

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

# GET READY TO EXPLORE

2017 - 2018

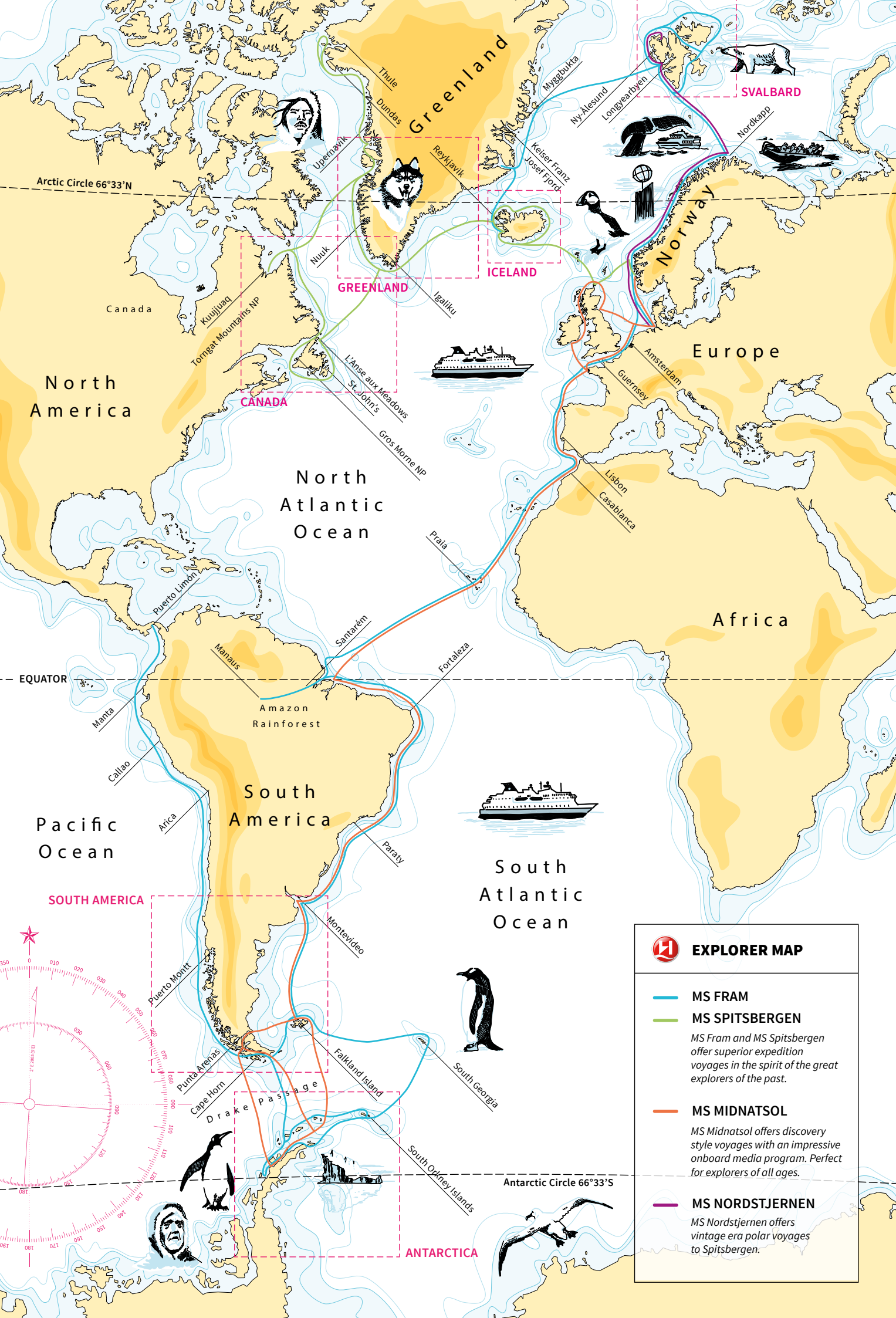


The largest and most diverse  
travel provider for explorers  
in the polar regions.









**EXPLORER MAP**

- MS FRAM**
- MS SPITSBERGEN**  
MS Fram and MS Spitsbergen offer superior expedition voyages in the spirit of the great explorers of the past.
- MS MIDNATSOL**  
MS Midnatsol offers discovery style voyages with an impressive onboard media program. Perfect for explorers of all ages.
- MS NORDSTJERNEN**  
MS Nordstjernen offers vintage era polar voyages to Spitsbergen.

Arctic Circle 66°33'N

North America

North Atlantic Ocean

Pacific Ocean

South Atlantic Ocean

South America

Africa

Europe

Greenland

Norway

ICELAND

CANADA

GREENLAND

ANTARCTICA

SVALBARD

EQUATOR

Antarctic Circle 66°33'S

Thule

Dundas

Upernavik

Nuuk

L'Anse aux Meadows

St. John's

Gros Morne NP

Praia

Santarém

Fortaleza

Paraty

Montevideo

Punta Arenas

Cape Horn

Drake Passage

Falkland Island

South Georgia

South Orkney Islands

Keiser Franz Josef Fjord

Myggbukta

Ny-Alesund

Longyearbyen

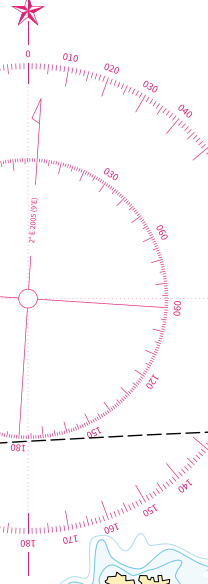
Nordkapp

Guernsey

Amsterdam

Lisbon

Casablanca







## DEAR EXPLORER



danielskjeldam



@danielskjeldam

Hurtigruten enables you to travel through pristine environments and explore incredible wildlife, cultural highlights and mighty icebergs in the most responsible and environmentally friendly way possible. During the journey, you will be given the opportunity to engage with and immerse yourself in activities that will provide you with a deeper understanding of the fragile world in which we live.

With 15 expedition ships, we are now the largest and most diverse operator of exploration travel in the polar regions. We have several exciting new offerings this year, including a new ship — MS Spitsbergen — and a number of new expeditions. In addition to our expeditions to Antarctica, the Chilean fjords, Spitsbergen and Greenland, you can now venture into

the Amazon Rainforest, sail in the wake of Viking explorers to Canada and Newfoundland and join a variety of other interesting ocean crossings. No matter what ship you choose to travel on, you will get the opportunity to connect with your inner explorer — that's a promise. Furthermore, you will be doing so in the footsteps of the great explorers of the past. In 1911, Roald Amundsen sailed south with the original Fram and became the first person to reach the South Pole. After a dramatic race, he planted the Norwegian flag on the world's most southerly point. Now it's your turn to plant your flag on this mighty continent.

**Welcome on board!**



**DANIEL A. SKJELDAM**  
CEO Hurtigruten,  
February 2016





# THERE IS AN EXPLORER IN ALL OF US



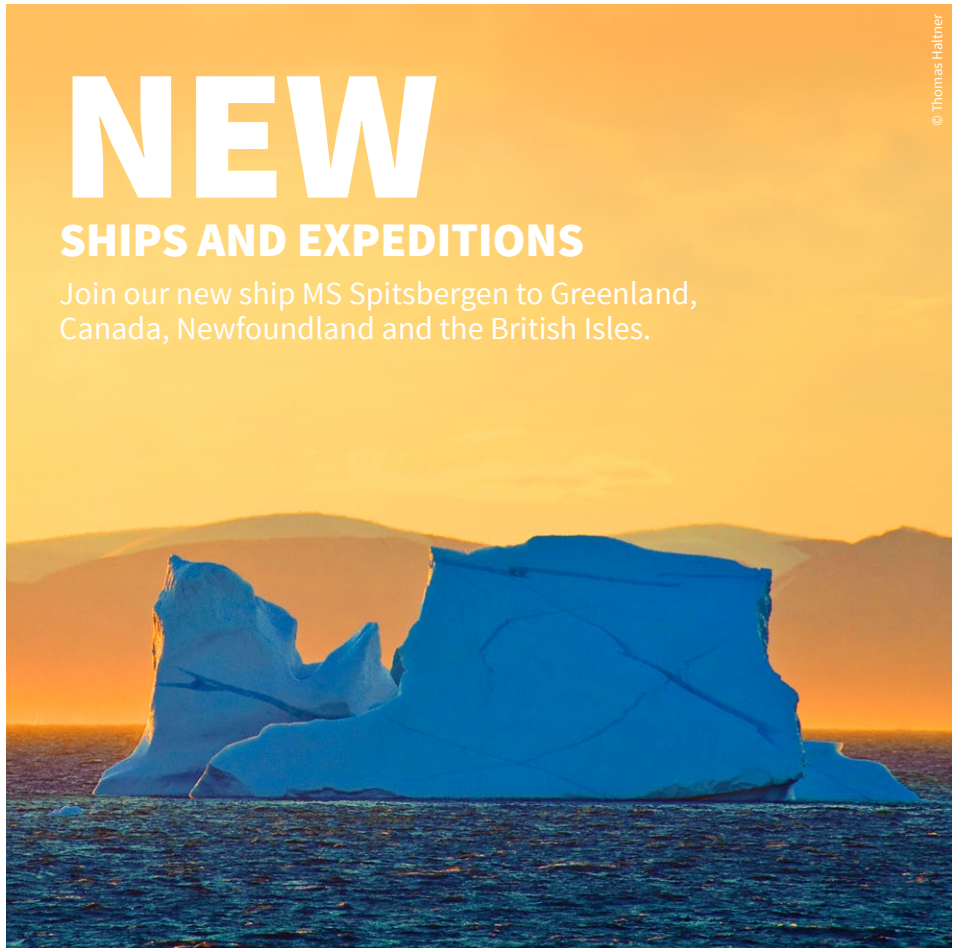




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© Thomas Haltner

# NEW

## SHIPS AND EXPEDITIONS

Join our new ship MS Spitsbergen to Greenland, Canada, Newfoundland and the British Isles.

### 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?



© Marsel van Oosten

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2017 - 2018

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# Unlocking the wonders of the world

Our Expedition Teams consist of glaciologists, historians and biologists, making your journey even more memorable.  
**P 22-23**



**YOUNG EXPLORERS PROGRAMME**  
**P 50-51**



**VIKINGS**  
 See spectacular sites where the forces of nature are combined with 1,000-year-old history. **P 86-95**



**ANIMALS**  
 From all the corners of the Earth. See parrots or penguins, polar bears or pumas.



**SPITSBERGEN**  
 Explore the crown of Arctic Norway and realm of the polar bear. **P 96-115**



**GREENLAND**  
 Discover the biggest and deepest fjords in the world. **P 116-131**

|                               |                 | 2017    |          |          |          |          |          |          |          |          |          |          | 2018 |      |       |
|-------------------------------|-----------------|---------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|------|------|-------|
|                               |                 | PAGE    | MARCH    | APRIL    | MAY      | JUNE     | JULY     | AUG.     | SEP.     | OCT.     | NOV.     | DEC.     | JAN. | FEB. | MARCH |
| Antarctica                    | MS FRAM         | 58-69   |          |          |          |          |          |          |          |          | x        | x        | x    | x    |       |
|                               | MS MIDNATSOL    | 70-83   |          |          |          |          |          |          |          | x        | x        | x        | x    | x    |       |
| British Isles and Iceland     | MS SPITSBERGEN  | 88-89   |          |          | x        |          |          |          |          |          |          |          |      |      |       |
| Canada/Greenland              | MS SPITSBERGEN  | 86-95   |          |          |          | x        | x        |          |          |          |          |          |      |      |       |
| Spitsbergen                   | MS FRAM         | 96-109  |          |          | x        | x        | x        | x        |          |          |          |          |      |      |       |
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|                               | LAND PACKAGES   | 116-119 | ALL YEAR | ALL YEAR | ALL YEAR | ALL YEAR | ALL YEAR | ALL YEAR | ALL YEAR | ALL YEAR | ALL YEAR | ALL YEAR |      |      |       |
| Greenland                     | MS FRAM         | 120-125 |          |          |          |          |          | x        | x        |          |          |          |      |      |       |
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| Iceland                       | MS SPITSBERGEN  | 132-135 |          |          | x        | x        |          |          |          |          |          |          |      |      |       |
| South America, Africa, Europe | MS FRAM         | 138-153 | x        |          |          |          |          |          | x        | x        |          |          |      |      | x     |
|                               | MS MIDNATSOL    | 154-167 | x        | x        |          |          |          |          | x        | x        |          |          |      |      | x     |



# ENGAGE IN A TRUE ADVENTURE

HURTIGRUTEN EXPLORER VOYAGES  
LET YOU CONNECT WITH YOUR INNER EXPLORER

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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.



## **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 circle and Zodiac™ boats, launched from mid-deck





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.



© Susan Carl - Guest Image

- ... 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!**



# THE ORIGINAL



## 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

**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.



1900

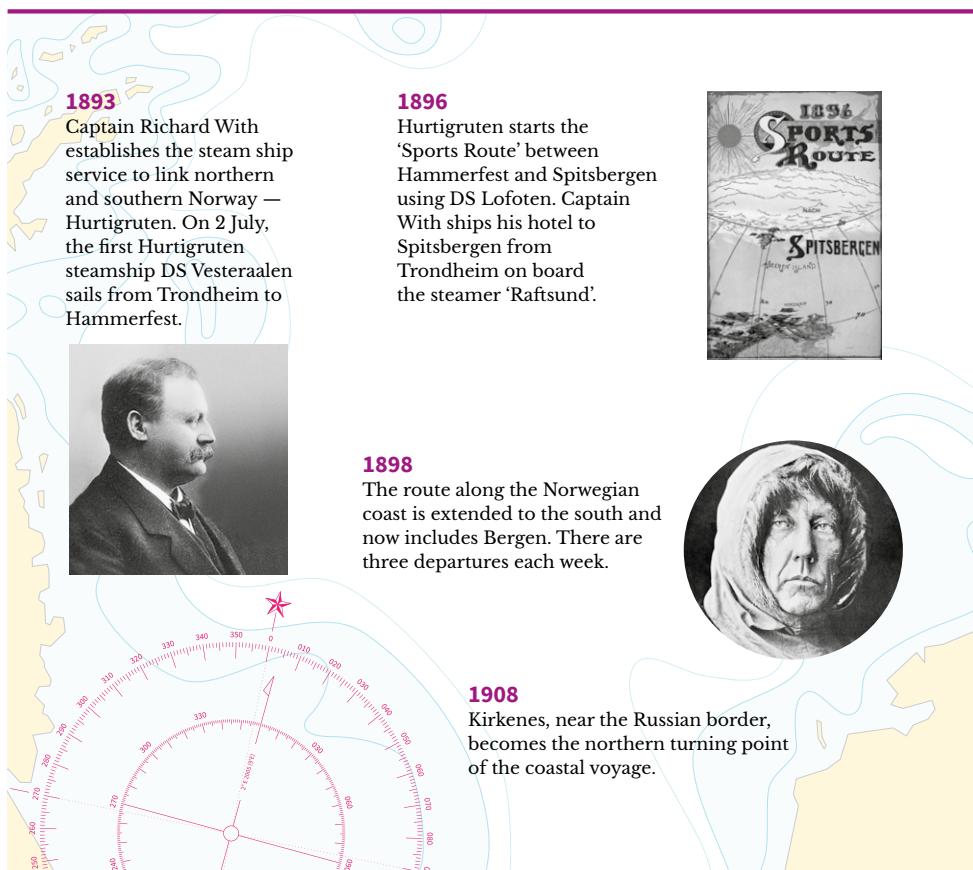
**1896** Hurtigruten starts the 'Sports Route' between Hammerfest and Spitsbergen using DS Lofoten. Captain With ships his hotel to Spitsbergen from Trondheim on board the steamer 'Raftsund'.



**1898** The route along the Norwegian coast is extended to the south and now includes Bergen. There are three departures each week.



**1908** Kirkenes, near the Russian border, becomes the northern turning point of the coastal voyage.







Photographer: Fridtjof Nansen / Owner: Nasjonalbiblioteket. Small images: Hurtigrutenmuseumset and Nasjonalbiblioteket.

1930

1940

1950

**1910-1912**

Roald Amundsen and his team use Fram to cross the Ross Sea and become the first humans to set foot on the Geographic South Pole.



**1940 - 45**

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.

**1932**

Hurtigruten arranges ship races from Bodø to Svolvær, and DS Princess Ragnhild wins the Vestfjord's Blue Ribbon when she clocks in at 3 hrs, 44 min. In normal traffic today, the trip takes 6 hrs.

**1922**

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



**1925**

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.

**1936**

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.



Hurtigruten's explorer ships takes guests to Antarctica, Greenland, Iceland, Canada and South America, sailing in the wake of the great explorers of the past.



1950

2000

2010

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.



© Tynn Van Bergsmo

1982

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.

2001

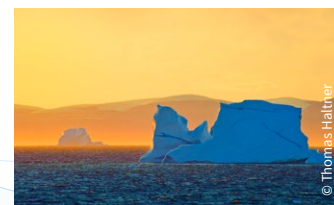
On 30 May, MS Lofoten (built in 1963) is declared a national monument by the Norwegian government.

2002

One of the new-generation ships is in use in Chile for voyages from Cape Horn to the Antarctic Peninsula. Two new ships, MS Trollfjord and MS Finnmarken, commence their maiden voyages along the Norwegian coast.

2007

The new Hurtigruten expedition ship MS Fram is added to the fleet and completes its maiden voyage to Greenland. MS Fram is the most modern ship of its kind at the time.



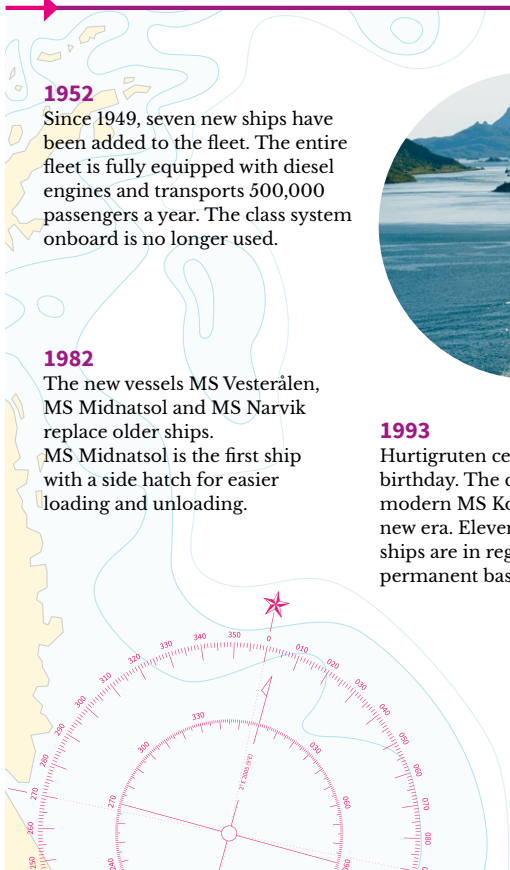
© Thomas Haltner

2010

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

2003

The new MS Midnatsol is christened in Hamburg.







© Dominic Barrington (M)

## 2016

### 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.



### 2013

Hurtigruten celebrates its 120th anniversary.

### 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.



### 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!



# MINIMIZING OUR IMPACT

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By joining us, you are helping  
our commitment to protect, help and improve  
these beautiful and fragile places.







**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

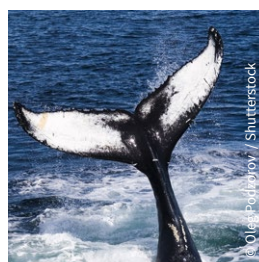
polar regions and we have already made a lot of changes to make sure that we leave the smallest footprint possible.

**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.



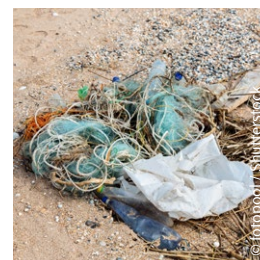
110

Our recycling provides enough energy to heat 110 houses a year.



13.000

Since 2009 our energy-saving measures have reduced our annual emissions of 13.000 ton CO<sub>2</sub>



71

Changing the propeller on MS Richard With reduces yearly emissions equivalent to driving a diesel truck round the equator 71 times.



Our coastal ships use SDM (Special Distillate Marine), which has 4-12 times lower sulphur emissions, less NOx 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 NOx and SO<sub>2</sub>.



# HURTIGRUTEN FOUNDATION

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

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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 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 in Antarctica.

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

Now, we invite you to take part in this important work for sustainable travel. All contributions are welcome.

For more information, please visit [www.hurtigruten.com](http://www.hurtigruten.com)



**HURTIGRUTEN  
FOUNDATION**

The ocean advocate, pioneer swimmer and environmental campaigner Lewis Pugh, was appointed 'Patron of the Oceans' by the United Nations in 2013. He is also the first ambassador for the Hurtigruten Foundation.



**”We need to save the Arctic. Not because of the polar bear, and not because it is the most beautiful place in the world, but because our very survival depends on it.”** Lewis Gordon Pugh.



© Carsten Pedersen

Lewis Pugh says: „By establishing the Hurtigruten Foundation, the company seeks to enhance awareness and contribute funds, knowledge and years of experience to protect the vulnerable nature and unique culture of these polar areas.

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 the same unique experiences in these areas as the guests of today.

„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

© Carsten Pedersen





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





# INTRODUCING A MASTER OF POLAR WATERS

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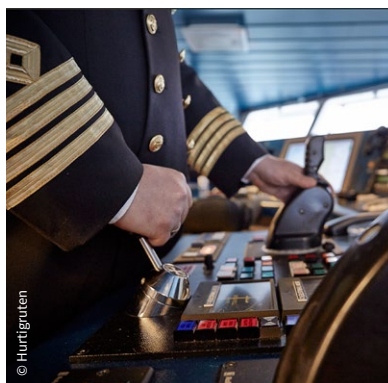
Hurtigruten holds the highest maritime reputation, and there is only one-way to develop such high esteem: By combining years of operations, hours at sea and generations of immersion in the philosophy and traditions of polar water exploration.

## **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 PASSENGERS IN POLAR WATERS THAN THE QUALIFICATIONS AND EXPERIENCE OF THE CAPTAIN AND CREW. BELOW: CAPTAIN, RUNE ANDREASSEN**









# SAFETY FIRST!

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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 Polar Circle Boats or Zodiac™ when sailing in polar waters. The main difference between these boats is the size. Zodiac™ can carry twice as many people as the Polar Circle 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.

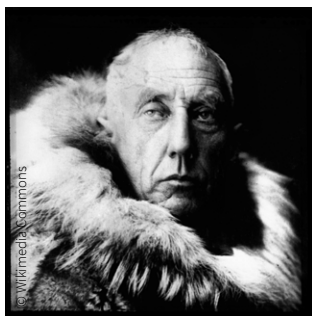






Photographer: Daniel Georg Nyblin / Owner: Nasjonalbiblioteket

# YOUR POLAR



© Wikimedia Commons

„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.“

*Roald Amundsen*

**ROALD AMUNDSEN** Norwegian explorer





© Anette Asbjørnud

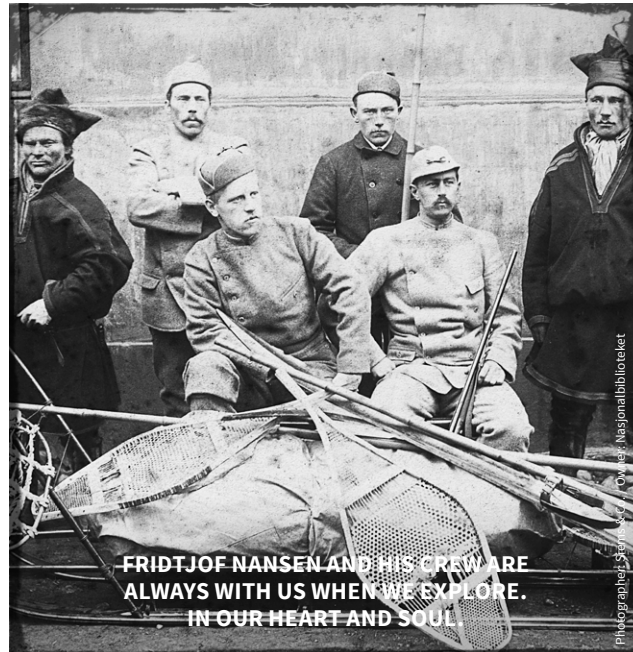
„Come on board with an open mind, take risks you never thought you would and be flexible. Every single journey is custom-made in terms of the landing sites and activities being subject to the current weather conditions. Following these simple guidelines, we will help you to get the most out of your expedition.“

**TESSA VAN DRIE** Expedition Leader



© Anette Asbjørnud





# Catching the Polar Bug



**Karin Strand**

Expedition Leader on MS Fram and MS Midnatsol

*What makes your field of expertise 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 guests 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!

*Please describe a day at work*

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.



© Madis Pihl

**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 Qaqortoq. During each expedition, she gives talks on daily life, animals, nature, culture, plants, and even the role of kayaking in Greenland.



© Orijan Bertelsen

**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.



© Hurtigruten

**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 snow-covered 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.



© Carsten Pedersen

**Lewis Gordon Pugh**  
*Maritime lawyer/ pioneer swimmer*

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.



© Anna-Maria Peukert

**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.



© Madis Pihl

**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.



© Nick

**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.



© Johan Hjemsås

**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 soul-touching 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.

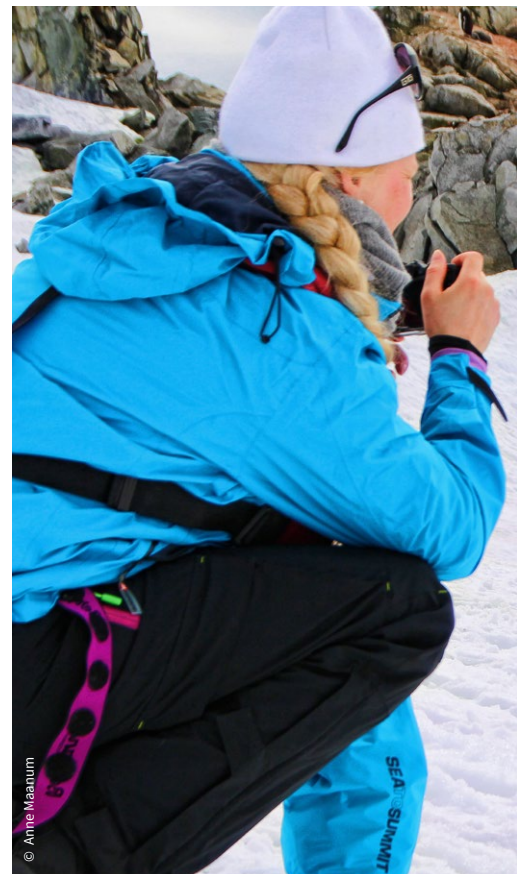
Completely isolated, thousands of miles away from civilisation.

*“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 landing 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.“**

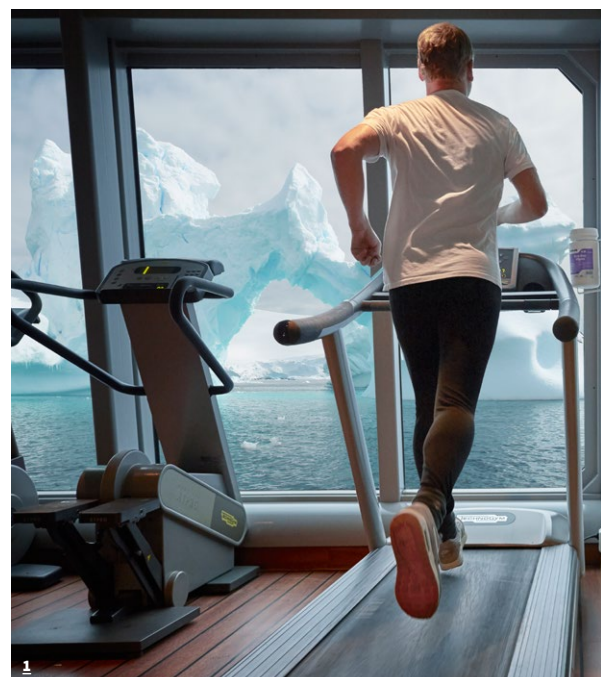






## ENJOY A HOT JACUZZI WHILE WATCHING THE LOCALS SLIPPING INTO SLIGHTLY CHILLIER WATERS

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.



1. ALL OUR EXPLORER SHIPS, EXCEPT MS NORDSTJERNEN HAVE GYM FACILITIES AND A JACUZZI.
2. THE LOCALS ARE ALWAYS READY TO PUT UP A SHOW
3. BREATH TAKING PANORAMIC VIEWS FROM ALL OUR SALOONS



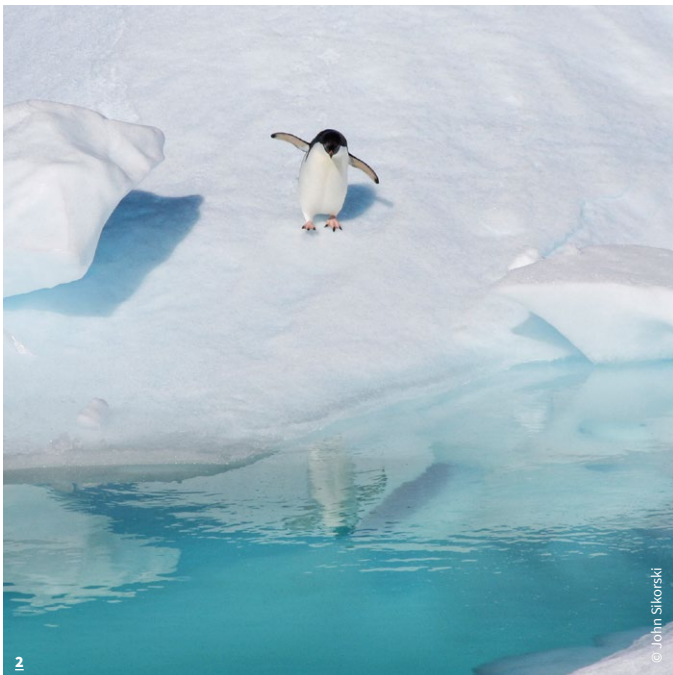


While you're on board, we recommend that you use the most important of your explorer tools at all times — your eyes.

© Michael Miller - Guest Image



© Sigveir Aspelund (M)



© John Sikorski



© Nina Helgand (M)





el elgi  
Çorakçı



# UTEN MAT OG DRIKKE, DUGER HELTEN IKKE.

// OLD NORWEGIAN SAYING WHICH MEANS  
"NO FOOD AND DRINK MAKES A POOR HERO."//

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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 lunch-time 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 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!

Bon appetit – and bon voyage!





# 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 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 always 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 every day. This means delicious new and fresh ingredients, both from land and sea, from wherever we sail.

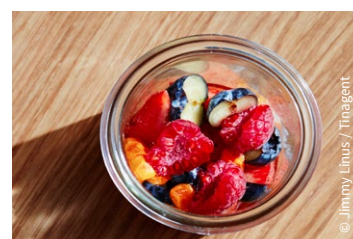
*“As a chef, I am awestruck when working with products from local suppliers, because they are so passionate about their produce. Meeting them, hearing their history and knowing that these are hand-made products of exceptionally*

*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 AREAS WE SAIL IN

Based on the season's best ingredients, our chefs create either

three-course dinners or lavish buffets. Being on a coastal 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.







NORWAY'S  
**COASTAL  
KITCHEN**

**So indulge yourself in  
fantastic tastes and  
excellent service, fill  
up your engine and  
get ready to explore!**





## Some possibilities...

- Town walks
- Birdwatching
- Helicopter tour
- Fishing
- Snow mobile tour
- Ice cave tour
- Kayaking
- Polar snorkelling
- Ski expedition



# 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 sledding 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.

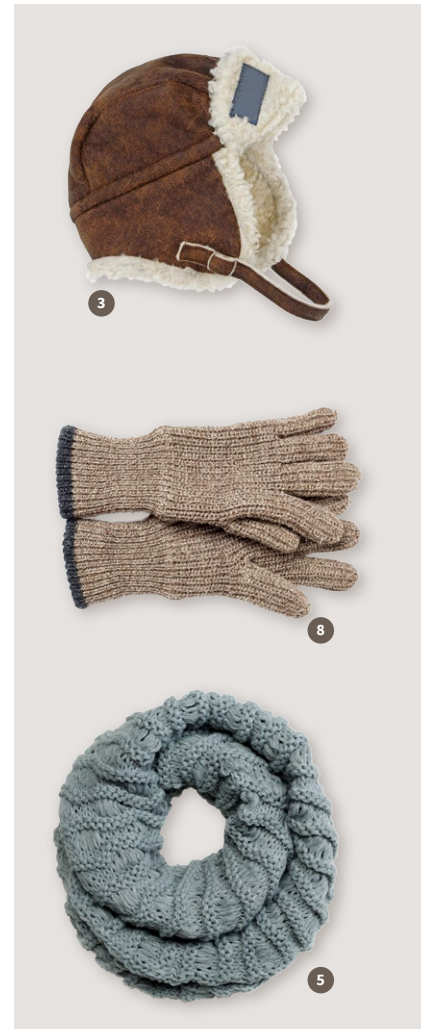


1. ON BOARD IT'S SMART TO WEAR ORDINARY SHOES
2. BRING A MEMORY CARD WITH A LARGE CAPACITY. THERE ARE SOCKETS IN THE CABINS TO RECHARGE PHOTO EQUIPMENT
3. THE DRESS CODE ABOARD THE SHIP IS RELAXED AND CASUAL, AND YOU ARE NOT EXPECTED TO DRESS FORMALLY FOR MEALS
4. EXTRA SHOELACES ARE ALSO A GOOD IDEA.

5. BRING A PAIR OF GOOD BINOCULARS (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.

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





## 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

# WARM 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 LENSES
8. SHORTS FOR WARM DAYS
9. TROUSERS FOR COOLER DAYS
10. INSECT REPELLENT WITH DEET (DIETHYL-META-TOLUAMIDE)
11. ANTI-ITCH CREAM FOR INSECT BITES



FOUR SHIPS, DIFFERENT STYLES, COUNTLESS DESTINATIONS.

# WHERE AND HOW DO YOU WANT TO EXPLORE?

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## 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.

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### 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.







MS Spitsbergen's manoeuvrability and size make her perfectly suited to take you close to natural as well as cultural wonders.





## MS SPITSBERGEN

### THINGS TO DO

- Daily lecture programmes
- Photo & optics test centre
- Kayak adventures
- Experts in geology, history and ornithology
- Media programme
- Camping
- Hiking programme
- Guest expedition staff programme



# 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 consump-

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

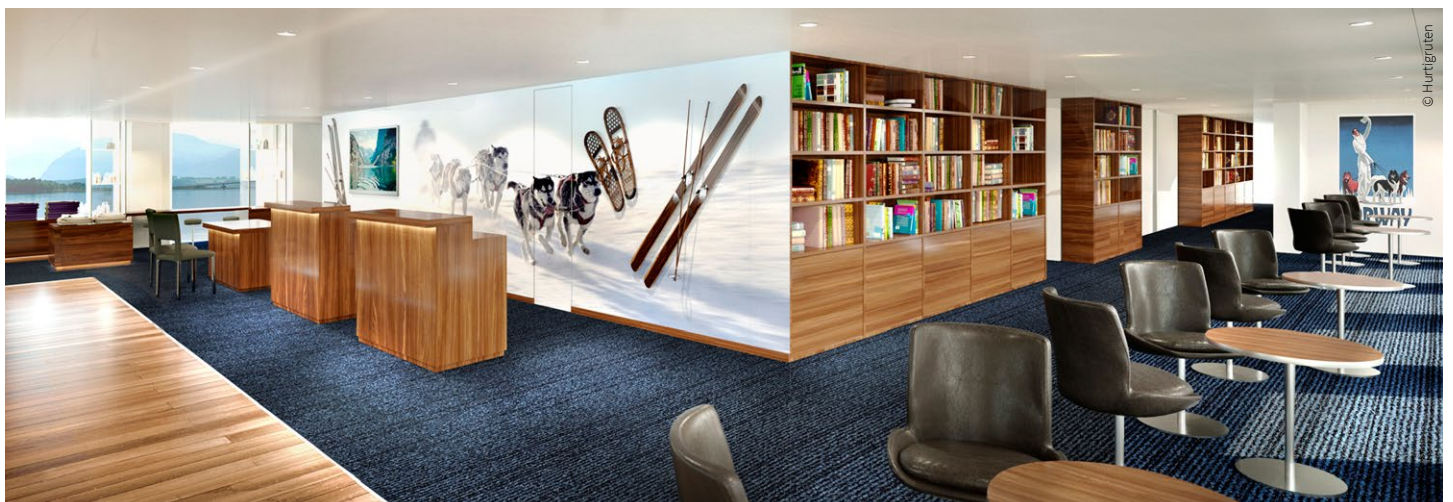
### UNMATCHED VIEWS

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.

### EXPLORE COMFORTABLY

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

**TAKE ONLY PHOTOGRAPHS, 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 Fritjof 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.



Photographer: Helmer Hanssen / Owner: Nasjonalbiblioteket

ON 16 DECEMBER 1911, ROALD AMUNDSEN AND HIS COMPANIONS  
BJAALAND, WISTING AND HASSEL PLANTED THE NORWEGIAN FLAG  
AT THE SOUTH POLE.





**On MS Fram you'll  
feel like you are on  
the mother ship  
of all explorer  
vessels. And in a  
way, you are.**





# 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 FRAM IS  
THE OPTIMAL  
“EXPEDITION TOOL”  
FOR THE MODERN  
ADVENTURER.**

## **MS FRAM**

### **EXPERIENCES**

- Daily lecture programmes
- Expedition photographer on board
- Experts in geology, history and ornithology
- Doctor on board
- Kayaks & expedition equipment
- Kayak expeditions
- Media programme
- Photo and optics test centre
- Camping
- Snowshoeing adventures
- Ski mountaineering expedition
- Aquatic programme
- Guest expedition staff programme
- Hiking programme

### **FEATURES**

- Retractable landing craft loading deck
- Landing craft with individual seating, handrails & shore steps
- Open sea stabilisers
- Low sulphur fuel/emissions
- Forward-scanning sonar
- Ice radar system
- GMDSS emergency safety system



**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.

**With an impressive amount of scientific equipment on board, Midnatsol will broaden the minds of everyone who sails on her.**







# 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 1X 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.







## MS MIDNATSOL

### EXPERIENCES

- Daily lecture programmes
- Alternative lectures
- Alternative workshops
- Kayak adventure
- Kayak certification programme
- Media programme
- Photo and optics test centre
- Science centre
- Snowshoeing adventures
- Guest expedition staff programme
- Young Explorers
- Cycling programme
- Expedition photographer on board
- Doctor on board

### FEATURES

- Landing craft with individual seating, handrails & shore steps
- Retractable landing craft loading deck
- Kayaks & expedition equipment
- Open sea stabilisers
- Low sulphur fuel/emissions
- Forward-scanning sonar
- Ice radar system
- GMDSS emergency safety system



# Young Explorers Program

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.



© Gettyimages/Thomas Pickard



© Esther Kokmeijer



© Gettyimages/Charles D. Winters



**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.





It may not offer the same luxury as The Orient Express, but MS Nordstjernen certainly rivals the legendary train ride when it comes to grace and beauty.





# 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.

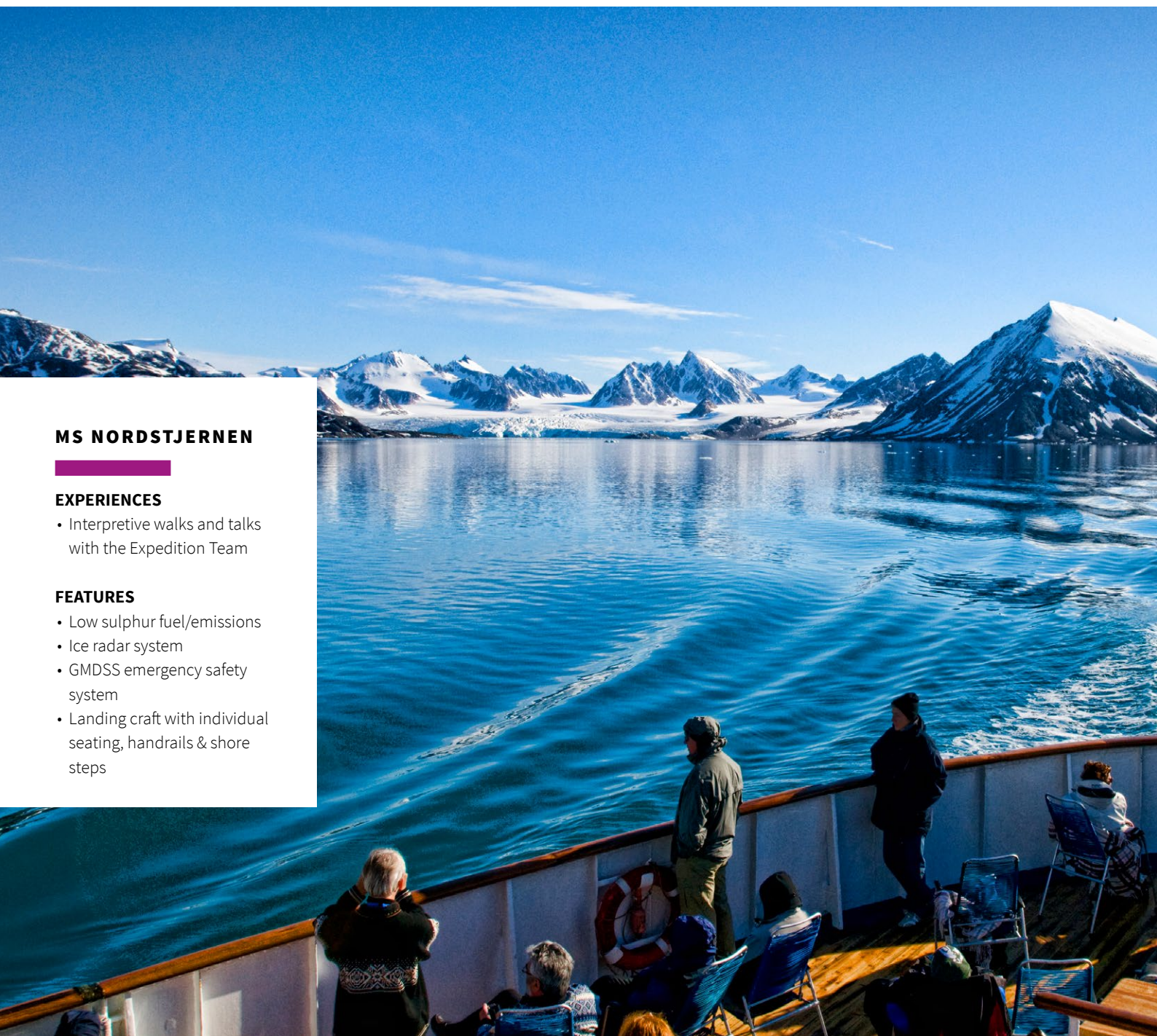
## MS NORDSTJERNEN

### EXPERIENCES

- Interpretive walks and talks with the Expedition Team

### FEATURES

- Low sulphur fuel/emissions
- Ice radar system
- GMDSS emergency safety system
- Landing craft with individual seating, handrails & shore steps





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.**





# ANTARCTICA

TRUE ADVENTURES START  
AT THE END OF THE WORLD



1

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 on Earth. Setting foot on the 7th Continent, 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 at its most sublime and haunting.

We take you to landscapes that have remained as awe-inspiring and unchanged as the day man first saw them. It is the cold-

est, driest, highest and cleanest continent on the planet. With no permanent human inhabitants, it is home to millions of penguins and seals. During the austral summer it is a feeding area for thousands of whales. You can also see shoals of penguins swimming 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.



© Marsel Van Oosten

2





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





## ANTARCTICA WITH **MS FRAM**



### **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



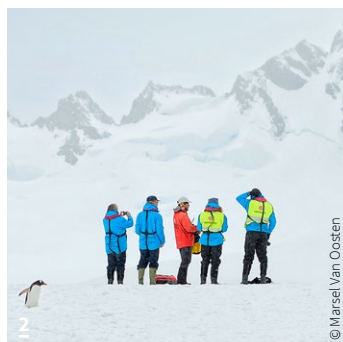


# EXPLORE ANTARCTICA WITH THE EXPERTS ON MS FRAM

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, hump-



back whales, minke whale, orcas, 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,

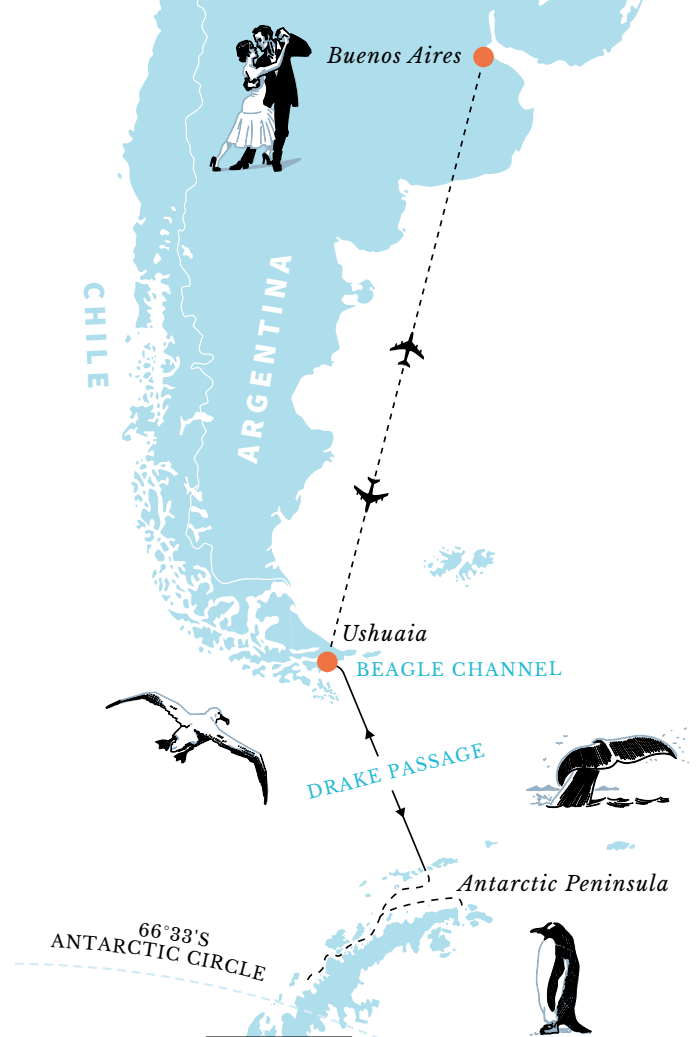
one of the rare places in this area where you may land on the Antarctic mainland. In addition you will have a chance to explore rarely visited places like Stonington Island, Pourquoi Pas Island and Horseshoe Island. Other highlights include visits to former whaling stations and research bases such as 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!





# 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 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 water, first ice-berg sightings and often we

make our first sightings of the eternally 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 fearless when encountering humans and they might be just as curious about you as you are 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 frequent human visitors. The huge ice

shelves of the Antarctic sound are home to an 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 of 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 sailing time in good weather.

### 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:**  
CENFRANT1701

**FROM**  
**€6 248 pp**



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





# 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.

## 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 Ernest Shackleton.

### DAY 11: AT SEA

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

20-DAY  
EXPEDITION  
VOYAGE

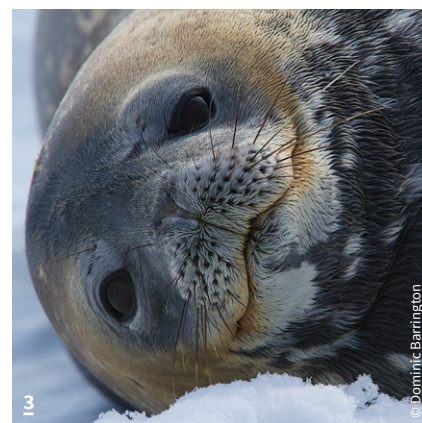
DEPARTURE:  
26 November 2017

BOOKING CODE:  
CENFRANT1702

FROM  
€ 7835 pp







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

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**

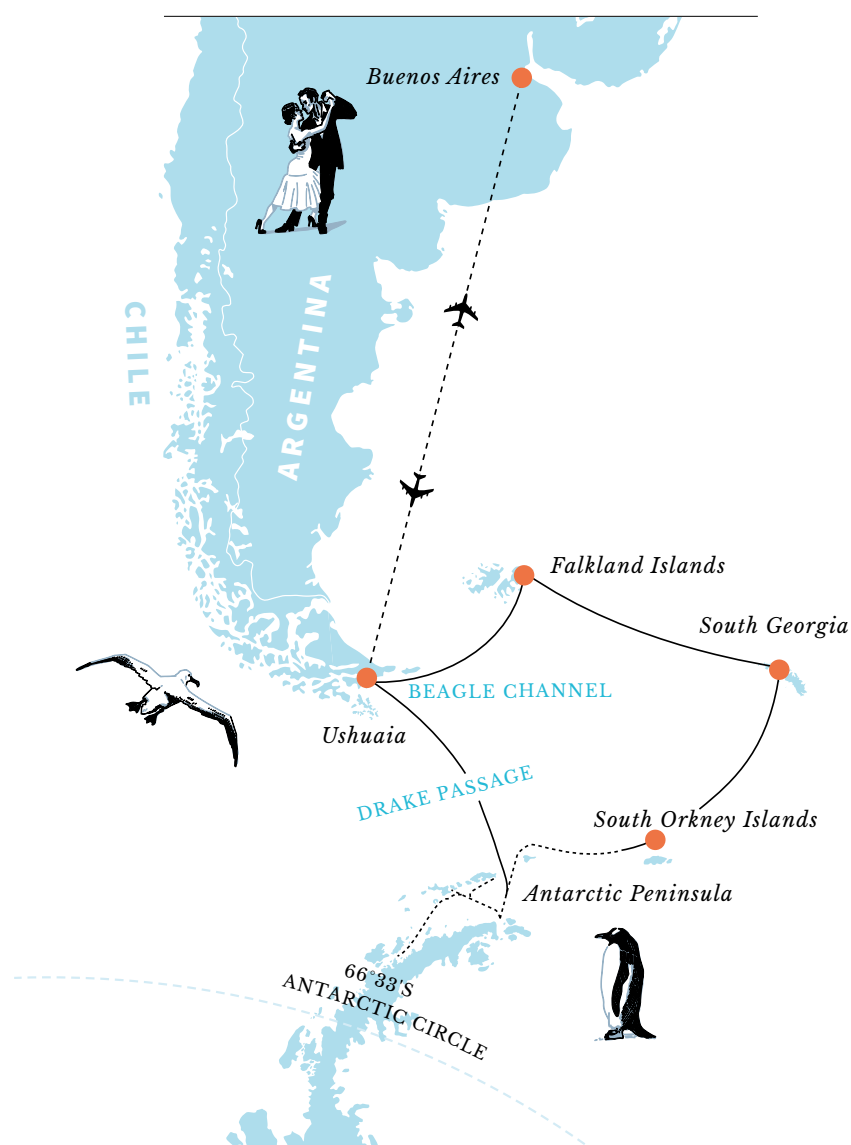
After some magnificent days exploring Antarctica, MS Fram heads north and we make our way back to the South American continent.

**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**  
EXPEDITION  
VOYAGE

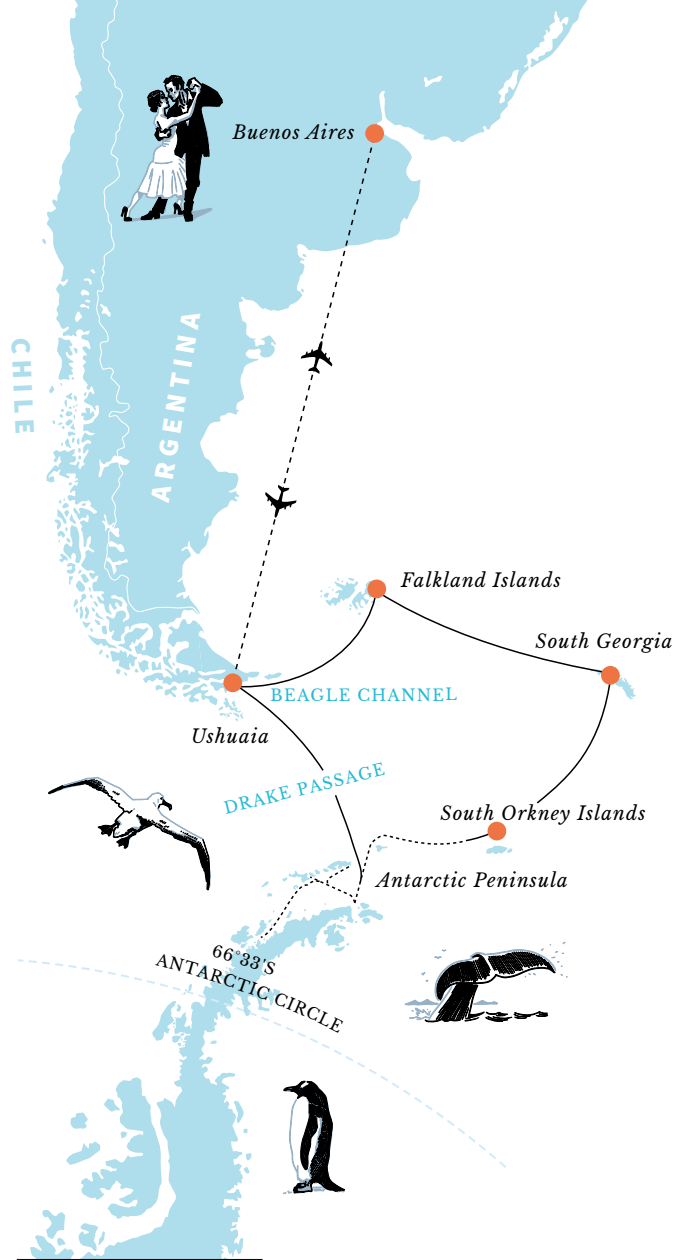
**DEPARTURE:**  
14 December 2017

**BOOKING CODE:**  
CENFRANT1703

**FROM**  
**€8504 pp**

# 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.



## 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 of Antarctica.





© Marnel van Oosten



© Marnel van Oosten



© Marnel van Oosten

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

**DAY 11: SOUTH ORKNEYS**

The deserted South Orkney Islands are every photographer's dream, with majestic snow-capped 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 Antarc-

tica 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 experiences.

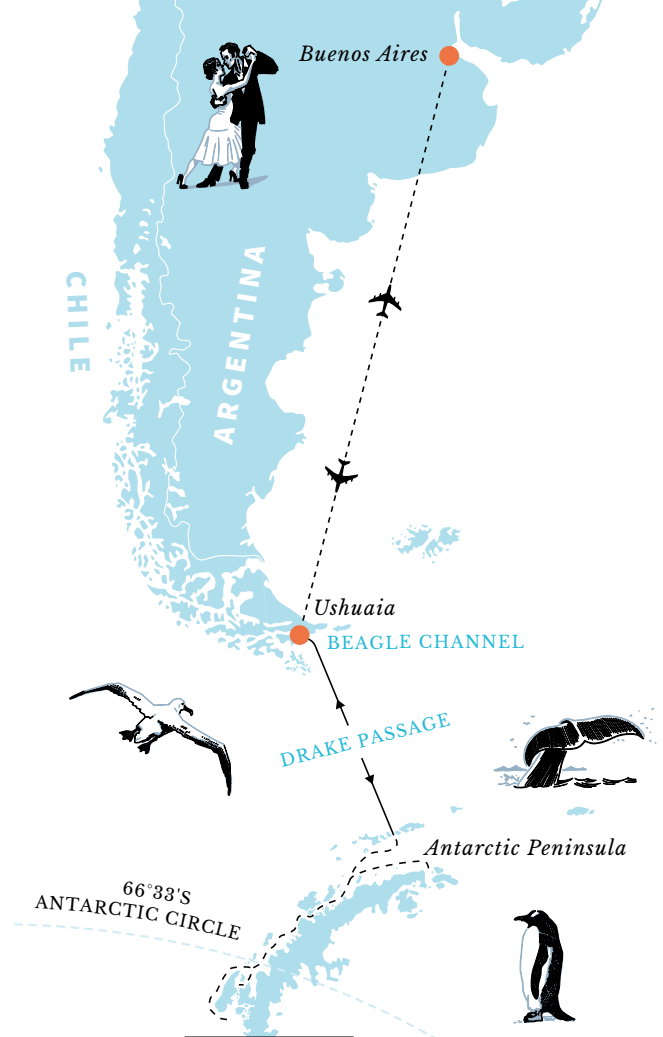
**DAY 20: USHUAIA/BUENOS AIRES**

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.



# 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 Detaile 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:**  
CENFRANT1704

**FROM**  
**€ 6 746 pp**



1. Explore by Polarcirkel boats
2. The Antarctic Ocean is a feeding ground for thousands of whales
3. Try snow shoeing
4. Join the Amundsen night excursion where we spend the night in a tent





# 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 yards 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



**18-DAY**  
EXPEDITION  
VOYAGE

**DEPARTURE:**  
22 February 2018

**BOOKING CODE:**  
CENFRANT1705

**FROM**  
**€ 6521 pp**



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

area that 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 world-renowned 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.



# ANTARCTICA WITH MS MIDNATSOL



## 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 penguin charm on top of the mile-long icebergs, you will experience true magic: Feel your heart melt in a frozen world, and truly connect with Antarctica. Let the elements rule. Let the adventure begin!





18-DAY  
EXPEDITION  
VOYAGE

DEPARTURE:  
22 October 2017

BOOKING CODE:  
CENMSANT1701

FROM  
**€ 5 385 pp**

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.

### 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.



1. Visit the Cape Horn Lighthouse

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!

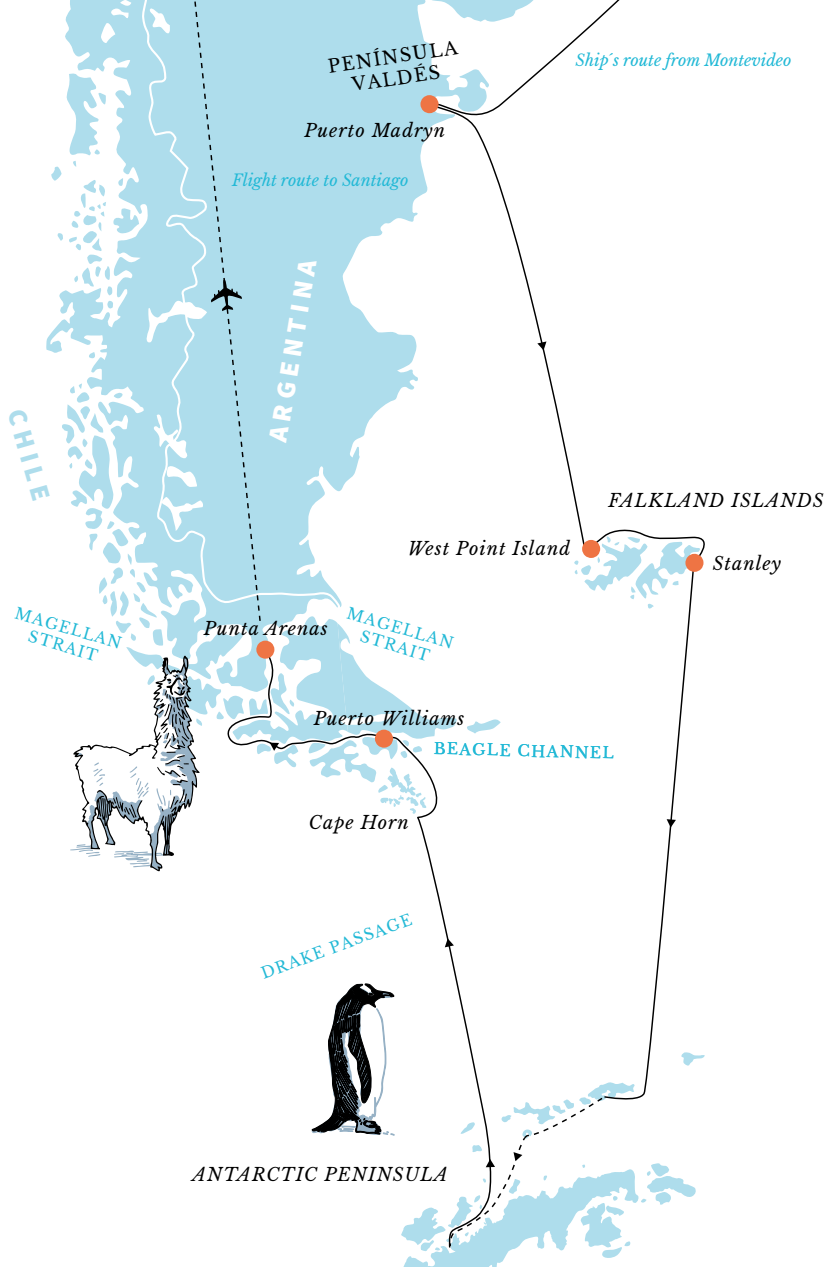
### DAY 9: FALKLAND ISLANDS

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.





© Babypia Harbour - Shutterstock



#### 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 – tidbits 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 superlative-exhausting 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 than 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, barbecues, 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 straight 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 Argentinean 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 you will



**15-DAY**  
EXPEDITION  
VOYAGE

**DEPARTURES:**  
7 November and 20  
November 2017

**BOOKING CODE:**  
CENMSANT1702

**FROM**  
**€ 5337 pp**



© J. Barbour - Shutterstock

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



© Pavel Svoboda - Shutterstock



© Ekaterina Pokrovskaya - Shutterstock

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.



**16-DAY**  
EXPEDITION  
VOYAGE

**DEPARTURE:**  
03 December 2017

**BOOKING CODE:**  
CENMSANT1703

**FROM**  
**€ 5 194 pp**

# 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 you're 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.

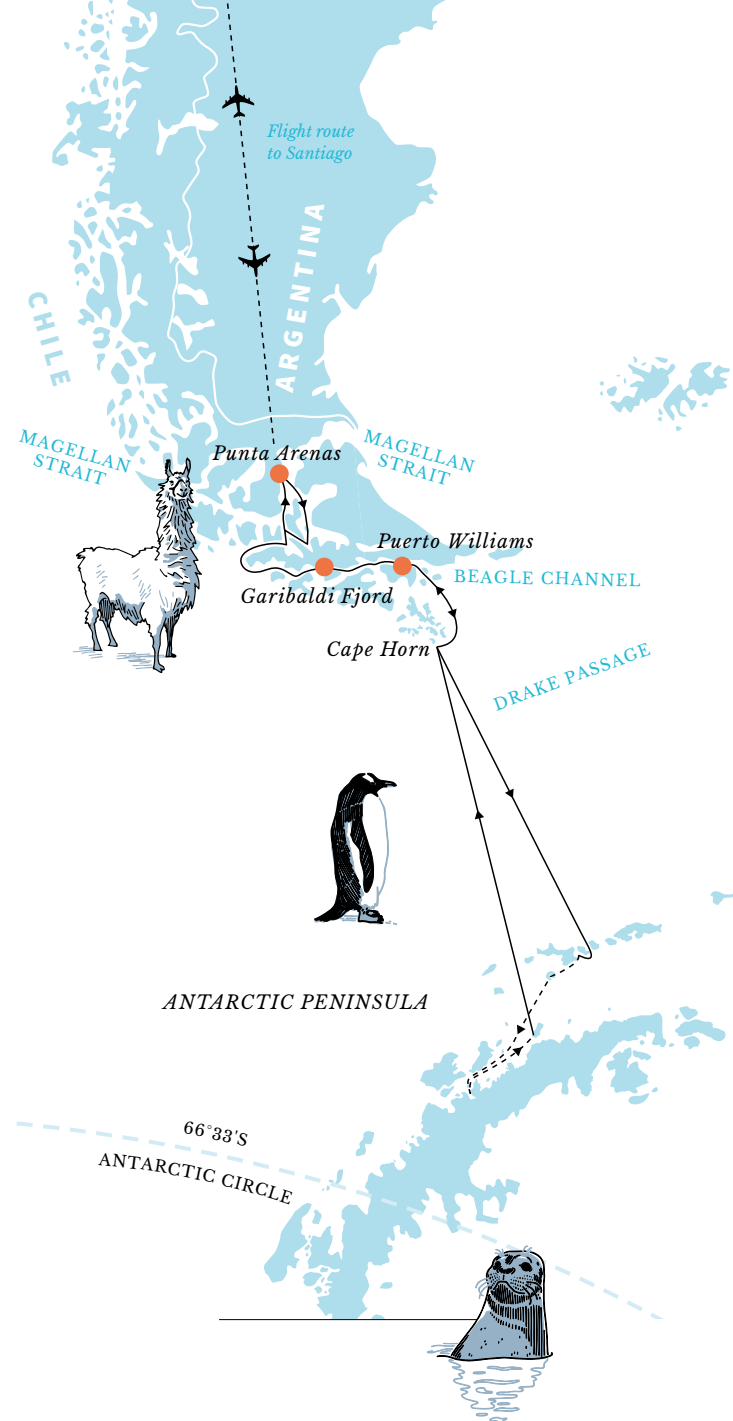
### DAY 7-12: ANTARCTICA

Being in Antarctica you are in the most remote





1. Cormorant colony in Tierra del Fuego  
 2. Watch the gentoo penguins up close  
 3. Be sure to capture the breathtaking scenery of Antarctica



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. Well-behaved 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 diver-

sity in the polar landscape. After exploring this superlative-exhausting 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.

#### DAY 15: 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.



18-DAY  
EXPEDITION  
VOYAGE

DEPARTURES:  
17 December 2017  
and 02 January 2018

BOOKING CODE:  
CENMSANT1704

FROM  
€6539 pp

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.

## 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 favorite 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.

### DAY 6: AT SEA

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.





1. Paddle through the Antarctic waters
2. Greet the Magellanic penguins in Patagonia
3. Be inspired by the great 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 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...

### DAY 5: AT SEA

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.

### DAY 7-11: 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. 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.

### DAY 12: AT SEA

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:**  
CENMSANT1705

**FROM**  
**€ 5 775 pp**



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



**17-DAY**  
EXPEDITION  
VOYAGE

**DEPARTURE:**  
26 February 2018

**BOOKING CODE:**  
CENMSANT1706

**FROM**  
**€5 446 pp**

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 worst,



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 Islands

this is where they 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 experiments" for Young Explorers Antarctica.

### 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.

### 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.

**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.





# THE ARCTIC

## NAVIGATING TO ADVENTURES IN THE NORTHERN HEMISPHERE



To this day, the Arctic remains one of the 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 and beautifully bleak about Arctic landscapes, whether you stay 'south' in the pine forests and tundra landscapes of Alaska and

Canada or head for the ice caps of Spitsbergen and Greenland. For centuries, 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 seeing the King of the Arctic, the polar bear — all in ice-cold surroundings. Speak-



© Andrew Balogh - Shutterstock





© Hanne Feyling-Spitsbergen Travel

ing 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.

1. Try glacier traversing on Spitsbergen
2. See the geysers of Iceland
3. Enjoy the teeming birdlife in the Arctic
4. The polar bear is the King of the Arctic



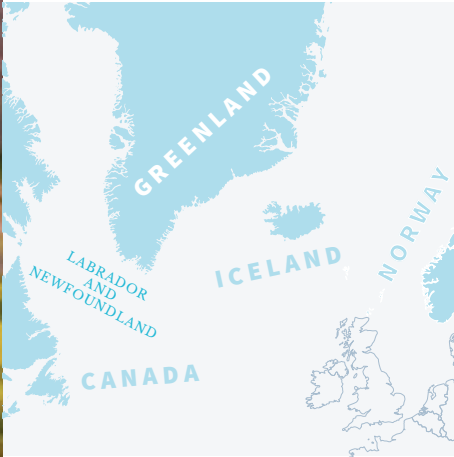
© Dominic Barrington



© Andres Hermle - Guest image



# ICELAND, CANADA AND GREENLAND WITH **MS SPITSBERGEN**



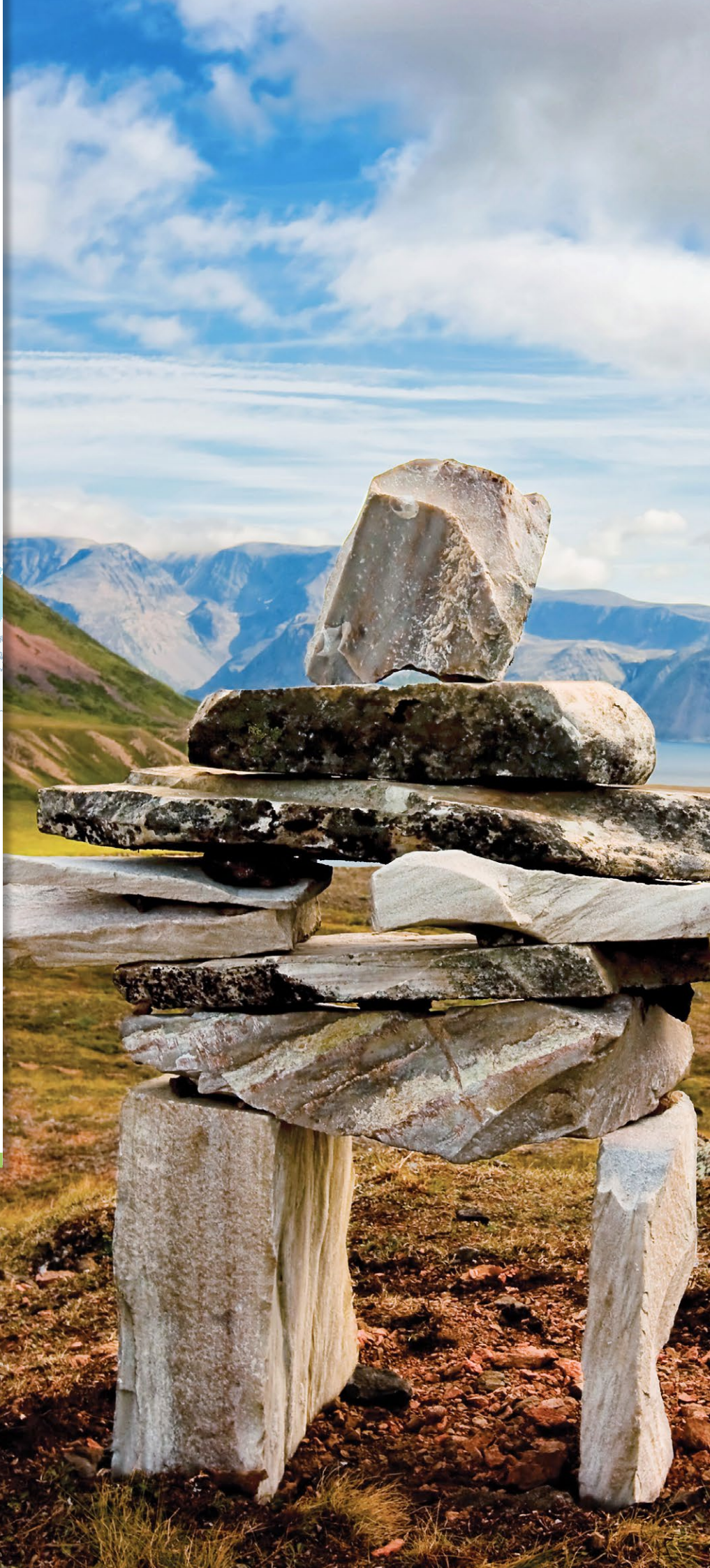
## **ON-BOARD SCHEDULE**

- Daily lecture programmes
- Photo and optics test centre
- Expert expedition team/lecturers
- Media programme

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## **THINGS TO DO**

- Camping on shore
- Kayaking
- Hikes and landings
- Visit historic sites





# 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 hump-



back 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

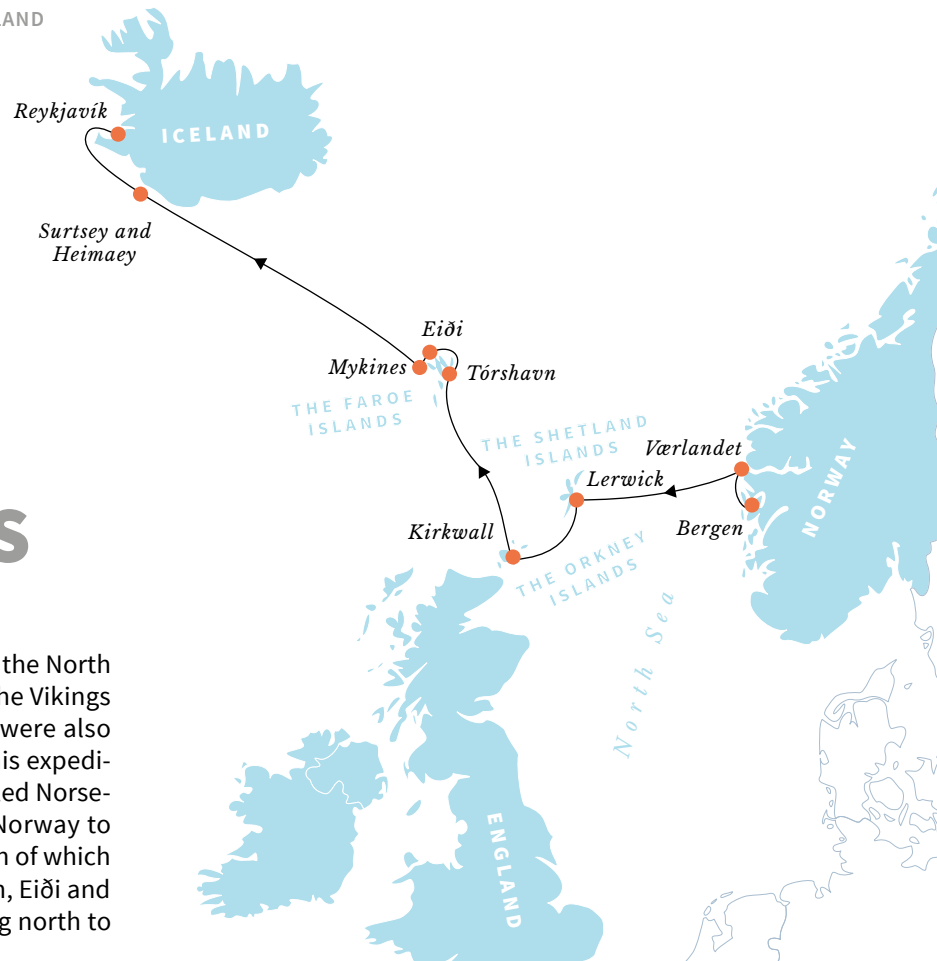
On these expeditions the forces of nature combine with ancient myths. Pair the breathtaking views of the Arctic wilderness with in-depth knowledge, and let Norse legends come alive as you set foot on the remote shoreline of Greenland or explore cities founded by the Vikings on the islands of the North 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.





# 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).

### 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/HEIMAÆY

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.

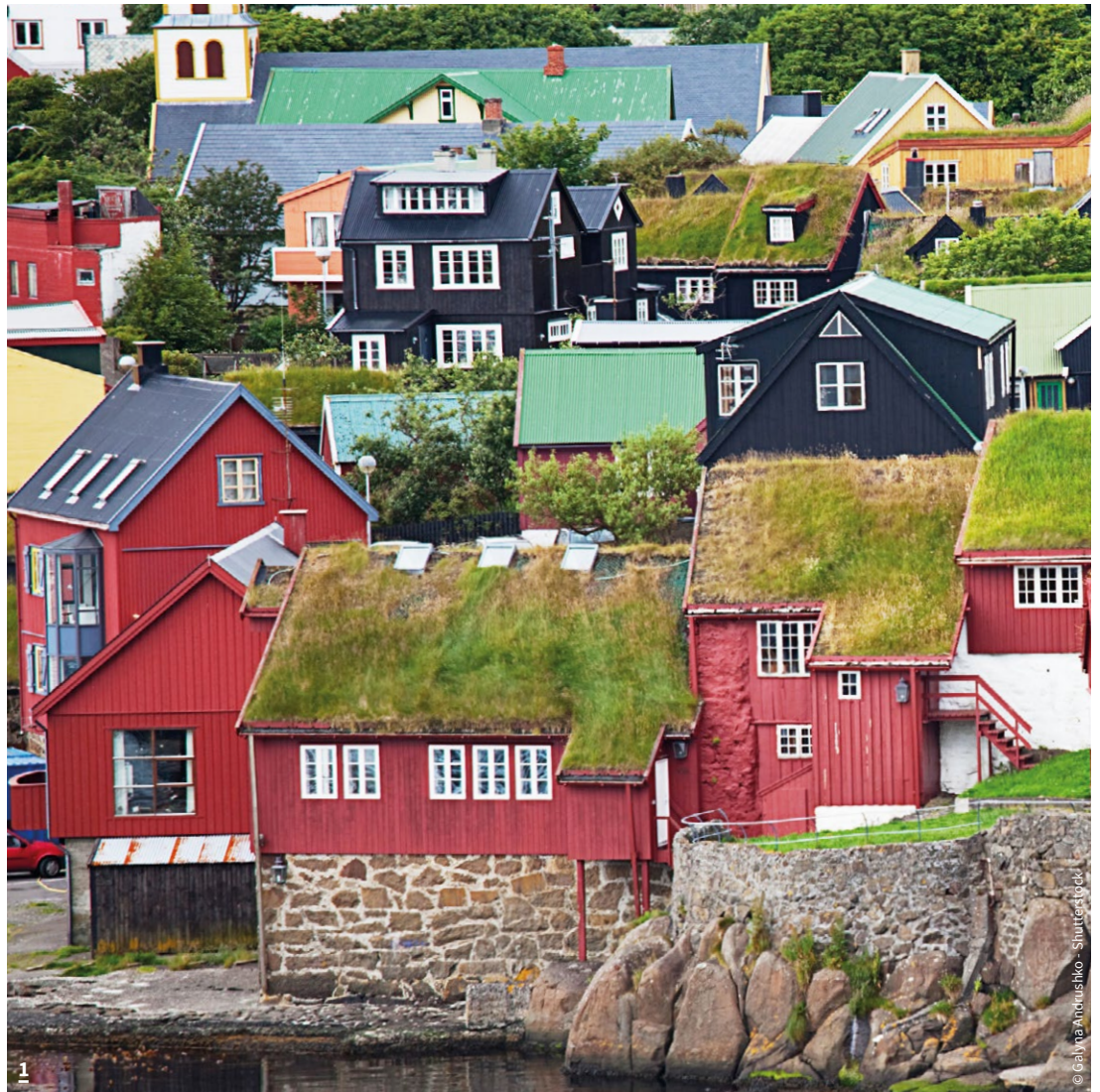


**10-DAY**  
EXPEDITION  
VOYAGE

**DEPARTURE:**  
12 May 2017

**BOOKING CODE:**  
CENSPEUR1701

**FROM**  
**€ 3 395 pp**



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



**15-DAY**  
EXPEDITION  
VOYAGE

**DEPARTURE:**  
12 June 2017

**BOOKING CODE:**  
CENSPWOR1701

**FROM**  
**€ 7 670 pp**

# 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.

## 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)', Ingólfr Arnason was the first to settle here around 870 A.D. He named the settlement Reykjavík (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 Djupalónsandur, 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 Spits-

bergen. 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.



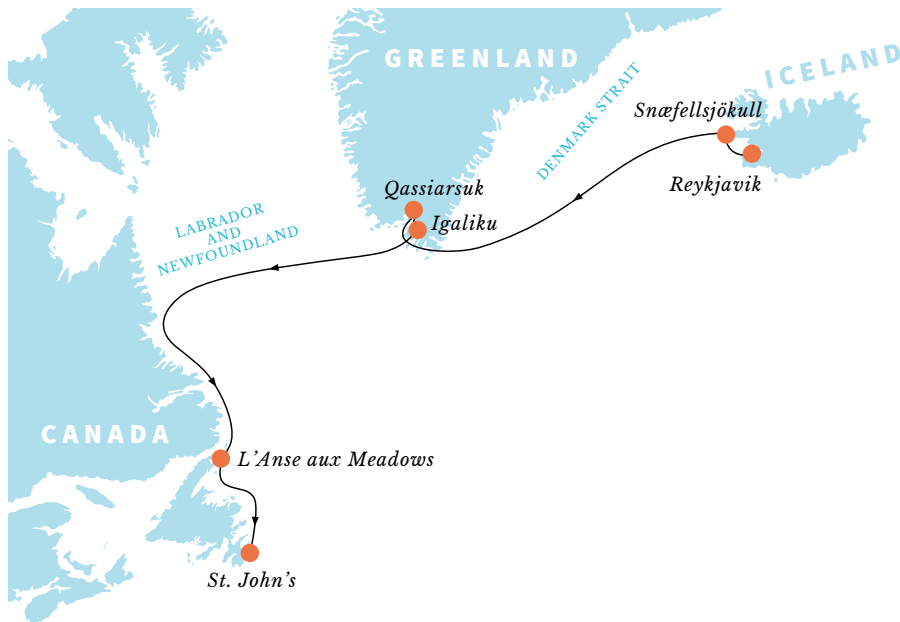
### DAY 6: SOUTH GREENLAND

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).





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

**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 deck!

**DAY 15: ST. JOHNS, 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.

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

## 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

1. The caribou are an integral part of First Nations and Inuit oral histories and legends
2. Torngat Mountains National Park is an awe-inspiring land of mountains, glaciers and wildlife



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 wilder-

**15- AND 16-DAY  
EXPEDITION  
VOYAGE**

**DEPARTURES:**

26 June and  
09 July 2017

**BOOKING CODE:**

CENSPWOR1702  
CENSPWOR1703

**FROM**

**€ 8025 pp**





© Barrett & Mackay/Photo - Newfoundland/Labrador Tourism



ness 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. Torngait, 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: KUUJUAQ/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.



**15-DAY**  
EXPEDITION  
VOYAGE

**DEPARTURE:**  
24 July 2017

**BOOKING CODE:**  
CENSPGRE1701

**FROM**  
**€9128 pp**

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.

### YOUR EXPEDITION DAY BY DAY

#### DAY 1: ST. JOHNS, 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 his-toric 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-hunt-



ing 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.

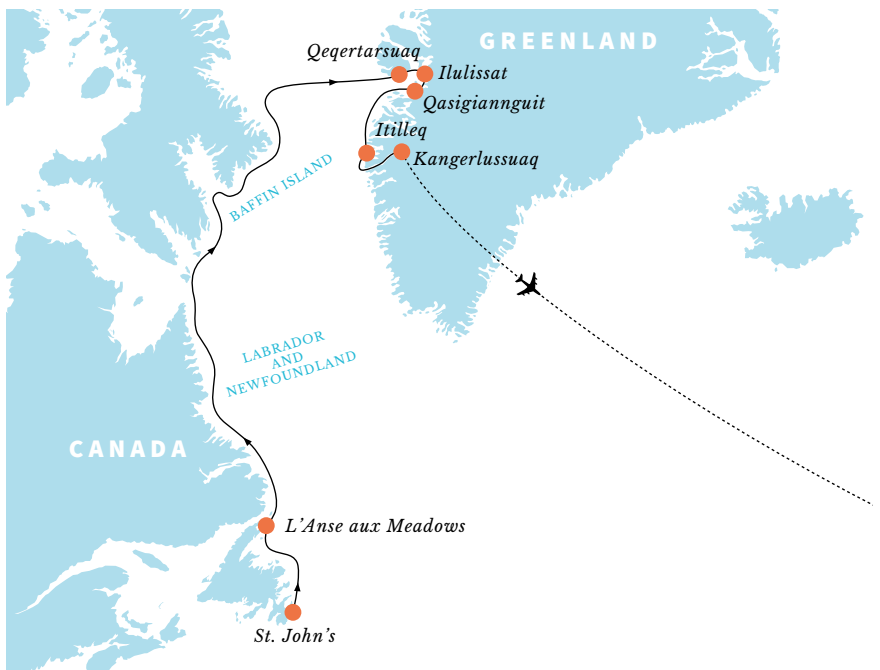
#### DAY 6: CRUISING THE COAST OF LABRADOR

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 acces-





1. Over 1000 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

sible 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 enjoy lectures, the view from the observation lounge or simply relax with a good book.

**DAY 11: 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 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 Qasigiannnguit.

**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 14: 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" before you head home.



# THE NORWEGIAN COAST AND SPITSBERGEN WITH **MS FRAM**

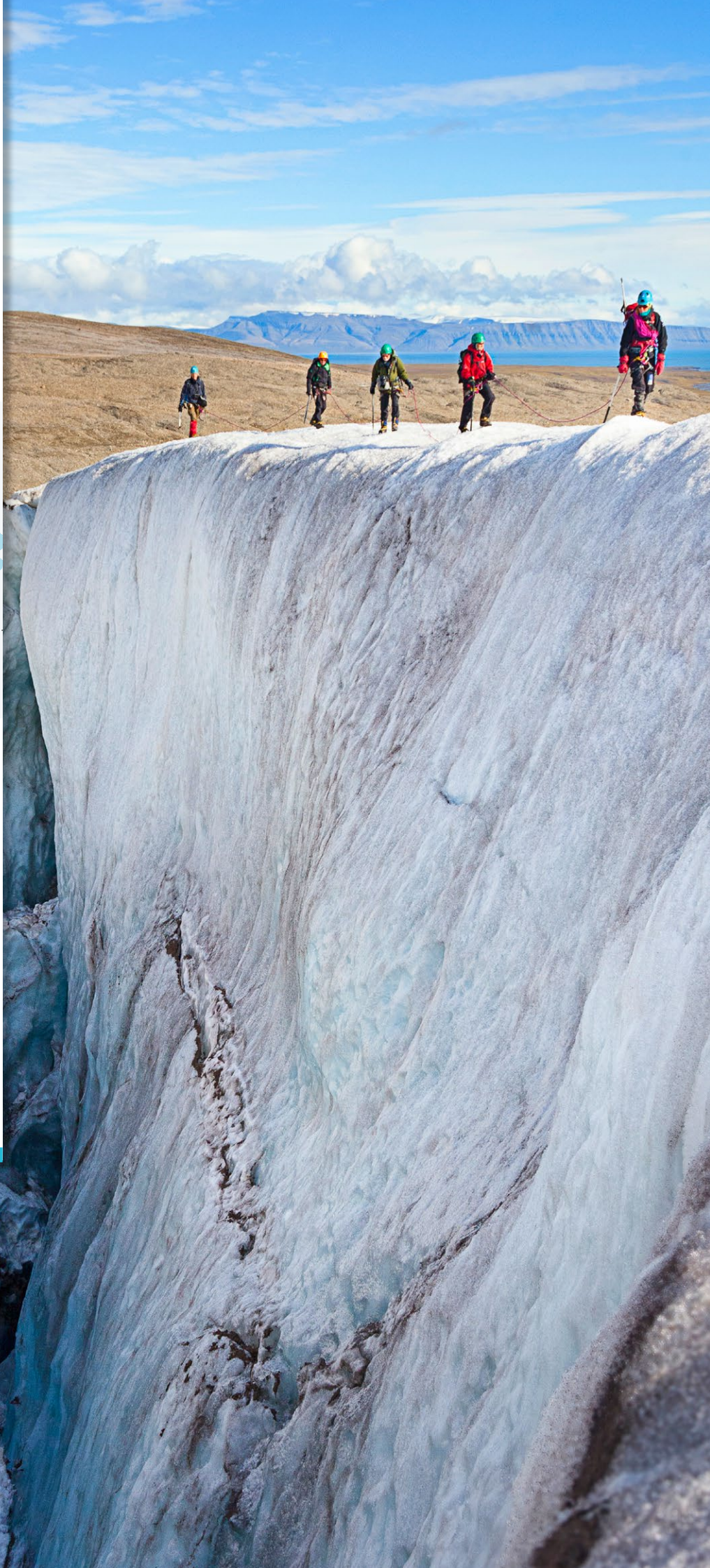


## **ON-BOARD SCHEDULE**

- Daily lecture programmes
- Photo and optics test centre
- Expert expedition team/lecturers
- Expedition photographer

## **THINGS TO DO**

- Polarcirkel landing craft excursions
- Kayaking
- Guided walks
- Bird safaris
- Hikes and landings





# 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 caked in snow and surrounded by 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 voyage, 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 is up here. 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!





**12-DAY**  
EXPEDITION  
VOYAGE

**DEPARTURES:**  
7 May 2017

**BOOKING CODE:**  
CENFREUR1701

**FROM**  
**€3 084 pp**

# 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

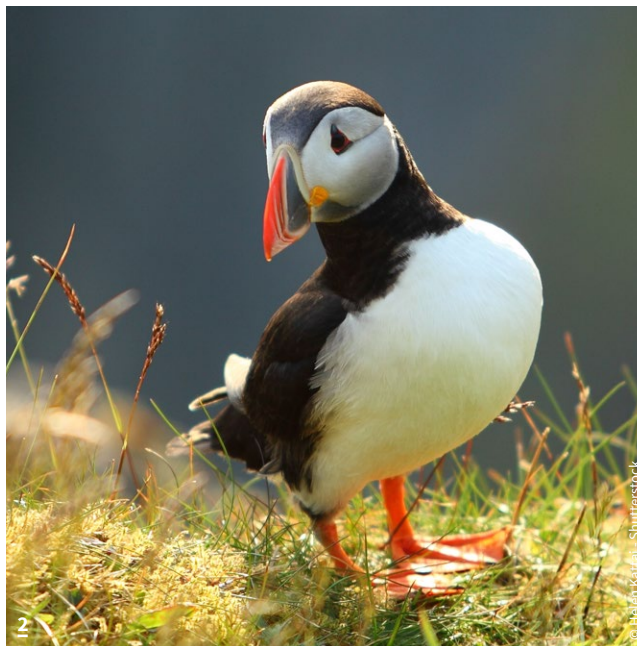
The exciting Vega archipelago is a UNESCO World Heritage Site because of the population's unique practice of eider-down harvest and its relationship with the birds. We will make a landing that includes a visit to the Eider Museum. In addition we offer optional excursions for smaller groups.

### 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.







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

#### DAY 10: VÆRØY, LOFOTEN

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.



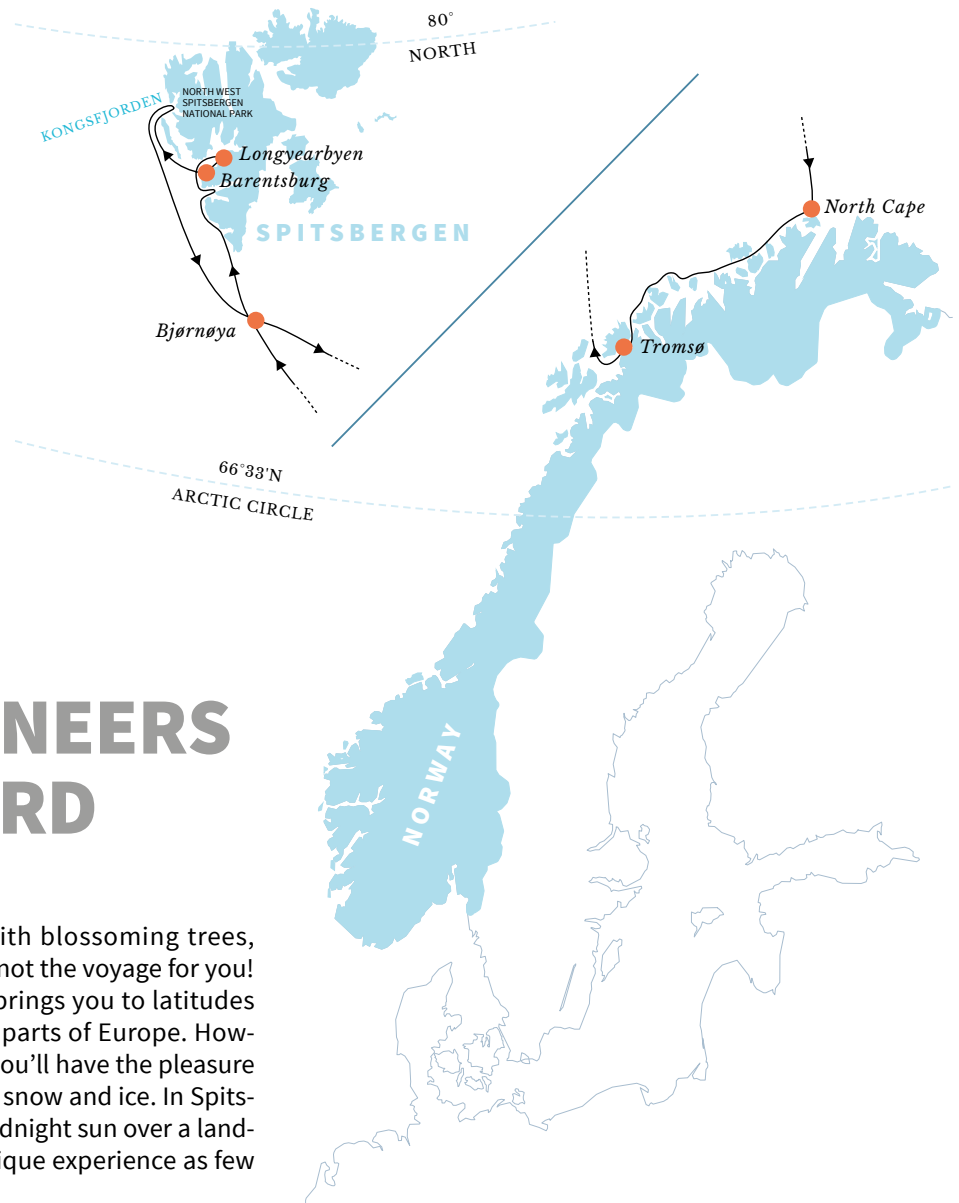


**10-DAY**  
EXPEDITION  
VOYAGE

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

**BOOKING CODE:**  
CENFRSPI1701

**FROM**  
**€ 3 395 pp**



## POLAR PIONEERS OF SVALBARD

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.

### YOUR EXPEDITION DAY BY DAY

#### 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 Arctic 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 species 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 dogsledding, 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; Kongsfjorden/Krossfjorden. 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 Gjessværestappan, 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.



**10-DAY**  
EXPEDITION  
VOYAGE

**DEPARTURES:**  
3 July, 11 July,  
19 July and 27 July  
2017

**BOOKING CODE:**  
CENFRSPI1705

**FROM**  
**€5 532 pp**

# 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 Mitrahavøya, 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 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 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







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 natural habitat



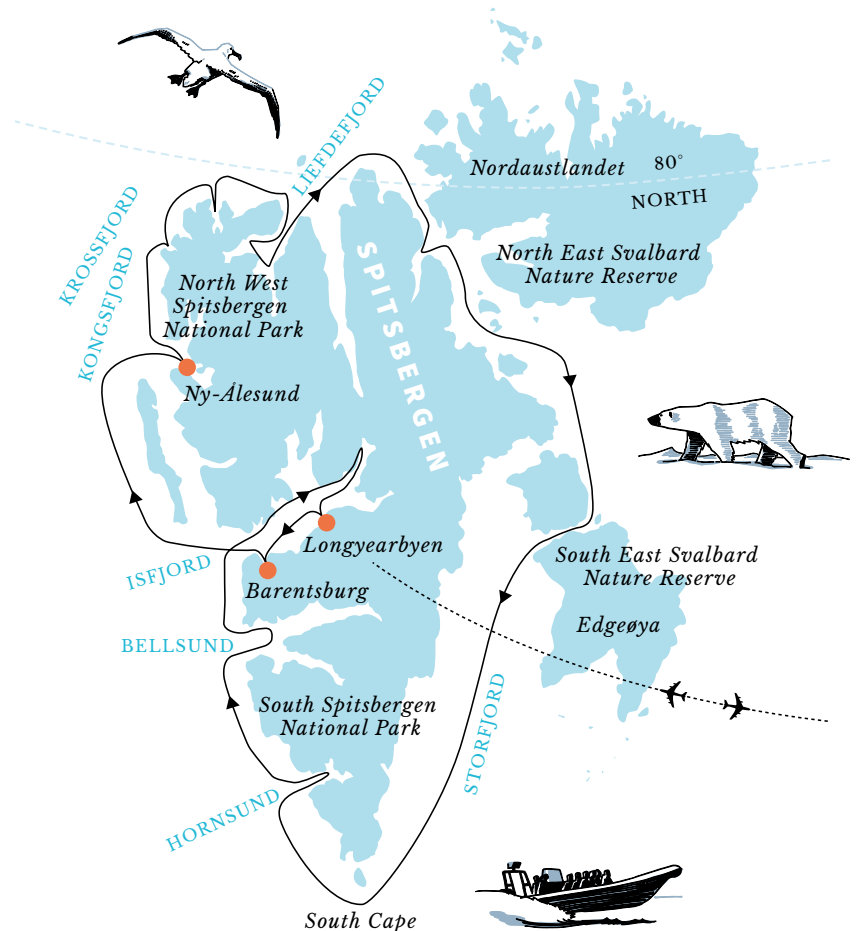
Hornsund has large variations in its landscape and geology within short distances. Ice being pushed into the fjord early in the season attracts polar bears that hunt on the ice.

#### DAY 9: 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 fjord arm and arrange a farewell barbecue in the most beautiful Arctic surroundings.

#### DAY 10: 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.



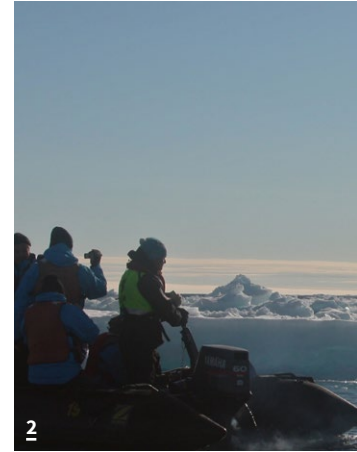
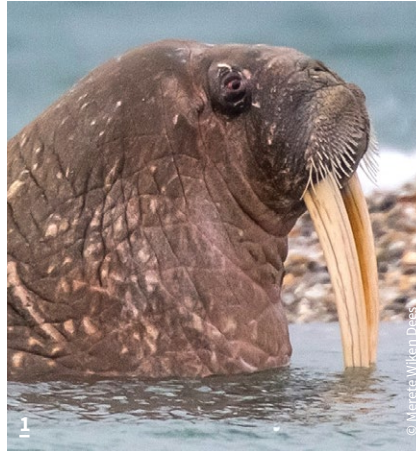


**12-DAY**  
EXPEDITION  
VOYAGE

**DEPARTURES:**  
4 August and  
14 August 2017

**BOOKING CODE:**  
CENFRSPI1706

**FROM**  
**€6328 pp**



# 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 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 Mitrahálvøya, 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

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### 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



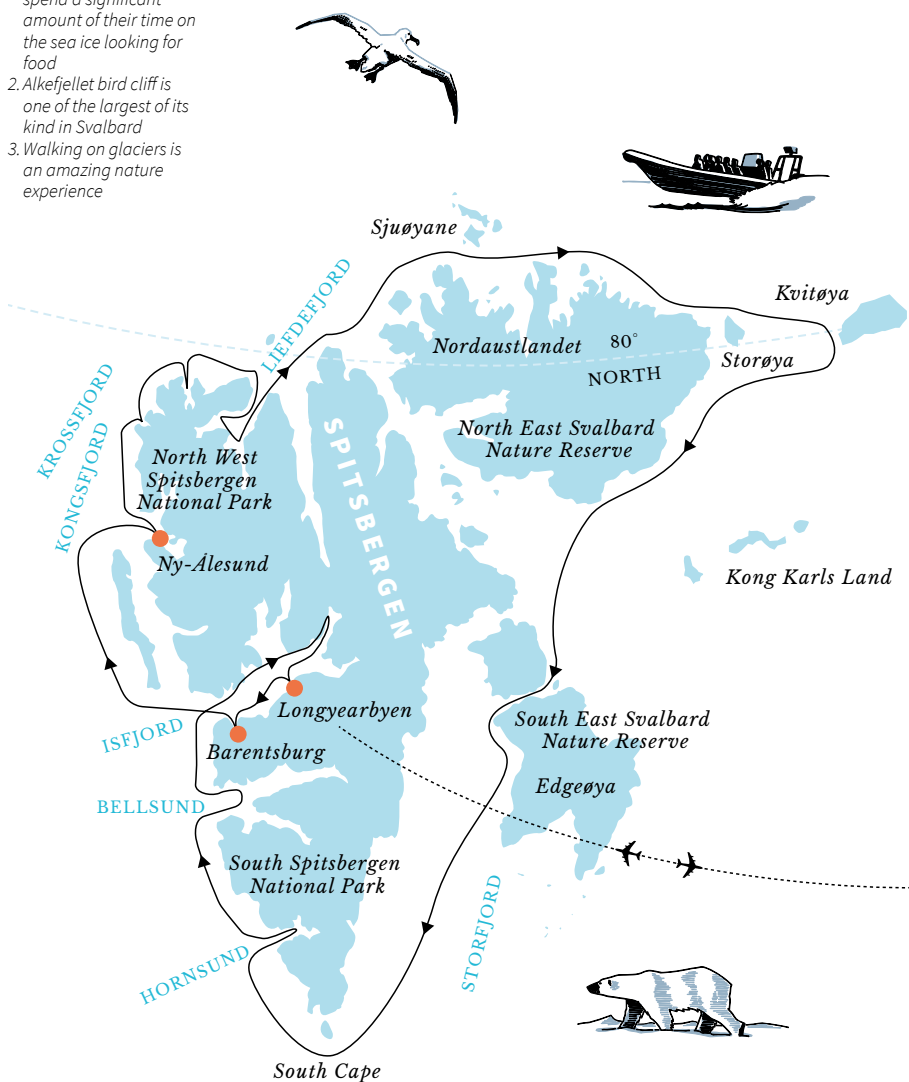


© Tori Hogan - Spitsbergen Travel



© Mirja Helland

1. The walrus is a typical Arctic animal and they spend a significant amount of their time on the sea ice looking for food
2. Alkefjellet bird cliff is one of the largest of its kind in Svalbard
3. Walking on glaciers is an amazing nature experience



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.



# SPITSBERGEN WITH MS NORDSTJERNEN



## ON-BOARD SCHEDULE

Interpretive talks  
Expedition team

## THINGS TO DO

Polarcirkel landing craft excursions  
Guided walks  
Daily hikes and landings





# 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.



## WILDLIFE ON SPITSBERGEN

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 the 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 as an untouched wilderness, Spitsbergen 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 com-

pletely 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. Walk on the ice 3. See seals basking in the sun 4. Try kayaking in Arctic waters



6 DAYS  
EXPEDITION  
VOYAGE

DEPARTURES:  
30 departures  
between June–  
September 2017

BOOKING CODE:  
CENNXSPI1701/1702

FROM  
**€ 1338 pp**

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

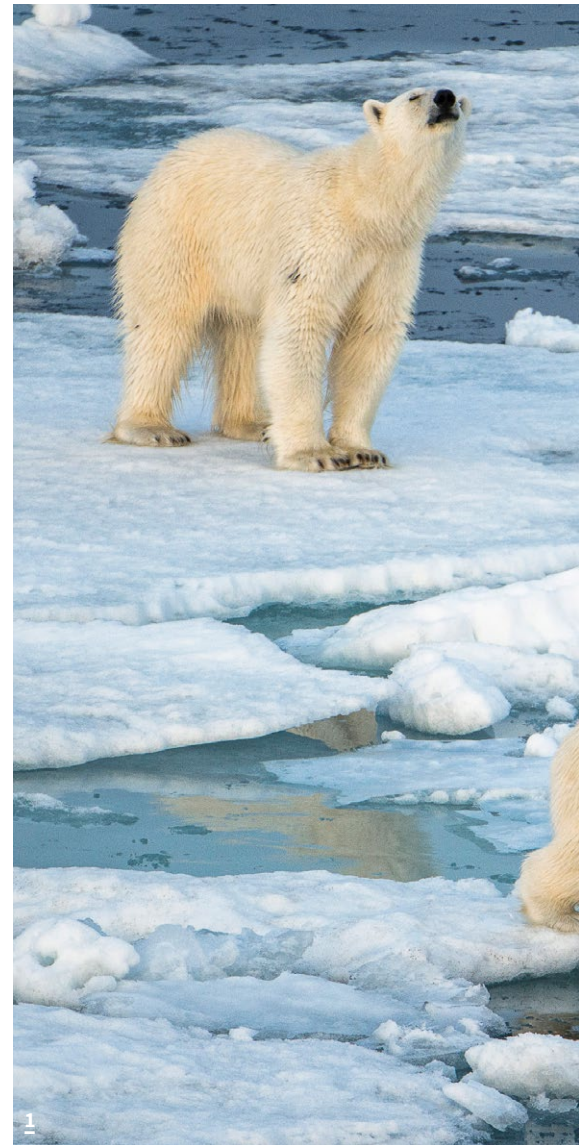
**Itinerary 1: Woodfjorden, Liefdefjorden, Moffen and 80° North.** The day will be spent cruising towards the Monaco Glacier, passing a number of small islets where eider ducks nest during the summer. If we are lucky, we

may spot a polar bear searching for eggs. If the ice conditions are favourable we will sail past 80° North and towards Mofsen, 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 Polar-cirkel 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: Kongsfjorden and Ny-Ålesund.** This is the largest fjord on the North West coast. We might also visit a large adjacent fjord called Krossfjorden. 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 station.

**Itinerary 2: Woodfjorden, Liefdefjorden, 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 Mofsen, 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





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.

© Esther Kokmeijer

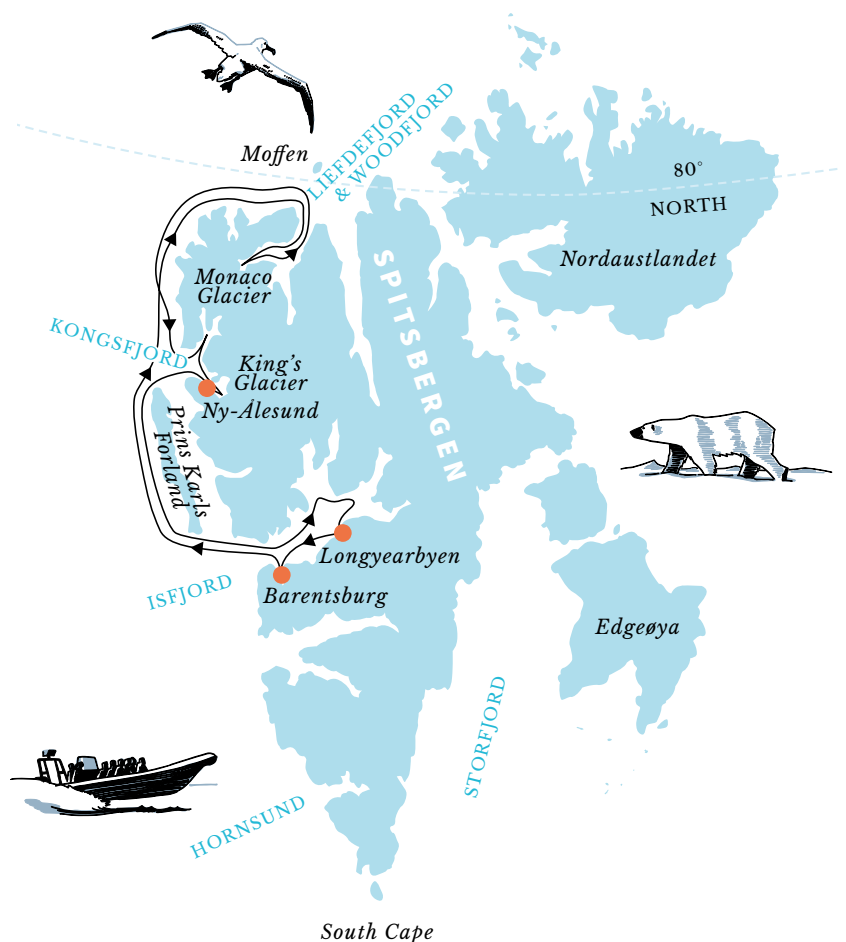
© Trym Ivar Bergsme

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: Kongsfjorden and Ny-Ålesund.**  
 We sail into Kongsfjorden, 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.







Norwegian coast 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, walrus 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', Svølvær. Continuing north, we take a detour into the magnificent Trollfjord before exploring the Vesterålen region.

### DAY 9: TROMSØ

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

**FROM**  
**€3637 pp**



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 BARENTS-BURG

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 walrus. 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 1000 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 sledding 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 Pole as most of us can hope to get. Travelling this far north has up until recently only been achievable by sea, but now more and more people can fly to this magical polar archipelago from mainland Norway. If you are flying to Svalbard, with Hurtigruten or independently, we can help you create your ideal itinerary in advance. Hurtigruten has a long history with this group of islands, and over the years we have accumulated a wealth of knowledge. This means that we know more than anybody about all there is to see and do, and how best to do it!

## NORTHERN HIGHLIGHTS!

Due to its northerly location, the seasons on Svalbard vary with the daylight, from the four and a half months of constant sunlight during the midnight sun period to the magical polar night with its dark days and fascinating aurora borealis. Spitsbergen, the largest of the islands, is home to Longyearbyen, the world's northernmost town, and the most exciting highlights of the archipelago lie within reach of this picturesque settlement. The area is the final frontier for Arctic tourism and Hurtigruten 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 sledding is also possible in summer - on wheels 3. We offer a range of hiking possibilities 4. RIB safari in the Isfjord



# 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 sledding. 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!



| SEASON OVERVIEW AND SELECTED ACTIVITIES |  |
|---|--|
| SNOWMOBILE                              | Northern Lights safari                             |
|   | Tempelfjorden                                      |
|   | Camp Barentz                                       |
| SNOWCAT                                 | Ice Cave Tour                                      |
|   | Northern Lights Safari                             |
| DOGSLEDDING                             | Bolterdalen  |
|   | Under Northern Lights                              |
|   | On wheels  |
| SNOWSHOEING                             | Ice Caving: A Frozen Adventure                     |
|   | Isfjorden Kayak Expedition (6 days)                |
| SPITSBERGEN EXPEDITIONS                 | Spitsbergen Coast to Coast Ski Expedition (4 days) |
|   | Spitsbergen Winter Safari (3 days)                 |
|   | Following a trapper's footprints                   |
| HIKING                                  | Hike Across Foxfonna                               |
|   | Hike to Trollsteinen across the Lars Glacier       |
|   | Fuglefjella and Hiorthhamn                         |
| ISFJORD SAFARI                          | Pyramiden  |
| BOAT TRIP                               | Adventfjorden                                      |
| KAYAKING                                | A Taste of Svalbard                                |
|   | Arctic Wilderness evening                          |
|   | Sightseeing Longyearbyen                           |
|   | Northern Lights evening                            |
|   | Hunting the Northern Lights                        |







## 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



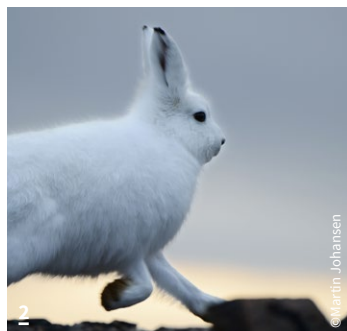


# ADVENTURES IN THE MIGHTY FJORDS OF GREENLAND WITH MS FRAM

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 adven-

urers 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.



1. Greenlandic dog in Sisimiut  
2. The Ilulissat Icefjord area is on in the UNESCO World Heritage List

**19-DAY**  
EXPEDITION  
VOYAGE

**DEPARTURE:**  
5 June 2017

**BOOKING CODE:**  
CENFRGRE1703

**FROM**  
**€7 433 pp**

## 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 well-preserved 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 mid-ocean 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: REYKJAVÍK

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.





© Thomas Halper



**DAY 11: AT SEA, PRINS CHRISTIAN SUND/ NUNAP ISUA**

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 best-preserved 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 Qaortoq 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.

**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**

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.

**DAY 18: KANGERLUSSUAQ/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

**FROM**  
**€ 5 827 pp**

## YOUR EXPEDITION DAY BY DAY

### DAY 1: COPENHAGEN/KANGERLUSSUAQ

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 Tjodhilde'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 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: 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.







1. Explore icebergs near Qassiarsuk
2. Join a landing on Jan Mayen
3. The abandoned mining town of Ivittuut



#### 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: LONGYEARBYEN/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

**FROM**  
**€ 7 018 pp**

# 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.

## 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





1. Explore the Arctic waters in our PolarCirkel boats
2. Learn about the Arctic climate and study the ice up close
3. You might see the king of the Arctic – a sight you will never forget



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 Kaiser 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 tradi-

tional 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.



**15-DAY**  
EXPEDITION  
VOYAGE

**DEPARTURE:**  
6 September 2017

**BOOKING CODE:**  
CENFRGRE1702

**FROM**  
**€ 7 218 pp**

# 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 awe-inspiring 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

Ittoqqortoormiit 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

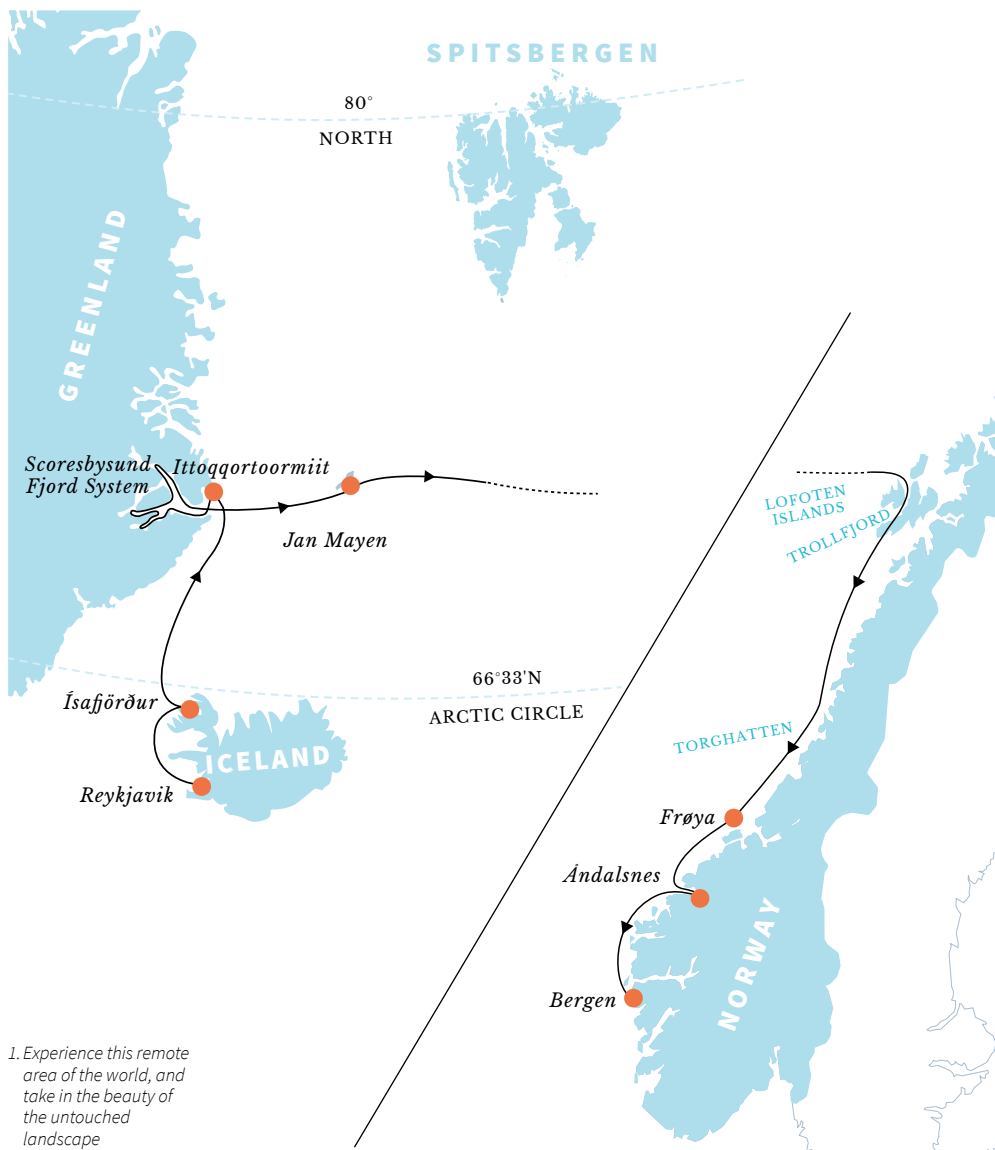
The mountains in this area are almost alpine in nature, rising right out of the largest fjord systems on earth to an altitude of more than 2,500 metres above sea level. The waters are scattered with large icebergs and the valleys are inhabited by musk oxen.







© Mads Pihl - Visit Greenland



1. Experience this remote area of the world, and take in the beauty of the untouched landscape

**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**

Sailing in this fjord is an experience of a lifetime – 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.

**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 Raftsundet 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**

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.

**DAY 13: SISTRANDA AND FRØYA**

The island of Frøya 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 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.



# GREENLAND WITH MS SPITSBERGEN



## ON-BOARD SCHEDULE

- Daily lecture programmes
- Photo and optics test centre
- Expert expedition team/lecturers
- Expedition photographer
- Media programme

## THINGS TO DO

- Kayaking
- Hikes and landings
- Settlement walks
- Learn about the fascinating culture





# 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

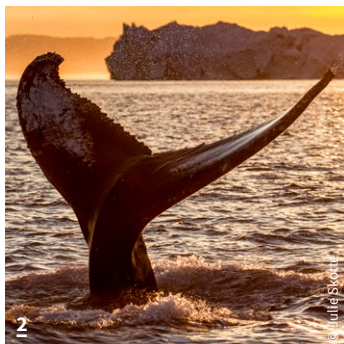
Greenland is home to some fascinating species of animals that have all adapted to the Arctic climate both on land and in the water. Greenland's distinctive animals such as the musk ox, reindeer, narwhal and walrus are among those that you will have the greatest chance of seeing, especially when we are 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 fine-tuned 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.



1. Enjoy unique cultural experiences 2. Seeing a whale up close is awesome 3. The musk oxen is part of the fauna 4. Colourful houses



# THULE, NORTH AND BEYOND

Join us for a unique Arctic expedition exploring the north-west 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 specialties in a local restaurant.

### DAY 3: QEQTARSUAQ

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 zodiac 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 1000. 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 com-

munity 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 so-called "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



**16-DAY**  
EXPEDITION  
VOYAGE

**DEPARTURE:**  
06 August 2017

**BOOKING CODE:**  
CENSPGRE1702

**FROM**  
**€ 9 289 pp**



1. This classic wool knitwear, with its colours and patterns, is typical for Greenlanders  
2. Enjoy being at one with nature in beautiful surroundings  
3. The town Umannaq is known for its heart-shaped mountain

and take a walk. See the remaining's from the old trading post and walk to the other side of the peninsula to see remains of the old turf huts from the former settlement.

#### 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 an 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

**FROM**  
**€ 7748 pp**



© Marsten Bildstrup - Visit Greenland

# 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!



© Mads Pihl

2

1. The women's national costume is decorated with hundreds of multi coloured pearls  
2. You are sure to enjoy the picturesque scenery in Greenland from our Polarcirkel boats

## 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 handicrafts 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 Qilak-

ilsoq. City tours, hikes and possibly a flight are amongst the optional excursions.

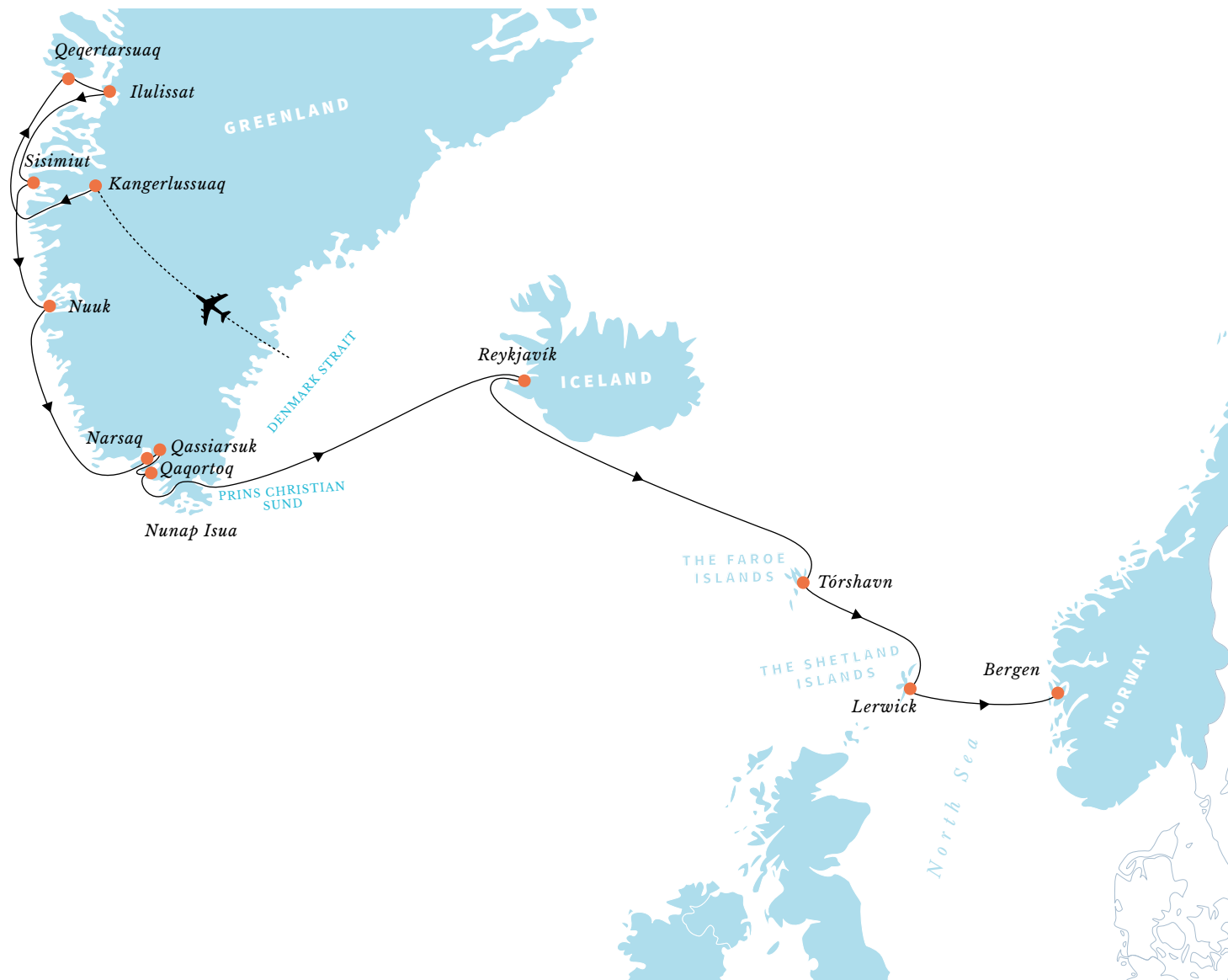
### DAY 6: SOUTH GREENLAND

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-mile-long 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



# ICELAND WITH MS SPITSBERGEN



66°33'N  
ARCTIC CIRCLE

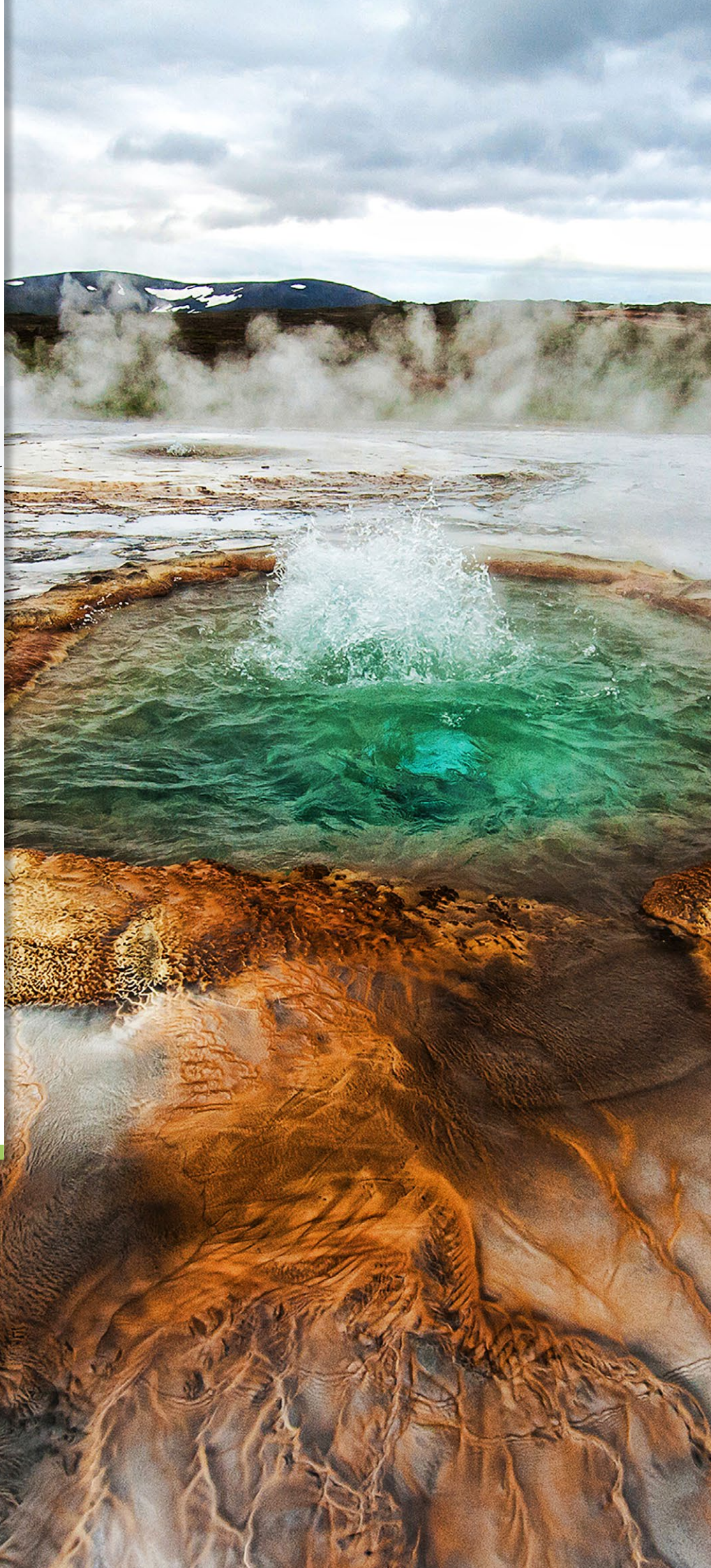


## ON-BOARD SCHEDULE

Daily lecture programmes  
Photo and optics test centre  
Expert expedition team/lecturers  
Expedition photographer  
Media programme

## THINGS TO DO

Kayaking  
Hikes and landings  
Swim in natural hot spas  
Wide range of excursions





# 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 East-



ern 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.

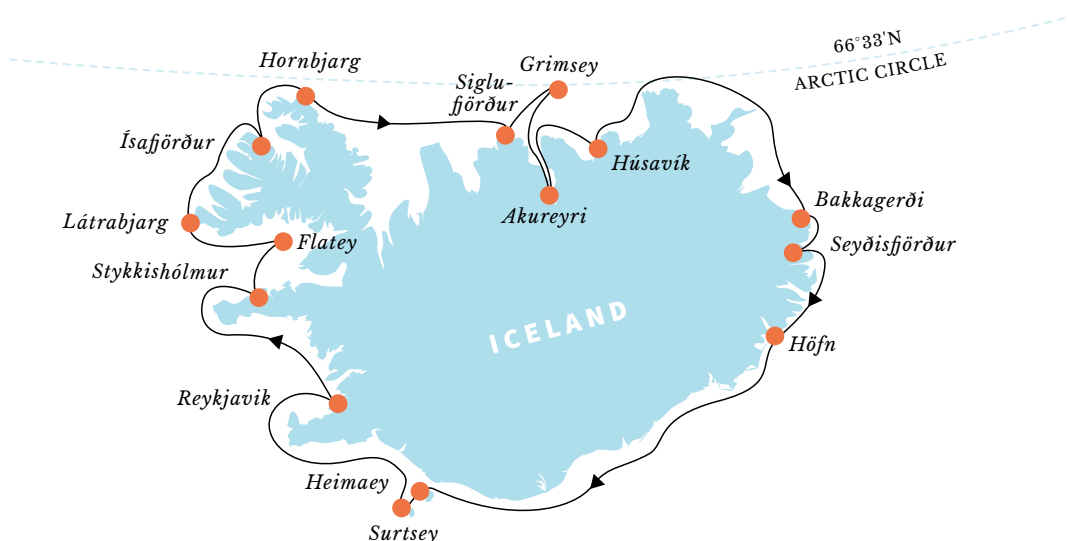


1. Iceland is a highly geologically active place 2. The excursions will show you all the contrasts of Iceland 3. The Icelandic Horse 4. Visit cities and small settlements



# 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.



**12-DAY**  
EXPEDITION  
VOYAGE

**DEPARTURES:**  
21 May and 1 June  
2017.

**BOOKING CODE:**  
CENSPICE1701

**FROM**  
**€4624 pp**



## 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: ÍSAFJÖRDUR

Ísafjörður is the largest town, with a centuries-old 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 REYKJAFJÖRDUR

The Hornbjarg cliff is one of the greatest sea-fowl 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: SIGLUFJÖRDUR 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

Akureyri is a lively and energetic town. It is the most populated community outside the Reykjavik 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





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, guillemots and razorbills.

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 Hallormstadir. 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.



# SAIL THE DISTANCE

AND GET THE TIME OF YOUR LIFE IN RETURN



Being at sea is a destination of its own, with a unique sense of peace alongside the thrill of a classic adventure. The diversity of the things you will experience is out of the ordinary! See the amazing coast of Brazil or discover the mysteries of ancient Incas on our expeditions along the coast of South America. Sail from the luxuriant rainforest of the Amazonas to Bogart's legendary Casablanca in Africa. Discover cultural contrasts in Europe or sail in the wake of mariners of the past. Explore with

all your senses, taking in a variety of sights and experiences as we journey from one hemisphere to another. Experience the spiced heat of the Sahara, the lush shadows of the Amazon rainforest and the greatest attraction of them all, the big, blue Atlantic giant, as it unlocks nature's wonders day by day. These expeditions demand your investment of time and provide the time of your life in return.







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13



© Rock and Wasp - Shutterstock

4

1. Rio de Janeiro
2. Traditional tagine, Marocco
3. Native Brazilian woman in the Amazon
4. Walk in the jungle



## SOUTH AMERICA, AFRICA AND EUROPE WITH **MS FRAM**



### **ON-BOARD SCHEDULE**

- Daily lecture programmes
- Photo and optics test centre
- Expert expedition team/lecturers
- Expedition photographer

### **THINGS TO DO**

- Kayaking
- Visit UNESCO Heritage sites
- Hikes and landings
- Diverse excursions







# 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 elephant seals, Magellanic penguins, the southern right whale and a great variety of birds. Continuing even further south



you can visit the isolated Falkland Islands and stunning South Georgia. Here you can enjoy spending hours ashore, taking kayaks out on the water, hiking and experiencing close encounters with penguins, birds and seals. You can also discover the entire European coastline, with historical sites of knights and emperors. Or take

a transatlantic crossing in the wake of pirates and colonial conquerors. Expedition style landings and excursions such as canoeing, diving, hiking, 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



**18-DAYS**  
EXPEDITION  
VOYAGE

**DEPARTURE:**  
13 March 2017

**BOOKING CODE:**  
CENFRWOR1701

**FROM**  
**€ 6 016 pp**

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.

## 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 colo-

nists 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,





1. Explore the Amazon rainforest
2. Experience local culture
3. Canoeing on the Amazon River



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 dendê 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 Tapa-

jós. 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'.



18-DAYS  
EXPEDITION  
VOYAGE

DEPARTURE:  
29 March 2017

BOOKING CODE:  
CENFRWOR1702

FROM  
€4877 pp

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

## 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 micro-organisms 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.







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© Det-anen - Shutterstock

1. Devil's Island, a former prison island
2. See the colourful birdlife
3. Visit the souk in Casablanca



© Petrana Pekrovsky - Shutterstock

**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).





**9-DAYS**  
EXPEDITION  
VOYAGE

**DEPARTURE:**  
21 September 2017

**BOOKING CODE:**  
CENFREUR1702

**FROM**  
**€2264 pp**



# 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





1. Porto, one of Europe's most charismatic cities
2. Visit a local wine distillery
3. St Peter Port in Guernsey
4. See Amsterdam by boat

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 Jeronimos 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.





**17-DAYS**  
EXPEDITION  
VOYAGE

**DEPARTURE:**  
29 September 2017

**BOOKING CODE:**  
CENFRWOR1703

**FROM**  
**€4480 pp**

# 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 Jeronimos 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



1. See the impressive Hassan II Mosque  
2. Visit the picturesque Cape Verde Islands

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 micro-organisms 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.

**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: SANTAREM, 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 start-

ing 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.

**DAY 16: 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 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'.



**17-DAYS**  
EXPEDITION  
VOYAGE

**DEPARTURE:**  
14 October 2017

**BOOKING CODE:**  
CENFRWOR1704

**FROM**  
**€ 5 253 pp**



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 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

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.

### 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.

### DAY 6: AT SEA

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 restaurants) next to the beach, and visit the





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

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.



**18-DAYS**  
EXPEDITION  
VOYAGE

**DEPARTURES:**  
29 October 2017

**BOOKING CODE:**  
CENFRWOR1705

**FROM**  
**€ 6318 pp**

# 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 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.

### DAY 6: FALKLAND ISLANDS

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.

### DAY 8: AT SEA

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
- 4.... and birdlife



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 at sea.

#### 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.



**17-DAYS**  
EXPEDITION  
VOYAGE

**DEPARTURE:**  
10 March 2018

**BOOKING CODE:**  
CENFRWOR1706

**FROM**  
**€ 6 808 pp**

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 Chimú 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.



## 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: snow-sprinkled 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, PERU

Puerto General San Martín 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.





1. Valparaíso has a colourful and unique architecture
2. Buy local artifacts
3. Learn more about everyday life

**DAY 9: SALAVERRY, PERU**

The small port of Salaverry is the starting point for the excursion to the ancient Chimú 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.



SOUTH AMERICA,  
AFRICA AND EUROPE WITH  
**MS MIDNATSOL**



**ON-BOARD SCHEDULE**

Daily lecture programmes  
Photo and optics test centre  
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Science centre  
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**THINGS TO DO**

Kayaking  
Hikes  
A wide variety of excursions  
Exciting landings





# 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 Heritage Sites. Visit exciting ports, towns, islands and harbours. Feel, taste and see the stunning differences as you cross from one side of the ocean to the other, from one continent to the

next. Discover a variety in climate, landscapes and cultures that will take your breath away. Explore European cultural heritage and nature, from the fjords of the Northern Vikings to Celtic mysteries on the British Isles, and see Moorish castles rising from the African coast. Head west into the Atlantic for an eco-voyage in the wake

of Thor Heyerdahl to Lanzarote's UNESCO biospheres, or cross the Atlantic Ocean from Africa via Cape Verde to 7,000 miles of green Brazilian 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



**14-DAYS**  
EXPEDITION  
VOYAGE

**DEPARTURES:**  
16 March 2017 and  
13 March 2018

**BOOKING CODE:**  
CENMSWOR1701

**FROM**  
**€2767 pp**

Northbound

# 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.



## YOUR EXPEDITION DAY BY DAY

### 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.

### DAY 5: PARANAGUA

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 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.

### 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





1. Venture into the great Amazon
2. The church Igreja de Santa Rita de Cássia in Paraty
3. Don't miss the historical buildings in ancient Recife

sloth sanctuary, old sugar mills, cocoa plantations and 15 superb beaches. Join a bird-watching 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.



20-DAYS  
EXPEDITION  
VOYAGE

DEPARTURE:  
29 March 2017

BOOKING CODE:  
CENMSWOR1702

FROM  
**€ 3 135 pp**

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 Baía de Marajó 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 night-life 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.

### DAY 7: AT SEA, 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 join 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.







1. Cross the Atlantic Ocean as we sail from South America to Africa



**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 quarter of the town. Today Las Palmas is a

bustling city overflowing with Spanish ambience, 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 snow-capped mountain; shop for local handicrafts or international designer wear; go on a whale- and 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.

## 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 ever-present 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



1. In Gibraltar you can meet the only population of wild monkeys in Europe  
2. Immerse yourself in the Celtic culture

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





**21-DAYS**  
EXPEDITION  
VOYAGE

**DEPARTURE:**  
17 April 2017

**BOOKING CODE:**  
CENMSEUR1701

**FROM**  
**€4511 pp**



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, song-enlivened 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!



## Cultural Contrasts

# 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 "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.

#### DAY 7: A CORUÑA

A 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 Hercu-





**11-DAYS**  
EXPEDITION  
VOYAGE

**DEPARTURE:**  
13 September 2017

**BOOKING CODE:**  
CENMSEUR1702

**FROM**  
**€2421 pp**



1. The tower of Hercules is the oldest functioning lighthouse in the world

les 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 appearance.

#### DAY 8: LEIXÕES

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 Jerónimos 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 45m 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 Cadiz around lunchtime. Cadiz is almost totally surrounded by the Atlantic Ocean, and only connected with the mainland by a very small isthmus. Cadiz 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 Cadiz 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).



**17-DAYS**  
EXPEDITION  
VOYAGE

**DEPARTURE:**  
23 September 2017

**BOOKING CODE:**  
CENMSWOR1703

**FROM**  
**€2547 pp**

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 wind-surfers 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 lifestyle here.







1. Starting in Casablanca, we cross the Atlantic Ocean to reach Fortaleza in Brazil



**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**

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 Baía de Maraió 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.



**15-DAYS**  
EXPEDITION  
VOYAGE

**DEPARTURE:**  
09 October 2017

**BOOKING CODE:**  
CENMSWOR1704

**FROM**  
**€2574 pp**

Southbound

## THE GREEN 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 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 16th century and was rebuilt in the 18th 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 4: AT SEA

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, sev-







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
4. Meet the local Guaianazes Indians

eral 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.

**DAY 8: AT SEA**

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: 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 12: AT SEA**

Join the Expedition Team for more lectures or spend the day on deck.

**DAY 13: 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'.

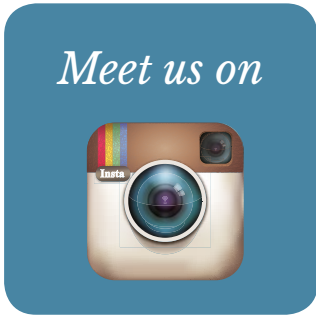
**DAY 14: MONTEVIDEO**

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



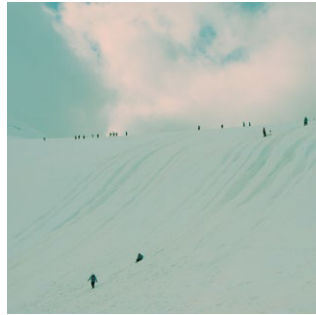
Kayaking was super fun  
#arctic #weexplore #kayak



this bird is crazy cool - puffin  
#iceland #weexplore #lundinn



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



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



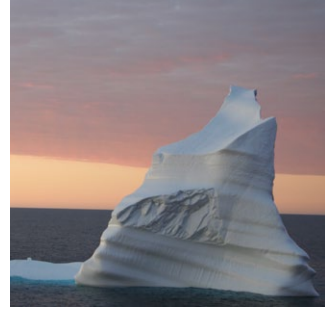
Rites of manhood: Antarctic bath  
#vikings #antarctica #hurtigruten



Barentsburg  
#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



The boys are doing all the work :D  
#nightintent #svalbard #hurtigruten



Visiting the locals on Greenland  
#greenland #hurtigruten #kaffemik



TWO POLAR BEARS!  
#timeofmylife #hurtigruten #isbjørn



Visiting Port Lockroy  
#weexplore #antarctica



Kinda cold outside, I think...  
#weexplore

Share your photos and see what others have experienced on their expeditions on Instagram. #hurtigruten #WeExplore

facebook.com/HurtigrutenUK, twitter.com/@UKHurtigruten, instagram.com/#hurtigruten and #weexplore, youtube.com/hurtigruten



Anybody need some ice?  
#lol #antarctica #hurtigruten



Local charm in Lisbon  
#WeExplore #lisbon #citytour



Cold place, hot bath on deck  
#jacuzzi #hurtigruten #antarctica



Coollest place ever!  
#barentsburg #weexplore



Dressing like the locals :)  
#weexplore #chic #svalbardfashion



Dogsledding in svalbard  
#nexttothenorthpole #hurtigruten



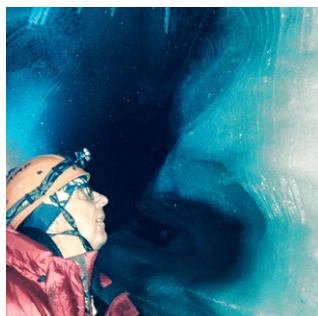
Greenlandic glacier-selfie  
#greenland #weexplore



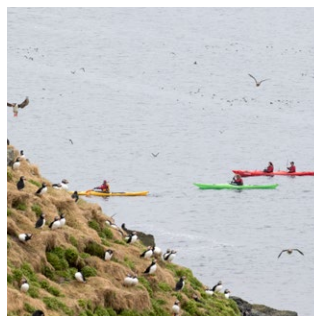
Cool dude I met at Westpoint  
#falklands #pinguin #hurtigruten



Cruising in the Ilulissat Icefjord  
#icefjord #greenland #hurtigruten



Ice caving was superb!!!  
#svalbard #icecave #Weexplore



Birdwatching from a kayak  
#weExplore #iceland #birdies



Selfie at the end of the world  
#havingfun #antarctica #weexplore





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# GET READY TO EXPLORE NORWAY

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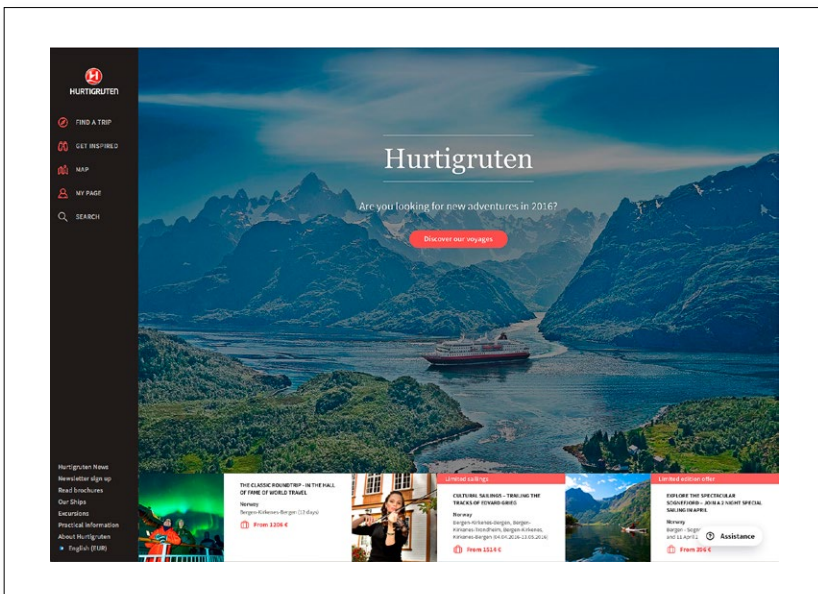
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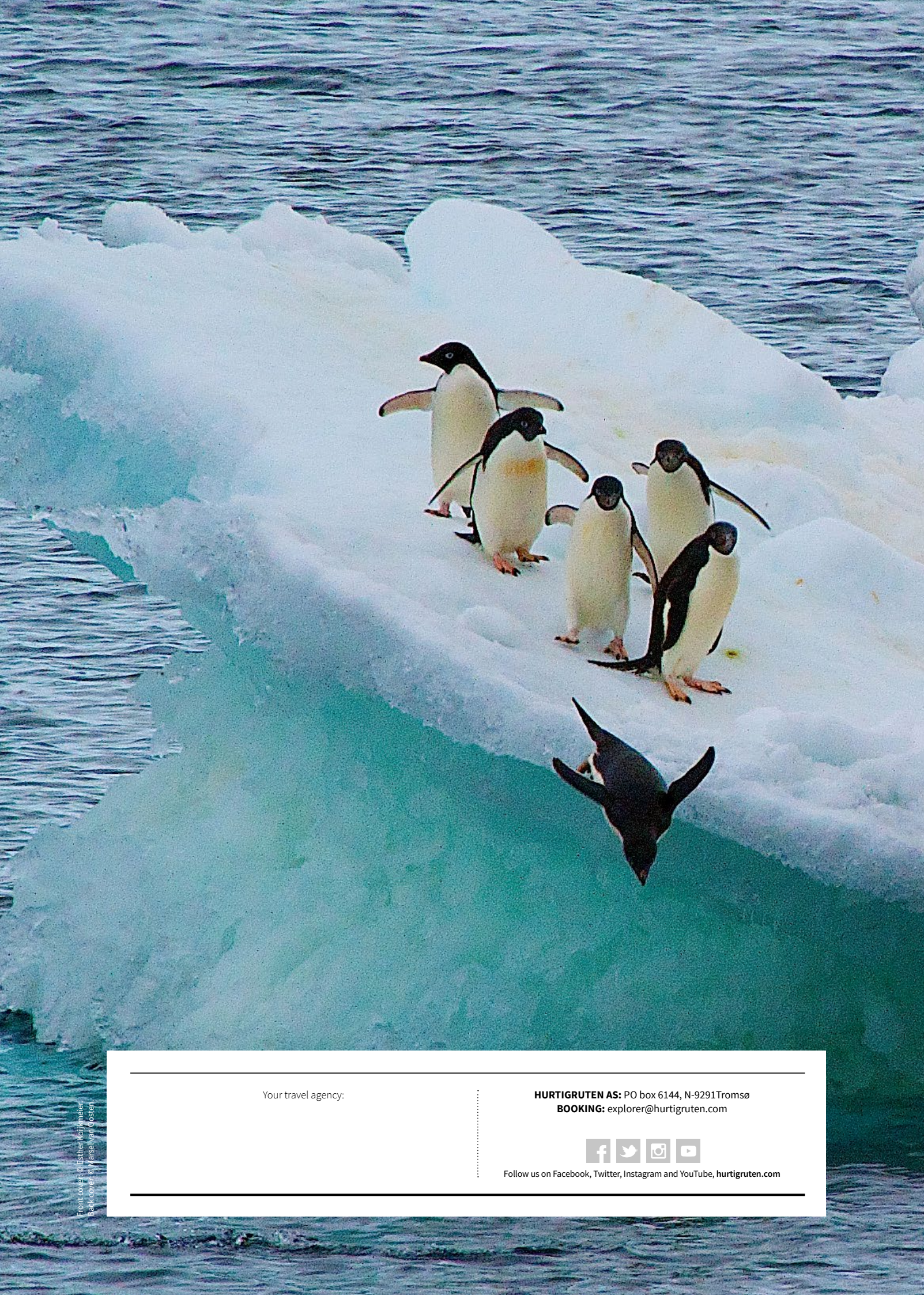
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