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ARCTIC NORWAY FRONTIER – OSLO, FJORDS & SVALBARD WITH CRUISE EXTENSION

This 17-day all-inclusive journey, combining a scenic train ride and two extraordinary sea voyages aboard the MS Trollfjord and MS Nordstjernen, stretches from Oslo to Longyearbyen, immersing you in Norway's stunning fjords and Svalbard's Arctic wilderness. Highlights include a breathtaking ride on the Flam Railway, sailing Norway's picturesque coastline under the Midnight Sun's 24-hour daylight (mid-May to late July), and a thrilling 4-day high Arctic mini-cruise searching for polar bears at 80° North. Explore vibrant Bergen, the alpine village of Åndalsnes, Lofoten's Reine, Tromsø, and Honningsvag, with a silent hybrid catamaran wildlife tour and a glacier excursion in Longyearbyen, blending jaw-dropping scenery, gourmet dining, and Arctic adventure.



ITINERARY

Day 1 - Arrival in Oslo

Arrive in Oslo, make your own way to the hotel and get to know our beautiful capital. Despite its compact size, the city offers a wealth of experiences and sights. For culture enthusiasts, the Bygdøy Peninsula is a treasure trove of museums, including the Norsk Folkemuseum, showcasing traditional Norwegian life. This open-air museum features over 150 buildings, including a stave church, and offers a deep dive into Norway's architectural history. Oslo is packed with restaurants, bars, and cafes - especially in bohemian Grunerløkka or the trendy new Barcode district - making it easy to get a feel for life here. Don't miss the Vigeland Sculpture Park, home to over 200 - often surreal - sculptures by the famous sculptor Gustav Vigeland, and Ekeberg Park, known for its art installations and panoramic views of the city. The Munch Museum is a must-visit for art lovers, and it houses an extensive collection of works by the celebrated Norwegian painter Edvard Munch, including his iconic painting



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The Scream. This blend of laid-back culture, cuisine and history makes Oslo the best place to start your journey.

Day 2 - 'Norway in a Nutshell' begins

Start your day with a hearty hotel breakfast before making your way to Oslo Central Railway Station to embark on your 'Norway in a Nutshell' adventure. Board the train to Myrdal and begin one of the world's most scenic rail journeys. As you travel from Oslo, you'll traverse lush farmland and pass forests and majestic peaks. Upon reaching Myrdal, we transfer to the famed Flam Railway, a marvel of engineering that, with its steep gradient and dramatic scenery, is considered one of the most beautiful train journeys in the world. This leg of the journey sees us descend by over 900m to the charming town of Flam. Once in Flam, take your time to explore the quaint village nestled in the heart of the fjords. Visit the Flam Railway Museum to delve into the history of this incredible railway, which has been a lifeline for the region for over a century. The museum offers fascinating exhibits that highlight the challenges and triumphs of building such an ambitious project. Afterwards, unwind by visiting the local brewery, where you can sample craft beers while soaking in the peaceful surroundings of the fjord. The combination of natural beauty, a rich history, and local flavours makes Flam a destination that captures the essence of Norway's charm.

Day 3 - Arrival in Bergen - Gateway to the fjords

After breakfast, we board the ferry from Flam to Gudvangen, navigating through the narrow and picturesque Naerøyfjord. This fjord is renowned for its dramatic landscapes, including mountain peaks, deep valleys, fast-flowing rivers, and thunderous waterfalls. As you cruise through these serene waters, you'll be surrounded by some of Norway's most

awe-inspiring natural beauty. Arriving in Gudvangen, we continue our journey by bus to Voss, taking the train for the last part of your journey to Bergen. Once we arrive in Bergen, take the afternoon to explore this colourful gateway to the fjords. Bergen was founded in 1070 AD, and retains a great deal of its character, charm and history. Visit the UNESCO-listed Bryggen district with colourful wharfs dating back to the 14th century. You may enjoy a stroll in the cobblestone alleyways, a bite at a cafe or restaurant, a trip on the Fløibanen funicular or a visit to the famous fish market.

Day 4 - All aboard The Svalbard Line

You'll have some time in the morning to explore Bergen some more before taking a transfer to the Hurtigruten terminal. Before you board, visit our comfortable guest lounge where you can talk to staff about securing a spot on any optional excursions still available. Once we've welcomed you aboard, you'll meet your ship's Expedition Team, who will be your hosts and guides as we travel along the Norwegian coastline and up to Svalbard. Get acquainted with your fellow travellers and take some time to get to know your new home-away-from-home. Enjoy your first meal aboard the ship, and watch Bergen fade into the distance as you stand out on deck enjoying a sail-away drink.

Day 5 - Alpine village by the fjord

Located along the Isfjord, Åndalsnes is a picturesque coastal town, home to about 2,000 people. The literal highlights of Åndalsnes are the mountains that tower over the town. Experience the Norwegian concept of friluftsliv - a love of the outdoors - through a variety of activities, such as hiking to Rømpestreken viewpoint. For an easier way to take in the sights, sit back for a relaxing ride on the Romsdal Gondola or travel the winding Trollstigen Pass by bus. Whichever activities you



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choose, this day will bring you the best views of the Irfjord, Romsdalsfjord and surrounding peaks.

Day 6 - Norway's oldest fishing community

Traena is an archipelago that sits along the Helgeland coast at the edge of the Arctic Circle, 33 nautical miles northwest of the mainland. Made up of around 500 islands, islets and skerries, only four are inhabited year-round. Today's selection of activities and optional excursions takes you to the heart of the archipelago's sights and traditions. The village will be open just for us, including the church, Petter Dass chapel and the local museum. Alternatively, you can join a hike, take a cultural walk, or immerse yourself in a sauna and refreshing dip in the Arctic Ocean on one of our optional excursions. Back on board, we'll cross the Arctic Circle as we continue heading north, commemorating the moment with a traditional and fun ceremony.

Day 7 - The Tip of Lofoten

Today, we explore the famed Lofoten islands. Watch for the steep mountains rising from the sea as we approach from the south in the morning. We dock in Reine, which has been an important fishing village since the mid-eighteenth century. This is one of the most photographed landscapes in all of Norway, where red-painted rorbucling to a string of islands beneath sharp mountain ranges reflected in the waters below. Not far to the south of Reine, at the western tip of the Lofoten archipelago, you'll find Å, one of the best-preserved traditional fishing villages in Norway. You can visit it on an optional excursion. At the heart of this tiny village is the Norwegian Fishing Village Museum, which covers the importance and development of fishing in Lofoten over the last 250 years.

Day 8 - Gateway to the Arctic

Tromsø is northern Norway's urban Arctic hotspot, boasting impressive architecture, hip restaurants, and the world's northernmost university. Calling into Tromsø on the way to or from Svalbard follows in the footsteps of history. Most explorers and sailors on Arctic expeditions would embark from or return to the city. We aim to dock here in the morning, giving you a whole day to explore this historic Arctic city and its surroundings. Take your pick from a number of optional excursions. Learn more about the culture and polar history of Tromsø on a city walk, or take a scenic bus tour. You can also visit the striking Arctic Cathedral, which has an impressively large multi-coloured stained-glass window. Or ride the Fjellheisen Cable Car up Storsteinen Mountain for exceptionally beautiful views of the city, mountains, and fjords.

Day 9 - At the top of Europe

Around mid-morning, we arrive at Honningsvag, the northernmost city in mainland Norway. You have several optional excursions to pick from here. These could include taking a bus or riding a quad to the North Cape, a hike with your Expedition Team, or an introduction to what life is like at 71°N. Honningsvag is also the gateway to the North Cape, the northernmost point of Europe. The plateau stands 307 metres above the sea, and is over 990 miles south of the geographical North Pole. Take a moment to gaze out across the sea from a top the soaring cliffs, watching the waves crash against the rocks below. Sailing away from Honningsvag, we'll enjoy dramatic views of the plateau from the sea. The ship will head further into the Barents Sea, leaving mainland Norway's coast far behind us.

Day 10 - Towards the Arctic frontier



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Today is a day spent far from land as we cross the Barents Sea heading towards the remote wilderness of Svalbard. It really does feel like we're leaving civilisation far behind as we sail towards the top of the world. There will be a lecture about Svalbard, and the theme of the day is Arctic desert. Out on deck, our talented chefs will prepare another special tasting for you to enjoy - and listen out for any points of interest from the Expedition Team. It's a day for you to relax and enjoy the ship's facilities, and also to look ahead and learn about our next destination. Why not get a cup of tea or coffee and seat yourself somewhere comfortable and read up about the nature and history of the Arctic frontier. In the afternoon there will be a briefing about the special rules that we all must follow to protect the delicate local ecology on Svalbard. Remember, there's plenty to do on board, so maybe now's the ideal time to take that sauna, work up a sweat in the fitness room, or browse the library. You might want to sort through all the photos you've taken so far, and if there are any you're particularly proud of, don't forget to share with your fellow guests using the Cameralla app so we can all see them!

Day 11 - Arrive in Longyearbyen

On the last day of our first sea voyage, we arrive at the Svalbard archipelago and make our way up to Spitsbergen, the largest of the three main islands. Magnificent brown and green mountains rise and ripple up from the High Arctic tundra while rivers of snow-melt trickle through the valley plains, glistening under the summer sun. We're at a latitude more than 78°N and under 1,500 kilometres from the North Pole itself. The air of this Arctic desert is fresh and pure, and temperatures in summer average between zero and eight degrees Celsius thanks to a warm northern branch of the Gulf Stream. In the early afternoon, we

find Longyearbyen nestled on the banks of Isfjord. It's time to disembark the ship and transfer to our hotel. In the evening, we'll enjoy an 'Arctic tasting menu' dinner at the esteemed restaurant Huset. Please note: it is about a 30 minute walk each way between the hotel and Huset. Taxis can be booked but this is not included.

Day 12 - Hybrid-electric catamaran wildlife and glacier tour

Begin the day with a quiet breakfast, preparing for a journey into Svalbard's Arctic landscape. The highlight of the day is a wilderness and glacier tour aboard our hybrid-electric catamaran, MS Bard. This low-impact vessel offers a steady, comfortable platform from which to observe the surrounding seascapes and the possibility of encountering local wildlife. The route passes dramatic glaciers and remote coastal terrain, offering a perspective on the region's geological and environmental character. We'll see the ghost town Pyramiden from a distance, and drive by Skansbukta, a bay packed with history. Following the return to Longyearbyen, there is some time to rest, explore the town, or sample the fare of a local bar or cafe. Dinner is reserved at the Funktionaermessen Restaurant in Funken Lodge, known for its refined Nordic cuisine and views over the town. Accommodation for the night is again at Funken Lodge.

Day 13 - A new day, a new adventure

The morning begins with breakfast at the hotel, followed by free time to explore Longyearbyen at your own pace. You may choose to visit local museums, browse Arctic outfitter shops, or just walk around town and soak up the vibe. Later, the tour formally begins with lunch at Funken Lodge - an introduction to the journey ahead in a refined setting that reflects Svalbard's heritage and hospitality. After lunch, transfer to your ship MS



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Serenissima to begin a voyage along the west coast of Spitsbergen. This small expedition ship evokes a bygone era of Arctic exploration and offers access to areas inaccessible to larger ships, allowing for closer views of glacial fronts and wildlife habitats. The initial leg of the journey passes through Isfjorden, a major fjord system rich in geological features and historical remnants of early Arctic exploration. Conditions permitting, sightings may include seabird colonies, walruses, and possibly polar bears as the ship continues deeper into the High Arctic.

Day 14 - Into the Arctic wilderness

Today marks the first full day of expedition cruising in Svalbard, with activities planned in one of the archipelago's most remote and scenically dramatic regions. The itinerary includes two landings or shore-based excursions, subject to prevailing weather and ice conditions. The day's route brings us into Magdalenefjorden, a striking inlet framed by steep, glacier-cut mountains. Landings here may allow for exploration of former whaling stations and burial grounds - sobering reminders of early European activity in the High Arctic. The area is also notable for its dense bird colonies and the occasional presence of Arctic foxes along the shoreline. Later, our ship continues along the North West Corner, a region known for its isolation and beauty. If the conditions are in our favour, a second landing may take place to further examine the coastal environment or to observe wildlife.

Day 15 - Polar bear search at 80° North

This is the second full day of the expedition cruise, with two scheduled landings or excursions planned as our ship continues northward through Svalbard's remote fjord systems. The day's focus is on wildlife observation and reaching a key geographic

milestone. The itinerary includes time in Woodfjorden and Liefdefjorden, two distinct yet interconnected areas offering contrasting Arctic landscapes - from broad red sandstone valleys to glacier-fed inlets. These environments provide habitat for a range of species, and some time will be dedicated to scanning for signs of polar bears along the coastlines, as well as observing seabirds, seals and Arctic flora. If conditions remain favourable, we'll continue beyond 80° North, a symbolic point on our journey. Approaching Moffen Island, known for its protected status and seasonal walrus haul-outs, gives us a further opportunity for wildlife viewing from the water, with all activity subject to local conservation regulations.

Day 16 - Fjords, glaciers and research

Today's program focuses on both natural landscapes and human presence in the High Arctic, with two scheduled landings including a visit to one of the world's northernmost research communities. Part of today is spent in Kongsfjorden, a broad inlet framed by rugged mountains and glaciers. We aim to disembark for a guided walk on the tundra, getting an insight into the region's geology, seasonal plant life, and the environmental dynamics of a warming Arctic. Later, our ship arrives in Ny-Ålesund, an active international research settlement with a history rooted in early 20th-century Arctic expeditions. MS Serenissima will dock at the pier, giving us direct access to land. Here, you can explore the small settlement, visit historical landmarks, and learn about current scientific work being conducted in the region. There is also an opportunity to post mail from the world's northernmost post office, a symbolic gesture marking one's presence this far north.

Day 17 - Disembarkation / Flying home from the Arctic



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This morning, our ship returns to Longyearbyen, marking the conclusion of our expedition voyage. Disembarkation takes place after arrival, with a transfer arranged to bring guests from MS Serenissima into town. There may be a brief opportunity to revisit Longyearbyen before continuing on to the airport for onward travel. This final stage provides a quiet moment to reflect on the experience of exploring the High Arctic, its remote landscapes, and the unique wildlife encountered along the way. We hope you have had an extraordinary experience as you've travelled with us from Oslo all the way up to Svalbard, and we look forward to seeing you again at some point in the future.

Please note:

Itineraries are subject to change.



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YOUR SHIP: MIDNATSOL

YOUR SHIP: Midnatsol

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:



MS Midnatsol has a strong environmental profile and a modern design. The interior's bright, colourful decor is inspired by the warm sunny climate, a motif also reflected in the many pieces of Norwegian modern art on display. She is also a TV star, being featured in the award winning documentary "Hurtigruten 365", made by Norwegian TV. On deck 9 you find the sun deck and a Jacuzzi. Key qualities of the MS Midnatsol include the large, two-story panorama lounge above the bow, and the large glass expanses that allow natural light to enter, while providing extraordinary views. MS Midnatsol is an ice class 1X ship and equipped with advanced technology, making her very well suited for expedition voyages in Antarctica. Two-story panorama lounge Bars Cafe Library Restaurant Separate a la carte restaurant Playroom Sauna Shop Jacuzzis Fitness room Amfi theatre for educational lectures and conference facilities



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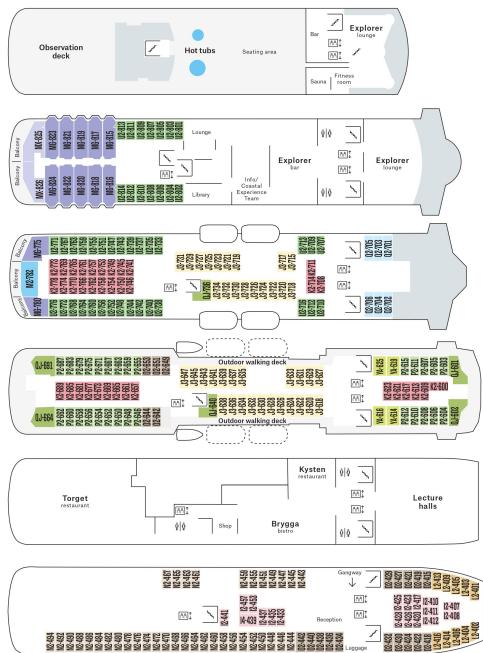
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