



## CIRCUMNAVIGATING SPITSBERGEN | IN THE REALM OF THE POLAR BEAR

Land of the polar bear Your expedition starts in Oslo, before you fly to Longyearbyen where your expedition continues at sea. We'll sail into North West Spitsbergen National Park. Take in the stunning Arctic nature, as we scout for polar bears, Arctic foxes and Svalbard reindeer. You'll also see colonies of Brunnich's Guillemots and kittiwakes. Crossing the 80th Parallel North We plan to circumnavigate Spitsbergen, and attempt to sail beyond the 80th Parallel North if conditions permit. You'll see awe-inspiring nature and wildlife and the breathtaking Hornsund mountains, before we cruise towards stunning Isfjorden back to cosy Longyearbyen.



### ITINERARY

DAY 1 Explore cosmopolitan Oslo

Enjoy time in Oslo before flying to Svalbard Your expedition begins in Oslo, Norway's fjord-side capital. If you have time before your flight, why not explore the city centre. With its rich history and fashionable art scene, Oslo is a fascinating city. You'll find museums, galleries, and breathtaking architecture all within easy reach - including the beautiful Opera House and new Munch Museum. Take a stroll in the stunning Ekeberg Sculpture Park, visit Akershus Fortress or relax in a floating sauna. Explore



modern Sørenga and enjoy urban beach life, or try New Nordic cuisine before flying out to Longyearbyen in the Svalbard archipelago.

#### DAY 2 Longyearbyen adventures

Meet reindeer in the street as you shop After breakfast, it's time to explore the world's northernmost town, a colourful frontier settlement where people are outnumbered by snowmobiles. Longyearbyen is perfect for exploring on foot. Stroll down the main street and you might see Svalbard reindeer saunter by. Although wild, they're curious and tame. Admire the polar bear-inspired art or visit the North Pole Expedition Museum. Get ready for your included excursion after lunch, or join an optional electric bike, dogsledding or hiking tour. In the afternoon, it's time to board your ship and continue your Arctic discovery as we cruise around Spitsbergen.

#### DAY 3-5 The wilds of NW Spitsbergen

Experience pristine Arctic wilderness Over the next three days, you'll explore the natural beauty and rugged tundra of Northwest Spitsbergen National Park. Seabirds wheel as we scan for animals of the Arctic - whales, seals, walrus and reindeer. We might even see polar bears hunting on the ice. In stunning Kongsfjorden, you may see glaciers calving into the sea. If conditions allow, we'll stop in Ny-Ålesund, home to a thriving international science community, researching glaciology, wildlife and climate change. Be ready for adventure as we'll seize any opportunity to use our expedition boats to come ashore to hike, participate in a beach clean-up or launch our kayaks.

#### DAY 6-7 Polar bears in the East

Scouting for polar bears, seabirds and walrus The frozen seascape of Eastern Svalbard is home to the archipelago's largest polar bear population. We have high hopes you'll see this elusive, magnificent animal over the next two days. We'll scout for walrus and colonies of Brunnich's Guillemots and other seabirds in the Hinlopen Strait. We may head south to Freemansundet and Kapp Lee, or take small expedition boats to Edgeøya or Barentsøya. The daily itinerary will be set by your Expedition Team, monitoring local ice and weather conditions to take you on exhilarating landings, hikes and kayaking.

#### DAY 8 Beautiful Homsunden

Majestic glaciers, rich vegetation and seabirds As we sail towards the southernmost tip of Spitsbergen, we'll enter Homsunden, one of Svalbard's most beautiful fjords. Rich, colourful vegetation makes way for the towering peaks of Mount Hornsundtind along this picturesque waterway. Head out on deck as you may spot seals and whales, and possibly even glaciers calving into the sea. The green patches of land you'll see here are fertilised by Little Auk colonies. This in turn attracts Svalbard reindeer and Arctic foxes, so keep your eyes peeled. In the evening, we'll journey north, past beautiful Bellsund towards Isfjorden.

#### DAY 9 Astonishing Isfjorden

Rich in flora, fauna, geology and history Our Svalbard cruise



continues into Isfjorden's lush fjord system, where you'll see immense, glacier-carved valleys rich in wildlife, vegetation and human history. To the north, Alkehornet is home to guillemots, kittiwakes, Svalbard reindeer and Arctic foxes. The clear traces of whaling and hunting history are visible on beaches and bays. Further south, we'll pass the former Isfjord Radio Station, now one of the world's most beautifully-situated hotels. Our activities today will be determined by the ever-changing weather conditions of Isfjorden. Your Expedition Team will decide on the best possibilities for exploring on the day.

#### DAY 10 Return to Longyearbyen

A final day on top of the world Back in Longyearbyen, your Arctic cruise comes to an end. Exploring Svalbard creates memories for life, leaving you feeling enriched from wildlife encounters, insights in polar history and local geography. Before your flight back to Oslo, you might have time to discover more of Longyearbyen or do a spot of shopping for local souvenirs. If you're sailing aboard MS Fram, you can extend your stay in Longyearbyen by adding one of our unique Post-Programmes when booking your cruise.

#### Please Note:

Itineraries are subject to change.





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## 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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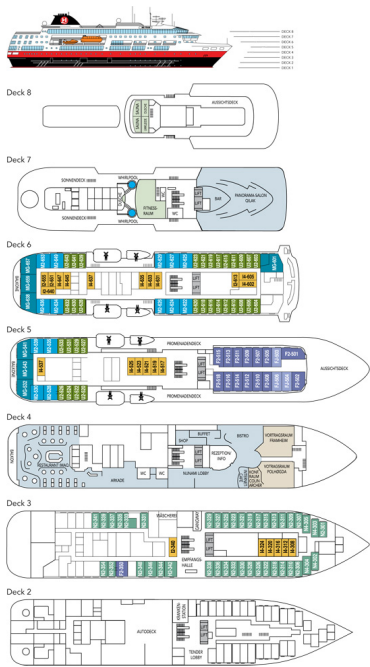
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