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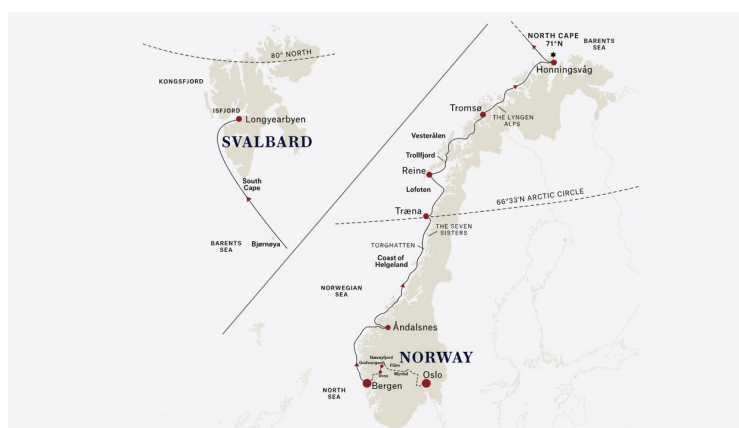


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ARCTIC NORWAY FRONTIER — OSLO, FJORDS & SVALBARD

This 13-day all-inclusive cruise aboard the MS Trollfjord, starting in Oslo and ending in Longyearbyen, combines a scenic journey through Norway's stunning fjords with an Arctic adventure in Svalbard. Highlights include a breathtaking train ride on the iconic Flam Railway, sailing Norway's picturesque coastline under the Midnight Sun's 24-hour daylight (mid-May to late July), and exploring vibrant Bergen and the alpine village of Åndalsnes. The voyage ventures to Lofoten's Reine, Tromsø, and Honningsvåg at Europe's northern tip, offering chances to spot wildlife like whales and seals on a silent hybrid catamaran tour. In Svalbard, experience Longyearbyen's charm, savor gourmet dining at Huset, and embark on a wildlife and glacier tour, immersing you in pristine Arctic landscapes and rich cultural stops.



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



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houses an extensive collection of works by the celebrated Norwegian painter Edvard Munch, including his iconic painting *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 Naerøfjord. 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.



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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 Rampestreken 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 choose, this day will bring you the best views of the Isfjord, 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, an important - and picture-perfect - fishing village since 1743. This is one of the most photographed landscapes in all of Norway, where red-painted rorbuer cling 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.



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Day 9 - At the top of Europe

Around mid-morning, we arrive at Honningsvåg, 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. Honningsvåg 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 Honningsvåg, 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

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

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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 seascape 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 Funktioneermessen 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 - End of the tour

Sadly, today is the end of the tour. You're travelled all the way from Oslo on a combination of trains, ships and even an electric catamaran, but now it's time to say goodbye. A transfer bus will take you to the airport for your onward journey. We know you'll have had an amazing experience exploring Norway and Svalbard with us and we hope that we see you again in the future.

Please note:

Itineraries are subject to change.



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YOUR SHIP: MIDNATSOL

YOUR SHIP:	Midnatsol
VESSEL TYPE:	Expedition Ship
LENGTH:	135,75 m
PASSENGER CAPACITY:	500
BUILT/REFURBISHED:	2003/2021

MS Midnatsol, named after the magical Midnight Sun of northern Norway, offers a warm, Art Deco-inspired atmosphere, where golden hues reflect the beauty of endless summer days. Built in 2003 and lightly refurbished in 2021, the ship features three unique restaurants, an Explorer Lounge & Bar, a panoramic sauna and fitness room, and inviting cabins designed for comfort. Its interiors are adorned with Norwegian art and natural colour palettes that create a cosy yet modern maritime experience. Onboard, guests are guided by an expert Expedition Team who bring Norway's landscapes and heritage to life through enriching talks and guided excursions. From scenic hikes and cultural tours to locally sourced cuisine and relaxing hot tubs, MS Midnatsol blends contemporary comfort with the rugged romance of Norway's coast. The ship is set to become a Signature vessel in 2026, offering upgraded features and future voyages to Svalbard.



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INSIDE YOUR SHIP

Arctic Superior



Expedition Suite

Polar Inside



Polar Outside



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PRICING

23-May-2026 to 04-Jun-2026

Expedition Suite	£7955 GBP pp
Polar Inside	£4385 GBP pp
Arctic Superior	£6049 GBP pp
Polar Outside	£4865 GBP pp

30-May-2026 to 11-Jun-2026

Arctic Superior	£6049 GBP pp
Expedition Suite	£7955 GBP pp
Polar Outside	£4745 GBP pp
Polar Inside	£4385 GBP pp

06-Jun-2026 to 18-Jun-2026

Polar Outside	£4859 GBP pp
Polar Inside	£4489 GBP pp
Arctic Superior	£6225 GBP pp
Expedition Suite	£8205 GBP pp

13-Jun-2026 to 25-Jun-2026

Polar Inside	£4489 GBP pp
Polar Outside	£4859 GBP pp
Arctic Superior	£6225 GBP pp
Expedition Suite	£8655 GBP pp

20-Jun-2026 to 02-Jul-2026

Polar Outside	£4805 GBP pp
Arctic Superior	£6135 GBP pp
Expedition Suite	£8079 GBP pp
Polar Inside	£4439 GBP pp

27-Jun-2026 to 09-Jul-2026

Polar Outside	£4805 GBP pp
Expedition Suite	£8079 GBP pp
Arctic Superior	£6135 GBP pp
Polar Inside	£4439 GBP pp

04-Jul-2026 to 16-Jul-2026

Expedition Suite	£7955 GBP pp
Polar Inside	£4385 GBP pp
Polar Outside	£4745 GBP pp
Arctic Superior	£6049 GBP pp

11-Jul-2026 to 23-Jul-2026

Polar Outside	£4745 GBP pp
Arctic Superior	£6049 GBP pp
Expedition Suite	£7955 GBP pp
Polar Inside	£4385 GBP pp

18-Jul-2026 to 30-Jul-2026

Polar Inside	£4335 GBP pp
Polar Outside	£4685 GBP pp
Arctic Superior	£5965 GBP pp
Expedition Suite	£7825 GBP pp



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PRICING

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Polar Inside	£4335 GBP pp
Expedition Suite	£7825 GBP pp
Arctic Superior	£5965 GBP pp
Polar Outside	£4685 GBP pp

01-Aug-2026 to 13-Aug-2026

Polar Inside	£4335 GBP pp
Polar Outside	£4685 GBP pp
Arctic Superior	£5965 GBP pp
Expedition Suite	£7825 GBP pp

08-Aug-2026 to 20-Aug-2026

Arctic Superior	£5965 GBP pp
Expedition Suite	£7825 GBP pp
Polar Inside	£4335 GBP pp
Polar Outside	£4685 GBP pp

15-Aug-2026 to 27-Aug-2026

Arctic Superior	£5825 GBP pp
Polar Inside	£4235 GBP pp
Expedition Suite	£7645 GBP pp
Polar Outside	£4575 GBP pp

22-Aug-2026 to 03-Sep-2026

Arctic Superior	£5825 GBP pp
Polar Outside	£4575 GBP pp
Expedition Suite	£7645 GBP pp
Polar Inside	£4235 GBP pp

29-Aug-2026 to 10-Sep-2026

Polar Inside	£4235 GBP pp
Polar Outside	£4689 GBP pp
Expedition Suite	£7645 GBP pp
Arctic Superior	£5825 GBP pp



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