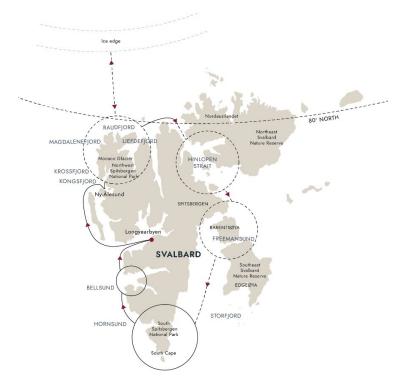


CIRCUMNAVIGATING SPITSBERGEN | IN THE REALM OF THE POLAR BEAR

Crossing the 80th parallel north This epic expedition cruise will see us attempt to find a way through the sea ice to venture above the 80th parallel and explore the ice edge. Ice conditions permitting, our goal is to successfully complete a circumnavigation of the island of Spitsbergen, discovering incredible Arctic wildlife and breathtaking scenery. Land of the polar bear Your adventure takes you to Longyearbyen, Northwest Spitsbergen National Park, the breathtaking Hornsund mountains and the stunning Bellsund. Venturing into the realm of the polar bear, take in the scenic panoramas as we scout for these elusive predators and other wildlife like Arctic foxes and Svalbard reindeer.



ITINERARY

DAY 1 Arrive in Longyearbyen

From Oslo to the town at the top of the world

After a flight from Oslo, your adventure begins with an overnight stay in the world's northernmost town, Longyearbyen.





A colourful frontier settlement where people are outnumbered by snowmobiles, Longyearbyen is a unique place on the edge of the Arctic wilderness. If you have time, head out to explore this special town, before enjoying a relaxing evening at your leisure.

DAY 2 Longyearbyen adventures

Explore colourful Longyearbyen

After breakfast, it's time to experience Longyearbyen.

The town 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.

Before boarding your ship in the afternoon and continuing your Arctic discovery, join an included excursion and get a glimpse of this amazing polar bear-inspired region at the top of the world. And if you'd like to discover even more of Longyearbyen's special surroundings, why not join our optional Pre-Programme.

DAY 3 Peaceful Ny-Ålesund

Experience science, serenity and epic scenery

Today you'll discover the serenity of Ny-Ålesund and neighbouring fjords such as Krossfjord and Kongsfjord. Disconnect and enjoy a day without distractions as the

Norwegian Mapping Authority's nearby geodetic station means we must switch off Wi-Fi and Bluetooth.

One of the northernmost settlements and a former mining town, Ny-Ålesund was the starting point for Roald Amundsen's expeditions north with the airship 'Norge'. Now a hub for global science and climate research, you can still see remnants of the town's history.

You'll be immersed in rugged, glacial scenery as we explore the fjords around Ny-Ålesund. Be ready for adventure; we'll seize any opportunity to launch our small expedition boats, go ashore to hike or cruise by majestic glaciers.

DAY 4-5 Expedition days

Experience pristine Arctic wilderness

Over the next three days, you'll explore the natural beauty and rugged tundra of Northwest Spitsbergen National Park. In this wilderness of steep mountains, stark glaciers and beautiful offshore islands, we'll scan for animals of the Arctic - whales, seals, walruses and reindeer. If we're really lucky, we might even see the elusive polar bear from the Observation Deck of the ship. In stunning Kongsfjord, you may see impressive glaciers calving into the sea.

Be ready for adventure; we'll seize any opportunity to launch our kayaks or use our small expedition boats and go ashore to hike or participate in a beach clean up.





DAY 6 Ice edge attempt

Experience the opportunity of sailing to the edge of the polar ice cap

If conditions allow, we'll sail north and cross the 80th parallel to explore the ever-changing ice edge. The transition zone between the ice cap and the sea is a magical yet ephemeral place where the waters are filled with ice floes and drifting pack ice. From the ship there are great opportunities here for spotting wildlife, such as seals and walruses who lounge photogenically on the sparkling ice. And if the conditions are right, we'll lower our expedition boats into the water and enjoy an unforgettable close-up experience amid the floating ice.

The ice edge isn't a fixed boundary, and it moves depending on the season and conditions, so visiting it will be an attempt rather than a certainty. From May to August, as summer progresses, it retreats further towards the pole, meaning it may be out of reach for us. If this is the case then we'll instead explore the no-less-impressive deep fjords, mighty glaciers and enchanting scenery of the Svalbard coast. In late July and into August, this is a time when the wildflowers appear, blanketing the landscape with a blaze of beauty and colour.

DAY 7-8 Eastern Spitsbergen

Scouting for polar bears, seabirds and walruses

Be ready for anything as this stage of your voyage continues to be truly adventurous. If sea ice permits, we'll venture to the frozen seascape of Eastern Spitsbergen.

We have high hopes you'll see the elusive polar bear over the next two days. We'll also 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 our small expedition boats to Edgeøya or Barentsøya.

In true expedition style, exactly where we'll go will depend on the conditions on the day. Channel your inner explorer on exhilarating landings, hikes and kayak trips.

And if the ice doesn't allow us to pass through Hinlopen Strait, you'll experience just as much adventure as we delve deeper into the wonders of western Svalbard. We'll take a flexible route through deep fjords and by calving glaciers, seeking out remarkable Arctic wildlife.

DAY 9-10 Hornsund and Bellsund

Majestic glaciers, birds and pioneer history

Your expedition cruise continues south towards Hornsund - one of Svalbard's most beautiful fjords. Rich, colourful vegetation makes way for towering mountains along this picturesque waterway. Head out on deck to spot seals and whales, Mount Hornsundtind, and glaciers calving into the sea.





Then we head to snowcapped mountains of Bellsund, whose cliffs are home to large colonies of auks, guillemots and Northern Fulmars, along with Arctic foxes and Svalbard reindeer below. Look out for the early mining settlements here and learn about Wanny Woldstad, the first female trapper.

Our activities will be determined by the ever-changing weather conditions of Hornsund and Bellsund. Your Expedition Team will decide on the best possibilities for exploring on the day.

DAY 11 Return to Longyearbyen

A final day on top of the world

Your Arctic adventure comes to an end back in Longyearbyen. A transfer will take you to the airport for your flight home. You'll return home knowing more about Arctic animals, history, polar ice and climate change than you arrived with - and memories of an incredible experience.

If you're not ready to say goodbye just yet, why not spend some more time in the Arctic and join our optional Post-Programme.

Please note:

Itineraries are subject to change.





YOUR SHIP: FRAM

YOUR SHIP: Fram

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

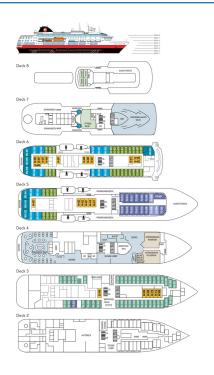
BUILT/REFURBISHED:

MS Fram is designed for sailing in polar waters, holds the highest safety standards and is the perfect size for optimum nautical manoeuverability 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.





INSIDE YOUR SHIP



Arctic Superior. From Expedition Suite. From





Polar Inside. From

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