can hike or canoe. You can also explore the unique Amazon rainforest.

#### DAY 17: CRUISING THE AMAZON RIVER

The mighty Amazon River crosses the South American continent. The Amazon rainforest, home to more than a third of the world's animal species, surrounds it. As we sail along this river, you will have unbeatable views of the untamed rainforest and its biodiversity.

#### DAY 18: MANAUS

Manaus is the capital of the state of Amazonas and is located in the middle of the rainforest. Manaus is known as 'The Gateway to the Jungle'.

147

From the

# AMAZON TO THE SAHARA

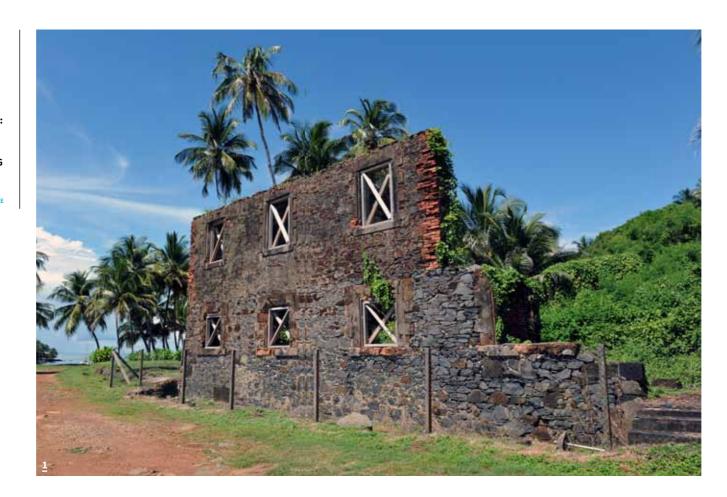
Imagine exploring the lush Amazonas, the world's largest tropical rainforest consisting of a number of ecosystems, vegetation and wildlife. Then you visit several paradise islands, enjoy crossing an entire ocean before arriving at the edge of the largest hot desert on Earth, Sahara. This is a slow paced journey, but you will not be bored. Expedition style landings and excursions like canoeing, diving, hiking and visiting UNESCO Heritage sites will make this expedition even more fascinating. Also our Expedition Team will have lecture throughout the journey from Manaus to Casablanca that cannot fail to impress

18-DAYS EXPEDITION

**DEPARTURE:** 29 March 2017

BOOKING CODE: CENERWOR1702

EARLY BOOKING FROM \$6,885





Devil's Island, a former prison island
 See the colourful birdlife
 Wish the souk in



#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: MANAUS, AMAZONAS

Your adventure starts with an overnight stay in this exotic city.

#### DAY 2: MANAUS, AMAZONAS

After a relaxing breakfast, you will learn more about Manaus and the region by joining a sightseeing tour which ends at the pier where MS Fram will be waiting for you.

#### DAY 3: PARINTINS

As we cruise towards the Atlantic Ocean, we will make a stop in Parintins. This is a very small island with lots of small shops, eateries and a local cathedral that towers over the city. Take a walk to experience the everyday life here, enjoy one of the local drinks or taste the local soup, do some boi-dancing with the locals or join the Expedition Team for a hike or kayak trip in the jungle.

#### DAY 4: SANTARÉM

In Santarém, you can take a stroll along the waterfront promenade where the murky brown Amazon meets the dark blue-green Rio Tapajós. On one hand this is a pleasant city, but it is also a gritty port town. Santarém is also the perfect starting point for several activities in the Tapajós National Forest, a beautiful forest where you can hike and canoe. You can also explore the unique Amazon rainforest.

#### DAY 5: CRUISING ON THE AMAZON RIVER

For the next few days, we will be cruising on the Amazon River through the jungle before we reach the Atlantic Ocean. We recommend that you stay on deck with your camera and binoculars. Listen to the sound of the jungle and hear the song of the wilderness.

#### DAY 6: AT SEA

When we cross the equator, King Neptune will appear to perform an Equator baptism.

#### DAY 7: DEVIL'S ISLAND, FRENCH GUYANA

Devil's Island belongs to the Iles de Salut. For more than 100 years the island was the infamous "green hell" of legends. This was where 60,000 prisoners endured a living death dubbed the "dry guillotine". For the prisoners, death was their only escape. The surroundings were home to the planet's most threatening animals. The sea was infested with sharks, the rivers filled with piranhas and the jungle teemed with army ants and alligators.

#### DAY 8: AT SEA

Enjoy the view to an endless horizon, and see the colour of the ocean changing under the influence of the sunlight and the microorganisms in the water.

#### DAY 9: AT SEA

Flying fish will join us on our way to Cape Verde, and sea birds like masked boobies will be a special attraction.

#### DAY 10: AT SEA

Enjoy another relaxing but exciting day at sea.

#### DAY 11: AT SEA

Join the Expedition Team for more lectures or spend the day relaxing on deck.

#### DAY 12: AT SEA

Have another relaxing day at sea, or attend the lectures.

#### DAY 13: PRAIA, CAPE VERDE

Praia is the capital of Cape Verde. Not far from Praia, you find the tiny Cidade da Ribeira Grande de Santiago (Cidade Velha), the former capital of Santiago, founded by the Portuguese in 1461. Today, the town with its old fortress, 'Fortaleza Real de Sao Felipe', the extraordinarily restored 'Rua Banana' and the oldest colonial church in the region, is a UNESCO World Heritage Site. Enjoy a day of snorkelling or take a walk along the beach to experience the vibrant lifestyle here.

#### DAY 14: AT SEA

During the next few days, we will sail with the Canary Current on our way from Cape Verde. The current is part of the North Atlantic Gyre.

#### DAY 15: AT SEA

The North Atlantic Gyre is where the deep, cold and nutrient-rich water meets shallower warm waters, making this part of the ocean a remarkable fishing ground that is also teeming with marine mammals and seabirds.

#### DAY 16: AT SEA

Enjoy the view of endless horizons, read those holiday novels you have never found the time to read, or simply relax on deck.

#### DAY 17: AT SEA

Enjoy another relaxing but exciting day at sea.

#### DAY 18: CASABLANCA

Our expedition ends in Casablanca, Africa. We recommend that you stay out on deck when we sail into the harbour; The Hassan II Mosque is an amazing sight. The mosque is the seventh largest in the world, and 105,000 faithful can pray here at the same time. If time permits, you can also explore the 'White City'. To get a true feel for this lively African city, take a walk through the narrow streets and visit the local souk (African market place).



**DEPARTURE:** 21 September 2017

BOOKING CODE: CENERFUR1702

EARLY BOOKING

\$3,175 PER PERSON TWIN SHARE

# GEMS OF THE ATLANTIC COAST

Europe offers beautiful scenery, interesting ports and a rich variety of cultural and natural heritage. Explore the coastline at a relaxed pace, waking up in your comfortable cabin every morning knowing that you are in for a new and interesting adventure. Through our lectures, activities and excursions, you will learn more about the fascinating history, architecture and culture of the places we visit. Explore some of Europe's most fascinating sights, from UNESCO World Heritage Sites and cultural highlights to the urban jet-set feel of Guernsey in the Channel Islands.

#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: BERGEN, NORWAY

This expedition starts on the west coast of Norway. Bergen is called 'The Gateway to the Fjords' and is an international city packed with history and tradition. It is a big city with a small-town atmosphere.

#### DAY 2: AT SEA

A day at sea is a perfect way to start this adventure. The lecture team have prepared interesting lectures for you, or you can have a cocktail or coffee in the bar or observation lounge, enjoy the tasty meals in the restaurant or simply relax on deck.

#### DAY 3: AMSTERDAM, NETHERLANDS

Amsterdam developed from a small fishing village in the 13th century to become one of the most charming and culturally important cities in the world. Few cities mix history with an urban flair like the capital of the Netherlands does. Take a walk into history, be amazed by the museums, explore by foot, by bike or canal boat. We will spend almost two days here, giving you time to join our excursions and to get to know the city.

# DAY 4: AMSTERDAM AND THE ENGLISH CHANNEL

We leave Amsterdam in the morning. For the rest of the day, we will sail through the English Channel which connects the North Sea with the Atlantic Ocean. This is the world's busiest seaway with more than 500 ships passing every day. The observation lounge is a good place to watch vessels from all over the world on their way through the Channel.

#### DAY 5: GUERNSEY

Guernsey is the second largest of the Channel Islands, located near the coast of Normandy in France. The islands have a very complicated political status. They are British crown dependencies, but they do not belong to the UK. St Peter Port in Guernsey is considered to be one of Europe's prettiest harbours, and it has been busy since Roman times. Enjoy a day of shopping, museums, hikes and bicycle trips or just unwind in a pub.

#### DAY 6: AT SEA

A day at sea means spotting marine life such as dolphins, whales and seabirds from the deck. Enjoy the lectures on history and biology from the Expedition Team in the lecture hall and on deck.

#### DAY 7: LA CORUÑA, SPAIN

La Coruña is great for history and culture buffs, with a mystic and magic allure created by the Celtic and Roman heritage. The city had its heyday in the 14th and 15th centuries when it functioned as the port for English pilgrims on their way to Santiago de Compostela. On our way into the harbour, we pass the Hercules Tower, the oldest Roman lighthouse still in use today. Take a walk through the historic city and see the relics from the different people and cultures that gave the city its amazing appearance.

#### DAY 8: LEIXÕES, PORTUGAL

From Leixões, it is a short yet very interesting trip to Porto. Mix monuments by leading international architects from the past and the present with some fantastic baroque carvings.

Add a world-famous sweet wine and a certain British flavour. Place it all by a grand river, and you have Porto. This is Portugal's second largest metropolis, and one of Europe's most charismatic cities. Its historic centre, Ribeira, at the northern bank of the Douro River is a UNESCO World Heritage Site. A boat tour in a replica of the old Rabelo boats offers a perfect view over the historic city from the riverside. We will spend a day exploring Porto and its wonderful surroundings.

#### DAY 9: LISBON, PORTUGAL

Lisbon is Europe's second-oldest capital (after Athens), and home to the Bélem Tower and the Jéronimos Monastery, both UNESCO World Heritage Sites. The old city is situated close to the harbour, so it's just a short trip to famous buildings like the 45m-high Santa Justa Lift built in the Neo-Gothic style. Get a taste of Portugal in one of the many restaurants, cafés or bars before you fly home.









151



**DEPARTURE:** 29 September 2017

BOOKING CODE: CENERWOR1703

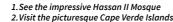
EARLY BOOKING

\$6,285 PER PERSON TWIN SHARE

# IN THE WAKE OF THE BUCANEERS

If you think we will be having masquerade balls, dress up as pirates, put up Jolly Roger flags or have the captain pretend to be Captain Jack Sparrow, think again. During this expedition, we sail the waters that were made unsafe for centuries by pirates, buccaneers and privateers. Join us as we sail from Portugal, Spain and the old Barbary Coast to the Cape Verde Islands. Then we cross the Atlantic Ocean and explore the Amazon River and rainforest. Learn more about the history of piracy and about the rainforest ecology and see the unique wildlife on hikes or from a canoe.





#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: LISBON, PORTUGAL

Lisbon's history revolves around its strategic geographical position at the mouth of the Tagus, where its spacious and sheltered natural harbour made the city an important seaport for trade between the Mediterranean and northern Europe. This is probably why Lisbon has a long history of pirate raids, from the Vikings and Saracen pirates to Dutch and English pirates later on. Before we sail, you can visit well-known buildings and UNESCO World Heritage Sites such as the Bélem Tower and the Jéronimos Monastery.

#### DAY 2: CÁDIZ, SPAIN

Cádiz is almost completely surrounded by the Atlantic, and the long beaches invite you to enjoy a dip in the ocean. Cádiz is the one of the oldest cities in the Western world, founded by the Phoenicians around 1100 B.C. Later on the Carthaginians, Romans, Visigoths and Moors found their way to the city. For 200 years, Cádiz was regularly attacked by the English. Sir Francis Drake may be remembered for circumnavigating the world,

but he also happened to be Queen Elizabeth I's favourite privateer. His greatest act was a blow against the King of Spain: a raid on Cádiz that destroyed several ships that were being built for the great Armada that was to attack England.

#### DAY 3: CASABLANCA, MOROCCO

Pirates in Morocco were known as the Barbary corsairs, and Casablanca was once a haven for pirates. Today the city displays an exotic mix of old and new. Stay on deck as we sail out from the White City to enjoy the view of the town and its harbour life with small and colourful wooden boats next to fishing vessels and huge ocean liners. See the Hassan II Mosque in the sunset, one of Casablanca's most famous landmarks.

#### DAY 4: AT SEA

Enjoy a day at sea as the Expedition Team starts their fascinating lecture series.

#### DAY 5: AT SEA

During the next two days we will sail with the Canary Current on our way to Cape Verde. The current is part of the North Atlantic Gyre.

#### DAY 6: AT SEA

The North Atlantic Gyre is where the deep, cold and nutrient-rich water meets more shallow and warm waters, making this part of the ocean a remarkable fishing ground that is also teeming with marine mammals and seabirds.

#### DAY 7: AT SEA

Enjoy another day at sea. Relax on deck or attend the lectures from the Expedition Team.

#### DAY 8: PRAIA, CAPE VERDE

The Cape Verde Islands were discovered in the beginning of the 15th century. Travellers frequently used them as a stop to take on food and water. The useful location led to attacks by many famous pirates and privateers such as Francis Drake, Henry Long, Ben Avery, Henry Morgan and William Dampier. Captain Kidd also frequently sailed these waters. Several treasure hunters believe that the Skeleton Island he refers to was actually Maio Island, next to Santiago and Praia where we make a stop. Enjoy a day of snorkelling or take a walk along the beach to experience the hectic pace of life on the island.

#### DAY 9: AT SEA

Attend interesting lectures as we cross the Atlantic Ocean.

#### DAY 10: AT SEA

Enjoy being at one with the ocean and relaxing on deck, a truly unique experience.

#### DAY 11: AT SEA

You will see the ocean changing colour under the influence of the sunlight and the microorganisms in the water.

#### DAY 12: AT SEA

Flying fish will join us and sea birds such as masked boobies will be a highlight.

#### DAY 13: AT SEA

Enjoy the view of endless horizons, read those holiday novels you never have the time to read, or simply relax on deck.

Manaus

AMAZON Parintins

Santarém

#### DAY 14: AT SEA

Have another relaxing day at sea, or attend the lectures.

#### DAY 14: AT SEA/AMAZONAS

The mighty Amazon River crosses the South American continent. The Amazon rainforest, home to more than a third of the world's animal species, surrounds it. As we sail along this river, you will have unbeatable views of the untamed rainforest and its biodiversity.

#### DAY 15: SANTARÉM, BRAZIL

The Amazon River is the largest river in the world and runs through the largest forest in the world. After seven days at sea, it will be great to feel land under your feet again. Stroll along the waterfront promenade in Santarém where the murky brown Amazon meets the dark blue-green Rio Tapajós. On one hand,

this is a pleasant city, but it is also a gritty port town. Santarém is also the perfect starting point for several activities in the National Forest Tapajós, a beautiful forest where you can hike and canoe. You can also explore the unique Amazon rainforest.

EQUATOR

PORTUGAL

Lisbon Cádiz

Casablanca

#### DAY 16: PARINTINS

CAPE VERDE

Praia

Parintins is a very small island with lots of small shops, eateries and a local cathedral that towers over the city. Take a walk to experience the everyday life here, enjoy one of the local drinks or taste the local soup, do some boi-dancing with the locals or join the Expedition Team for a hike or kayak trip in the jungle.

#### DAY 17: MANAUS

Manaus is the capital of the state of Amazonas and is located in the middle of the rainforest. Manaus is known as 'The Gateway to the Jungle'

DEPARTURE:

**BOOKING CODE:** 

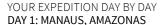
EARLY BOOKING

FROM \$7,700 PER PERSON TWIN SHARE

Southbound

# EXPEDITION TO THE AMAZON RAINFOREST

This is an extraordinary expedition that lets you combine visits to tropical beaches and experiencing metropolitan city life with excursions into the Amazon rainforest. Starting in Manaus, we cruise the Amazon River and venture into the tropical jungle. Learn more about the ecology here, enjoy bird watching and see the unique wildlife on hikes or from a canoe. As we sail south along Brazil's coastline you can enjoy days at sea, explore impressive nature and see the historical highlights in some of the cities. You will have the best possibility to really learn to know the country and the people living here.



Your adventure starts with an overnight stay in this exotic city.

#### DAY 2: MANAUS, AMAZONAS

After a relaxing breakfast, you will learn more about Manaus and the region by joining a sightseeing tour which ends at the pier where MS Fram will be waiting for you.

#### DAY 3: PARINTINS

Parintins is a very small island with lots of small shops, eateries and a local cathedral that towers over the city. Take a walk to experience the everyday life here, enjoy one of the local drinks or taste the local soup, do some boi-dancing with the locals or join the Expedition Team for a hike or kayak trip in the jungle.

#### DAY 4: SANTAREM

The Amazon River is the largest river in the world and runs through the largest forest in the world. After three days at sea, it will be great to feel land under your feet again! Stroll along the waterfront promenade in the lively port town of Santarém where the murky brown Amazon meets the dark blue-green Rio Tapajós. Santarém is the perfect starting point for several activities in the National Forest Tapajós, a beautiful national forest where you can hike and canoe. You can also explore the unique Amazon rainforest.

EQUATOR

#### DAY 5: CRUISING THE AMAZON RIVER

For the next few days, we will be sailing on the Amazon River through the jungle before we reach the Atlantic Ocean, so stay on deck with your camera and binoculars! Listen to the sounds of the jungle and hear the songs of the wilderness.

Atlantic Ocean

Santarém

Montevideo

Fortaleza

#### DAY 6: AT SEA

Manaus

AMAZON Santo RAINFOREST Parintins

Enjoy the tropical temperatures on deck or lectures from the Expedition Team.

#### DAY 7: AT SEA

Today is perfect for birdwatching from the deck, attending lectures or simply relaxing with a good book.

#### DAY 8: FORTALEZA

In Fortaleza, we recommend a visit to Centro, the oldest part of town, which is a lively area to explore by day, with busy streets full of small shops. Here, you can sample typical Brazilian food in one of the barracas (rustic











1.Learn more about the rainforest 2. UNESCO World Heritage Site in Paraty 3. See amazing wildlife 4. Visit the local coffee market 5. It's exciting being in the Amazon rainforest

restaurants) next to the beach, and visit the old fortress built by the Dutch captain Matias Beck in 1649 as well as Fortaleza's cathedral, the third-biggest church in Brazil.

#### DAY 9: AT SEA

Join the Expedition Team for more fascinating lectures or relax on deck.

#### DAY 10: AT SEA

Spend another relaxing and interesting day at sea.

#### DAY 11: AT SEA

Have another relaxing day at sea, or attend the lectures.

#### DAY 12: AT SEA

Relax as we spend another day at sea.

#### DAY 13: PARATY

The UNESCO World Heritage town of Paraty, with its old colonial houses and cobblestone streets, is surrounded by islands, sheltered beaches, and a backdrop of steep, jungled mountains. Paraty had its first boom during the gold rush in Brazil, in the 17th century. It was the final point of the 'Gold Trail'. Originally used by the Guaianazes Indians, the 745-mile road connected the gold mines with the Atlantic Ocean through the rough terrain of the rainforest. At the beginning of the 19th century, Paraty became renowned once again due to the coffee trade and the production of Cachaça, a distilled spirit made from sugarcane juice. The coastline, with its intact forests, attracts hikers, botanists and ornithologists from all over the world and a visit here is an unforgettable one.

#### DAY 14: AT SEA

Enjoy life on board as we spend a day at sea.

#### DAY 15: AT SEA

Spend another relaxing and interesting day at sea.

#### DAY 16: MONTEVIDEO

In the afternoon, we arrive in Montevideo, the capital of Uruguay, situated at the mouth of the Rio de la Plata. A transfer will take you from the ship to your hotel. Enjoy the lively city in the evening.

#### DAY 17: MONTEVIDEO

After breakfast in the hotel, your adventure comes to an end.

DEPARTURES: 29 October 2017

BOOKING CODE: CENFRWOR1705

EARLY BOOKING FROM

\$9,280

# WILDLIFE IN THE **SOUTH ATLANTIC OCEAN**



This expedition to the South Atlantic islands offers a world of natural beauty, with untouched scenery and wildlife like nowhere else on Earth. Situated on Argentina's barren eastern Patagonian coast, the Valdés region is home to some of the country's richest wildlife, including elephant seals, Magellanic penguins, southern right whales, and a great variety of birds. As we reach the isolated Falkland Islands and stunning South Georgia, you can enjoy spending time ashore, taking kayaks out on the water, hiking, and seeing penguins, seabirds and seals up close.

#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: MONTEVIDEO

Late in the evening MS Fram sails out of the Rio de la Plata and into the open waters of the Atlantic. The river mouth is a very busy shipping route and you can spot vessels from all over the world.

#### DAY 2: AT SEA

Enjoy life on board. Relax in the panorama lounge, keep a lookout for wildlife from the deck, or join the lectures.

#### DAY 3: AT SEA

Enjoy life on board and lectures from the DAY 6: FALKLAND ISLANDS Expedition Team.

#### DAY 4: PENÍNSULA VALDÉS

The Península Valdés is one of the wildlife highlights of Argentina, where you can experience some of the largest marine animals in their natural environment and we will also pay a visit to the amazing Puerto Madryn. The Península Valdés is a fauna reservation

and has been declared a UNESCO World Heritage Site. Situated on Argentina's barren eastern Patagonian coast, this oddly shaped peninsula is home to some of the country's richest wildlife, with elephant seals, Magellanic penguins, the southern right whale, and a great variety of birds.

#### DAY 5: AT SEA

Keep a lookout for wildlife from the deck and join our Expedition Team's onboard lecture series.

The Falkland Islands consist of two large islands and around 700 smaller ones with an estimated 3,000 inhabitants. Stanley, the islands' capital, makes the perfect starting point for the various excursions we offer in the area. The town is easy enough to discover in a day on foot as shops and services are all centred on the port, including Stanley's lively pubs.

#### DAY 7: AT SEA

We cross the Antarctic Convergence and enter the colder waters of the southern oceans.

Spend another relaxing and interesting day at sea.

#### DAY 9: SOUTH GEORGIA

With its magnificent mountain scenery, majestic glaciers and beaches teeming with wildlife, South Georgia is truly unique. Salisbury Plain is best known as the breeding site for as many as 500,000 king penguins, and the beaches here are covered with elephant seals and southern fur seals.

#### DAY 10: SOUTH GEORGIA

Our Expedition Team is well-versed in every facet of South Georgia, from its geology and glaciology, to the mating rituals of the sooty albatross, to the legends of the Norwegian whalers. We plan to visit Fortuna Bay and



- 1. Lots of great photo opportunities
- 2. Exciting lectures 3.Amazing wildlife







some of South Georgia's abandoned whaling stations.

#### DAY 11: SOUTH GEORGIA

During our stay here, you will see elephant seals lounging on the sand, fur seal pups racing in and out of the water, albatrosses soaring overhead and thousands of king penguins. In Grytviken, you will visit abandoned whaling stations, a whaling museum, the Norwegian seaman's church, and the tiny cemetery where we can pay our respects to the great Antarctic explorer Sir Ernest Shackleton

#### DAY 12: SOUTH GEORGIA

In South Georgia, king penguins form huge breeding colonies with the colony at St Andrews Bay made up of more than 100,000 birds. Because of the long breeding cycle, colonies are continuously occupied.

#### DAY 13: SOUTH GEORGIA

Today, we will visit Elsehul. The island is a breeding ground for fur seals, macaroni penguins, petrels and albatrosses.

#### DAY 14: AT SEA

A day at sea is perfect for relaxing in the panorama lounge, keeping a lookout for wildlife from the deck or joining the lectures.

#### DAY 15: AT SEA

Enjoy another relaxing and interesting day

#### DAY 16: FALKLAND ISLANDS

The Falklands are teeming with wonders of wildlife and nature. This is an unpolluted environment with fantastically clear blue skies, seamless horizons, vast open spaces and stunning white sand beaches. The penguins will come close to you, stop and take a glance, before continuing on their way in total disregard to your presence, giving you

some great photo opportunities! Bird lovers will rejoice as we reach Carcass Island, a bird paradise with a rich variety of ducks, geese, penguins, albatrosses, caracaras and wrens. It is also one of the few islands this far south with trees. We use our small boats to go ashore for exploring, hiking or taking a closer look at the birdlife.

#### DAY 17: AT SEA

Enjoy life on board. Relax in the panorama lounge, keep a lookout for wildlife from the deck, or join the lectures.

#### DAY 18: USHUAIA

After a spectacular journey, we disembark at the world's southernmost town, Ushuaia, and fly you to Buenos Aires.

157

# **DEPARTURE:** 10 March 2018

BOOKING CODE:

CENFRWOR1706

EARLY BOOKING

\$10,300 PER PERSON TWIN SHARE

# EXPLORING THE LAND OF THE INCA

Sailing along the west coast of South America gives you a unique opportunity to explore fascinating archaeological sites and the mysteries of lost cultures. Starting in Valparaíso, Chile, we sail north and visit the stunning Luaca National Park. We will also visit the ancient Chimu kingdom, the largest mud-brick citadel of the Americas in pre-Hispanic times. Then we sail through the Panama Canal and end this expedition in beautiful Costa Rica.









1. Valparaíso has a colourful and unique architecture 2. Buy local artifacts 3. Learn more about

#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: VALPARAÍSO, CHILE

This expedition starts in the wonderfully, colourful and poetic city of Valparaíso. Before embarking MS Fram, we recommend a visit to the UNESCO-listed Historic Quarter of Valparaíso.

#### DAY 2: LA SERENA, CHILE

La Serena is a seaside town and the capital of Coquimbo Region in Elqui Province. It is one of the oldest cities in the area and it has a marked neo-colonial architectural style and its own undeniable image. It abounds with multi-coloured gardens and many beautiful churches with bells that trace the passage of time. In the Archaeological museum, learn about the ancient Diaguita culture that originated in this province before being conquered by the Incas. You should also visit La Recova, a popular market where you can buy handicrafts and typical products from the region, such as pisco and papaws in all their varieties.

#### DAY 3: AT SEA

A day at sea means you can join the Expedition Team for lectures or spend the day on deck.

#### DAY 4: AT SEA

Enjoy another relaxing but exciting day at sea.

#### DAY 5: ARICA, CHILE

Arica is blessed with a warm and sunny climate all year round. While we are here, you can either spend a day at the beach or join the Expedition Team and visit the nearby Lauca National Park. This amazing national park is home to some breathtaking scenery: snowsprinkled volcanoes, sparkling lakes and isolated hot springs. It also shelters pretty highland villages and a huge variety of wildlife. Numerous sites and paths found in this region are associated with the Chilean Inca trail.

#### DAY 6: AT SEA

Join the Expedition Team for more fascinating lectures or relax on deck.

# DAY 7: PUERTO GENERAL SAN MARTIN, PERIJ

Puerto General San Martin is the gateway to the famous and mysterious Nazca lines and geoglyphs. These lines were scratched on the surface of the ground between 500 B.C. and 500 A.D. They are among archaeology's greatest enigmas because of their quantity, nature, size and continuity. The geoglyphs are several miles long and illustrate living creatures, stylised plants and imaginary beings, as well as geometric figures. Join the excursion to see just how impressive and mysterious these lines actually are.

#### DAY 8: CALLAO, PERU

Callao is situated just outside Lima and is a vital route for trade both into and out of Peru. It is home to charming mansions with pretty balconies, museums, churches and the fortress of King Felipe.

#### DAY 9: SALAVERRY, PERU

The small port of Salaverry is the starting point for the excursion to the ancient Chimu kingdom (700–1400 A.D.). They founded their capital by the banks of the Moche River and called it Chan Chan ("sun-sun"). Chan Chan covers an area of eight square miles. It was built using clay, mud, pebbles, straw and cane, which makes it the largest mudbrick citadel of the Americas in pre-Hispanic times. It is a remarkable place that was listed by UNESCO as a World Cultural Heritage Site in 1986.

#### DAY 10: AT SEA

Enjoy another relaxing but exciting day at sea.

#### DAY 11: MANTA, ECUADOR

Manta is a bustling and prosperous port town, graced with high-rises and a few beaches. We recommend the trip to Montecristi, where the real Panama hats are made. These traditional brimmed straw hats are hand woven, and it can take several months to make the finest ones. A "superfino" Panama hat can,

according to popular rumour, hold water, and when rolled for storage, pass through a wedding ring.

#### DAY 12: AT SEA

Spend another relaxing and interesting day at sea

#### DAY 13: FUERTE AMADOR

Fuerte Amador is located right at the Pacific entrance of the Panama Canal. The port is only 20 miles away from Panama City, one of the most cosmopolitan cities in Central America and home to incredible architectural and ethnic diversity. Join tours in the city, enjoy a day at the beach or come with us to explore the lush rainforest.

#### DAY 14: PANAMA CANAL

We enter the Panama Canal close to Balboa. Experience the thrill of canal transit and the intricacy of the lock's system first-hand, as MS Fram is lifted over 85 feet above sea level from one body of water to the next.

#### DAY 15: LEAVING PANAMA CANAL AT CRISTOBAL

The Panama Canal is one of the largest and most difficult engineering projects ever undertaken. It had an enormous impact on shipping between the two oceans, replacing the long and treacherous route via the Drake Passage and Cape Horn.

#### DAY 16: PUERTO LIMÓN/SAN JOSÉ

Puerto Limón on Costa Rica is a compelling destination for adventurous explorers. After disembarking, we transfer you to your hotel in San José, the capital of Costa Rica.

#### DAY 17: SAN JOSÉ

After breakfast in your hotel, your South American expedition comes to an end.



# THE SCIENCE OF A **SEA ADVENTURE WITH MS MIDNATSOL**

These expeditions are carefully chosen to fill every day with the greatest experiences, giving you the highlights of the world's diversity as you move from the chilling north to the thrilling south or across the ocean.

#### HIGHLIGHTS IN SOUTH AMERICA, AFRICA AND EUROPE

Experience the stunning South American continent through World Heri-

your breath away. Explore European cultural heritage and nature, from the fjords of the Northern Vikings to Celtic mysteries on the British Isles, tage Sites. Visit exciting ports, towns, and see Moorish castles rising from islands and harbours. Feel, taste and the African coast. Head west into the see the stunning differences as you Atlantic for an eco-voyage in the wake cross from one side of the ocean to of Thor Heyerdahl to Lanzarote's the other, from one continent to the UNESCO biospheres, or cross the next. Discover a variety in climate, Atlantic Ocean from Africa via Cape 

coastline. Enjoy kayaking, hiking, visiting historical sites and meeting locals who will proudly show you the best of their culture.







1. See the highlights of the South American coast 2. We might see the southern right whale 3. Learn more about local cultures 4. Feel, taste and see the differences

**DEPARTURES:** 16 March 2017 ar 13 March 2018

BOOKING CODE:

EARLY BOOKING FROM

\$3,930 PER PERSON TWIN SHARI

Northbound

# DISCOVER THE GREEN COAST OF BRAZIL

Join us for a northbound expedition along the diverse and exciting coast of Brazil. With over 7,000 miles of coastline, Brazil boasts some of the world's most stunning tropical beaches and interesting cities. The mix of friendly people, samba music, culture, jaw-dropping nature and interesting lectures make this adventure even more enticing. Landings and excursions to landmarks and the Amazon rainforest are an added bonus.



#### DAY 1: MONTEVIDEO

The adventure starts with an overnight stay in a hotel in Uruguay's capital, Montevideo, providing you with the opportunity to experience the nightlife and explore the city the following day before embarking on your journey with MS Midnatsol.

#### DAY 2: MONTEVIDEO

Montevideo is located at the mouth of the river Rio de la Plata and the harbour is located very close to the city centre. You embark MS Midnatsol in the afternoon and the adventure begins.

#### DAY 3: RIO GRANDE DO SUL

With jaw-dropping forest-covered canyons in the national parks and cascading river valleys, Rio Grande do Sul is a paradise for bird lovers. Brazil's southernmost state is the country's most culturally distinct, with its gaúchos (cattle herders) and 'cowboy culture'.

#### DAY 4: AT SEA

Enjoy the tropical temperatures on deck or lectures from the Expedition Team.

EQUATOR

#### DAY 5: PARANAGUA

Experience true wilderness in Paranagua. Enjoy excursions such as taking the Serra Verde Express train to Morretes, which travels through the spectacular mountainside terrain and past the Atlantic forest, visit the rainforest in Salto Morato for birdwatching, bathe in crystal clear streams, and see impressive waterfalls.

#### DAY 6: PARATY

The UNESCO World Heritage town of Paraty is remarkably beautiful. The town, with its old colonial houses and cobblestone streets, is surrounded by islands, sheltered beaches, and a backdrop of steep, jungled mountains. Paraty had its first boom during the gold rush in Brazil, in the 17th century. It was the final point of the 'Gold Trail'. Originally used by the Guaianazes Indians, the 745-mile road connected the gold mines with the Atlantic

Ocean through the rough terrain of the rainforest. At the beginning of the 19th century, Paraty became renowned once again due to the coffee trade and the production of Cachaça, a distilled spirit made from sugarcane juice. The coastline, with its intact forests, attracts hikers, botanists and ornithologists from all over the world and a visit here is an unforgettable one.

Atlantic

Fortaleza

🦷 Ilhéus

Paranaguá

Salvador

Paraty

URUGUAY Rio Grande do Sul

#### DAY 7: AT SEA

Today is perfect for birdwatching from the deck, attending lectures or simply relaxing with a good book.

#### DAY 8: AT SEA

Join the Expedition Team for more fascinating lectures or relax on deck.

#### DAY 9: ILHÉUS

We arrive in the relaxed town of Ilhéus, which offers many attractions including a botanical garden, several museums and churches, a sloth sanctuary, old sugar mills, cocoa plantations and 15 superb beaches. Join a bird-watching







- 1. Venture into the great
- 2. The church Igreja de Santa Rita de Cássia in Paraty
- 3.Don't miss the historical buildings in ancient Recife

excursion, visit one of the many cacao plantations, take a guided tour around the town, enjoy snorkelling, or spend the day relaxing on a sandy beach.

#### DAY 10: SALVADOR

Salvador is said to be a treat for your senses with its churches boasting gold-encrusted panels, the exotic and inviting scent and taste of the African-influenced food, and the sounds of the street vendors selling their wares to the background tune of roaring traffic and distinctive Bahian music. The city is divided into upper and lower towns connected by an art deco elevator (Elevador Lacerda). The marketplace at the bottom of Elevador Lacerda is well known for its local art. The historic centre of Salvador, 'The Pelourinho', was declared a UNESCO World Heritage Site in 1985 and is a famous example of the impressive Portuguese colonial architecture. The city also has an amazing amount of churches. Salvador was a significant centre for the Atlantic slave trade between the 16th and 18th century. Today, nearly 80% of the city's inhabitants have African roots and the influence of African culture can be seen in the city's music and cuisine.

#### DAY 11: AT SEA

Spend another relaxing and interesting day at sea.

#### DAY 12: RECIFE

If you like your cities gutsy, gritty and proud, this is the place for you! Recife is known as the 'Brazilian Venice' as several rivers divide the city into smaller islands, which are connected by more than 50 bridges. The old centre has several historical buildings, churches and cathedrals to visit. We offer an excursion to the remarkable city of Olinda, which was founded by the Portuguese in the 16 century and was rebuilt in the 18 century after it was looted by the Dutch. This UNESCO World Heritage Site features old houses, and more than 20 baroque churches, convents and smaller chapels that will leave a lasting impression. You can also enjoy exploring the historic city centre of Recife with its beautiful

architecture and bustling market areas on your own.

#### DAY 13: AT SEA

Relax as we spend the day at sea

#### DAY 14: FORTALEZA

This expedition ends in Fortaleza but before you leave, we recommend visiting Centro, the oldest part of town. This is a lively area to explore by day, with many busy streets full of small shops. Here, you can sample typical Brazilian food in one of the barracas (rustic restaurants) next to the beach, and visit the old fortress built by the Dutch captain Matias Beck in 1649 as well as Fortaleza's cathedral, the third-biggest church in Brazil.

DEPARTURE: 29 March 2017

**BOOKING CODE:** CENMSWOR1702

EARLY BOOKING FROM

#### Eastbound

# IN THE WAKE OF THOR HEYERDAHL

Crossing an entire ocean on a ship is a milestone in life – a great adventure! Experiencing a lot of highlights during the voyage doesn't make this expedition less exciting. We are sailing in the wake of Thor Heyerdahl, taking the reversed route of the RA II expedition. Ecology is theme of the voyage. Join us as we cross the Atlantic Ocean from Fortaleza on the American continent, visiting an immense number of cities, harbours and the Cape Verde Islands before we reach Casablanca in Africa.





#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: FORTALEZA

This adventure starts in Fortaleza in Brazil, and while you are here we recommend visiting Centro, the oldest part of town. Sample typical Brazilian food in one of the barracas (rustic restaurants) next to the beach or visit the old fortress built by the Dutch captain Matias Beck in 1649 as well as Fortaleza's cathedral, the third-largest church in Brazil. You then join MS Midnatsol to start your trans-Atlantic expedition.

#### DAY 2: AT SEA, ALONG THE BRAZILIAN COAST

As we start cruising north the ship will be accompanied by sea birds such as boobies and frigate birds. Tropical land birds also like to visit the ship as we sail quite close to the Brazilian coastline.

#### DAY 3: AT SEA, ALONG THE BRAZILIAN COAST

Join the Expedition Team for more lectures or spend the day relaxing on deck.

#### DAY 4: BELÉM

After a few days in a relaxed state, our arrival in Belém, Brazil makes for an exciting change of pace. We spend two days here so you can explore the streets and parks shaded by mango trees. The city lies on the bank of the river Para that belongs to the extensive river system of the Amazon basin. We sail through

the Baia de Maraio to reach the harbour of Belém, situated at 1° 27'S, almost on the Equator, Amazonia has the tropical climate of the South American equatorial region and is home to an impressive and species-rich tropical rainforest.

#### DAY 5: BELÉM

You will need time to explore the megacity of Belém, also known as "Cidade das Mangueiras" (the City of the Mango Trees). The nightlife here is full of culture with art-house theatres, small music venues, and heady cafe-bars. Join adventurous wilderness outings where you can learn more about the tropical nature of Amazonia.

#### DAY 6: AT SEA, CROSSING THE ATLANTIC OCEAN

A hundred years ago, crossing the Atlantic Ocean by ship was considered normal; today it is an extremely special experience to sail rather than fly.

# CROSSING THE ATLANTIC OCEAN

As we cross the Atlantic, fill your days with interesting lectures, great 'edutainment' and exciting onboard activities.

#### DAY 8: AT SEA, CROSSING THE ATLANTIC OCEAN

Experience the changing colours of the ocean as the microorganisms in the water and the changing sunlight tint the water in various shades of blues and greens. Flying fishes may ioin us and seabirds such as masked boobies become a special attraction.

#### DAY 9: AT SEA, CROSSING THE ATLANTIC OCEAN

Enjoy the view of endless horizons, read those holiday novels you never have the time to read, or simply relax on deck.

#### DAY 10: AT SEA. CROSSING THE ATLANTIC OCEAN

Have another relaxing day at sea, or take part in the onboard activities, lectures and 'edutainment'.

#### DAY 11: PRAIA

Praia is the capital of Cape Verde. Not far from Praia you find the tiny Cidade da Ribeira Grande de Santiago (Cidade Velha), the former capital of Santiago, founded by the Portuguese in 1461. Today, the town with its old fortress, 'Fortaleza Real de Sao Felipe', the extraordinarily restored 'Rua Banana' and the oldest colonial church in the region, is a UNESCO World Heritage Site. Enjoy a day of snorkelling or take a walk along the beach to experience the vibrant lifestyle here.

#### DAY 12: MINDELO

Mindelo is a bustling town, full of life. The inhabitants of the Cape Verde developed their own Creole culture and language, influenced by people from Europe, Africa and South America.

#### DAY 13: MINDELO

Do not miss the famous marketplace in Mindelo and immerse yourself in the active lifestyle of a vastly different culture. The old town is also worth a visit as are the beautiful beaches.

#### DAY 14: AT SEA

During the next two days, we will sail with the Canary Current on our way from Cape Verde. The current is part of the North Atlantic Gyre.

#### DAY 15: AT SEA

The North Atlantic Gyre is where the deep, cold and nutrient-rich water meets shallower warm waters, making this part of the ocean a remarkable fishing ground that is also teeming with marine mammals and seabirds.

#### DAY 16: LAS PALMAS, GRAN CANARIA

Founded in 1478. Las Palmas de Gran Canaria boasts an important historical and cultural heritage much of which can be found in the UNESCO-listed Vegueta district, the oldest guarter of the town. Today Las Palmas

is a bustling city overflowing with Spanish ambiance, history and culture.

#### DAY 17: TENERIFE

Tenerife, the largest of the Canary Islands, is surely one of the most scenic islands in the world! Dominated by the huge outline of Mount Teide, this volcanic island offers a wide variety of landscapes and activities. You may find yourself strolling through a sleepy hillside village or making your way through the dense foliage of a banana plantation. You can relax on a sunny, sandy beach or hike a snowcapped mountain; shop for local handicrafts or international designer wear; go on a whaleand dolphin-watching trip; sample the traditional tapas or dine in a Michelin-starred restaurant. On this most varied of islands. the choice is yours!

#### DAY 18: ARRECIFE, LANZAROTE

A UNESCO biosphere reserve, Lanzarote is an intriguing island with an extraordinary geology of 300 volcanic cones. Explore the city, rest under the palm trees at the beaches or visit the Lagoon in the centre of Arrecife. With its small white houses and the little colourful fishing boats, it is known as the 'Venice of the Atlantic'. If you have an interest in modern art, the International Museum of Modern Art in the old military fortress, Castillo de San José, is a must-see.

#### DAY 19: AGADIR

When we arrive in Agadir, spend some time relaxing on the beach. Alternatively, it is a short walk into the city where you can immerse yourself in Moroccan street life. The city was destroyed in an earthquake back in 1960, so the old Kasbah (citadel) no longer has its crenellated ramparts. However, this elevated site has a complete view of the bay, the port and the new town, and is an enchanting sight at sundown. Slightly to the south of the city centre, the new Medina is a place to be explored. It was reconstructed from the 1990s onwards by Italian architect Coco Polizzi who ensured that the Moroccan soul still survived. The jewellery souk and the Moorish café are certainly worth a visit.

#### DAY 20: CASABLANCA

Our expedition ends in Casablanca, Africa. We recommend that you stay out on deck when we sail into the harbour: The Hassan II Mosque is an amazing sight. The mosque is the seventh largest in the world, and 105,000 faithful can pray here at the same time. If time permits, you can also explore the 'White City'. To get a true feel for this lively African city, take a walk through the narrow streets and visit the local souk (African market place).

# MOORS, CELTS AND FJORDS

Experience intriguing histories and diverse cultures, from Casablanca in Morocco to the fjords of Norway. Discover the beauty of the Moorish legacy and the might of the Celtic heritage. Our onboard team of experts are geographers, geologists and biologists, who will give lectures and make this trip even more fascinating. We start by sailing along the Iberian coast of Spain and Portugal. After a short stop in France, you can enjoy the almost-tropical landscapes of the Isles of Scilly. Then we sail along the rugged west coast of Ireland to the windswept beauty of the British Isles. We visit Scotland and Germany, and cross the North Sea before reaching Bergen, the gateway to the Norwegian fjords.



I. In Gibraltar you can meet the only population of wild monkeys in Europe
 Immerse yourself in the Celtic culture

# 21-DAYS EXPEDITION VOYAGE DEPARTURE: 17 April 2017 BOOKING CODE: CENMSEUR1701 EARLY BOOKING FROM \$6.325





#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: CASABLANCA

Casablanca is a city with a rich heritage where various arts, cultures and old traditions live harmoniously together. Here, the past is everpresent in the traditional way of life and in the crafts that have remained unchanged for centuries. We recommend a visit to the colourful souks before departure.

#### DAY 2: GIBRALTAR

The rich diversity of Gibraltar's nature draws many visitors every year. The Rock is home to Gibraltar's most famous residents, the friendly, charming and inquisitive Barbary apes, Europe's only wild primates, that have lived here for centuries. The history of Moorish Gibraltar began with the landing of the Muslims in Hispania in 711 and ended with the fall of Gibraltar to Christian hands 751 years later. The Moorish Castle's Tower of Homage is the largest surviving remnant of Moorish Gibraltar.

#### DAY 3: CÁDIZ

Cádiz is the oldest city in the Western world. The Phoenicians founded the town around 1100 B.C. Later on, the Carthaginian, the Romans, the Visigoths and the Moors have all found their way into the city. The historic city is still surrounded by vestiges of the old city wall and is really worth a visit. Take some time to enjoy the seafood, churches, museums and explore the narrow streets whilst Atlantic waves crash against the sea walls.

#### DAY 4: PORTIMÃO

Portimão is a popular holiday resort on the Algarve coast. The town enjoys some of the best weather in Europe with around 300 days of sunshine each year. Join us on an excursion to Lagos, one of the most interesting towns on the Algarve coast. Throughout history, the city has been inhabited by the Phoenicians, Greeks, Romans and Moors. Later, it became the starting point for Henry the Navigator's caravels of discovery to Africa; it was also the site of the first European slave market in 1444.

#### DAY 5: LISBON

One of the oldest cities in the world, Lisbon offers centuries of heritage and charm. Visit the city's two UNESCO World Heritage Sites; the Belém Tower and Jerónimos Monastery, or simply explore at your own pace, discovering the many hidden gems of Portugal's capital.

#### DAY 6: LEIXÕES

Leixões and Porto are situated at the mouth of the river Douro. Porto is one of the oldest European cities and was registered as a World Heritage Site by UNESCO in 1996. The area is most famous for Portugal's most popular export, Port Wine.

#### DAY 7: LA CORUÑA

La Coruña in Spain is a city full of history. The Phoenicians, Celts and Romans have all lived here and used the sheltered harbour at this isthmus in the north west of Spain. You will get a first glimpse of the 55-metre high Hercules Tower, the oldest Roman lighthouse still in use today, as we pass on our way into the harbour. The oldest part of the city, known popularly as Cidade (City), is built on an ancient Celtic castro. Today La Coruña is well known for its characteristic glazed window balconies, called 'galerías'.

#### DAY 8: AT SEA

Join the Expedition Team for more lectures or spend the day relaxing on deck.

#### DAY 9: BREST

Brest is situated at the western tip of Brittany. Since medieval times Brest has been an important port and naval base. Richelieu first recognised the advantages of the location as a port and constructed a harbour with wooden wharves in 1631. This soon became a station for the French navy. Today, we will have the chance to explore Brest and its surroundings, which include impressive landscapes and historical heritage.

#### DAY 10: ISLES OF SCILLY

Just 28 miles off the south west tip of Britain, we find the small, beautiful archipelago of the Isles of Scilly. Discover white sandy beaches, beautiful landscapes and a rich, fascinating history, including a huge number of prehistoric remains. The islands are a designated Area of

Outstanding Natural Beauty (AONB) and are home to rare species of birds and plant life, many of which are unique to Scilly.

#### DAY 11: COBH

Cobh is found on the largest island in Cork Harbour. The island has a history dating back to pre-Christian times. The town itself is relatively new, it was founded in the 17th century. Cobh's varied history includes a reputation as a health and seaside resort, but it is probably best known for being the country's main emigration port during the 19th century. Close by, we find Cork, Ireland's second largest city. Most of Cork's finest monuments can be found in the heart of the city, including the Crawford Art Gallery located next to the Opera House. Just five miles away is Blarney Castle, containing the famous stone said to give the 'gift of eloquence' to all who kiss it.

#### DAY 12: DUBLIN

Originally founded as a Viking settlement, the city evolved into the Kingdom of Dublin and became the island's primary city following the Norman invasion. With its rich Celtic heritage, Trinity College, Ha' Penny bridge, stunning cathedrals, friendly people, bars and fiddle players, Dublin is one of few European cities that offer the combination of fascinating history and swishy modernity that ring through the tightly packed, songenlivened streets of Ireland's beloved capital.

#### DAY 13: DOUGLAS, ISLE OF MAN

Fiercely proud of its diverse culture and fascinating heritage, stunning natural landscapes and unspoilt beaches, the Isle of Man has a captivating story to tell that stretches back thousands of years. Legend has it that the

Island's name came from the Celtic sea god Manannan Mac Lir, who protected the land from invaders by shrouding it in a cloak of mist.

#### DAY 14: IONA AND STAFFA

Visiting the Inner Hebrides and the tiny island of Iona, you have a chance to see Iona Abbey, a church of historical and religious interest to pilgrims and visitors alike. It is the most elaborate and best preserved ecclesiastical building surviving from the Middle Ages in the Western Isles of Scotland. Later, we continue on to Staffa. This small island is well known for its basalt columns and Fingal's Cave, the inspiration behind Mendelssohn's overture of the same name.

#### DAY 15: STORNOWAY

It might have been the first visitors to the Outer Hebrides of Scotland who created the phrase 'wild and woolly' for that is a most fitting description of Scotland's westernmost islands. Deep glens and fjords dominate the Isle of Lewis and its main town, Stornoway was originally settled by the Vikings and was developed around its sheltered natural harbour. We will spend a day here to explore its beautiful surroundings.

#### DAY 16: KIRKWALL, ORKNEYS

Kirkwall is the largest town and the capital of the Orkney Islands, situated off the coast of mainland Scotland and dominated by the famous St. Magnus Cathedral. The first mention of a settlement is in a saga from 1046, and the name Kirkwall derives from Norse Kirkjuvagr (Church Bay). Today, Kirkwall has a population of 8,500, and is one of the most attractive and well-preserved small towns in Scotland.

#### DAY 17: LEITH

Leith is situated just a few miles from Edinburgh.

After London, Edinburgh is the most visited city in the UK. With streets steeped in history and a thriving cultural scene, Edinburgh offers the perfect balance between traditional and contemporary. The UNESCO World Heritage Site at the heart of the city combines the medieval Old Town, the Georgian New Town and award-winning modern architecture.

#### DAY 18: AT SEA

Enjoy life on deck or join the Expedition Team for interesting lectures.

#### DAY 19: BREMERHAVEN

Where the River Weser and the North Sea waters meet, you'll find Bremerhaven. The town was founded in 1827, and even though it is a relatively new city, it has a rich history as a trade port that stretches back to the 9th century. Bremerhaven offers a fantastic mix of maritime flair, adventure and knowledge, a great variety of fish, and excellent shopping.

#### DAY 20: AT SEA

Join the Expedition Team for more lectures or spend the day relaxing on deck.

#### DAY 21: BERGEN

The journey ends in Bergen, 'Gateway to the fjord'. Stroll through the picturesque streets of Bergen and enjoy famous sites including the Håkon's Hall and Rosenkrantz Tower, St. Mary's Church, Bergen harbour and the famous fish market. The UNESCO World Heritage houses of 'Bryggen' are well worth discovering!



# THROUGH THE NORTH ATLANTIC TO AFRICA

Autumn is an amazing time for travelling along the European coast. Enjoy lots of new experiences, as our landings are the perfect mix of historical places, UNESCO sites and special activities. You will also gain insight in the way of life of the people living along the coast. Our Expedition Team gives interesting lectures and shows you the really interesting sites as we sail south.

YOUR EXPEDITION DAY BY DAY

#### DAY 1: BERGEN

This expedition starts on the west coast of Norway. Bergen is Norway's second biggest city and was founded in 1070. The city became well known in the 14th century when German merchants formed the Hanseatic League here. A lot of the houses from this period can still be seen on Bryggen, a UNESCO World Heritage Site. Today Bergen is called is "The Gateway to the Fjords" and it is an international city packed with history and tradition. We recommend a visit to the famous fish market and taking your time to stroll through the city centre to get a good impression of the modern life in Norway.

#### DAY 2: AT SEA (NORTH SEA)

A day at sea is a perfect way to start this adventure. The lecture team has prepared interesting lectures for you. Have a cocktail or coffee in the bar or observation lounge, enjoy the tasty meals in the restaurant or simply relax on deck.

#### DAY 3: AMSTERDAM

Amsterdam developed from a small fishing village in the 13th century to one of the most charming and important cultural cities of the world. Few cities mix history with an urban flair like Netherland's capital. Take a walk into history, get amazed by the many museums, explore by foot, by bike or a canal boat. We will spend almost two days here, giving you ample time to join our excursions and getting to know a lot of the city and the legendary night life.

# DAY 4: AMSTERDAM AND THE ENGLISH CHANNEL

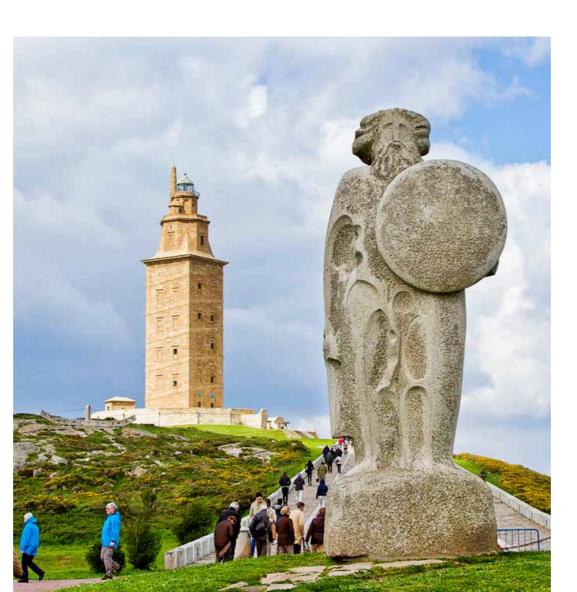
We leave Amsterdam in the morning hours. The rest of the day we will sail through the English Channel that is connecting the North Sea with the Atlantic Ocean. This is the world 's busiest seaway with more than 500 ships passing every day. The observation lounge is a good place to watch ocean liners from all over the world on their way through the Channel.

#### DAY 5: GUERNSEY

Guernsey is the second largest of the Channel Islands, located next to the coast of Normandy in France. Peter Port in Guernsey is considered to be one of Europe's prettiest harbours, and it has been busy since Roman times. The influence of the Gulf Stream creates a very mild, nearly Mediterranean climate. During the day you have the time to stroll to the town to enjoy a day of shopping, visit museums or just unwind in a pub. If you feel like being active, you can explore the island with its steep cliffs and the remarkable vegetation on hikes and bicycle trips.

#### DAY 6: AT SEA (BAY OF BISCAY)

A day at sea means looking for marine life like dolphins, whales and sea birds from deck. Enjoy the lectures given by the Expedition Team about history and biology in the lecture hall and on deck.



11-DAYS EXPEDITION VOYAGE

**DEPARTURE:** 13 September 2017

**BOOKING CODE:** CENMSEUR1702

EARLY BOOKING FROM

La Coruña
Leixões
SPAIN
Lisbon
Cádiz
Casablanca
MOROCCO
A F R I C A

1. The tower of Hercules is the oldest functioning lighthouse in the world

# in the world

La Coruña is great for history and culture buffs. The Celtic and Roman heritage still has a mystic and magic allure. The city had its bloom in the 14th and 15th centuries when it functioned as the port for English pilgrims on their way to Santiago de Compostela. On our way into the harbour we pass the Hercules Tower, the oldest Roman lighthouse in use today. Take a walk through the historic city and see the relics from the different people and cultures that gave the city its amazing

#### DAY 8: LEIXÕES

appearance.

DAY 7: LA CORUÑA

From Leixoes it is a short and very interesting tour to Porto, and we will spend a day exploring Porto and its wonderful surroundings. Mix monuments by leading world architects from the past and the present, and some fantastic baroque carvings. Add a world-famous sweet wine and a certain British flavour. Place it all by a grand river, and you have Porto. This is Portugal's second largest metropolis, and one of Europe's most charismatic cities. Its historic centre, Ribeira, at

the northern bank of the Douro River is a UNESCO World Heritage Site. Boat tours in replicas of the old "Rabelo boats" offers a perfect view over the historic city from the riverside. Porto is also home of the Port wine, and you should take your chance to visit one of the famous distilleries.

#### DAY 9: LISBON

Lisbon in Portugal is Europe's second-oldest capital (after Athens), and is home to the Belém Tower and the Jéronimos Monastery, both UNESCO World Heritage sites. The old city is situated close to the harbour so it's a short way if you want to explore and see the famous buildings like the 45 m high Santa Justa Lift, built in a Neo-Gothic style. Join our excursions or get a taste of Portugal in one of the many restaurants, cafès or bars.

#### DAY 10: CADIZ

After a relaxing morning we reach the harbour of Cádiz around lunchtime. Cádiz is almost totally surrounded by the Atlantic Ocean, and only connected with the mainland by a very small isthmus. Cádiz is viewed as the

oldest city of the occident. The Phoenicians founded the town around 1100 B.C. Later on the Carthaginian, the Roman, Visigoths and Moors found their way into the city. The historic city is still surrounded by vestiges of the old city wall and is really worth a visit. In the urban area of Cádiz lays Jerez, the home of the sherry. Visit the bodegas and distilleries to learn more about this incredible drink. Take some time to enjoy the seafood, surfing, churches, and museums and explore narrow streets where Atlantic waves crash against the sea walls.

#### DAY 11: CASABLANCA

Our expedition ends in Casablanca, Africa. We recommend that you stay out on deck when we sail into the harbour; The Hassan II Mosque is an amazing sight. The Mosque is the 7th largest Mosque in the world, and 105,000 faithful can pray here at the same time. If you have time you should spend some time to explore the "White City" to get an impression of a lively African city, with a walk through the narrow streets and a visit to the souk (African market place).

**DEPARTURE:** 23 September

BOOKING CODE: CENMSWOR1703

EARLY BOOKING FROM

Westbound

# IN THE WAKE OF THOR HEYERDAHL

Crossing an entire ocean is one of life's greatest adventures. The highlights experienced along the way only add to the excitement. The ecology-themed expedition sees us taking Thor Heyerdahl's RA II expedition route, following the Canary Current. Join us as we sail from Casablanca, visiting an immense number of cities, harbours and islands before we reach Fortaleza, Brazil on the South American continent.





YOUR EXPEDITION DAY BY DAY

#### DAY 1: CASABLANCA

Casablanca was once an old pirate lair, but today it is an exotic mix of old and new. We recommend exploring the city before we depart. Stay on deck as we sail out from the 'White City' to enjoy the view of the town and the harbour with its tiny, colourful wooden boats next to fishing vessels and huge ocean liners. See the famous landmark, the Hassan II Mosque in the sunset before you go to your first dinner on board MS Midnatsol.

#### DAY 2: AGADIR

When we arrive in Agadir, spend some time relaxing on the beach. Alternatively, it is a short walk into the city where you can immerse yourself in Moroccan street life. The city was destroyed in an earthquake back in 1960, so the old Kasbah (citadel) no longer has its crenellated ramparts. However, this elevated site has a complete view of the bay, the port and the new town, and is an enchanting sight at sundown. Slightly to the south of the city centre, the new Medina is a place to be explored. It was reconstructed from the 1990s onwards by Italian architect Coco Polizzi who ensured that the Moroccan soul

still survived. The jewellery souk and the Moorish café are certainly worth a visit.

#### DAY 3: ARRECIFE, LANZAROTE

A UNESCO biosphere reserve, Lanzarote is an intriguing island with an extraordinary geology of 300 volcanic cones. Explore the city, rest under the palm trees at the beaches or visit the Lagoon in the centre of Arrecife. With its small white houses and the little colourful fishing boats, it is known as the 'Venice of the Atlantic'. If you have an interest in modern art, the International Museum of Modern Art in the old military fortress, Castillo de San José, is a must-see.

#### DAY 4: AT SEA

During the next two days, we will sail with the Canary Current on our way to Cape Verde. The current is part of the North Atlantic Gyre. This is where the deep, cold and nutrient-rich water meets more shallow and warm waters, making this part of the ocean a remarkable fishing ground that is also teeming with marine mammals and sea birds.

#### DAY 5: AT SEA

Enjoy life on deck or join the Expedition Team for interesting lectures on the Cape Verde Islands, our next destination.

#### DAY 6: MINDELO

Mindelo is a bustling town, full of life. The inhabitants of the Cape Verde developed their own Creole culture and language, influenced by people from Europe, Africa and South America. Do not miss the famous marketplace in Mindelo and immerse yourself in the active lifestyle of a vastly different culture. The old town is also worth a visit and windsurfers will love the beaches here.

#### DAY 7: PRAIA

Praia is the capital of Cape Verde. Not far from Praia you find the tiny Cidade da Ribeira Grande de Santiago (Cidade Velha), the former capital of Santiago, founded by the Portuguese in 1461. Today, the town with its old fortress, 'Fortaleza Real de Sao Felipe', the extraordinarily restored 'Rua Banana' and the oldest colonial church in the region, is a UNESCO World Heritage Site. Enjoy a day of snorkelling or take a walk

along the beach to experience the vibrant DAY 11: AT SEA, lifestyle here. DAY 15: AT SEA, CROSSING THE

#### DAY 8: AT SEA, CROSSING THE ATLANTIC OCEAN

A hundred years ago, crossing the Atlantic Ocean by ship was considered normal; today it is an extremely special experience to sail rather than fly.

#### DAY 9: AT SEA, CROSSING THE ATLANTIC OCEAN

As we cross the Atlantic, fill your days with interesting lectures, great 'edutainment' and exciting onboard activities.

#### DAY 10: AT SEA, CROSSING THE ATLANTIC OCEAN

Experience the changing colours of the ocean as the microorganisms in the water and the changing sunlight tint the water in various shades of blues and greens. As we make our way top Brazil, flying fishes may join us and seabirds such as masked boobies become a special attraction.

#### DAY 11: AT SEA, CROSSING THE ATLANTIC OCEAN

Enjoy the view of endless horizons, read those holiday novels you never have the time to read, or simply relax on deck.

#### DAY 12: AT SEA, CROSSING THE ATLANTIC OCEAN

Have another relaxing day at sea, or take part in the onboard activities, lectures and 'edutainment'.

#### DAY 13: BELÉM

1.Startina in

Casablanca, we cross the Atlantic Ocean to

reach Fortaleza in

After a few days in a relaxed state, our arrival in Belém, Brazil makes for an exciting change of pace. We spend two days here so you can explore the streets and parks shaded by mango trees. The city lies on the bank of the river Para that belongs to the extensive river system of the Amazon basin. We sail through the Baia de Maraio to reach the harbour of Belém, situated at 1° 27'S, almost on the Equator. Amazonia has the tropical climate of the South American equatorial region and is home to an impressive and species-rich tropical rainforest.

#### DAY 14: BELÉM

You will need time to explore the megacity of Belém, also known as "Cidade das Mangueiras" (the City of the Mango Trees). The nightlife here is full of culture with art-house theatres, small music venues, and heady cafe-bars. Join adventurous wilderness outings where you can learn more about the tropical nature of Amazonia.

#### DAY 15: AT SEA, ALONG THE BRAZILIAN COAST

Join the Expedition Team for more lectures or spend the day relaxing on deck.

#### DAY 16: AT SEA, ALONG THE BRAZILIAN COAST

As we start cruising south, the ship will be accompanied by sea birds such as boobies and frigate birds. Tropical land birds also like to visit the ship as we sail quite close to the Brazilian coastline.

#### DAY 17: FORTALEZA

As we arrive in Fortaleza, it is time to say goodbye after a fantastic two-week expedition. You could always continue the adventure with us, heading even further south to Uruguay.

171

**DEPARTURE:** 

**BOOKING CODE:** 

EARLY BOOKING FROM

\$3,610

Southbound



With over 7,000 miles of coastline, Brazil boasts some of the world's most stunning tropical beaches and interesting cities. The mix of friendly people, samba music, culture, jaw-dropping nature and interesting lectures make this southbound adventure even more alluring. Landings and excursions to landmarks and the Amazon rainforest are an added bonus.

#### YOUR EXPEDITION DAY BY DAY

#### DAY 1: FORTALEZA

This expedition starts in Fortaleza. Before leaving, you should experience Centro, the oldest part of town. This is a lively area to explore by day, with many busy streets full of small shops. If you're hungry, you can sample typical Brazilian food in one of the barracas (rustic restaurants) next to the beach. If you are more interested in history and art, you should visit the old fortress built by the Dutch captain Matias Beck in 1649 and Fortaleza's cathedral, the third-biggest church in Brazil.

#### DAY 2: AT SEA

Enjoy the tropical temperatures on deck or lectures from the Expedition Team.

#### DAY 3: RECIFE

If you like your cities gutsy, gritty and proud, this is the place for you! Recife is known as the 'Brazilian Venice' as several rivers divide the city into smaller islands, which are connected by more than 50 bridges. The old

centre has several historical buildings, churches and cathedrals to visit. We offer an excursion to the remarkable city of Olinda, which was founded by the Portuguese in the 16 century and was rebuilt in the 18 century after it was looted by the Dutch. This UNESCO World Heritage Site features old houses, and more than 20 baroque churches, convents and smaller chapels that will leave a lasting impression. You can also enjoy exploring the historic city centre of Recife with its beautiful architecture and bustling market areas on vour own.

Today is perfect for birdwatching from the deck, attending lectures or simply relaxing with a good book.

#### DAY 5: SALVADOR

Salvador is said to be a treat for your senses with its churches boasting gold-encrusted panels, the exotic and inviting scent and taste of the African-influenced food, and the sounds

of the street vendors selling their wares to the background tune of roaring traffic and distinctive Bahian music. The city is divided into upper and lower towns connected by an art deco elevator (Elevador Lacerda). The marketplace at the bottom of Elevador Lacerda is well known for its local art. The historic centre of Salvador, 'The Pelourinho', was declared a UNESCO World Heritage Site in 1985 and is a famous example of the impressive Portuguese colonial architecture. The city also has an amazing amount of churches. Salvador was a significant centre for the Atlantic slave trade between the 16th and 18th century. Today, nearly 80% of the city's inhabitants have African roots and the influence of African culture can be seen in the city's music and cuisine.

#### DAY 6: ILHÉUS

We arrive in the relaxed town of Ilhéus, which offers several attractions including a botanical garden, several museums and churches, a sloth recovery centre, old sugar mills, seve-









1. Enjoy the world-famous Copacabana beach 2. Feel the energy of beautiful Salvador, with its African-inspired music and cuisine 3. Explore the breathtaking Amazon nature

ral cocoa plantations and 15 superb beaches. Join a bird-watching excursion, visit one of Ilhéus' many cacao plantations, take a guided tour around the town, go snorkelling or spend the day relaxing on a sandy beach.

#### DAY 7: AT SEA

Join the Expedition Team for more fascinating lectures or relax on deck.

Spend another relaxing and interesting day at sea.

#### DAY 9: RIO DE JANEIRO

Rio de Janeiro is the home of Carnival, Samba and Copacabana Beach. We recommend spending the morning on deck to get a first glimpse and perhaps even see the sun rise over the city as we sail into Guanabara Bay. You will never forget the first time you see the 38-metre high statue of Jesus on top of the Corcovado Mountain. Explore the city on your own, or join one of our excursions to several of the famous landmarks. Take a refreshing swim at the world-famous Copacabana beach, indulge in a cocktail in a bar while listening to the characteristic Samba music and enjoy a typical Brazilian dinner with beef or fresh seafood in one of the remarkable restaurants in the city centre.

#### DAY 10: AT SEA

Relax as we spend another day at sea.

#### DAY 11: PARANAGUÁ

Experience true wilderness in Paranaguá. Enjoy excursions such as taking the Serra Verde Express train to Morretes, which travels through the spectacular mountainside terrain and past the Atlantic forest, visit the rainforest in Salto Morato for birdwatching, bathe in crystal clear streams, and see impressive waterfalls.

#### DAY 12: AT SEA

Join the Expedition Team for more lectures or spend the day on deck.

#### DAY 13: RIO GRANDE DO SUL

4. Meet the local Guaianazes Indians

With jaw-dropping forest-covered canyons in the national parks and cascading river valleys, Rio Grande do Sul is a paradise for bird lovers. Brazil's southernmost state is the country's most culturally distinct, with its gaúchos (cattle herders) and 'cowboy culture'.

#### DAY 14: MONTEVIDEO

Uruguay's capital, Montevideo, is located at the mouth of the river Rio de la Plata and the harbour is located very close to the city centre. Why not explore the town on your own after the farewell dinner on board and enjoy the nightlife in Montevideo.

#### DAY 15: MONTEVIDEO

If you would like a change from sun and warm weather, you could always stay on the ship for its next expedition as we head south - to Antarctica.



The view here is amazing #svalbard #hurtigruten #arcticfun



Smile to the photographer #wildlife #weexplore #antarctica



Kayaking was super fun #arctic #weexplore #kayak



Super geek is super happy #seedvault #svalbard #hurtigruten



Sliding is the new walking #goodtimes #hurtigruten #sliding



I fell in love with this guy! #weexplore #walrus #spitsbergen



#iceland #weexplore #lundinn

It's gonna be a sad, sad holiday... #exploringthearctic #hurtigruten



How they build bridges in Iceland #discoverIceland #hurtigruten



Hmmm, we might be lost;) #nexttothenorthpole #hurtigruten



More polar bears than humans #warningsign #svalbard



Rites of manhood: Antarctic bath #vikings #antarctica #hurtigruten



#hurtigruten #excursion



Soon leaving civilization... #expectations #hurtigruten



Amazing icebergs in the Icefjord #greenland #explorer #hurtigruten



Takes two to tango in Argentina;) #tango #streetlife #weexplore



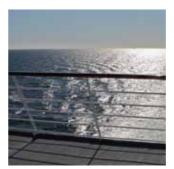
CUUUUTIE!!!!!! #penguin #weexplore #Antarctica



...not going outside the city, then! #spitsbergen #hurtigruten



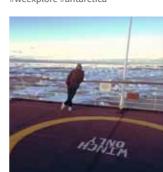
The Ring of Brodgar in Kirkwall #excursion #hurtigruten #megalith



Relaxing and endless horizon #crossinganocean #hurtigruten



Visiting Port Lockroy #weexplore #antarctica



Anybody need some ice? #lol #antarctica #hurtigruten



#weexplore #chic #svalbardfashion



Ice caving was superb!!! #svalbard #icecave #Weexplore



The boys are doing all the work:D #nightintent #svalbard #hurtigruten



Kinda cold outside, I think... #weexplore



Local charm in Lisbon #WeExplore #lisbon #citytour



Dogsledding in svalbard #nexttothenorthpole #hurtigruten



Birdwatching from a kavak #weExplore #iceland #birdies



Visiting the locals on Greenland #greenland #hurtigruten #kaffemik



TWO POLAR BEARS! #timeofmylife #hurtigruten #isbjørn



Cold place, hot bath on deck #jacuzzi #hurtigruten #antarctica



Coolest place ever! #barentsburg #weexplore



Greenlandic glacier-selfie #greenland #weexplore



Cool dude I met at Westpoint #falklands #pinguin #hurtigruten







Share your photos and see what others have experienced on their expeditions #hurtigruten #WeExplore

# **GET READY TO EXPLORE NORWAY**

And don't forget, Norway's celebrated 'Hurtigruten Route' lets you explore Norway's pristine coastline, passing hundreds of remote fjords and local scenery. On your journey from Bergen to Kirkenes and back you will be visiting 34 small ports, 22 of which are north of the polar circle. You'll be surrounded at all times by breathtaking nature, and – depending on the season – the beautiful midnight sun or spectacular northern lights. Your journey is woven into the rhythms of daily Norwegian life. Along the way, hundreds of local producers supply our ships with a bounty of fresh, local ingredients with deliveries often made just hours before dinner.

Order your Norway brochure online today. The world's most beautiful sea voyage awaits you.

Get ready to explore!









MS FRAM PRE & POST PROGRAMME ANTARCTICA

We are pleased to offer exciting pre & post extension programmes as well as extra hotel nights to complete your holiday experience in South-America, the start and end point for your Antarctica expedition voyages.

#### **MONTEVIDEO**

#### MONTEVIDEO HIGHLIGHTS TOUR

Uruguay's capital Montevideo welcomes you with a perfect mix of modernity and the spirit of colonial times. Experience this diversity with us on our guided tour and admire all the historic monuments, beautiful parks and pleasant 19th and 20th century buildings alongside modern office buildings.

#### From \$134pp\*

\* The price includes a 3.5 hrs guided coach tour with photo stops. Embarkation 29 Oct 2017: Tour starts at the hotel and ends at the pier (approx. 12:30–16:00). One day after disembarkation on 30 Oct 2017: Tour starts at the hotel and ends at the hotel or airport (approx. 09:00–12:30, only for flight departures after 16:00). Min. participant number applies.

Booking Code: CENMVD02FR

#### TANGO & DINNER AT THE PRIMUSEUM

Depart from your hotel and drive to the Old Town of Montevideo. Located in the old historic heart of Montevideo you will find "Primuseum", a unique collection in the world for its characteristics, nailed in a big old house built in 1870, home to more than 500 pieces that form part of the story and culture of the world. Its creator, Aldo Mazzoni, accompanies us on a historical journey, including a big variety of antiques & lovetts. Be part of an unforgettable experience at Primuseum. Enjoy a private Tango Show in an exclusive venue, tasting local wine during dinner time. Transfer back to your hotel.

#### From \$234pp\*

\* The price includes an exclusive live Tango show with 3-course-menue and a glass of local wine, guided transport starting and ending at the hotel (approx. 20:00–23:00). Tour operates one day before embarkation or on the day of disembarkation. Min. participant number applies.

CHARMING COLONIA DEL SACRAMENTO

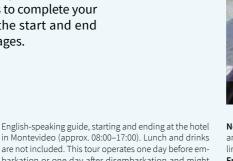
Booking Code: CENMVD06

Leave Montevideo in the morning and let you take through the Uruguayan country side to Colonia del Sacramento, located on the east bank of the Rio de la Plata and 180 km west of Montevideo. The journey is approximately 2–2½ hours each way. Colonia was founded in 1680 by the Portuguese. The historical part of the town is covering a small peninsula jutting into the river and has a lot to tell about its Colonial past. Visit the picturesque streets of Colonia del Sacramento, the eldest city in the country and UNESCO World Heritage site. After a guided walking tour enjoy some free time for lunch and to explore this charming town on your own. Transfer back to Montevideo

**Note:** The one hour walking tour is mainly over cobblestone streets

#### From \$216pp\*

\* The price includes a full day tour to Colonia del Sacramento, operated by coach/minibus and on foot,



barkation or one day after disembarkation and might not be exclusive to Hurtigruten guests. Min. participant number applies. Please plan additional overnights in Montevideo in order to be able to join this tour.

Booking Code: CENMVD05

#### **BUENOS AIRES**

#### CITY TOUR BUENOS AIRES

Discover the most important sights of Buenos Aires, the exceptional, dynamic, sophisticated and vibrant capital of Argentina. An exquisite combination of European flair and the charm of Latin American cities. This tour provides an in-depth introduction to its history and architecture, the culture, anecdotes and secrets of its people. Visit the lively and frenzied downtown area, the 'aristocratic' northern neighbourhoods and the working class districts in the south.

#### From \$58pp\*

\* The price includes a guided sightseeing tour by bus, starting and ending at hotel (approx.15:00–18:30). Tour operates one day prior to embarkation. Min. participant number applies.

Booking Code: CENBUE01

#### DINNER & TANGO SHOW

A mixture of passion, sensuality, nostalgia and melancholy, the Tango is the dance of Argentina. It originated in the late 18th century boliches (brothels). Its influences came from the many immigrants who arrived from Europe and Africa. The Tango became known internationally and was soon all the rage in cosmopolitan cities like Paris. Spending a night visiting one of the many Tango Shows the city offers is a MUST when you are visiting Buenos Aires.

\* The price includes transfers to/from hotel (20:00–24:00), live tango-show, three-course dinner with aperitif, wine and coffee, English-speaking guide. Tour operates on day of disembarkation. Min. participant number applies. **Booking Code:** CENBUE02

#### TANGO LESSONS IN BUENOS AIRES

This tour offers you the opportunity to learn the basic steps of one of the traditional dances of Argentina – the tango. Upon arrival you can enjoy a welcome drink before its time to give the tango a whirl! Ladies are encouraged to wear sturdy heel. Above all, this is a unique experience in the magic and seduction of Tango; a jouney through time, one hundred years back. This tour will give you the opportunity to learn the basic steps of one of the traditional dances of Argentina at one of the local studios located in San Telmo neighborhood. Each guest will receive a diploma at the end of your class!



**Note:** This tour involves a moderate amount of activity, and is therefore not considered suitable for guests with limited mobility or wheelchair users.

#### From \$134pp\*

\* The price includes transfers to/from hotel (17:00–19:30), a welcome drink, one hour private tango lesson, English-speaking guide. Tour operates one day before embarkation and can only be booked before start of your voyage. Min. participant number applies.

Booking Code: CENBUE04

#### TIGRE DELTA TOUR

Join a river cruise in beautiful surroundings 30 km north of Buenos Aires. In Tigre we will board a river boat to sail through the rivers and channels that form the Parana River Delta. This is a 14,000 square kilometre area with thousands of islands. The Delta runs through a subtropical rain forest where the Argentinian national tree and its flowers "Ceibo" are not uncommon.

#### From \$122pp\*

\* The price includes a guided sightseeing tour by bus and boat, starting and ending at hotel (09:00–13:00). Tour operates one day after disembarkation. Min. participant number applies.

Booking Code: CENBUE03

#### ESTANCIA SANTA SUSANA

Discover the charm of the Argentine Pampas with a visit to a local estancia outside of Buenos Aires where you will be welcomed with 'empanadas' (traditional Argentine meat pies). Stroll around the grounds and settle into the slower pace of life, enjoy a traditional Asado (BBQ) including the world-renowned Argentine beef. Dining will be 'family style' and you could find yourself sharing with other patrons at the estancia. Live entertainment will be supplied by gauchos in their typical dress, dancing to their unique folkloric music. Following lunch, the fun moves on to an open field where you can admire an impressive display of the gauchos' skillful abilities on horseback (not possible with heavy rain).

**Note:** Some walking over uneven ground is involved in this tour. Horseback riding at your own risk and expense. **From \$234pp\*** 

\* The price includes a public tour by minibus, starting and ending at hotel (Tuesday–Sunday, approx. 09:30-16:30), English-speaking driver guide, BBQ lunch with wine, soft drinks and coffee. Min. participant number applies.

Booking Code: CENBUE05

#### **USHUAIA**

#### TIERRA DEL FUEGO NATIONAL PARK

Just a short drive from Ushuaia you will find yourself in the awesome and wild Tierra del Fuego National Park. The visit offers you a marvellous opportunity to see some of the world's most unique and isolated plants and wildlife. The park was once home to Yaghan Indians and inmates of the old penal colony. Roca Lake and Lapataia Bay are the touristic places that we will visit, including some short walks near the lake, beaver dams and Lapataia Bay. At the end of the national park we will reach the finish of the National Route 3, located 3,063 kilometres away from Buenos Aires.

**Note:** Small amount of walking over uneven ground involved. This tour is included in the pre programme "Wild Patagonia"

#### From \$228pp\*

\* The price includes guided 3–4 hours coach tour before embarkation, starting at the airport and ending at the pier, entrance fee National Park, lunch box with soft drink. Min. participant number applies.

**Booking code:** CENUSH01

# SCENIC DRIVE AND HIKING AT THE END OF THE WORLD

This excursion takes us to a wide variety of Patagonian landscapes, lakes and valleys. Leave Ushuaia for a slow drive with a view of the city and the bay, to the Carbajal Valley panoramic view point. From here discover the sub Antarctic forest and peat bogs during a 30min. hike that ends at a lookout over the Alvear mountain range, one of the tallest mountains in this region. Continue the scenic drive towards the Garibaldi Pass and cross the Andes Mountains before descending towards beautiful Escondido Lake. Short break at Las Cotorras cross country ski resort and restaurant before we return to Ushuaia.

#### From \$114pp\*

\* The price includes guided four hours coach tour, incl. 30min. hike and photo stops on day of disembarkation, starting at the pier and ending at the airport. Min. participant number applies.

**Booking Code: CENUSH04** 

# o Ocphoro - Shurterstock

#### **OVERNIGHT TOURS**

#### WILD PATAGONIA 4 DAYS/3 NIGHTS

Patagonia is a region of extremes and has few equals in the world. This tour is available as pre extension programme for Antarctica voyages starting in Ushuaia.

#### DAY 1: BUENOS AIRES/EL CALAFATE

Morning transfer from your hotel and flight to Calafate. Calafate lies on the southern shore of Argentino Lake and is about 80km from the entrance to Los Glaciares National Park. It is the perfect starting point for visiting this region. Meet & greet by your local guide and transfer to your hotel in Calafate. In the evening visit a Patagonian Estancia, for a true insight into the Patagonian Gaucho life and culture. After some mate tea and pastries, enjoy a walk and watch a sheep shearing demonstration, while tasting some local wine. Dinner will be traditional cuisine and served at the Estancia's restaurant. Return to Calafate and overnight.

#### DAY 2: EL CALAFATE

A must for all visitors to Argentina is a visit to the Glacier Perito Moreno in the Parque Nacional Los Glaciares. To reach the mountains, we drive through the impressive Patagonian Steppe, where climate changes frequently and there can be rain or even snow. The glacier is part of the Patagonian Continental Ice Field where 13 glaciers flow into the Viedma and Argentino lakes and towards the Atlantic Ocean. The Perito Moreno glacier is one of the few glaciers in the world that is still pushed forward by its ice masses. Lunch is included. Evening at leisure and overnight.

#### DAY 3: EL CALAFATE/USHUAIA

After breakfast, transfer to the airport and flight to Ushuaia. A local guide will welcome you at the airport in Ushuaia and take you to your centrally located hotel. Depending on the flight schedule, enjoy a boat ride through the bay of Ushuaia and the Beagle Channel, surrounded by a mountain range in the afternoon. Evening at leisure and overnight.

#### DAY 4: USHUAIA/EMBARKATION

The morning is at your leisure. Around noon you will be picked-up from your hotel and join an excursion to Tierra del Fuego National Park. Located only 11 km away from Ushuaia, the Tierra del Fuego National Park is unique for having in its protected area mountains as well as access to the sea. This excursion will end at the port of Ushuaia with the embarkation on MS Fram.

**Note:** Walking over uneven ground is involved in this tour. The operation of the excursion in Ushuaia on day 3 depends on the flight schedule in 2017/18. **From 5/806.np\*** 

#### From \$2806pp'

\* The price includes two nights in El Calafate and one night in Ushuaia, incl. breakfast, transfers, dinner at a Patagonian Farm and excursions as per itinerary, English-speaking local guide during transfers and excursions, economy class flights Buenos Aires to El Calafate to Ushuaia, incl. current taxes and charges. The

overnight in Buenos Aires before the start of this tour is part of your Antarctica voyage. All excursions are subject to weather conditions. Min. participant number applies.

Not included: Lunch, dinner on day 2 and 3, drinks.

Booking Code: CENPAT1

#### IGUAZU FALLS 4 DAYS/3 NIGHTS

Iguazu Falls is one of the largest and most impressive falls in the world. This tour is available as post extension programme starting in Buenos Aires.

#### DAY 1: BUENOS AIRES/IGUAZU

Begin of your post programme with a transfer from the hotel to the domestic airport and flight to Iguazu with "meet & greet" by your local guide. The afternoon is reserved for a visit to the Brazilian side of the falls. Enjoy a walk along the path following cascades and panoramic views of the falls. Overnight at hotel.

#### DAY 2: IGUAZU FALLS

Today you will experience the Argentinian side of the waterfalls. Board a gas-propelled train that takes visitors to the upper falls circuit and the Devil's Throat, the most prominent and one of the highest falls. Enjoy a 3 km walk along the Iguazu river canyon and admire the flora and fauna, experiencing at close range almost 270 individual cataracts. Evening at leisure and overnight.

#### DAY 3: IGUAZU/BUENOS AIRES

Transfer to Iguazu airport and flight back to Buenos Aires. Our local guide will welcome you to Buenos Aires, followed by a transfer to your hotel. Rest of the day at leisure and overnight stay.

#### DAY 4: BUENOS AIRES

Breakfast at hotel. End of your post holiday programme. **Note:** Walking up and down stairs and over uneven ground is involved in this tour.

#### From \$2140pp\*

\* The price includes two nights in Iguazu and one night in Buenos Aires, incl. breakfast, transfers and excursions as per itinerary, English-speaking local guide during transfers and excursions, return economy class flights between Buenos Aires and Iguazu, incl. current taxes and charges. Tour operates after disembarkation. Min. participant number applies.

**Not included:** The first night in Buenos Aires. Dinner, lunch and drinks.

Booking Code: CENIGR2

#### **EXTEND YOUR STAY**

#### BUENOS AIRES - Emperador Hotel

The hotel is located on the Avenida del Libertador, only a few steps away from the renowned Avenida 9 de Julio, close to the art galleries and museums district, a top restaurant area, shopping malls, and in the elegant neighborhood of Recoleta with easy access to Puerto Madero Harbour. The rooms are equipped with a large bathroom with separate shower and bathtub, telephone, Wi-Fi Internet, mini bar, cable television, coffee/tea maker, safety box and air conditioning.

## From \$208pp twin\* From \$414 single\*

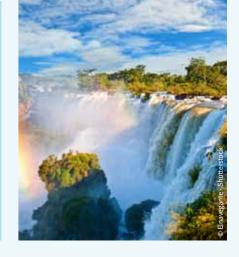
\*The price is per person in a twin or single room incl. breakfast

#### MONTEVIDEO - NH Montevideo Columbia

The hotel is located amid the neo-classical and art deco structures of Montevideo's Ciudad Vieja (Old Town), close to the beach and several sites. Guests can choose from 136 rooms with free Wi-Fi, the hotel offers a fitness area, sauna, Jacuzzi and solarium. The restaurant Portón Nuevo offers its guest an international cuisine as well as a stunning look over the ocean. Drinks can be enjoyed at the bar.

#### From \$146pp twin\* From \$290 single\*

\*The price is per person in a twin or single room incl.



#### MS MIDNATSOL

#### **MONTEVIDEO**

#### MONTEVIDEO HIGHLIGHTS TOUR

Uruguay's capital Montevideo welcomes you with a perfect mix of modernity and the spirit of colonial times. Experience this diversity with us on our guided tour and admire all the historic monuments, beautiful parks and pleasant 19th and 20th century buildings alongside modern office buildings.

#### From \$134pp\*

\* The price includes a 3.5 hrs guided coach tour with photo stops (approx. 09:00-12:30). Tour operates on the day of disembarkation starting at the pier and ending at the hotel or airport in Montevideo (only for flight departures after 16:00). Min. participant number applies. Booking Code: CENMVD02

#### TANGO & DINNER AT THE PRIMUSEUM

Depart from your hotel and drive to the Old Town of Montevideo. Located in the old historic heart of Montevideo you will find "Primuseum", a unique collection in the world for its characteristics, nailed in a big old house built in 1870, home to more than 500 pieces that form part of the story and culture of the world. Its creator, Aldo Mazzoni, accompanies us on a historical journey, including a big variety of antiques & lovetts. Be part of an unforgettable experience at Primuseum. Enjoy a private Tango Show in an exclusive venue, tasting local wine during dinner time. Transfer back to your hotel.

#### From \$234pp\*

\* The price includes an exclusive live Tango show with 3-course-menue and a glass of local wine, guided transport starting and ending at the hotel (approx. 20:00-23:00). Tour operates one day before embarkation or on the day of disembarkation. Min. participant number applies.

#### Booking Code: CENMVD06

#### CHARMING COLONIA DEL SACRAMENTO

Leave Montevideo in the morning and let you take through the Uruguayan country side to Colonia del Sacramento, located on the east bank of the Rio de la Plata

and 180 km west of Montevideo. The journey is approximately 2-2½ hours each way. Colonia was founded in 1680 by the Portuguese. The historical part of the town is covering a small peninsula jutting into the river and has a lot to tell about its Colonial past. Visit the picturesque streets of Colonia del Sacramento, the eldest city in the country and UNESCO World Heritage site. After a guided walking tour enjoy some free time for lunch and to explore this charming town on your own. Transfer back to Montevideo.

NOTE: The one hour walking tour is mainly over cobhlastona straats

#### From \$216pp\*

\* The price includes a full day tour to Colonia del Sacramento, operated by coach/minibus and on foot, English-speaking guide, starting and ending at the hotel in Montevideo (approx. 08:00-17:00). Lunch and drinks are not included. This tour operates one day before embarkation or one day after disembarkation and might not be exclusive to Hurtigruten guests. Min. participant number applies. Please plan additional overnights in Montevideo in order to be able to join this tour. Booking Code: CENMVD05

#### MS MIDNATSOL & MS FRAM

#### **SANTIAGO DE CHILE**

#### THE BEST OF SANTIAGO DE CHILE

Experience Chile's capital Santiago with its mix of modern and historical charm lingering at every corner. This tour starts at your hotel and leads to the main sights of the city. Walk in the park of Santa Lucia Hill where the city once was founded and feel the pulsing heart of Santiago at the Plaza de Armas where past and present meet. Join us on this city tour, including a ride in the old Funicular and have a great panoramic view of the city and the impressive Andes mountain range.

#### From \$80pp\*

\* The price includes a guided coach tour (approx. 14:00-18:00) with funicular ride, English-speaking guide, starting and ending at hotel. Tour operates one day prior to embarkation. Min. participant number applies. Booking Code: CENSCL01

#### CHILEAN FOLK SHOW & DINNER

Get a taste of Chile and enjoy its traditional folklore music and dances on this unforgettable evening! Taste typical Chilean delicacies, while a folklore band is playing live music and traditional folklore dances are shown. Take the chance to mix with the locals and get in contact with them. And maybe you even discover your passion for the Chilean folklore dances when the band invites everybody to join it.

#### From \$192pp\*

\* The price includes a folklore show (approx. 20:00–24:00) with 3-course-dinner, including wine, English-speaking guide, starting and ending at the hotel. Tour operates on day of disembarkation (MS Midnatsol). Min. participant

#### **Booking Code:** CENSCL02

#### VINEYARD VISIT WITH WINE TASTING

Let us take you into the world of Chilean vinevards. Guided coach tour from Santiago through the countryside to one of the most important wine producing regions of the country, the Casablanca Valley or Maipo Valley. Take the opportunity to taste the delicious wines and hear about the work, dedication and science that go into the making of each drop of wine. The resident wine expert will guide you through the cellars, plantations and facilities.

#### From \$186pp\*

\* The price includes a guided coach tour (approx. 09:00-13:00) with wine tasting, English-speaking guide, starting and ending at the hotel. Tour operates one day after disembarkation (MS Midnatsol). Min. participant number applies. Booking code: CENSCL03

#### SANTIAGO BIKING TOUR

We invite you to experience Santiago de Chile by cycling around a myriad of parks and traditional neighborhoods that offer the old, the new, and a unique blend of architecture, cuisine, history, and culture. We will pedal alongside the Mapocho River, biking through "linear" parks that make up the backbone of Santiago. The unassuming charm of the old parks and buildings is an invigorating combination and contrast to the bustling activity of the commercial districts, and the

simplicity of the barrios exposes the soul of a fascinating city just waiting for you to discover.

NOTE: In case of rain, trip will be cancelled. This tour requires a good level of fitness.

#### From \$210pp\*

\* The price includes the rent of a mountain bike (24 gears), helmet, a snack, English-speaking guide, transportation from/to hotel (approx. 09:30-15:00). This public tour operates one day before embarkation and one day after disembarkation and requires one or two extra night in Santiago de Chile. Min. participant number applies. Booking Code: CENSCL04

#### CHILEAN PATAGONIA TOUR 4 DAYS/3 NIGHTS

Explore the lakes, glaciers and snow-covered mountains of Chilean Patagonia with Puerto Natales as a base, starting in Santiago and ending at the pier in Punta Arenas. This tour is available as pre extension programme for Antarctic voyages starting in Punta Arenas with MS Midnatsol.

#### Day 1: Santiago/Punta Arenas/Puerto Natales

Morning transfer from your hotel to the airport and flight to Punta Arenas followed by an approx. 3 hours transfer, incl. lunch box through the Patagonia's rugged steppe with chance to see Magellan ostriches, birds and of course sheep and with a little luck some lonely condor tracing circles in the sky. Be welcomed at Hotel Remota. The rest of the day is at leisure followed by dinner and overnight.

#### Day 2: Puerto Natales/Torres del Paine

An early start takes you on a full-day excursion to Torres del Paine National Park, a UNESCO World Heritage biosphere. See herds of sheep and native guanacos and notice the rugged snow-capped Torres del Paine mountains towering in the background. We visit Torres del Paine from one extreme end to the other by van, passing by different lookout points. At Lake Grey can see huge icebergs along along the shore and even the Glacier Grey in the distance. Return to Puerto Natales in the evening. Dinner and overnight.

#### Day 3: Puerto Natales/Ultima Esperanza Fjord

A three-hours catamaran cruise from Puerto Natales to Ultima Esperanza Fjord takes you through stunning Patagonian scenery to the 1,000 year-old Balmaceda glacier, home to cormorants and sea lions. A short walk takes you to the foot of the Serrano Glacier, surrounded by snow-capped peaks and walls of ice. Return trip to Puerto Natales, where the rest of the day is at your leisure. Dinner and overnight.

#### Day 4: Puerto Natales/Punta Arenas

Enjoy the landscape passing by during your transfer back to the pier in Punta Arenas.

#### From \$3144pp

The price includes transfer hotel to airport in Santiago de Chile, economy class flight Santiago de Chile – Punta Arenas, incl. current taxes and charges, transfer with English-speaking driver from Punta Arenas airport to Puerto Natales to pier in Punta Arenas, 3 overnights at Hotel Remota incl. full board and beverages with the meals, two full day excursions lead by an English-speaking guide, use of spa, heated swimming pool and hot tubs. The overnight in Santiago before the start of this tour is part of your Antarctica voyage. All excursions are subject to weather conditions.

Not included: Drinks outside the included meals,

#### Booking code: CENPUQ1

#### ATACAMA DESERT 4 DAYS/3 NIGHTS

Join us to the Atacama Desert, the world's driest desert starting from Santiago de Chile and explore the area around San Pedro de Atacama, the main cultural center of the Atacama region. This tour is available as post extension programme (in combination with MS Fram voyage CENFRWOR1706 also as pre programme).

#### Day 1: Santiago/Calama/San Pedro de Atacama -Moon Valley

Transfer from your hotel in Santiago de Chile to the airport and morning flight to Calama. From here you will be taken to San Pedro de Atacama, your final destination and an oasis in the middle of the desert. San Pedro is a small village with narrow alleys and traditional adobe houses, known as the archaeological capital of Chile. Evening excursion to the Moon Valley, declared a Sanctuary of Nature and Natural Monument, Climb the Duna Mayor (Major Dune) which provides a beautiful view of the Cordillera de la Sal, the Valley of Death and the Salt Flats, among many other sights with the dramatic sunset on the background. Return to the hotel. Dinner on your own and overnight.

#### Day 2: San Pedro de Atacama - Tulor and Quitor archeological sites

Morning departure towards the archeological site of Tulor - the oldest vestige and first human settlement in the Atacama Salt Flat, that has been miraculously preserved. It is known as the "Cradle of the Likan Antai culture" dating back 2,000 years. Next, visit Pukará de Quitor. This stone defensive fortress from the 12th century was attacked by the Spanish conquistador Francisco de Aguirre in 1540, restored in 1981 and then declared a National Monument. A tasting of typical products will be served during the

excursion. Return to San Pedro de Atacama and afternoon at leisure. Dinner on own and overnight.

#### Day 3: San Pedro de Atacama/Calama/Santiago -El Tatio Gevsers

Early morning excursion to the El Tatio Geysers, located at a height of 4,300 m above sea level and at approx. 89 km from San Pedro de Atacama. The geothermal field has close links to the volcanic activity in the zone and consists of huge steam columns. Intense sulphur odors and pools of boiling water and mud make this place seem like the initiation of life. Watch for families of vicuñas and maybe even foxes and Andean ostrich. Stop at Puritama, famous for its hot pools, where the warm water flows through the rocks. After a day of intense unwinding, return to your hotel to fresh up and have time for an own lunch before the afternoon transfer to Calama, Late afternoon back to Santiago de Chile, followed by a transfer to your hotel. Dinner on own and overnight.

#### Day 4: Santiago

#### Breakfast and end of your extension programme. From \$2578pp\*

The price includes one night incl. breakfast at hotel in Santiago de Chile, two nights in San Pedro de Atacama, incl. breakfast, return flight Santiago de Chile to Calama, incl. current van/taxi airport transfers in Santiago and Calama/San Pedro, two half day and one full day excursion, English-speaking guide during excursions. All excursions are subject to weather conditions.

Not included: The first hotel night in Santiago de Chile (except in combination with MS Fram voyage CENFRANT1705 on 10 Mar 2018), drinks, lunch, dinner,

Booking code: CENCJC2PRE/CENCJC2POST

## **EXTEND YOUR STAY**

#### **MONTEVIDEO - NH Montevideo** Columbia

The hotel is located amid the neo-classical and art deco structures of Montevideo's Ciudad Vieja (Old Town), close to the beach and several sites. Guests can choose from 136 rooms with free Wi-Fi, the hotel offers a fitness area, sauna, Jacuzzi and solarium. The restaurant Portón Nuevo offers its guest an international cuisine as well as a stunning look over the ocean. Drinks can be enjoyed at the bar.

#### From \$146pp twin\* From\$290 single\*

The price is per person in a twin or single room incl.

#### SANTIAGO DE CHILE - Sheraton Santiago **Hotel & Convention Center**

This fine hotel with 379 rooms lies within walking distance to famous sites like Pablo Neruda's house, the Parque Metropolitan Zoo or San Christóbal Hill. Those who want to spend some money in Santiago will find some of the district's best shopping opportunities nearby. The hotel's own gourmet restaurant El Cid has been acclaimed by culinary journalists to be one of Santiago's best restaurants.

#### From \$182pp twin\* From \$348 single\*

The price is per person in a twin or single room incl.



181

#### **MANAUS**

#### MANAUS CITY TOUR

This is a tour unveiling the many buildings of the "old" and opulent Manaus – of the beginning of the 20th century. Our visit starts at Mercado Municipal building – fashioned after the famous market "Les Halles" that existed in Paris; the colorful floating market with its typical boats; the British-style Customs House; the opulent Opera House dating back to the 1890's; the "CIGS" zoo which houses animals from the region; the Government Palace; and the strange Poor Devil's Church. Note: The Opera House admittance tickets are not included in tour price.

\* The price includes a guided sightseeing tour by coach (approx. 11:00–14:00), incl. photo stops and English-speaking guide, starting at the pier and ending at the hotel or the airport (only for flight departures from 16:00). Min. participant number applies. Booking Code: CENMAO01

#### THE AMAZON EXPERIENCE 3 DAYS/2 NIGHTS

#### PRE & POST CRUISE

This special package is designed to bring out the essence of the Amazon in a short time. Enjoy two nights in a jungle lodge with full board and experience the surrounding flora and fauna on guided tours.

#### DAY 1: Manaus/Anavilhanas Jungle Lodge

Transfer from the pier in Manaus to Anavilhanas Jungle Lodge with the hotel shuttle service. The trip takes about 2.5 hours. Anavilhanas Jungle Lodge is

#### **SAN JOSÉ**

#### SAN JOSÉ CITY TOUR

San José is a beautiful city full of contrasts. Although small in extension, it offers plenty of museums, parks and interesting areas where you can witness some of the legacy left by early 20th Century architecture.

You will visit some of San José's most important landmarks like Costa Rica's National Theatre, a real jewel that holds one of the 10 most beautiful ceilings around the world. Taste a great Costa Rican coffee during your visit to the Mercado Central (Central Market), located in a 120-years old building, full to the brim with typical Costa Rican food and drinks.

#### From \$120 per person\*

\* The price includes a guided sightseeing tour by coach (approx. 11:00–14:00), incl. visit of the National Theatre and a coffee at Mercado Central, English-speaking guide, starting and ending at the hotel. Tour operates on 26 Mar 2018, approx. 09:00–13:30. Min. participant number applies.

Booking Code: CENSJO01

## MANUEL ANTONIO NATIONAL PARK 3 DAYS/2 NIGHTS

\*No trip to Costa Rica's Mid-Pacific region is complete without a visit to Manuel Antonio National Park. Even though it is the smallest National Park in the country, it is one of the most popular ones for its stunning white sand beaches backed by evergreen tropical forests. Enjoy this charming com-

a cozy and exclusive jungle hotel located in front of Parque Nacional de Anavilhanas (Anavilhanas National Park), in the margins of Rio Negro (Negro River), 180 km from Manaus, in the heart of the Brazilian Amazon. Guests who have the morning transfer will attend one of the activities included in the package in the afternoon. Overnight, incl. full board.

#### DAY 2: Anavilhanas Jungle Lodge

Today you will discover the surrounding area on a guided tour. Explore the countless canals, lakes and island of this beautiful archipelago, learn about trees, fruits, survival strategies and medicinal herbs, watch the Pink River Dolphins, do some recreational Piranha fishing or see alligators hidden in the sound of the darkness (the order of the tours is defined by the hotel, which will supply the schedule of the activities upon guest arrival). Overnight, incl. full board.

#### DAY 3: Anavilhanas Jungle Lodge/Manaus

After breakfast, join a morning activity, followed by lunch. The vehicle back to Manaus departs at 14:00 sharp and goes to the main hotels in Manaus. Guests, flying out of Manaus the same day will have a morning transfer to the airport.

Post cruise itinerary shown, pre-cruise run in reverse

#### From \$1150pp twin\* From \$1446 single\*

\* The price includes the ground shuttle service between Manaus and Anavilhanas Jungle Lodge, 2 overnights in a cottage at Anavilhanas Jungle Lodge with full board, activities led by an English-speaking local guide. Min. participant number applies. Vaccination against Yellow Fever recommended.

bination of tropical forest, beaches and coral reefs during this post extension tour.

#### DAY 1: San Jose/Quepos (Manuel Antonio)

In the morning a hotel shuttle service between San José and the Parador Resort & Spa will take you to the Pacific Ocean, to the Manuel Antonio National Park (transfer time is approx. 3 hours). After arrival at the Parador Resort & Spa time at leisure or join an optional tour, that can be booked at the Tour Desk at the hotel. You have the choice among hiking, adventure or ocean tours to explore the Manual Antonio National Park and surroundings. The hotel is modeled after the traditional Spanish "paradores". It offers all the expected amenities of a deluxe Resort, with European refinement and a warm tropical touch! The hotel is surrounded by 12 acres of wildlife-rich tropical rainforest with panoramic views of the Pacific Ocean and Manuel Antonio. Lunch and dinner on own and overnight.

#### DAY 2: Parador Resort & Spa

After breakfast enjoy the amenities of the hotel or choose one of the optional tours, with certified professional bilingual guides who will ensure you have an unforgettable experience. Lunch and dinner on own and overnight.

#### DAY 3: Quepos (Manuel Antonio)/San Jose

After breakfast the hotel shuttle bus will take you to San José to the airport. You have the choice between morning and afternoon pick-up.

#### From \$742-pp\*

\* The price includes the ground shuttle service between hotel/airport in San José and the Parador

Not included: Drinks and gratuities, transfers on other times then described in the programme.

Booking Code: CENMAO02POST/CENMAO02PRE

#### **EXTEND YOUR STAY**

#### MANAUS - HOTEL TROPICAL MANAUS

The Ecoresort Tropical Manaus is located in the heart of the Amazon Forest, on the banks of the Rio Negro. The hotel offers 611 guest accommodations and the largest complex of hotel facilities as for events, sports, local tourism and leisure services. The 'Tucano' Restaurant offers Brazilian food specialties as well as internationalcuisine. Guests can enjoy swimming in the pool, playing tennis and volleyball, or hiking in the jungle. The Hotel is situated 16 km from central Manaus and 10 minutes from Eduardo Gomes International Airport.

#### From \$168pp twin\* From \$332 single\*

\* The price is per person in a twin or single room incl. breakfast

Resort & Spa, 2 overnights, incl. breakfast in Garden rooms (26 – 28 Mar 2018). Min. participant number applies

Not included: Lunch, dinner, drinks and gratuities, transfers on other times then described in the programme, excursions offered by the hotel.

Booking Code: CENSJ002

#### **EXTEND YOUR STAY**

#### SAN JOSÉ – REAL INTERCONTINENTAL HOTEL & CLUB TOWER COSTA RICA

The hotel is located in one of the most exclusive and trendy areas of San José, the city of Escazú. Its location is perfect as it sits close to the city's largest shopping complex and only 15 minutes from downtown and 20 minutes from the International Airport. All of the 372 guest rooms are elegant and exquisitely decorated. Five different restaurants and bars complete the offering, each featuring a different style and ambience.

#### From \$242pp twin\* From \$482 single\*

\* The price is per person in a twin or single room incl. breakfast

#### **CASABLANCA**

# IMPERIAL CITY OF MARRAKECH 3 DAYS/2 NIGHTS

Discover Marrakech, lying near the foothills of the snow-capped Atlas Mountains, Morocco's imperial city with a historic medieval past, the Menara Garden and Pool, the Koutoubia mosque and the colorful souks on our pre or post extension programme from Casablanca.

#### ITINERARY PRE EXTENSION PROGRAMME: DAY 1: CASABLANCA

Your pre programme starts with an overnight at the Kenzi Tower Hotel, ideally located downtown Casablanca.

#### DAY 2: CASABLANCA/MARRAKECH

After breakfast pick-up from the hotel and drive to Marrakech (approx. 2.5 hours). Enjoy the Moroccan land-scape on your way. In the afternoon a guided tour will take you to the highlights of Marrakech, ending at the famous Jemaa El Fna square, an undeniably lively and celebrated square at the centre of the Medina. An old palace will await you for a dinner with show in the evening. Overnight at Hotel Opera Plaza, designed in a Moorish Arabic style.

#### DAY 3: MARRAKECH/CASABLANCA

Next day drive back to Casablanca on the highway via the fertile plain of Haouz, one of Morocco's most important agricultural regions. Back in Casablanca enjoy lunch on the boulevard de la Corniche, followed by a panoramic city tour, including a photo-stop at the Hassan II Mosque, the largest religious monument in Africa. Your tour will end at the pier on time for embarkation on MS Midnatsol.

# ITINERARY POST EXTENSION PROGRAMME: DAY 1: CASABLANCA/MARRAKECH

Start your tour from the pier in Casablanca and enjoy the Moroccan landscape on your way to Marrakech (approx. 2.5 hours). In the afternoon a guided tour will take you to the highlights of Marrakech, ending at the famous Jemaa El Fna square, an undeniably lively and celebrated square at the centre of the Medina. An old palace will await you for a dinner with show in the evening. Overnight at Hotel Opera Plaza, designed in a Moorish Arabic style.

#### DAY 2: MARRAKECH/CASABLANCA

Next day drive back to Casablanca on the highway via the fertile plain of Haouz, one of Morocco's most important agricultural regions. Back in Casablanca enjoy lunch on the boulevard de la Corniche, followed by a panoramic city tour, including a photo-stop at the Hassan II Mosque, the largest religious monument in Africa. Your tour will end at the Kenzi Tower Hotel, located in the center of Casablanca. Evening at leisure and overnight stay.

#### DAY 3: CASABLANCA

Breakfast and end of your post tour.

Walking note: About 1,800 meters walking by souks, medina and monuments of Marrakech on even surface including some steps.

#### From \$848pp twin\* From \$1036 single\*

\* The price includes a guided tour by coach starting and ending in Casablanca, including 1 overnight in Casablanca and 1 overnight in Marrakech with breakfast, 2 x lunch, 1 x dinner with show, visit of sights as per programme. Local English-speaking guide. Min. participant number applies. Not included: Dinner at Kenzi Tower Hotel, drinks, gratuities.

Booking Code: CENCAS1/CENCAS2









#### **REYKJAVIK**

## REYKJAVIK AND ICELAND HIGHLIGHTS 3 DAYS/2 NIGHTS

Icelandic nature is breathtaking in its variety: glaciers, waterfalls, volcanoes, and hot springs. Discover some of the most popular landmarks of Iceland during this tour.

#### DAY 1: Reykjavik/Blue Lagoon, City Tour

Start from the ship to the the Blue Lagoon, located in the middle of a beautiful lava field, and have an intriguing introduction to the unusual Icelandic landscapes. Enjoy a bath in the reviving lagoon waters, rich in minerals and renowned for their healing properties. Afterwards visit Reykjavik, affectionately called the Biggest Little City in the World and see the most important landmarks during this sightseeing, incl. a stop at The Pearl, where you can enjoy great views of the capital area and beyond. Return to the hotel in the early afternoon.

#### DAY 2: Reykjavik/Golden Circle Tour

The full day tour Golden Circle takes you to beautiful Thingvellir National Park, a place of tremendous interest as a primary site of both Iceland's geological and historical heritage. Continue over the Lyngdalsheidi heath into the fertile farmlands of the south, to visit the most beautiful waterfall of the country, Gullfoss. Nearby, you'll also stop at the Geysir geothermal area with its multitude of hot springs, where the most active one, Strokkur, spouts every few minutes. Lunch will be served in the area. Returning to Reykjavik through the Grimsnes region.

#### DAY 3: Reykjavik

Breakfast at hotel

(Post cruise itinerary shown, pre cruise operates in reverse)

#### From \$940pp twin \*

From \$1288 single \*

\* The price includes two nights at a first class hotel in Reykjavik incl. breakfast, full day tour Golden Circle with lunch buffet, English-speaking guide during the tours Min. participant number applies.

**Not included:** meals (except lunch on Golden Circle Tour), drinks, gratuities

Booking Code: CENREK6POST/CENREK6PRE

#### LET'S GO VOLCANO IN A SUPER TRUCK 2 DAYS/1 NIGHTS

Embark on a once in a lifetime adventure discovering the volcanic environs of the Reykjanes peninsula during this post extension programme. The adrenalin kicks in as you board your specially modified super truck – your transportation for the volcanic journey.

#### DAY 1: Reykjavik/Volcanco Tour

Start from the pier to the lava ring/crater of Stóra Eldborg where you will take an invigorating trek up the steep flanks of the crater, enjoying breath-taking views of the lunar-like surroundings on your way to the way to the top. Next on the agenda is a lava-tube caving experience – your guide will locate the almost undetectable cave entrance via GPS. Gear up - donning obligatory safety helmets, grab your high beam torch and embark on a journey into the mysterious depths of the Icelandic underworld. Afterwards visit to the bubbling hot springs at the thermal field of Krýsuvík. In the fishing village of Grindavik, a lobster soup with freshly baked bread will be served. It's now time to put the so-called Super Truck to the test by way of a rough track that leads to the top of a nearby mountain overlooking the famous Blue Lagoon thermal Spa! Head back to Reykjavik and your hotel. Overnight.

#### DAY 2: Reykjavik/Departure

Breakfast at the hotel.

**Note:** This tour is only recommended for guests with a high fitness level and not recommended for pregnant women. Substancial walking, hiking and caving included. Kindly note that the order of visited sites might vary.

#### From \$814pp twin \* From \$988 single \*

\* The price includes 1 night at a first class hotel in Reykjavik incl. breakfast, 6 hours guided tour in a super truck with lunch, English-speaking guide. Min./max. participant number applies.

Not included: drinks, gratuities

Booking Code: CENREK7POST/CENREK7PRE

#### **EXTEND YOUR STAY**

## REYKJAVIK - ICELANDAIR HOTEL REYKJAVIK NATURA

The hotel is a newly refurbished hotel located in one of the greenest areas of Reykjavik and next to the domestic airport, 20 min from the city center. Icelandair Hotel Reykjavik Natura has 220 comfortable rooms to choose from, with different designs and sizes, restaurant and bar. Unique to the hotel is the amazing indoor salt water geothermal-heated swimming pool and hot tub. The indoor pool is part of the new Soley Natura Spa. The hotel offers free city bus tickets for their guests, bike rental and free Wi-Fi.

# From\$192pp twin\* From \$304 single\*

\* The price is per person in a twin or single room incl. breakfast

#### BERGEN - SCANDIC NEPTUN HOTEL

At the Scandic Neptun Hotel, situated in downtown Bergen, you can enjoy one of Bergen's largest collections of modern art. Visit the renowned restaurant Lucullus that offers an exquisite meal or the more informal bistro Pascal Mat & Vin. Relax in well-equipped and comfortable rooms with free Wi-Fi.

#### From\$174pp twin\* From \$276 single\*

\* The price is per person in a twin or single room incl. breakfas-

#### ST. JOHN'S

#### PUFFIN WATCHING ADVENTURE 2 DAYS/1 NIGHT

Combine an overnight in St. John's, the capital of the Canadian province Newfoundland with a visit of North America's largest puffin colony.

#### DAY 1: Arrival in St. John's

Overnight, incl. breakfast at Delta St. John's Hotel and Conference.

#### DAY 2: St. John's/embarkation

At around 10:00 depart from the hotel to Bay Bull and embark a vessel to view a colony of colourful puffins. Look out for members of the world's largest humpback whale gathering while enjoying the dramatic coastline and the musical traditions of our experienced crew. Hundreds or thousands of other seabirds and sometimes other whale species and dolphins will add to the experience. A local fish and chips lunch will be served during this boat tour. We

return to St. John's via Cape Spear, the most easterly point in North America. This tour includes a panoramic drive through downtown St. John's ending at the pier.

#### From \$590pp\*

(Post cruise itinerary shown, pre cruise operates in reverse)

\* The price includes one overnight, incl. breakfast, excursion (approx. 5,5–6 hrs) incl. transportation, boat tour, lunch with beverages, English-speaking guide. Min. participant number applies.

Booking Code: CENYYT01PRE/CENYYT01POST

#### oking code. CENTITOTI RE/CENTITOTI OST

## and free internet access. From \$286pp twin\*

AND CONFERENCE

#### From \$490 single\*

\* The price is per person in a twin or single room incl. breakfast

**EXTEND YOUR STAY** 

ST. JOHN'S - DELTA ST. JOHN'S HOTEL

The Delta St. John's is located in the heart of

downtown, just steps from the business and

entertainment districts. Just less than 10

minutes' walk from St. John's harbour this hotel

features a restaurant with local Newfoundland

dishes, an indoor heated pool and a fitness

center. Every room offers city or harbor views

#### MONTRÉAL

#### MONTRÉAL SIGHTSEEING & SAVOIR-VIVRE TOUR

Discover Montréal's cultural heritage and cosmopolitan blend of the old and new on this overview of the city. We will first drive towards Old Montréal, this historic district where the city was built in 1642. A stroll through a maze of narrow lanes and old buildings will provide a perfect opportunity to discover Montréal's rich heritage and charm. Visit the Notre-Dame Basilica before we continue the city tour, incl. a short stop on the Mont-Royal to let you enjoy the panoramic view of the city and photo opportunities. We will then drive through different neighborhoods such as the Mile-End, where we will stop to pick-up some of Montréal's famous bagels, and Little Italy to enjoy a tasting of local products at the popular Jean-Talon market. Highly appreciated by foodies, you'll be charmed by the colorful vegetable stalls and the cultural diversity! To conclude this city tour, we will drive through the Plateau Mont-Royal, known for its

distinctive style and Francophile atmosphere before heading back to the hotel.

**Note:** This tour involves approx. 2.5 hours walking over even surface.

#### over even surface. From \$144pp\*

\* The price includes a guided coach and walking tour, admission fee at the Notre-Dame Basilica, local food tasting, English-speaking guide. The tour operates on 09 July 2017 (approx. 14:30–18:00) and on 11 July 2017 (approx. 09:30–13:00) starting and ending at hotel in Montréal. Min. participant number applies.

Booking Code: CENYUL01

#### **EXTEND YOUR STAY**

#### MONTREAL - LE CENTRE SHERATON MONTRÉAL HOTEL

Located in downtown Montréal, Le Centre Sheraton Hotel offers a prime location steps from world-class shopping, exquisite dining, and the entertainment district. The hotel offers 825 well equipped rooms with internet access, a Spa & Fitness Centre and an indoor pool, bar and restaurant.

#### From \$282pp twin\* From \$562 single\*

\* The price is per person in a twin or single room incl. breakfast



#### TROMSØ

#### TROMSØ & SOMMARØY ISLAND 2 DAYS/1 NIGHT

Combine a visit to Tromsø with an excursion to beautiful Sommarøy Island, located north of the Arctic Circle.

#### DAY 1: Disembarkation Tromsø/Sommarøy Island

Start your full day tour to Sommarøy island from the pier in Tromsø, with a one hour scenic drive through beautiful sea and mountain landscapes. The island of Sommarøy is connected to the neighboring island of Kvaløya by the Sommarøy Bridge and has white beaches, fantastic views and vibrant fishing villages. After a guided walk enjoy lunch at Sommarøy Arctic Hotel. In the afternoon hike up the mountain of Hillesøy for a stunning view, before returning to Tromsø. Dinnner on your own and overnight at Radisson Blu Hotel.

#### DAY 2: Tromsø/Departure

Breakfast at the hotel.

**Notes:** There is some walking and 30–40 min hike over uneven ground involved in this tour.

#### From \$692pp\*

\* The price includes 1 overnight incl. breakfast, full day excursion with lunch buffet, English-speaking guide. Min. participant number applies.

Not included: meals (except lunch on day 1), drinks, gratuities.

Booking Code: CENTOS10FRPOST

#### EXTEND YOUR STAY

#### TROMSØ – RADISSON BLU HOTEL

At this Tromsø hotel, visitors experience true hospitality in a premium location. This city centre hotel has an ideal location close to the harbour. All spacious and comfortable rooms and suites feature modern furnishings and free Wi-Fi internet.

#### From \$114pp twin\* From \$240 single\*

\* The price is per person in a twin or single room incl. breakfast

#### BREMERHAVEN - ATLANTIC HOTEL SAIL CITY

The hotel is situated in the heart of the tourist resort "Havenwelten" in Bremerhaven directly on the banks of the Weser River. With its striking architecture, the building provides 120 rooms on eight floors, equipped with free Wi-Fi in addition to standard fixtures and fittings. Guests can also enjoy total relaxation in our panorama sauna with adjoining gym.

#### From \$176pp twin\* From \$278 single\*

\* The price is per person in a twin or single room incl. breakfast



# YOUR HOME ON THE WATER

Our expedition ships, MS Fram, MS Midnatsol, MS Spitsbergen and MS Nordstjernen, include comfortable lounges and ample deck space affording perfect views as you glide through some of the world's most beautiful and untouched arctic scenery.

it easier for you to choose. No matter what cabin Our Arctic Superior cabins grades QJ, U, P and journey in a relaxed atmosphere.

#### **Expedition Suites**

suites which are graded Q, M, MG and MX on MS bed while the other cabins have separate beds Midnatsol, M, MG on MS Fram and Q, MG and where one can be turned into a sofa. The cabin MX on MS Spitsbergen. All cabins have a double bed, a seating area (no seating area on cabin Q, a TV and a minibar or refrigerator, completed MS Spitsbergen) TV, a minibar and shower/wc by a seating area in QJ and F. QJ has limited and/or a bathtub. The suites include 1 room (MX or no view. grade: 2 rooms) a kettle with a coffee/tea selection and our amenity kit. The private balcony of **Polar Outside** the cabins MX, M and MG (some only with a bay window) complete your experience.

you travel in, we can promise you a comfortable F have private facilities and includes a kettle with coffee/tea selection and our amenity kit. All cabin grades on MS Spitsbergen have double beds and TV. All F cabins on MS Fram and Choose from our wide range of comfortable some U cabins on MS Midnatsol have a double grades QJ, F and U (only on MS Fram) include

Cabin grades O, N, L, J, A, AJ and FJ all have private a wash basin only. facilities. In addition all FJ, O and J (on MS Spitsbergen) cabins have a double bed and a refrigerator while the O, N, L and J cabins have separate

beds where one can be turned into a sofa. Please note that N, J and A on MS Nordstjernen and A and AJ on MS Spitsbergen have upper/lower berth. The FJ and N cabin on MS Fram and all cabins on MS Spitsbergen include a TV and all L, J, FJ and AJ cabins have limited or no view.

Our cosy Polar Inside cabins in category I on MS Fram and MS Midnatsol have separate beds where one can be turned into a sofa and a TV, completed by a refrigerator on MS Fram. K and I on MS Spitsbergen have double beds and TV. The categories I, D and E on MS Nordstjernen and B on MS Spitsbergen have upper/lower berth. All cabins include private facilities except for the cabins D and E which have

# **YOUR CABIN**

# **NEW: EXTRAS ON MS FRAM, MS MIDNATSOL AND MS SPITSBERGEN**

We have grouped our cabins into four categories with different amenities and extras. This way you can choose the cabin category that will make your stay with us perfect.

cepts on MS Fram, MS Midnatsol and MS Spitsbergen, and what is included in the different can be shared between two guests (couple, partcabin concepts.

#### **BEVERAGES**

On board MS Fram, MS Midnatsol and MS Spitsbergen you will get filtered water for free for lunch and dinner. Regular coffee/tea is complimentary throughout the whole voyage. Our wine

The table below show the different cabin conpackage contains one bottle of wine per booked package, served each evening with dinner. This ners, friends, etc.).

#### **EXPEDITION DINNER**

If you wish to add something more exclusive to your voyage we can offer you an upgraded dining option. Our 7 course dinner including wine can be booked on board for a fee and gives you the opportunity to top off the experiences of the day.

Amenities like bathrobe, blanket and cabin kit can be taken home. If you want to add something that is not included for your chosen cabin category, you will have to pre-book it, or buy it on board, subject

|                |   | CABIN CATEGORIES |                  |                    |                      |  |
|----------------|---|------------------|------------------|--------------------|----------------------|--|
| EXTRAS DURING  | G YOUR EXPEDITION VOYAGE                            | Polar<br>Inside  | Polar<br>Outside | Arctic<br>Superior | Expedition<br>Suites |  |
| MS FRAM        |   | I                | FJ, N            | F,U                | M, MG                |  |
| MS MIDNATSOL   |   | I                | J ,L, N, O       | P, U, QJ           | Q, M, MG, MX         |  |
| MS SPITSBERGEN |   | В, І, К          | AJ, J, A, N, O   | P, U, QJ           | Q, MG, MX            |  |
|                | Breakfast   | ✓                | ✓                | ✓                  | ✓                    |  |
| MFALS          | Lunch   | ✓                | ✓                | ✓                  | ✓                    |  |
| WEALS          | Dinner  | ✓                | ✓                | ✓                  | ✓                    |  |
|                | Expedition dinner                                   | +                | +                | +                  | +                    |  |
| DRINKS         | Water   | ✓                | ✓                | ✓                  | ✓                    |  |
| DRIINNS        | Wine package  | +                | +                | +                  | ✓                    |  |
|                | Amenity kit (bathroom)                              | -                | -                | ✓                  | ✓                    |  |
|                | Bathrobe  | +                | +                | +                  | ✓                    |  |
|                | Blanket   | +                | +                | +                  | ✓                    |  |
| AMENITIES      | Cabin kit   | -                | -                | +                  | ✓                    |  |
| AMENITIES      | Kettle  | -                | -                | ✓                  | ✓                    |  |
|                | Small tray/tea/coffee/cups                          | -                | -                | ✓                  | ✓                    |  |
|                | TV  | ✓                | ✓                | ✓                  | ✓                    |  |
|                | Fruits and sparkling wine (embarking day)           | +                | +                | +                  | ✓                    |  |
|                | Separate check-in                                   | -                | -                | -                  | ✓                    |  |
|                | Separate breakfast area on MS Fram,<br>MS Midnatsol | -                | -                | -                  | ✓                    |  |
|                | Mini bar (selected assortment)                      | -                | -                | -                  | ✓                    |  |

Upgrade possible, pre-bookable

Upgrade possible, bookable on board
 Not applicable





- 1. Arctic Superior U.
  2. Expedition Suite MG.
- 3. Lounge.



#### **CABINS MS SPITSBERGEN**

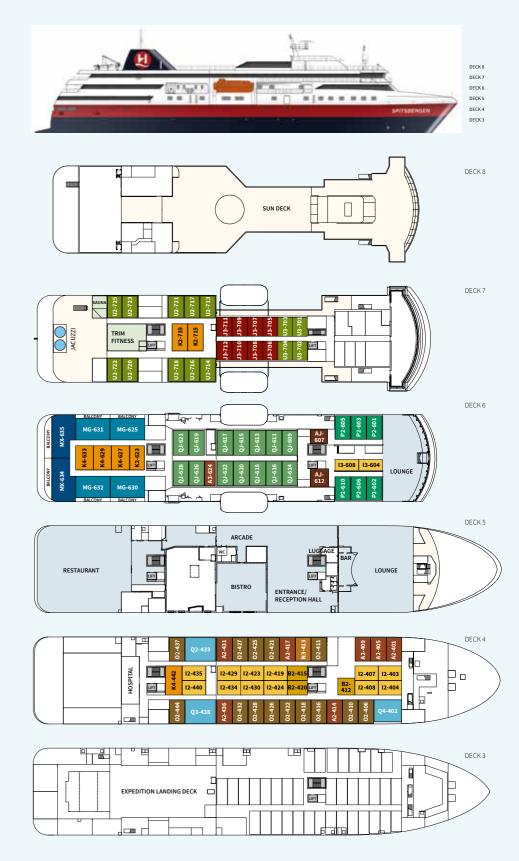
| EXPEDITON          | мх | Owner's suite   | 35 – 37 m <sup>2</sup> | Two rooms, with double bed, seating area, TV, minibar, kettle, stereo, shower, private balcony or bay window. |
|--------------------|----|-----------------|------------------------|---|
| SUITES             | MG | Grand suite     | 28 – 30 m <sup>2</sup> | One room, seating area and double bed, TV, minibar, kettle, private balcony.                                  |
|                    | Q  | Mini suite      | 17 – 23 m²             | One room with double bed, TV, minibar, kettle.  |
|                    | Ó٦ | Outside cabin   | 15 – 18 m²             | Double bed, kettle, TV, limited/no view.  |
| ARCTIC<br>SUPERIOR | U  | Outside cabin   | 11 – 14 m²             | Double bed and TV, table, kettle.   |
|                    | Р  | Outside cabin   | 15 – 18 m²             | Double bed and TV, kettle.  |
|                    | 0  | Outside cabin   | 13 – 14 m²             | Double bed and TV.  |
|                    | N  | Outside cabin   | 13 m <sup>2</sup>      | One bed, two pullman, TV.   |
| POLAR<br>OUTSIDE   | Α  | Outside cabin   | 11 – 13 m²             | Upper and lower berths, TV.   |
|                    | J  | Outside cabin   | 11 m²                  | Double bed, TV, limited/no view.  |
|                    | AJ | Outside cabin   | 9 – 11 m²              | Upper and lower berths, TV, limited view.   |
|                    | K  | Superior Inside | 15 – 18 m²             | Double bed, TV.   |
| POLAR<br>INSIDE    | -1 | Inside cabin    | 14 m²                  | Double bed, TV.   |
|                    | В  | Inside cabin    | 9 – 12 m²              | Upper and lower berths, TV.   |

#### **MS Spitsbergen**

MS Spitsbergen is named after the Arctic crown of Norway -the archipelago of Spitsbergen. Hurtigruten has a long history of travelling to this destination, starting back in 1896 with the Sports Route. After a complete reconstruction MS Spitsbergen will be included in the Hurtigruten fleet from 2016. The ship will feature high standards and comfortable and modern public areas and cabins. The fresh, Scandinavian design reflects the colour palette from the sea. The ship is modern and environmentally friendly and we will make further improvements in order to reduce emissions and fuel consumption. The new ship's maneuverability and optimal size makes her very suitable for exploring the coast of Norway. She will also be equipped and adapted for future sailings in polar waters.

SHIP YARD: Estaleiro Navais de Viana do Castelo (POR) FLAG: Norway YEAR OF CONSTRUCTION: 2009, rebuilt 2015/16 GROSS TONNAGE: 7 025 CABINS: 100 OVERALL LENGTH: 97.53 m BEAM: 18 m ICE CLASS: IC

| SERVICE SPEED: 17.4 knots |  |  |  |  |  |
|---------------------------|--|--|--|--|--|
| EDITION SUITES            |  |  |  |  |  |
| Owner's suite             |  |  |  |  |  |
| Grand suite               |  |  |  |  |  |
| Mini suite                |  |  |  |  |  |
| TIC SUPERIOR              |  |  |  |  |  |
| Outside cabin             |  |  |  |  |  |
| Outside cabin             |  |  |  |  |  |
| Outside cabin             |  |  |  |  |  |
| AR OUTSIDE                |  |  |  |  |  |
| Outside cabin             |  |  |  |  |  |
| Outside cabin             |  |  |  |  |  |
| Outside cabin             |  |  |  |  |  |
| Outside cabin             |  |  |  |  |  |
| Outside cabin             |  |  |  |  |  |
| POLAR INSIDE              |  |  |  |  |  |
| Superior Inside           |  |  |  |  |  |
| Inside cabin              |  |  |  |  |  |
| Inside cabin              |  |  |  |  |  |
|                           |  |  |  |  |  |



Cabins QJ-614 and MX-634 are adapted for guests with disabilities. Subject to change.





1. Expedition Suite MG. 2. Polar Inside I. 3. Arctic Superior F.



#### **CABINS MS FRAM**

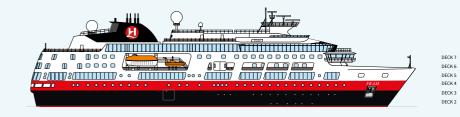
| EXPEDITION<br>SUITES | MG Grand  | suite   | 24 – 39 m <sup>2</sup>                           | One room with private balcony, seating area, TV, minibar, kettle, double bed, shower/wc.  One room with seating area, TV, minibar, kettle, double bed, shower/wc.                               |
|----------------------|-----------|---------|--|---|
| ARCTIC               | U Outside | e cabin | 11 m <sup>2</sup>                                | One bed, one sofa bed, table, TV, refrigerator, kettle, shower/wc. (U-526 with upper and lower berths).   |
| SUPERIOR             | F Outside |         | 17 – 23 m²                                       | Double bed, seating area, TV, refrigerator, kettle, shower/wc.  |
| POLAR<br>OUTSIDE     | N Outside |         | 11 – 13 m <sup>2</sup><br>16 – 21 m <sup>2</sup> | One bed, one sofa bed, table, TV, refrigerator, shower/wc. (N-352 with upper/lower berths).  Double bed, seating area, TV, refrigerator, shower/wc, limited or no view. (FJ-503 with twin bed). |
| POLAR<br>INSIDE      | I Inside  | cabin   | 11 – 13 m²                                       | One bed, one sofa bed, TV, refrigerator, shower/wc.   |

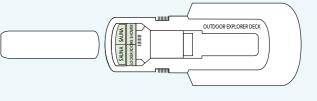
#### **MS Fram**

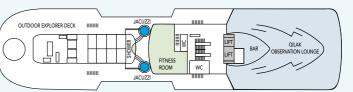
We believe that as an explorer you need an 'expedition base-camp' that is comfortable – something that combines 'all oceans capabilities' with safety, flexibility and environmental friendliness. That's Fram – simply the best expedition ship imaginable. Of the 127 comfortable cabins a number of them are superior and have names after Norwegian polar heroes. The spacious outside decks include accessibility to the very front of the ship - a great place to observe marine wildlife. We are very proud of the art commissioned for MS Fram – local artists from the Arctic have contributed to making her a modern masterpiece. After dressing up for shore side excursions and expedition landings you meet at our "tender lobby" where we safely embark our sturdy Polarcirkel boats and take you safely and efficiently from ship to shore.

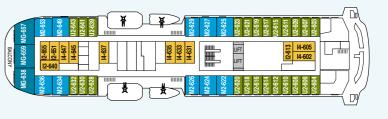
SHIP YARD: Fincantieri, (I)
FLAG: Norway
YEAR OF CONSTRUCTION: 2007
GROSS TONNAGE: 11 647
CABINS: 127
OVERALL LENGTH: 114 m
BEAM: 20.2 m
ICE CLASS: IB
SERVICE SPEED: 13 knots

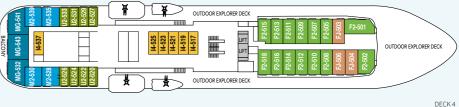
# EXPEDITION SUITES MG Grand suite M Suite ARCTIC SUPERIOR U Outside cabin F Outside cabin POLAR OUTSIDE N Outside cabin FJ Outside cabin with limited/no view POLAR INSIDE I Inside cabin



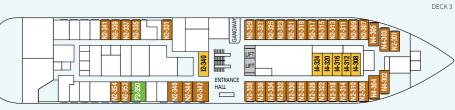














TO BOOK CALL **1800 OCEANS (623 267)** OR CONTACT YOU TRAVEL SPECIALIST

DECK 8

DECK 7

DECK 6







Expedition Suite MG.
 Polar Outside N.
 Arctic Superior QJ.

#### **CABINS MS MIDNATSOL**

|                      | МХ | Owner's suite | 43 – 45 m²             | Two rooms with double bed, seating area and dining table, TV, kettle, tea/coffee, stereo, some cabins with shower and/or bathtub, private balcony. |
|----------------------|----|---------------|------------------------|--|
| EXPEDITION<br>SUITES | MG | Grand suite   | 35 – 37 m²             | One room, with double bed, seating area, TV, minibar, kettle, stereo, some cabins with shower and/ or bathtub, private balcony or bay window.      |
|                      | М  | Suite         | 28 – 30 m <sup>2</sup> | One room, seating area, TV, minibar, kettle, private balcony.  |
|                      | Q  | Mini suite    | 15 – 20 m <sup>2</sup> | One room with double bed, seating area, TV, minibar, kettle.   |
|                      | Q٦ | Outside cabin | 15 – 20 m <sup>2</sup> | One bed, one sofa bed, seating area, kettle, TV, limited/no view.  |
| ARCTIC<br>SUPERIOR   | U  | Outside cabin | 5 – 13 m <sup>2</sup>  | One bed, one sofa bed, table, kettle, TV.  |
|                      | Р  | Outside cabin | 5 – 13 m <sup>2</sup>  | One bed, one sofa bed, kettle, TV.   |
|                      | 0  | Outside cabin | 5 – 13 m <sup>2</sup>  | One bed, one sofa bed, TV.   |
| POLAR                | N  | Outside cabin | 5 – 13 m <sup>2</sup>  | One bed, one sofa bed, TV.   |
| OUTSIDE              | L  | Outside cabin | 5 – 13 m <sup>2</sup>  | One bed, one sofa bed, portholes, limited/no view, TV.   |
|                      | J  | Outside cabin | 5 – 13 m <sup>2</sup>  | One bed, one sofa bed, limited/no view, TV.  |
| POLAR<br>INSIDE      | ı  | Inside cabin  | 5 – 10 m <sup>2</sup>  | One bed, one sofa bed, TV.   |

#### **MS Midnatsol**

MS Midnatsol (Midnight Sun) has a strong environmental profile and a modern design. On deck 9 you find the sun deck and a Jacuzzi. Key qualities of the MS Midnatsol include the large, two-story panorama lounge above the bow, and the large glass expanses that allow natural light to enter, while providing extraordinary views. MS Midnatsol is an ice class 1C ship and equipped with advanced technology, making her very well suited for expedition voyages in Antarctica. As our "Discovery ship" she fully equipped with an Explorer deck with a science centre and a photo and optics test centre. The Explorer deck is also where we embark, fully dressed in suitable expedition and excursion gear, on our tender boats that will take you safely from ship to shore.

SHIP YARD: Fosen Mek. Verk., (N)
FLAG: Norway
YEAR OF CONSTRUCTION: 2003
GROSS TONNAGE: 16 151
CABINS: 278
OVERALL LENGTH: 135,75 m
BEAM: 21,5 m
ICE CLASS: IC
SERVICE SPEED: 15 knots

#### EXPEDITION SUITES MX Owner's suite MG Grand suite M Suite Q Mini suite ARCTIC SUPERIOR QJ Outside cabin U Outside cabin P Outside cabin POLAR OUTSIDE O Outside cabin N Outside cabin L Outside cabin J Outside cabin POLAR INSIDE I Inside cabin



DECK 9

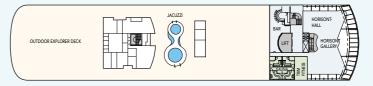
DECK 8

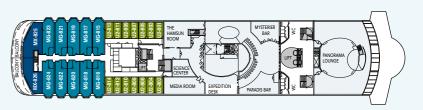
DECK 7

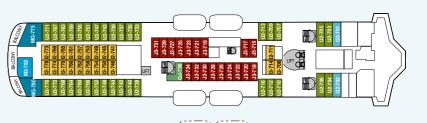
DECK 5

DECK 4

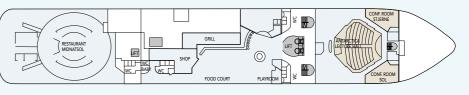
193

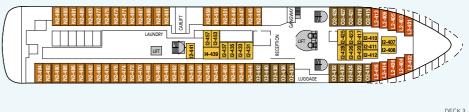


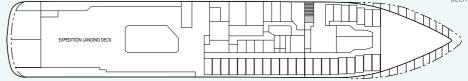












 $Cabins \, 614, 616, 619 \, and \, 625 \, adapted \, for \, guests \, with \, disabilities. \, Category \, J \, and \, QJ \, and \, some \, L \, grade \, cabins \, have \, limited \, or \, no \, view. \, Subject to \, change. \, Category \, J \, and \, QJ \, and \, Some \, L \, grade \, cabins \, have \, limited \, or \, no \, view. \, Subject to \, change. \, Category \, J \, and \, QJ \, and \, Some \, L \, grade \, cabins \, have \, limited \, or \, no \, view. \, Subject to \, change. \, Category \, J \, and \, QJ \, and \, Some \, L \, grade \, cabins \, have \, limited \, or \, no \, view. \, Subject to \, change. \, Category \, J \, and \, QJ \, and \, Some \, L \, grade \, cabins \, have \, limited \, or \, no \, view. \, Subject to \, change. \, Category \, J \, and \, QJ \, and \, Some \, L \, grade \, cabins \, have \, limited \, or \, no \, view. \, Subject to \, change. \, Category \, J \, and \, QJ \, and \, Some \, L \, grade \, cabins \, have \, limited \, or \, no \, view. \, Subject to \, change. \, Category \, J \, and \, QJ \, and \, Some \, L \, grade \, cabins \, have \, limited \, DG \, and \, CATEGORY \, AND \,$ 







- 1. Polar Outside N. 2. Polar Outside A. 3. Polar Inside I. 4. Polar Inside D.



#### **CABINS MS NORDSTJERNEN**

| POLAR<br>OUTSIDE | N  | Outside cabin  | 13 m²            | Upper/lower berths, shower/wc.                     |  |  |
|------------------|----|----------------|------------------|--|--|--|
|                  | J  | Outside cabin* | 6 m²             | Upper/lower berths, shower/wc, limited or no view. |  |  |
|                  | Α  | Outside cabin  | $7  \text{m}^2$  | Upper and lower berths, shower/wc.                 |  |  |
| POLAR<br>INSIDE  | -1 | Inside cabin   | $7  \text{m}^2$  | Upper/lower berths, shower/wc.                     |  |  |
|                  | D  | Inside cabin   | 5 m <sup>2</sup> | Upper and lower berths, wash basin only.           |  |  |
|                  |    | Inside cabin   | 3 m²             | Upper and lower berths, wash basin only.           |  |  |



## **MS Nordstjernen**

MS Nordstjernen is named after the North Star, Polar Star or Stella Polaris, famous for helping ships to navigate north for centuries, even back to the age of the Vikings. The ship was built for the Coastal Voyage fleet in 1956 and extensively modernised in 2000 and 2013/14 for exclusive Arctic sailing. She still retains the aura of an old Atlantic ship and comes equipped with a dining room and bar, a café, a panorama lounge and a library. Inside you'll find cosy inside and outside cabins, the majority of which have upper and lower berths. All rooms and deck surfaces have that old, beautiful wood, which creates an extraordinary atmosphere. MS Nordstjernen still has all of her original art on board.

SHIP YARD: Blohm + Voss, (D) FLAG: Norway YEAR OF CONSTRUCTION: 1956 (Mod. 2000 and 2013/14) GROSS TONNAGE: 2 191 PASSENGERS: 130 CABINS: 71 OVERALL LENGTH: 80,77 m BEAM: 12,6 m ICE CLASS: 1C SERVICE SPEED: 15 knots

#### POLAR OUTSIDE

N Outside cabin

J Outside cabin

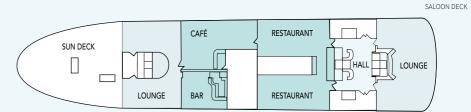
A Outside cabin

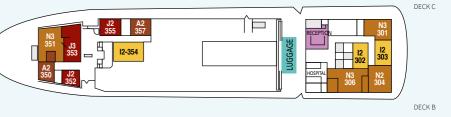
#### POLAR INSIDE

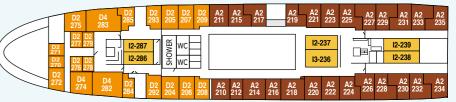
Inside cabin

Inside cabin (some with window)

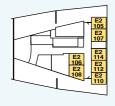
E Inside cabin







DECK A





# **PRACTICAL INFORMATION**

#### Brochure Accuracy

The information and descriptions contained in this brochure have been checked by our staff and/or local agents to ensure they are correct. However, changes may occur after the date of publication and there may be occasions when Hurtigruten or local suppliers may withdraw some facilities. Should we become aware of any significant change which may be considered to have an effect on the enjoyment of your holiday we will do our utmost to advise you. Public holidays and religious festivals may also affect the availability of resort and hotel facilities. Tourist offices can provide details of such events. Many areas we visit are very remote and affected by prolonged cold weather or difficult terrain. Provision of facilities will be subject to local conditions, and customs and lifestyles may differ from those to which you are accustomed.

#### Communication to the ship

All cabins on the MS Fram, MS Midnatsol and MS Spitsbergen have a telephone. Buy a phone card in the reception to call from the ship. There is an Internet café on board (subject to a fee) and Wi-Fi is available in some areas. Both internet and telephone lines from time to time will be out of range due to the vessel's location.

#### Changes to the itinerary and excursions

Every voyage is unique. All routes and excursions are provisional and subject to change as weather, sea and ice conditions may affect the itinerary. Excursions may also be subject to minimum/maximum numbers. Hurtigruten AS reserves the right to change the itinerary and the content of excursions without prior notice. (See terms and conditions).

#### Charter flight to Ushuaia

The flight from Buenos Aires to Ushuaia and vice versa is part of your voyage and usually operates early in the morning and arrives to Buenos Aires in the afternoon upon return. Please note that the airline will confirm the final flight times between Buenos Aires and Ushuaia only a few days prior to the day of departure. For final flight times and your boarding pass please contact our hospitality desk at Emperador Hotel in Buenos Aires one day prior. If you do not plan an overnight stay at the end of your voyage, please do not book your international flight before 20:00. Please note that the flight to/from Ushuaia departs/arrives at the Jorge Newberry National Airport. You need at least 3 hours to change airports in

Buenos Aires for your connecting flight from Ezeiza airport. We are unable to accept responsibility if you miss your return flight in the event of a delay.

#### Charter flights to Punta Arenas

The flight from Santiago de Chile to Punta Arenas and vice versa is part of your voyage and usually operates early in the morning and arrives in the afternoon upon return in Santiago. Please note that the airline will confirm the final flight times only a few days prior to the day of departure. For final flight times and your boarding pass please contact our hospitality desk at the Hotel in Santiago de Chile one day prior. If you do not have an overnight stay at the end of your voyage, please do not book your international flight from Santiago de Chile before 20:00. We are unable to accept responsibility if you miss your return flight in the event of a delay.

#### Children

Hurtigruten AS cannot allow children under the age of 5 to travel with us to Antarctica. There is no age restriction on our other destinations. For safety reasons, children under 12 years of age will be considered for participation on each landing. It is entirely at the Captain's dis-

cretion to allow children on shore landings.

#### Disabled cabins/Mobility

The MS Fram, MS Midnatsol and MS Spitsbergen are suitable for wheel-chairs. Persons in need of special assistance must travel with a companion. Please note that the gangway must be used in order to embark/disembark wheelchairs. MS Nordstjernen has no handicap cabins and is not suitable for wheel-chairs. In ports where tidal conditions or other circumstances require use of a portable gangway, or during landings with tender boats, it is not possible to use/take wheelchairs. Embarkation and disembarkation in Kangerlussuaq/Greenland is by tender boat and therefore we regret that any voyages starting and ending in Kangerlussuaq are not suitable for wheelchair users.

#### Environment and green navigation

Our Captains take pride in route planning that minimises the load of the engines and reduces emissions. All waste is stored on board until it is deposited for treatment ashore. We never deposit waste in the sea and we ask you not to leave any waste when you are on shore excursions. In populated areas there are containers for depositing litter, please use them. We ask you to respect the saying: "Leave nothing but footprints, take nothing but pictures".

#### **Expedition Team**

The on board Expedition Team is composed of an Expedition Leader, an Assistant Expedition Leader and several lecturers and experts. Your Expedition Leader will regularly update you on the progress of the trip as well as the different points of interest and wildlife sightings that may occur. Biographies of the Expedition Team can be found on the information bulletin board located close to their information desk. At the Expedition Desk you will be able to find information regarding the trip and book optional excursions. On MS Nordstjernen no expedition desk and not possible to book optional excursions on board.

#### Safety on board

The ships comply with all safety requirements and our vessels are suitable for sailing in icy waters. Upon arrival on board all passengers will be instructed in safety procedures and the use and location of the safety equipment. There is a safety plan situated on the inside of each cabin door. We stress the importance of becoming acquainted with the ships' safety plans. Special safety regulations will apply on landings with the tender boats. Please follow the instructions given by the Expedition Leader and crew. Special lifejackets for use during landings will be handed out to all passengers before first landing. A mandatory briefing regarding the safety guidelines will also be given.

#### Medical questionnaire mandatory

In accordance with Hurtigruten AS requirements, all travellers to Antarctica, North East Greenland and on all voyages crossing the Atlantic ocean must complete a confidential medical declaration form, signed by a doctor, stating that they are fit to travel. This form will be sent to you in advance of travel, and the form must be filled out, brought on board and personally delivered to the doctor upon embarkation. Boarding may be denied if these forms are not presented at time of embarkation.

#### Medical facilities

There is an English-speaking physician and nurse on board the MS Fram, MS Midnatsol and MS Spitsbergen at all times. The ships have a small medical facility with the necessary equipment and medication to handle small emergencies. In the event of a serious emergency, the nearest hospital will be contacted. Medical consultations as well as medication will be charged to the passenger affected. It is compulsory to carry sufficient travel/health insurance. If you depend on medication, remember to bring sufficient supplies to last through any unforeseen delays. We also recommend that you keep your medication in your hand luggage properly labelled and with clear instructions for its use. If you depend on vital drugs, please inform the ship's doctor upon arrival. Illness on board can lead to quarantine and orders from the ship's physician and captain must be followed.

#### Mobile phone

Mobile phones will function in some places on shore. Check with your carrier for details. Guests may use their own GSM telephones on board as long as we have connection at an international price level. Please check with your carrier for rates and if your subscription is valid on the MCP Satellite System on board.

#### Passport and VISA requirements

Please take a few minutes to familiarise vourself with the required travel documents you will be asked to provide prior to boarding the ship. It is the sole responsibility of the guest to identify and obtain all required travel documents and have them available when necessary. A passport is the only valid identification. For some destinations your passport must be valid for more than six months after you return to your home country. At check-in on board passports will be collected on board the vessel, in order to clear immigrations and customs. They will be kept throughout the whole voyage. We regret that we are unable to accept any liability if you are denied access to a flight or entry into a country or are otherwise affected by difficulties or costs resulting from your passport not being approved or if you have not obtained the required documentation. It is the responsibility of each passenger to ensure they comply with any visa travel document requirements at the time of travel. At the time of printing there were no visa requirements for holders of UK passports

#### Tender boat landings

These sturdy boats enable waterbased exploration and safe landings in otherwise inaccessible areas. On all landings in Polarcirkel boats guests are required to wear proper footwear. In Antarctica it is mandatory to use rubber boots for all landings. For all other destinations boots can be useful. You are welcome to bring your own boots.

#### Ship's security

Hurtigruten complies with the ISPS-regulations (International Ship and Port Facility Security Code) where all luggage is subject to X-ray/metal detector inspection at a facility or ship. The ISPS regulations also include hand baggage scans in all ports of call throughout the course of the voyage.

#### Special requests

If you have special requests please inform us at time of booking. We will do our best to meet such requests but can not guarantee to do so and under no circumstance will any such request be accepted by us so as to form part of a contractual agreement.

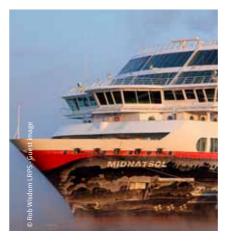
#### Vaccinations

On some voyages vaccinations are required. All passengers are responsible for ensuring they comply with any requirements at the time of travel.

#### What to wear

On board dress is informal. Although some passengers choose to change for dinner the dress code is casual rather than formal. The weather can vary during the course of each voyage or even during the day. To cater for these variations we recommend the layered dress approach that enables you to adapt to changes in temperature and weather conditions easily. For all voyages we advise you to bring breathable rain and windproof clothing. A warm hat, gloves, scarf and thermal clothing can be useful, together with thermal underwear, during the winter months. Sturdy shoes are important for some shore excursions and a walking stick/trekking pole may be useful.

197





# ON BOARD INFORMATION

#### Alcohol Polic

Guests are respectfully reminded that only beverages purchased from the ships' restaurants and bars can be consumed on board. Alcoholic drinks purchased in ports-of-call and from our on-board shops will be stored by the ship and delivered to your cabin on the last day of the sailing.

#### Announcements

Announcements will be made over the public address system. Those cabins with a TV may set to the specific channel number.

#### Bar service

These ships have a bar with an excellent selection of spirits, wines, beers and soft drinks and a lounge with coffee service.

#### Cabins

There is a wide range of comfortable cabins on board. All MS Fram and MS Midnatsol cabins have private facilities. Some cabins on board MS Nordstjernen have wash basin only. Please note that check-in at reception may open before your cabin is ready for use. You will be informed at check-in when your cabin is ready for use. You may expect some noise and vibration in some cabins. This varies depending on the location of your cabin. Please note that cabins on deck 5 of MS Fram, deck 6 of MS Midnatsol, deck 6+7 on MS Spitsbergen and deck C of MS Nordstjernen which have passenger access to outside areas, may sometimes have an obstructed view due to other passengers walking past.

#### Cruise card

A cruise card will be issued upon arrival on board as part of the check-in procedure in accordance with ISPS regulations. The card serves as a control system on the gangway. This card, in addition to being the key card for your cabin, is also your payment card on board. The card is the only means of payment for the on board facilities. To activate the cruise card account you must have a Visa, American Express, Diners or Mastercard. The credit card must be valid for more than three months after your stay on board. Please note that when using your credit card on board the ship, your account will be debited in NOK. The rate of exchange will be the one validated by your



credit card company. The evening before the voyage ends the account will be totalled and settled on board, and a receipt brought to your cabin. We regret that there is no facility for cash withdrawals or currency exchange on board.

#### Electricity

The plugs in your cabins are all 220V/50hz. Suites have 110V for shavers. The plugs are continental two pin plugs. For which you will need to bring an adapter.

#### Entertainment

The emphasis on board is on relaxation and discovery and not on commercial entertainment which is so oft en a part of conventional cruises. Occasionally there may be some musical entertainment on board in the evenings. No entertainment on board MS Nordstjernen.

#### Fitness room, sauna and Jacuzzi

On MS Fram deck 7, MS Midnatsol deck 9 and MS Spitsbergen deck 7 you can find a modern fitness room and comfortable sauna with a fantastic view of the landscape passing by. There are two outdoor Jacuzzis. No facilities on board MS Nordstiernen.

#### **Gratuity Policy**

We at Hurtigruten AS have learned that many of our guests wish to give a special thanks to our service crew on board. This is at your discretion to honour service rendered by the crew in bars, restaurants and cabins. In order to provide some guidelines, we recommend 70 NOK (approx 9 Euro, 12 USD) per guest per day as an average gratuity. Whatever amount you decide to give, please fill in the form you will find in your cabin and give it to the receptionist two nights before the end of the cruise. The amount will then be debited from your cruise card account.

#### Information and services

There are reception and expedition desk, where our staff are available to answer your questions.

#### Languag

Announcements, lectures and written information are given in English.

#### Laundry

A laundry service is available on board the MS Fram MS Midnatsol and MS Spitsbergen. No laundry service is available on the MS Nordstjernen. No self-service or dry-cleaning is possible.

#### Lecture

The ships' experienced lecturers command an in-depth knowledge of the areas in which we sail. They will conduct, on a regular basis, lectures on topics such as biology, history and geology throughout the voyage. The lecturing schedule will be announced everyday in the onboard daily programme.

#### Librar

The ship has a small selection of books that are available to guests while on board.

#### Observation Lounge

The observation lounges offer large panoramic windows, ample comfortable seats and on MS Fram, MS Midnatsol and MS Spitsbergen even a pair of binoculars so you can view the wildlife and details of the everchanging landscape. No observation lounge on board MS Nordstjernen.

#### Outdoor decks

Enjoy the views from the front or back of the ship. Both are perfect vantage points to sit back, relax and watch the world go by.

#### Mai

You can hand in your mail at reception, and for a limited amount covering service fee and stamps we will forward the post in every port where it is possible. The time from sending the postcard to when it gets to the receiver may be relatively long. Hurtigruten has no responsibility for lost mail.

#### Resident photographer

Our resident photographer on board MS Fram, MS Midnatsol and MS Spitsbergen will invite you to photography workshops and practical sessions out on deck to enable you to take the best possible pictures from your voyage.

#### Restaurant & cuisine

Your voyage includes breakfast, lunch and dinner. The open seating for the breakfast and lunch buff et creates a relaxed atmosphere. Dinner varies between buffets, set meals and barbeques. The type of dinner is announced in the daily programme. Our head waiter will assign tables prior to arrival. Information about table number and meal times will be in your cabin upon arrival. Please provide information regarding special requests for seating arrangements. On some voyages we may serve the dinner divided into boat groups. Where possible, we plan our menus around seasonal ingredients, taking advantage of local produce to satisfy healthy appetites stimulated by the fresh sea air. Regular coffee/tea is complimentary throughout the whole voyage. Other beverages and refreshments during the day are not included but may be purchased on board in the restaurant, cafeteria and bar.

#### Room service

Cabins are cleaned daily on board MS Fram, MS Midnatsol and MS Spitsbergen. We regret that meals or drinks cannot be served in the cabins. No room service at MS



Nordstjernen. The cabins will not be cleaned daily, but upon request. Fresh towels are available at all time.

#### Rubber boot rentals

On board you may borrow a pair of high quality boots free of charge to wear during landings and hikes. These boots will be kept on the ship's tender deck, and you will have your own pair during the whole voyage. We also offer binoculars, walking sticks and a small selection of warm thermo suits for rent.

#### Seasickness

Seasickness pills are available to buy in the reception. If you are prone to seasickness it is recommended that you bring pills that you are familiar with. You may also buy 'sea bands' on board.

#### Sho

In our on board shop you may buy clothing suitable for Explorer voyages. Our Expedition Team will be happy to give you expert advice on how to dress properly in polar areas. We offer a range of both warm and practical clothing, using fabrics with natural fibres. We also offer souvenirs, handicrafts, and postcards. In addition we also stock a small selection of soap, toothpaste and other personal effects.

#### Shore excursions

A selection of shore excursions are available to pre-book. Where available we will supply you with excursion information in advance, otherwise you will receive full details and prices on board. All shore excursions on board MS Nordstjernen are included.

#### Smoking

On board, smoking is only permitted in designated areas on deck. All cabins are non-smoking. To show respect for the environment, please use the provided ashtrays when smoking. Throwing cigarette ends overboard is strictly prohibited. A cleaning charge of 1,500 NOK will be applied for smoking in your cabin, to cover the cost of cleaning linen and curtains to return it to a non-smoking standard.

#### Water

The tap water in your cabin is drinkable, but we recommend buying bottled water or our self produced filtered water by the carafe in the restaurant for quality and freshness.

#### Walking on board

We kindly remind you to be careful walking on board while at sea, especially venturing out on deck. Look out for the signs for warning of wet and slippery decks. Be aware some doors the outer decks are difficult in windy conditions. Please adhere to the signs and announcements when it is not advised to go outside. While walking inside, hold on to railings but not door frames to avoid injury.

#### Welcome meeting

Upon arrival on board, there will be a mandatory passenger safety drill before departure. There will also be a welcome meeting where security information as well as practical information about the cruise will be given, along with an opportunity to meet some of the crew and be introduced to the key personnel on board.



# **TERMS AND CONDITIONS**

ct is with Hurtigruten Ltd., a company wholly wned by Hurtigruten AS, on the basis of these contained in the brochure, and shall be governed by English law and the jurisdiction of the English Courts. You may however choose the law and English Courts. You may however choose the law and jurisdiction of Scotland or Northern Ireland if you wish to do so. When you book an air package holiday or sailing with us the contract between us will exist as soon as you or your travel agent asks us to confirm your booking. We then become responsible to provide you with the voyage arrangements or air package holiday you have booked and you become responsible to pay for them, in each case subject to these terms and conditions. You will also become responsible to pay for any additional arrange nents made by us on your behalf including Interna Flights not included in any air package, optional excursions, travel insurance or other arrangements requested by you

When you make a booking you guarantee you have the authority to accept and do accept on behalf of your party the terms of these booking conditions and accept responsibility for making all payments to us for all members of the party. We are unable to accept provisional or condi-tional bookings. We will send all documents and other information to you and you will be responsible for ensur-ing that all other members of the party are kept fully in-

you receive it will be sent on receipt of your deposit. If you wish to change or cancel any arrangements later you may have to pay an amendment or cancellation charge and costs (see below) which may be as much as the whole of the original price of your arrangements. Only one nooice and one set of documents will be issued. No verbal invoice and one set of documents will be issued. No verbal amendments may be made by either party to these written booking conditions; any change must be in writing signed by the Chief Executive of Hurtigruten AS.

If your confirmed arrangements include a flight, we (or if you ed agent of ours, that agent) will issue ou with an ATOL Certificate and a confirmation. Upon receipt. f you believe that any details on the ATOL Certificate or con irmation or any other document are wrong you must advise

If you book your holiday through a travel agent all communication must be through that agent. Please quote your booking reference number in all communications.

You are responsible for complying with any visa or other entry requirements for you or any of your party who are not full European Union Passport Holders.

#### 2. PAYMENT

price of the arrangements you have booked is due and is payable as follows:

(i) If you book more than 70 days before your scheduled departure date a non-refundable deposit of 20%. The balance is due 70 days before your scheduled departure date. No second invoice will be sent. Travel documents will be issued 7 to 14 days prior to departure.

(ii) If you book less than 70 days before your scheduled

deposit. Balance payment may be made by cash, bank debit card, credit card or cheque (providing there is time to clear it to meet the payment schedule shown above - you should allow 5 working days for clearance from the time we

#### **Credit Card Charges**

If you pay by credit card a fee will be charged to your holiday price. Fees differ dependingon the card used. Contact us to obtain applicable surcharge fees.

#### 3. FITNESS TO TRAVEL ON THE SHIP, PREGNANCY. DISABILITY OR REDUCED MOBILITY, MEDICAL/ MOBILITY EQUIPMENT

safely and in accordance with applicable safety requirements established by international, EU or national law or in order to meet safety requirements established by con petent authorities including the ships flag state every Pas senger warrants that he/she is fit to travel by sea and that nis/her conduct or condition will not impair the safety of the ship or inconvenience the other passengers. We reserve the ship or inconvenience the other passengers. We reserve the right to require any Passenger to produce medical evi-dence of fitness to travel in order to assess whether that Passenger can be carried safely in accordance with appli-cable international, EU or national law. If we consider it necessary, we are entitled to administer a health question-point price benefiting.

If it appears to us, the Master or the Company's nominated If it appears to us, the Master or the Company's nominated medical representative that a Passenger is for any reason unfit to travel, likely to endanger safety, or likely to be refused permission to land at any port, or likely to render the Carrier liable for Passenger maintenance, support or repatriation, then the Carrier or the Master shall have the right to take any of the following courses: (i) Refuse to embark the Passenger at any port; (ii) Disambark the Passenger at any port; (iii) Transfer the Passenger to another berth or cabin; (iv) if the Company's nominated medical representative considers it advisable, to place or confine him/her or to transfer the Passenger to a health confine him/her or to transfer the Passenger to a health facility at any port, at the Passenger's expense (v) to ad-minister first aid and administer any drug, medicine or

to a hospital or other similar institution at any port provided that the ship's nominated medical repres and/or Master considers that any such steps are necessary

Where a Passenger is refused embarkation as a result of safety and/or fitness to travel, neither we nor the carrier shall be liable for any loss or expense occasioned to the passenger thereby, nor shall the passenger be entitled to any compensation from the Carrier.

Passengers who need assistance and/or have special requests or need special facilities or equipment with regard to accommodation, seating or services required or need to bring medical equipment must notify us at the time of booking, if there are any particular conditions, disabled or reduced mobility which require personal care or supervision then such personal care or supervision then such personal care or supervision must be organised by the passengers and at the passenger's expense. Those passengers confined to wheelchairs must furnish their own standard size foldable wheelchairs but needn't be accompanied by a travelling companion. Unless we and or the Carrier agree otherwise and in writing Passengers are limited to bringing 2 items of such mobility or medical equipment on board per cabin with a total value not exceeding £2.200.0. All equipment must be capaity or medical equipment on board per cabin with a total value not exceeding £2,200. All equipment must be capable of being carried safety and must be declared before the salling. The Carrier may decline to carry such equipment where it is not safe to do so or where it has not been notified in time to enable a risk assessment to be carried out.

cal advice prior to travel at any stage of their pregnancy. Women who are up to 23 weeks pregnant at the end of the cruise are required to produce a medical certificate of fitness to travel. The Carrier cannot for safety reasons carry pregnant passengers of 24 weeks or more by the end

All Voyage prices shown in this brochure are in pAustralian Dollars (AUD) and are to be used as a guide only. Prices are per person based on full occupancy of the cabin accommodation unless otherwise stated.

Single/Sole occupancy of cabins with more than one berth is at our discretion as single/sole use of multiple berth cabins will be limited. The price of your voyage or air package holiday arrangements was calculated using exchange rates quoted ANZ Bank Foreign Exchange as at 07 April 2016. We reserve the right to change any of the prices quoted in this brochure although there will be no change within 30 days of your departure date. You will be advised of the current price of the voyage or air package holiday you wish to book before your contract is con-

We reserve the right to increase or decrease prices in line with any change in VAT, local and UK taxes, embarkation/disembarkation fees, fuel surcharges, exchange rates, security charges or any fees chargeable for the services included in the cost of your holiday.

Should it be necessary to make any surcharges we will Should it be necessary to make any surcharges we will notify you of the relevant adjustments by issuing a new invoice. In any event we will absorb all such increases where they form less than 2% of the total cost of your voyage or air package holiday (excluding any cancellation or amendment charges). Only amounts in excess of 2% will be invoiced to you, together with an administration charge of £1.00 per person together with an amount to cover agent's commission. In the event that any surcharge means you paying in excess of 10% more on the original cost of your voyage or air package holiday, you will be entitled to cancel your try with a full refund of all monies entitled to cancel your trip with a full refund of all monies paid (except amendment fees). Should you wish to cancel under these circumstances you must exercise your right to do so within 14 days from the date of the invoice we send

Should the price of your voyage or air package holiday go down due to changes above by more than 2% of your holiday cost then any refund due will be paid to you. Please note that travel arrangements are not always purchased in local currency and some apparent changes have no impact on the price of your travel due to contractual or other protec-

#### 4.B VOYAGE AND AIR PACKAGE HOLIDAY

- International Flights except where included in the Air

excursions or other activities that you may choose to book and pay for whilst on holiday are not part of your yoyage and pay for whilst on holiday are not part of your voyage or air package holiday arrangements provided by us nor are we agents for the provider of the service. For any excursion or other activity you book before departure or with which you are assisted in arranging whilst on holiday, your contract will solely be with the supplier of the excursion or activity and not with Hurtigruten. We are not responsible for the provision of your excursion or activity or for anything that happens during the course of its provision by the supplier

#### 5. IF YOU CHANGE YOUR BOOKING

our travel arrangements after they

may not always be possible. Any request for changes to be made must be in writing by the person who made the booking or your travel agent. You will be asked to pay an booking or your travel agent. You will be asked to pay an administration charge of \$150 per person and any further cost we incur in making this alteration. NB: most airlines will charge a fee for ticket changes. Costs may increase the closer to the departure date that changes are made. For example, the transfer within 70 days of departure of arrangements involving a scheduled flight will mean the cancellation and responsive or this flight and significant. cancellation and re-booking of this flight and a significant

If you change the number of people in your party, the price of the arrangements will be recalculated for the new party size e.g. this may mean that accommodation is under-occupied and each member of the party may have to pay an increased price.

Any increase in price caused by changes you have requested is not a cancellation charge even though it may arise because a member of your party has cancelled. Any change by you to your confirmed arrangements after de-parture is in all cases subject to availability and any rele-

#### 6. IF YOU CANCEL

additional charge.

You, or any member of your party, may cancel your travel arrangements at any time. Written notification from the person who made the booking or your travel from the person who made the booking or your trave agent must be received at our offices. We recommen 'Recorded Delivery'. Cancellation takes effect the day we receive your letter or email. Since we incur costs in relation to you arrangements from the time we confirm you booking you will have to pay the applicable cancellation the property of the p f we cancel because you have failed to make payments on time - see 'Payment' section) together with the cos of any air fare for which we have had to pay at the time of the booking and will be payable immediately or

| When the cancellation letter is received by us before departure | Charges as a % of the total holiday cost (excl. insurance premiums) |  |  |
|---|---|--|--|
| 70 or more days   | Retention of deposit  |  |  |
| 42-69 days  | 30%   |  |  |
| 28–41 days  | 60%   |  |  |
| 14-27 days  | 90%   |  |  |
| Less than 14 days   | 100%  |  |  |

If you have to cancel for a reason covered by your travel insurance you may be able to reclaim the cancellation charges, less applicable excess. Insurance premiums are not refundable.

#### 7. IF WE CHANGE OR CANCEL YOUR BOOKING

We reserve the right to change any of the details, and correct any errors in this brochure or invoices at any time. If changes are made before you have made your booking we will advise you before we confirm your arrangement We reserve the right in any circumstances to cancel your travel arrangements (for example if a minimum number travel arrangements (for example it a minimum number of participants for a particular travel arrangements not reached, we may have to cancel it) and to change airline, aircraft types, vessels and itineraries without liability for any subsequent loss. Even after we have confirmed your booking we may have to make alterations but we will not cancel yourtravel arrangements less than 70 days before your departure event for reasons of from majeure or failure by departure except for reasons of force majeure or failure by you to pay the final balance in full.

Most alterations will be minor and while we will do our best will have no other liability to you.

Occasionally we may have to make a significant change to your confirmed arrangements. Significant changes in clude the following:

- Change of UK departure airport. A change from London airport to another is not considered a major change. London airports are Heathrow, Gatwick, Stansted, Luton and London City.
- Change of your time of departure or return by more . Change of your flight from a day flight to a night flight
- if this also includes a of 3 hours or more.†
- Change of resort.

† For the purposes of the contract night flights are those which depart from the UK between 2200 and 0600 hours

If we have to make a significant change we will notify you as soon as possible and you may either

(b) take alternative arrangements altogether (subject to availability). If the alternative arrangements selected are a lower price than those originally confirmed the difference will (if already paid) be refunded to you.

we will as soon as possible, refund all money paid to us.

Passengers must give notice of their decision as soon as Passengers must give notice of their actions of a soon as reasonably possible and not later than 7 days of being informed of the alteration. If you choose (a) or (b) above, you will receive as compensation a credit towards the cost of your arrangements, or any alternative selected, the amount shown in Scale A below. If you choose (c) we will pay you compensation shown in Scale B below. In all cases we will have no liability for any other or greater compensation for for expressed colorses incrimed.

| Period before departure date notification given by us | Credit/Compensation per<br>fare paying passenger<br>(excluding infants)* |         |  |
|---|--|---------|--|
|   | Scale A  | Scale B |  |
| 0-7 days  | £50  | £25     |  |
| 8-14 days   | £40  | £20     |  |
| 15–28 days  | £30  | £15     |  |
| 29-42 days  | £20  | £10     |  |
| 43–59 days  | £10  | £5      |  |
| More than 60 days                                     | £5   | Nil     |  |

I he compensation shown above is in Great Britain Pounds (GBP) applies to full fare paying adults only. Children or others travelling at concessionary rates will receive compensation pro rata based on the concessionary price against the full adult price as shown on the confirmation.

The above rates do not apply when we are forced to make changes which cause you to withdraw or cancel your arrangements, by reason of unusual and unforeseeable circumstances beyond our control and which we could not have avoided by the exercise of all due care and our only liability will be to refund, as soon as possible, all money paid to us by you. We are unable to accept liability or pay compensation where the performance or prompt performance of our contractual obligation is prevented or affected by reason of circumstances amounting to 'force majeure' i.e. any event which we or the supplier(s) of the ervice(s) could not even with due care foresee or avoid service(s) could not, even with due care foresee or avoid. Such events may include, but are not limited to, war, threat of war or civil commotions, riots, terrorist activity, indus-trial dispute, natural or nuclear disaster, adverse weather, fire, flood, drought, government action, airport and port regulations and closures, technical transportation prob-lems, maintenance to vessels, scheduling of transport and similar events outside our control.

A flight or ship delay does not constitute a change to

#### 8. COMPLAINT PROCEDURE

If there is a problem during your holiday, you must report it on board immediately or to the relevant airline, ground handler, hotelier or other supplier, so that prompt efforts can be made to resolve the problem. In the unlikely event that a problem cannot be resolved at the time and you wish to complain, you must send us full written details within 28 days of your return. Failure to take either or both of these steps will prejudice our ability to resolve you 

Where the port of embarkation for your sailing is in the EU hen any complaints relating to EU Regulation 1177/2010 on Passenger Rights when travelling by Sea and Inland
waterways must be made to the Company in writing no
later than 2 months after return from travel or the date on which the service complained of was performed. The Company will provide a final reply within 2 months. You must supply full details to enable the Company to deal

between us you may if you wish be referred to Arbitration. This special scheme, by arrangement with ABTA is administered by CEDR Solve. It applies if your claim is for not more than £5,000 per person or £25,000 per booking and does not involve physical injury or illness. The scheme provides for a simple and inexpensive method of arbitraon conducted privately based on written documentation details are available on request or from ABTA Ltd, 30 Park Street. London SE1 9EO. www.abta.com.

ing conditions, we regret we cannot accept liability or pay any compensation where the performance of our contractual obligations is prevented or affected by or you other wise suffer any damage or loss as a result of 'force majeure n these Booking Conditions, 'force majeure' means any vent which we or the supplier of the service(s) in question ould not, even with all due care, foresee or avoid. Such events may include war or threat of war, riot, civil strife, ac-ual or threatened terrorist activity, industrial dispute, natural or nuclear disaster, adverse weather conditions, fire and all similar events outside our control.

(ii) We will accept responsibility for the arrangements we agree to provide or arrange for you as an 'organiser' under the Package Travel, Package Holidays and Package Tours Regulations 1992 as set out below. Subject to these booking conditions, if we or our suppliers perform or arrange your contracted holiday arrangements negligently, taking into consideration all relevant factors, we will pay

(iii) Where death and or personal injury and or loss of or damage to property occurs during carriage by air or by sea then liability and the extent of damages recoverable will be dealt with by International Conventions as set out in para-graphs (v) and (vi) and not otherwise.

(iv) As set out in these booking conditions we limit the naximum amount we may have to pay you for any claims you may make against us which do not involve personal niury, illness or death. Except where loss of and/or damage b luggage or personal possessions is concerned if we are ble to you on any basis the maximum amount w induit alone by you of any basis in terraminari amont we will have to pay you is twice the price (excluding insurance premiums and amendment charges) paid by or on behalf of the person(s) affected in total unless a lower limitation applies to your claim under clause 10 (vi) below.

ing death or personal injury) concerns or is based on any travel arrangements (including the process of getting on and/ or off the transport concerned) provided by any air, sea, rail or road carrier or any stay in a hotel, the maximum amo ve will have to pay you will be limited. The of compensation we will have to payyou will be limited. The most we will have to pay you for that claim or that part of a claim if we are found liable to you on any basis is the most the carrier or hotel keeper concerned would have to pay under the international convention or regulation which applies to the travel arrangements or hotel stay in question. (for example, the Warsaw Convention as amended or unamended and the Montreal Convention for international travel by air and/or for airlines with an operating licence granted by an EU country, the EC Regulation on Air Carrier Liability No 889/2002 for national and international travel by sair, the Athens convention for international travel by sea).

Please note: Where a carrier or hotel would not be obliged Please note: Where a carrier or hotel would not be obliged to make any payment to you under the applicable International Convention or Regulation in respect of a claim or part of a claim, we similarly are not obliged to make a payment to you for that claim or part of the claim. When making any payment, we are entitled to deduct any money which you have received or are entitled to receive from the transport provider or hotelier for the complaint or claim in question. Copies of the applicable International Conventions and Regulations are available from us on request. We do not have a nullability to you by viving of the Peaulation 251 (2014). have any liability to you by virtue of the Regulation 261/2004 which applies solely to the operating carrier. Any liability we may have to you under our contract with you, arising out of the same facts, is limited to the remedies provided under the Regulation as if (for this purpose only) we were a carrier; any sums you receive from the carrier will be deducted from

(vi) Travel by sea is governed by the provisions of the Convention Relating to the Carriage of Passengers and their Luggage by Sea 1974 as amended in 1976 ("The Athens Convention) and where applicable from 1 January 2013 EU Regulation 392/2009 relating to the Liability of carriers of passengers by sea in the event of accidents ("EU Regulation 392/2009). For the purposes of the Athens Convention and EU Regulation 392/2009 we are the

The Athens Convention and EU Regulation 392/2009 limit the Carriers' liability for death or personal injury or loss or damage to luggage and makes special provision for valuables. It is presumed that luggage has been delivered to you undamaged unless written notice is given by us and/or the performing Carrier.

a) in the case of apparent damage, before or at the time

b) in the case of damage which is not apparent or of loss, within 15 days from the date of disembarkation or rede-livery or from the time when such redelivery should have Damages for cabin luggage payable by the Carrier are limited up to the Athens Convention limit of 833 SDRs or 2250 SDRs if EU Regulation 392/2009 applies.

Limits shall be reduced in proportion to any contributory negligence by the Client and by the maximum deductible specified in Article 8(4) of the Athens Convention or EU

Regulation 392/2009 In so far as we may be liable to a Client in respect of claims arising out of carriage by sea, we shall be entitled to all the rights, defences, immunities and limitations available, respectively, to the actual carrier and under the relevant Conventions and nothing in these Booking Conditions

shall be deemed as a surrender thereof. To the extent that any provision in these Booking Conditions is made null and void by the Athens Convention or EU Regulation 392/2009 or any legislation compulsorily applicable or is otherwise unenforceable, it shall be void to that extent but

Any liability in respect of death and personal injury and loss of and damage to lugage which we may incur to you shall always be subject to the limits of liability contained in the Athens Convention or EU Regulation 392/2009 for death/personal injury of 46,666 Special Drawing Rights (SDR) or 300,000 SDR under Athens Convention or 400,000 SDRs under EU Regulation 392/2009 except in the case of liability for war or terrorism 250,000 SDRs.

We are not liable for valuables, monies or other securities including jewellery and watches. If they have been deposited with the reception desk on the ship for safe keeping ited with the reception desk on the ship for safe keeping and a receipt issued then in those limited circumstances the Carriers liability will be as set out in the Athens Convention or EU Regulation 392/2009. The use of safes on board a Vessel is not a deposit with the ship or with the company under the Athens Convention or EU Regulation 392/2009 or otherwise. The limits are 1200 SDRs pursuant to Athens or 3,375 SDRs pursuant to Athens or 3,375 SDRs pursuant to EU Regulation 392/2009.

(vii) Where there is any loss of or damage to property in-cluding lugage which is not covered by any international convention and where liability is not limited by reference to any enactment, terms of conditions, then any legal li-ability that we may have for any such losses or damage will not exceed £500 per guest.

assistance we may reasonably require. You must also tell us and the supplier concerned about your claim or com-plaint as set out in clause 9 above. If asked to do so, you must transfer to us or our insurers any rights you have against the supplier or whoever else is responsible for your claim or the supplied of whose less a responsible on Opin Craini of complaint (if the person concerned is under 18, their parent or guardian must do so). You must also agree to cooperate fully with us and our insurers if we or our insurers want to enforce any rights which are transferred.

#### 10. INDEMNITY

sibility for the proper conduct of yourself and your party. If your actions or omissions cause damage to any projecty in the provision of the contracted arrangements, erfy in the provision of the contracted arrangements, or cause delay or diversion to any flight or other means of transportation, you agree to fully indemnify us against any claim (including professional fees and legal costs) made against us by or on behalf of the owner of such property or the operator of the flight or other means of transportation. The Captain of an aircraft or Master of a ship has authority over the aircraft/ship and passengers at all times when they are boarding or on board. There will be no liability on our part, or that of any supplier, for any refund, compensation, or costs thus incurred. Addi-tionally, we will have the right to recover full costs result-ing from the incident from the passenger. At any port or place we may refuse to embark or may

At any port or place we may refuse to embark or may disembark any passenger who, in the opinion of the ship's authorized personnel, might be excluded from landing at further destinations by local authorities or who may be suffering from any contagious or infectious disease, or whose presence may be detrimental to the wellbeing of passengers or crew. In cases of quarantine of the ship, or individual passengers or crew. individual passengers (passengers may be required to remain in their cabin or as instructed by authorised personnel on board if they or any other occupant of the acered to put other passengers at risk) we will not be liable for expenses thus caused and in such cases as above there will be no entitlement to any refund or compensation we will have no liability for costs incurred as a result.

Your specific passport and visa and health requirements and other immigration requirements are your responsibility and you should confirm these with the relevant Embassies and/or Consulates. We do not accept responsibility if you cannot travel because you have not complied with the latest requirements. If you have made independent travel arrangements you accept responsibility for joining the ship in good time, regardless of any change to the sailing time or date, or to the itinerary. We are not able to refund monies paid to us, or itinerary. We are not able to refund monies paid to us, or any third party acting on our or your behalf, or make compensation or other payments where, for whatever reason, you fail to join the ship. Passengers going ashore are responsible for re-boarding the ship prior to departure from port.

We reserve the right to substitute another vessel for the

scheduled vessel whether or not owned or operated by Hurtigruten. Any part of the travel arrangements and the voyage is subject to cancellation, delay, modification, or island/mainland visit cancellation for any reason, including medical disembarkation of crew or passengers or any You therefore acknowledge and agree that the scheduled itinerary for the voyage and the announced departure and arrival times are not guaranteed and we shall not be liable to passengers for any damages or other claims in the event of any delay, changes in it tinearay or inability to perform services by reason of any event or events beyond our or

as permitted by law. Hurtigruten Ltd. may wish to contact you by post, e-mail and/or telephone with news information and offers on its voyages and other holiday we may have available and for market research purposes for you prefer not to be contacted for the purposes set out above please contact the Customer Data Controller Marketing Department, Hurtigruten Ltd, Bedford House 69-79 Fulham High Street, London SW6 3JW.

of the booking has travel insurance in force for the entire duration of the booking, covering at least the cancellation of the booking and providing medical cover for illness or injury and repatriation while overseas. Please provide us with the name of your insurer, together with their 24-hou

Timings are estimates only and cannot be guaranteed, even if shown on tickets. They may be changed due to regulatory authority requirements, weather conditions, maintenance or technical reasons, and the ability of passenger to check in and board on time. Sometimes delays canno be avoided but in such situations, in conjunction with ou local agents or representatives, we will try to ensure your comfort during the course of any delay.

Where the port of embarkation is in the EU and the company reasonably expects the departure of a cruise to be delayed for more than 90 minutes beyond its scheduled departure time, passengers departing from port termina shall be offered free of charge snacks, meals or refreshments as are appropriate given the waiting time, provided they are available and can reasonably be supplied. If the delay in departure necessitates a stay of one or more nights or a stay additional to that intended by the passenger where and when physically possible the Company shall, subject to the Package Travel Regulations 1992, offer passengers departing from port terminals free of charge adequate accommodation on board or ashore, and sport to and from the port terminal and place of ac imodation in addition to the snacks, meals and refresh commodation in adultion to the snacks, meals and retresh-ments previously referred to. The maximum amount that the company will pay for accommodation ashore and transport to and from the port terminal shall be equivalent to 80 Euros per person per night for a maximum of three nights. The company will not have an obligation to provi weather conditions endangering the safe operation of the

#### 13. RROCHURF VALIDITY

• I in Anril 2016 and the details and This brochure was published in April 2016 and the details an prices contained in it are valid to March 2018 but may b superseded by subsequent brochures.

#### 14. DATA PROTECTION

In order to process your booking and ensure your travel arrangements run smoothly and meet your requirements we, Hurtigruten Ltd, need to use the information you provide such as name, address, any special needs/dietary requirements etc. We take full responsibility for ensuring that proper security measures are in place to protect your information. We must pass the information on to the relmiormauori. We must pass une information on to the ter-evant suppliers of your travel arrangements such as air-lines, ships, hotels, transport companies etc. The informa-tion may also be provided to security or credit checking companies, public authorities such as customs/immigration if required by them, or as required by law.

Additionally, where your holiday is outside the European Economic Área (EEA), controls on data protection in your destination may not be a strong as the legal requirements in this country. We will not pass any information on to any person not responsible for part of your travel arrangements. This applies to any sensitive information that you give to us such as details of any disabilities, or dietary/religious requirements. (If we cannot pass this information to the relevant suppliers, whether in the EEA or not, we cannot provide your booking. In making this booking, you consent to this information being passed on to the relevant persons.) Please note that where information is also held by your travel agent, this is subject to your agent? also held by your travel agent, this is subject to your agent's

Hurtigruten is not responsible for the privacy practices of any other companies.

If you wish to obtain a copy of the personal inform about you, please write to the above address. I Ltd may make a small charge for supplying this ir

## **BECOME AN 1893 AMBASSADOR**

18 **4** 93

By joining our customer loyalty programme, 1893 Ambassador, you get special discounts and extra benefits that are available only to guests who have travelled with us previously.

**CONTACT US FOR DETAILS** 

