



COASTAL WONDERS OF NORWAY, THE FAROE ISLANDS, AND ICELAND CRUISE

Trace the route of early Viking explorers and see their influence in wild, remote lands. Cruise the famed Norwegian fjords and the magical Lofoten islands, explore Stone Age sites in Scotland's Shetland Islands, and come face to face with the legacy of the Vikings amid the turf-roofed cottages and ancient sites of the Faroe Islands. Then trace Iceland's most remote shorelines, witnessing geological wonders from volcanoes to thundering waterfalls.



ITINERARY

DAY 1 Oslo, Norway

Arrive in Oslo and transfer to our centrally located hotel. In the afternoon, our introduction to Norway begins with a tour of Oslo, including a visit to the Fram Museum, dedicated to the wooden ship sailed by Norwegian pole explorers such as Nansen and Amundsen. This evening, join your fellow travelers for a welcome cocktail reception, followed by dinner at your leisure. Meals Included: Lunch, Dinner

DAY 2 Oslo / Tromsø / Embark Ship

Take a charter flight to Tromsø, known as the "gateway to the Arctic" due to the large number of Arctic expeditions that



originated here. Visit the Arctic Cathedral, where the unique architecture evokes icebergs; and peruse the Polar Museum, which showcases the ships, equipment, and seafaring traditions of early Arctic settlers. Embark our ship this afternoon. Meals Included: Breakfast, Lunch, Dinner

DAY 3 Tysfjorden

This morning, enter the long fjord of Tysfjorden, where only a few small villages cling to the rocky shores. Glide beneath the fjord's steep walls on Zodiac and kayak excursions, and explore Hellemobotn Fjord, which reaches far inland, ending just a few miles from the border of Sweden. Meals Included: Breakfast, Lunch, Dinner

DAY 4 Lofoten Islands

Start your day on deck as we glide into Trollfjorden, one of Norway's most dramatic fjords. Continue to the Lofoten archipelago, which boasts an enchanting landscape of picturesque villages framed by jagged, granite peaks that rise straight from the sea. Explore the many islets, and reposition to Værøy for walks and kayaking. Seek out Atlantic puffins, razorbills, and guillemots on a Zodiac cruise. Meals Included: Breakfast, Lunch, Dinner

DAYS 5-6 Exploring the Fjords of Norway

Carved by glaciers over millions of years, Norway's northern coast is laced with steep-walled fjords, mountainous islands, and chiseled peaks. Cruise in a Zodiac along vertical rock faces, kayak through serene fjords, or go ashore on a secluded sandy beach to hike amid verdant valleys and birch forests. Meals Included: Breakfast, Lunch, Dinner

DAY 7 At Sea / Shetland Islands, Scotland

Spend a relaxing morning at sea as we sail toward the Shetland Islands, an archipelago of about one hundred islands and islets located north of the Scottish mainland. Glide past the towering cliffs of Noss to look for murres, puffins, kittiwakes, and other seabirds. This evening, dock overnight in Lerwick. Meals Included: Breakfast, Lunch, Dinner

DAY 8 Lerwick / Foula

Lerwick is a town where Norse and Gaelic cultures intermingle. Explore the town, delve into local culture and history at the Shetland Museum and Archives, or embark on a bird-watching or geology walk. Alternatively, venture to the prehistoric settlement of Jarlshof to examine its Bronze Age ruins and Viking longhouses. In the afternoon, continue to Foula, a stark but spectacular island edged with towering cliffs and blanketed with peat bogs, where people are drastically outnumbered by puffins. Meals Included: Breakfast, Lunch, Dinner

DAYS 9-10 Exploring the Faroe Islands

This morning, we arrive in the Faroe Islands, an autonomous archipelago within the Kingdom of Denmark. The legacy of the Vikings persists here, reflected in the language of the Faroese and their love of the sea. Visit Torshavn, the colorful capital of the Faroe Islands, where even the government buildings are crafted in the traditional design of wooden siding with a turf roof. Visit the 12th-century St. Olav's Church alongside the ruins of Kirkjubøur Cathedral, which was never completed. Explore one of the outer islands in this tiny archipelago to see some of the dramatic sea cliffs and deep fjords that characterize the coastline. Take Zodiacs to look for cliff-nesting puffins, gannets, and northern fulmars. Meals Included: Breakfast, Lunch, Dinner

DAYS 11-12 At Sea / Seyðisfjörður, Iceland / Grímsey



After a day at sea, we awake along Iceland's rugged eastern coast, an unspoiled stretch of rocky outcrops, hidden coves, and hills that beckon hikers. We visit Seyðisfjörður, a charming fishing village located in the mouth of a majestic fjord and surrounded by dramatic mountains. Choose to explore the town or visit Skálanes Nature Reserve to see its colorful wildflowers and bird cliffs. Continue to Grímsey on the Arctic Circle. Meals Included: Breakfast, Lunch, Dinner

Please Note:

Itineraries are subject to change.

DAYS 13-14 Ísafjörur / Flatey Island

Located in the Westfjords region, the town of Ísafjörur lies on a tiny spit jutting out into the water against a backdrop of steep hills. Spend time hiking and watching for nesting seabirds in this remote setting. The next day, visit Flatey island, a fishing and trading post for centuries. Meals Included: Breakfast, Lunch, Dinner

DAY 15 Westman Islands

Spend the day in the Westman Islands, one of the world's younger archipelagos, formed by undersea volcanos some 11,000 years ago. In 1973, the isle of Heimaey was threatened by lava flows that nearly closed off the harbor. We visit the Eldfell volcanic crater, where the earth is still hot, and take in views over landscapes engulfed in lava rock. We also observe Surtsey, one of the world's youngest islands, which was formed by volcanic eruptions between 1963 and 1967. Meals Included: Breakfast, Lunch, Dinner

DAY 16 Reykjavík / Disembark Ship / Home

Disembark in Reykjavík and take a morning excursion. After lunch, transfer to the airport for flights home. Meals Included: Breakfast, Lunch



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YOUR SHIP: NATIONAL GEOGRAPHIC ENDURANCE

YOUR SHIP:	National Geographic Endurance
VESSEL TYPE:	Expedition Ship
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PASSENGER CAPACITY:	126
BUILT/REFURBISHED:	2018

A next-generation expedition ship, purpose-built for polar navigation. National Geographic Endurance is a next-generation expedition ship, purpose-built for polar navigation. A fully stabilized, highly strengthened, ice-class Polar Code PC5 (Category A) vessel, it is designed to navigate polar passages year-round, and safely explore uncharted waters, while providing exceptional comfort. Its patented X-BOW® is key to its design; its powerful wave-slicing action provides an extremely smooth ride in even adverse conditions, and even reduces spray on deck, for superior observation. She carries a full suite of expedition tools and offers a variety of experience-enhancing amenities. The luxury of comfort on expedition National Geographic Endurance comfortably accommodates 126 guests in 69 outside-facing cabins. Cabins are efficiently designed, with sizes range from the 140-square-foot solo cabin to the 430-square-foot category 7 suite. Fifty-three of the 69 cabins, including all 12 of the solo cabins, will feature small balconies with floor-to-ceiling sliding doors that bring in the spectacular views and ample natural light. Comfort & convenience in every room Every cabin has two portholes, a large window or balcony, and temperature controls. Bathrooms are modern and stocked

with botanically inspired hair products, soap, and shower gel, plus a hairdryer. Cabins are equipped with expedition command centers with tablets and USB/mobile device docking, TVs, Wi-Fi connections, and hair dryers. Dining: Food served aboard is fresh, local, and delicious, and sourced from suppliers who share our values of sustainable use whenever possible. Meals aboard are almost always served in the dining room, located aft of the lounge deck. When weather conditions allow, lighter fare may be served on the observation deck. There is no assigned seating and our dining room accommodates the entire expedition community in a single seating. During meals your expedition leader, naturalists, and any guest speakers aboard will join you. Public Areas: Two restaurants, a Chef's Table for small group dining, Observation Lounge with bar, gym, Wellness area, infinity-style outdoor hot tubs, library, main lounge with full service bar, 24-hour beverage, state-of-the-art facilities for films, slideshows and presentations, and a photo workshop area; plus, an expedition base with lockers for expedition gear, and an "open bridge" for access to our captain, officers and the art of navigation. Meals: Two restaurants, featuring local, sustainable choices and unassigned seating for flexible, inclusive dining; plus a Chef's table for intimate, small group dining. Main restaurant has 270° views, and the Observation deck restaurant features lighter, made-to-order fare. Cabins: All cabins face outside with large windows, private facilities and climate controls. 53 cabins have balconies. Cabins are equipped with expedition command centers with tablets and USB/mobile device docking, TVs, Wi-Fi connections, and hair dryers. Expedition Tools: Zodiac landing craft, kayaks,



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snowshoes, cross-country skis, undersea specialist operating a remotely Operated Vehicle (ROV) and underwater video camera for unique access to polar marine world, hydrophone, aerial remote-controlled camera and video microscope. Special Features: A full-time doctor, undersea specialist, National Geographic photographer, Lindblad-National Geographic certified photo instructor and video chronicler, an internet cafe and laundry. Wellness: The vessel is staffed by our wellness specialists and features a glass-enclosed yoga studio, gym, treatment rooms and spa relax area, and high- and low-heat saunas with ocean views. Expedition Landing Craft: Key to our operation is our fleet of expedition landing craft, which we use to land in places that would otherwise be inaccessible. With 8 of these boats and two loading stations used every time we disembark, we're able to transfer guests off the ship quickly, so you can be out on adventures, not idly waiting. The expedition landing craft we use are 19 feet long, powered by four-stroke outboard engines, and are capable of comfortably carrying 10-12 people. They are widely recognized as the safest and most versatile small boats afloat. Remotely Operated Vehicle: Capable of reaching 1,000 feet, far beyond the range of any Scuba diver, the ROV allows you to literally view parts of the undersea that are as unexplored as the moon. Chances are you, like many of our guests, will be struck by how surprisingly colorful undersea life is in these unlikely places. And this glimpse may fundamentally change how you view the ocean. Kayaks: National Geographic Endurance will be equipped with a fleet of kayaks large enough to ensure everyone who wants to can paddle at every opportunity. Consequently, prior kayaking experience isn't necessary--many of our guests have their first kayaking experience in extraordinary locations. Our custom-designed floating platform lets us deploy kayaks from

the ship, or any location we want--including far from shore. Kayakers are usually free to explore where they want within boundaries set by the undersea specialist and officer of the watch. Underwater camera: Our undersea specialist will dive often during your expedition, even in Alaska, with cold-water gear, to shoot high-definition, Cousteau-like footage of the deep. Colorful nudibranchs, swimming, plant-like crinoids, and mysterious fish with antifreeze blood that thrive in the frigid sea will give you an entirely new appreciation of the marine environment. Video microscope: Naturalists will use the video microscope to help explain all elements of the environment, including tiny organisms that are the building block of the marine ecosystem. Spellbinding live views of krill at 80x magnification fills the high-definition screens in the lounge with vivid detail, and fills every onlooker with a sense of wonder at the importance of otherwise unobservable creatures. Hydrophone: This underwater microphone is deployed to listen to the vocalizations of marine mammals. Real time transmissions of their eerie, haunting sounds can be broadcast through the ship or recorded for later playback. Few experiences in nature are as captivating as watching humpback whales feed close to the ship as their vocalizations play through the ship's PA system. Electronic charts: An electronic chart showing the ship's location, course, and speed is almost always on display in the lounge. Open bridge: You'll find our captains are engaged, knowledgeable members of your expedition who are eager to share their passion with you. Venture's open bridge features comfortable spaces to sit, enjoy the view, drink your morning coffee, or simply chat with the officers. Snorkeling gear & wetsuits: On warm weather itineraries where there will be snorkeling, you'll select a mask, snorkel, fins, and wetsuit that remain yours for the duration of the expedition. There's no need



to pack and tote your own gear, although guests who prefer to are welcome to bring



their own.



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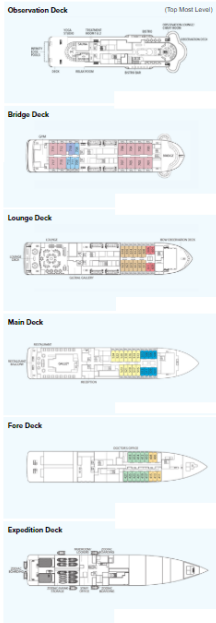
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