



CIRCUMNAVIGATING ICELAND THE LAND OF ELVES, SAGAS AND VOLCANOES

Iceland old and new In Reykjavík, you'll get a taste of modern Iceland, with its stylish restaurants, boutiques and galleries, and museums detailing Icelandic history and culture through the ages. On tiny islands and in coastal fishing villages, you'll hear tales of elves and epic Viking sagas. Raw natural beauty Discover Iceland's starkly beautiful, volcanic scenery – with active volcanoes, geysers, glaciers, mountains and waterfalls. Iceland offers among the best whale watching in Europe at this time of year, from humpbacks to belugas. And among the Arctic birdlife you'll keep an eye out for colonies of Atlantic Puffins.



ITINERARY

DAY 1 Cosmopolitan Reykjavík

Discover Iceland's modern capital Your Iceland expedition cruise starts in Reykjavík – a vibrant city full of culture and history. Enjoy a walk around this compact city. Take a stroll down Laugavegur – the main shopping street – to the striking Hallgrímskirkja church. Or why not visit one of its many art galleries and museums. With so much to explore, you may want to arrive early to join one of our Pre-Programmes and explore the Golden Circle or the Icelandic Highlands. Your Iceland adventure at sea starts when you board the ship. Find your cabin, meet your Expedition Team, explore the ship and enjoy a relaxed



welcome dinner as we set sail towards our first stop, Stykkishólmur.

DAY 2 Snæfellsnes peninsula

Gateway to spectacular Snæfellsnes It's as though time has stood still at Stykkishólmur, the small fishing town in Breiðafjörður bay, where colourful houses stand out in contrast to distant mountains. Nearby, you'll find Snæfellsnes Peninsula National Park, with the striking, ice-capped Snæfellsjökull volcano at the peninsula's western tip. It's nicknamed 'Little Iceland' for its array of volcanic landscapes. At the national park you can visit Djúpálónssandur's black sand beach and the Lóndrangar basalt cliffs. Or why not ride a snowcat to the top of the Snæfellsjökull glacier or take a guided coastal hike with a glacial cave tour.

DAY 3 Beautiful Patreksfjörður

Birdwatching, waterfalls and stunning beaches Patreksfjörður is unforgettably beautiful. Here, you'll learn all about the fishing traditions in Europe's most westerly village. You can even enjoy a dip in the town's outdoor pool, with wonderful fjord views! You'll have the opportunity to explore the surrounding area on a hike through the fjords, or visit Rauðasandur beach and see seals. You can also join a tour to the Dynjandi waterfalls – six falls combined that together make the largest and most spectacular cascade in the Westfjords. Birdwatchers shouldn't miss a visit to Látrabjarg, where puffins, Northern Gannets, guillemots and razorbills cling to Europe's largest bird cliff.

DAY 4 The Northwestern Region

Exploring Northwest Iceland, expedition-style One of the best things about expedition cruising is the feeling of freedom. We plan to spend the day in Iceland's Northwestern Region, but as

conditions can vary, there's no preset plan. Rest assured, your Captain and Expedition Team will find the best opportunities for adventure. We may take you ashore in our small expedition boats for a hike or a beach clean-up. Or perhaps we'll launch our kayaks. If we spot a pod of whales as we sail, we may stop to enjoy the sight. Be ready for anything! Don't forget, you can also join onboard lectures, visit the Science Center, get tips from our professional photographer, or soak in a hot tub!

DAY 5 Akureyri and Goðafoss

See dramatic moonscapes and waterfalls Gaze at snowcapped peaks as we cruise along Eyjafjörður, Iceland's longest fjord. It's one of the best places in Europe to spot humpback whales, white-beaked dolphins and harbour porpoises. Look out for orcas, blue and fin whales here, too. Iceland's 'Northern Capital', Akureyri, sits at the fjord base. Here, you can enjoy the oasis of a botanical garden, and visit top-notch eateries and museums. A little further afield, you can witness the picturesque Goðafoss waterfall, where turquoise waters pound against black rocks. You can also keep an eye out for Eider and Harlequin Ducks at Lake Mývatn, one of Iceland's more active volcanic areas.

DAY 6 Grímsey's puffins

Cross the Arctic Circle and see Atlantic Puffins This remote and windswept island, home to just 60 people, is well known for its Atlantic Puffin colonies. Grímsey is steeped in folklore, including tales of the island's first settler, Grímur. Grímsey is probably best known for its proximity to the Arctic Circle, which cuts across the island – the only part of Iceland where it does so. You'll have the opportunity to step across that line, hopping over to the Arctic and back! Hike to the Orbis et Globus landmark, a huge concrete sphere sculpture that's repositioned each year to fit the



northward movement of the Arctic Circle. By 2050, Grímsey will lie outside the Arctic.

DAY 7 Hike in Bakkagerði

Local folklore and staggering natural beauty Your Iceland cruise continues to Bakkagerði, a tiny, remote settlement. According to folklore, Bakkagerði is inhabited by a large population of local land spirits or elves, known as *huldufólk*, meaning 'hidden people'. Walk around town to explore this magical place. A popular hiking area, here you can walk through lush, green valleys and gorgeous scenery among colourful rhyolite rocks. The coastal cliffs are home to fulmars, kittiwakes, eiders and puffins. We may also visit the Atlantic Puffin colony on Hafnarhólmur – a true gem for nature lovers and wildlife photographers.

DAY 8 Heimaey's explosive past

Discover the town that defied a volcano Heimaey is the only inhabited island in the Westman Islands, found off the south coast of Iceland. It has a fascinating history, and still bears the scars of a powerful volcanic eruption that nearly destroyed the island. Visit Eldheimar, a museum that features an excavated home frozen in time, and learn more about the eruption and its aftermath. Or why not take a hike to seek out puffins at Stórhöfði, where around eight million nest every summer. Don't miss climbing Mount Eldfell – at the volcano's summit you'll have incredible views of the town below.

DAY 9 Reykjavík and beyond

Enjoy Reykjavík at your leisure Your Iceland expedition cruise concludes back in fascinating Reykjavík. This is a great opportunity to see the places you missed when you first arrived. Relaxing with friends in a *heittur pottur*, a geothermal pool, is

part of Icelandic culture. Before you leave, why not visit Iceland's most famous place for doing just that – the Blue Lagoon – one of the true natural wonders of the world – and experience the blend of silica, algae and minerals in its geothermal waters. You can also join our Post-Programme and explore Iceland's beautiful south coast, with waterfalls, black sand beaches, geothermal springs and majestic mountains.

Please Note:

Itineraries are subject to change.



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YOUR SHIP:

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MS Fram is designed for sailing in polar waters, holds the highest safety standards and is the perfect size for optimum nautical manoeuvrability and guests' comfort. With space for only 276 guests, you are sure to get to know many of your fellow travellers. You will share stunning sights and memories of a lifetime long after returning home. The Norwegian word Fram means 'forward' - lifting expectations of the voyage at hand. MS Fram was built in 2007 with one mission in mind - to bring her guests closer to nature, wildlife and unforgettable experiences. As well as offering numerous lounges in which to relax, our more active guests can use our well-equipped gym. Meanwhile, on deck, our Jacuzzis guarantee you surreal memories when passing the towering icebergs of Antarctica or Greenland.



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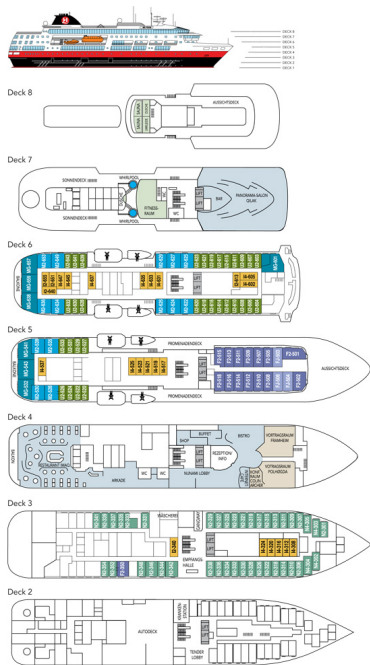
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