



CIRCUMNAVIGATING ICELAND - THE LAND OF ELVES, SAGAS AND VOLCANOES ABOARD THE FRAM

Wilderness and Viking History Experience the best of Iceland on our expedition cruise with MS Fram around the island nation. Our extensive voyage brings you to a spellbinding variety of nature, wildlife and settlements. The Sagaland The West region of Iceland offers spectacular views and is the home to thrilling Viking sagas of ancient times, a key part of Iceland mythology. A highlight of the west is the Westfjords, a stunning nature reserve where teeming bird cliffs are abundant. Lava and Whales As our Iceland cruise sails north, scout for whales from the deck as the landscape changes to vast lava fields, volcanic mountains and smooth hillsides. Grimsey marks the place where the Arctic Circle touches Iceland, and we will make sure we cross the legendary line before we head south towards the East region of the country. Eastern Magic On the east coast, nature changes again. Now we encounter thick forests, lush farmlands and colourful fishing villages. Whale and other Icelandic wildlife might be spotted as we sail the southern waters towards the unforgettable volcanic islands of the area, while our Expedition Team entertains you with the colourful stories and sagas of the Vestmannaeyr. Join us on this voyage of discovery and adventure and stay a few extra days to discover the many things to do in Reykjavik!



Welcome to Sagaland Full day The friendly town of Stykkishólmur has beautiful and well-preserved old houses in the town centre and is surrounded by wonderful scenery. Enjoy exploring the town's interesting museums or join optional excursions to see the iconic sites of Snæfellsnes Peninsula such as the Lóndranga basalt cliffs or the black sandy beaches of Djúpálónssandur.

DAY 3: PATREKSFJÖRDUR

Patreksfjörður Full day Patreksfjörður is a charming settlement on the west coast of Iceland with around 660 inhabitants. The picturesque fjord offers scenic hiking trails if conditions allow. Patreksfjörður is also close to the spectacular waterfall of Dynjandi and to Látrabjarg, a renowned site for birdwatching.

DAY 4: NORTHWEST ICELAND

Northwest Iceland Exploration Day Our experienced captain will plan a day exploring the stunning fjords of northwest Iceland. Conditions will determine the final program and activity for the day. We might visit a small settlement, take you on hikes or launch our kayaks.

DAY 5: DJUPAVIK

Remote Ruins and Natural Beauty In 1917, Elías Stefánsson settled down in Djupavik and built a herring salting factory. After many failed attempts and setbacks, the factory and the town that had formed around it were abandoned. For decades, it remained a ghost town - until the settlement was adopted by modern-day pioneers Eva and Ásbjörn in 1985. What you'll see in Djupavik today, is a fascinating portal to a well-preserved past. Eva and Ásbjörn renovated the site into a hotel and have been restoring the buildings including the herring factory nearby ever since. The hotel occupies what used to be the dormitory for



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DAY 1: REYKJAVIK

Arriving in Iceland Embarkation Many visitors find landing at Keflavik airport enchanting. The hub seems carved out of an arctic desert, with lava stones covered in moss and haunting mountains nearby. But just 45 minutes away, Reykjavík is a charming and vibrant modern city, offering top restaurants, interesting museums and quaint narrow streets.

DAY 2: STYKKISHÓLMUR



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female workers. If you're lucky, the manager may tell you a tale or two about the history of this cosy and laid-back hotel. Sample the fabulous home-made cakes and sit back with a hot chocolate and gaze out at the beautiful vista of the peaceful fjord. Bliss! A guided tour of the old herring factory is a must. Iceland's biggest concrete structure when it opened in 1935, the rusting old factory now features artworks, installations and annual concerts such as one performed by Sigur Rós in 2006. Of course, the backdrop to this hulking factory is what makes exploring it even more engrossing. All around is the stunning beauty of this remote part of northwest Iceland, with its deep blue water, crisp, clear air, and verdant green hills. Sea birds swoop in and out of darkened factory windows as white water tumbles down from the craggy mountains. Explore the magical surroundings here on foot and take a short and invigorating hike to the waterfall just above the old herring factory. There's also a longer 5km circular route if you're feeling energetic. From the beach, you might see seals and even small whales.

DAY 6: AKUREYRI

Akureyri is located near the base of the longest fjord in Iceland, Eyjafjörður. As we cruise along the fjord, you'll have incredible views of snow-capped peaks and a lush coastline. The fertile waters here make it one of the best places in the country to spot whales. Species including humpback, white-beaked dolphins and harbour porpoises are regular visitors, although orcas, blue and fin whales have been seen here too. Nicknamed 'Iceland's Northern Capital', Akureyri is a lively university town. With a population of almost 20,000 it's the largest metropolitan area outside the populated southwest region, meaning there's plenty to delve into here including some top-notch eateries and museums. Check out the Akureyri Museum, which gives you an

insight into how Icelanders used to live here. The Nordurlod Museum of natural history also combines exhibitions about the local environment and the history of settlers. You'll be astonished by the array of flowers and foliage at the Arctic Botanical Gardens. Its serene atmosphere is like an oasis of lush green in the most unlikely of settings. And while you're exploring the town, check out the striking architecture of Akureyri Church, designed by the famous architect Gudjon Samuelsson. On an optional excursion outside town, you can explore natural treasures often considered some of the must-see sights in Iceland. At Goðafoss waterfall, nicknamed 'waterfall of the gods,' you'll have the chance to see translucent turquoise water pounding against immense black rocks. Located within a highly active volcanic area, Lake Mývatn has unique and beautiful geology, including shimmering waters and otherworldly colours. It's also a great place for birds; Eider and Harlequin Ducks in particular. Watchers of hit series Game of Thrones may recognise it.

DAY 7: GRIMSEY & HUSAVIK

Step Across the Arctic Circle

DAY 8: HUSAVIK & LANGANES PENINSULA

Welcome to Husavik! Widely considered Iceland's whale capital, this small town on Iceland's northern coast has gained international popularity as one of the world's best places to see whales. Husavik looks out over the Skjálfandi Bay which enjoys regular visits from whale species including humpback, minke, white-beaked dolphin, harbour porpoise and the elusive blue whale. If you're lucky, you might get the chance to see one or more of these giants of the sea. It only fits that a town so geared towards whales would have a museum to match. If you want to learn more about these gentle giants of the ocean, you have to



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visit Husavik's highly informative Whale Museum. If you're also interested in space travel, the Exploration Museum is fascinating. The astronauts involved in the Apollo space missions trained in Husavik in 1965 and 1967. Iceland's basalt rocks are a close approximation of lunar rocks and provided essential geology training. The museum's main exhibition is centered around this pioneering endeavor. Around 2km south of Husavik, Kaldbakur pond offers a swimming experience out of the ordinary if you're looking for something a little different. Not only is it a heitur pottur heated by geothermal energy, you'll also be swimming with goldfish. In the evening, we sail past the scenic Langanes Peninsula. By looking at it on the map, you can almost guess what its unique feature is - birds. After all, it's shaped like a goose with a colossal head..

DAY 9: BAKKAGERDI

With stunning rhyolite peaks on one side and the majestic Dyrfjöll Mountain range on the other, the coastal village of Bakkagerdi could not have a more scenic location. According to regional folklore, this tiny hamlet on the coast of Borgarfjörður Eystri inhabits a large population of elves. As a matter of fact, the hamlet derives its name from the rocky hill Alfaborg, the supposed home of the elf queen herself. A settlement of around 100 people, Bakkagerdi is well off the typical tourist track and offers peace, quiet and lovely views. A short walk is all it will take to explore the town. You can sample freshly caught fish in one of the cafes; the tasty fish soup is a local favourite. This area's natural beauty, however, is the main draw and allows for fantastic hiking. Shades of pink, blue, and yellow rhyolite rocks give way to lush green valleys in multiple hiking trails. In any direction, you'll be rewarded by a pristine wilderness and the sights and sounds of the prominent wildlife to be found here -

birds. The coastal cliffs of Bakkagerdi are home to a wide variety of birds, including Fulmar and Kittiwake. This is also a good place to see Eider farming, which has been done for hundreds of years in Iceland. The end product is the very exclusive eiderdown, the most prized variety of down in the world. The stars of the show, however, are Puffins. If conditions allow, we'll attempt to visit Hafnarhólmur, a fishing harbour home to a large Puffin colony, and some of the best bird watching in Iceland. A boardwalk and several platforms will allow you to get really close to the Puffins safely. For nature and bird lovers, this region is an absolute gem.

DAY 10: HEIMAÆY

Heimaey, or "Home Island" welcomes us for our visit. The harbour has a very narrow entrance, caused by a volcanic eruption in 1973. Most of the island has steep cliffs, is well-vegetated and provides a habitat for countless birds, including the charming puffin.

DAY 11: REYKJAVIK

Our voyage of discovery and adventure ends in Reykjavik. If you have the time, we recommend to book our Post-programme or spend some extra days to explore fascinating Reykjavik.

Please Note:

Itineraries are subject to change.



YOUR SHIP: FRAM

YOUR SHIP:

Fram

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:



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.



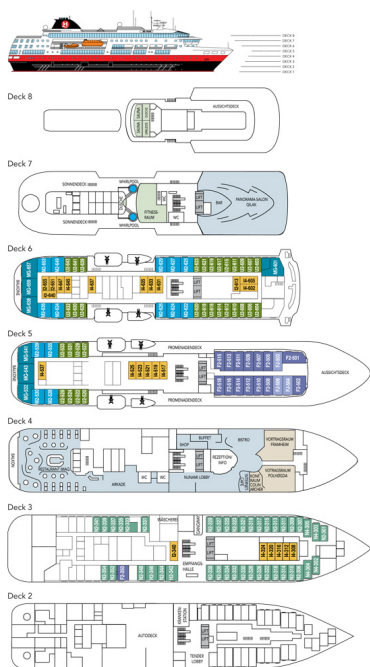
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