



The Small Cruise
Ship Collection

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DISKO BAY – THE HEART OF GREENLAND

Spectacular western Greenland Sailing from Reykjavík, our state-of-the-art ship brings you to remote places few get to see. Join a traditional kaffemik with the Qaqortoq people, discover ancient traditions at Sisimiut, and take in breathtaking fjords, glaciers and wildlife as we reach a UNESCO wonder. Beguiling Disko Bay Experience the tranquil beauty of Evighedsfjord before we sail to Nuuk, Greenland's photogenic capital. The stunning panoramas of Prince Christian Sound will stay with you forever. Look out for wildlife, such as musk oxen, White-tailed Eagles and auks.

ITINERARY

DAY 1 Cosmopolitan Reykjavík

Explore the world's northernmost capital, Reykjavík Packed full of art, culture and history, delightful Reykjavík is well worth spending time discovering either before or after your cruise to Greenland. Take a stroll along Laugavegur with its boutiques and outdoor shops, head to the striking Hallgrímskirkja church or fascinating Reykjavík Art Museum. Or why not book a Pre-Programme with us and discover the stunning waterfalls, hot springs, geysers and national parks nearby. MS Fridtjof Nansen awaits you in Reykjavík Harbour. After collecting your complimentary expedition jacket, it's time to settle into your cabin. Your adventure has begun.

DAY 2-3 Crossing the Denmark Strait

In the wake of Vikings We sail to Greenland across the Denmark Strait, the route taken by Erik the Red, supposedly the first European to have settled there. Time to relax and explore the stylish onboard facilities of our hybrid electric-powered ship. Your Expedition Team will explain the protocols of respectfully visiting wildlife habitats and indigenous Arctic communities. In the Science Center, you can learn more about Greenland's geology, or join one of our Citizen Science projects. Then hit the gym, swim in the infinity pool, book a treatment in the wellness area or enjoy a delicious meal in one of our three onboard restaurants.

DAY 4 Culture and history in Qaqortoq

Visit one of Greenland's most beautiful towns Our Greenland expedition cruise begins in earnest in a town has been settled

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since prehistoric times. The colourful houses and lush scenery of Qaqortoq provide a beautiful setting in which to discover its rich culture. Explore the local museum, with its rare Inuit artifacts, or enjoy the beautiful green scenery on a walk to a nearby lake. Join an optional excursion to meet friendly locals and hear their stories at a traditional kaffemik social gathering.

DAY 5 Exploring Kvanefjord

Discover the glacial beauty of the west coast fjords Experience your first sight of Greenland's sublime west coast fjords as we reach Kvanefjord in Sermersooq, meaning 'Place of Much Ice'. Have your camera ready for glistening icebergs and semi-submerged glacial ice – pure white with undertones of crystalline blue. These sculpted ice blocks are some of Arctic nature's finest creations. Few people venture into this remote fjord, making it even more special to spend the day exploring here. The Expedition Team will select places to venture ashore and enjoy the beautiful scenery on a nature walk, or head out in boats to scout for wildlife.

DAY 6 Fascinating Maniitsoq

A historic trading post in a dramatic setting Today our expedition cruise reaches Maniitsoq. Nicknamed the 'Venice of Greenland' for its natural canals, the surrounding mountains deliver awe-inspiring views. You might even spot pods of humpback whales from shore. Once a regional hub for trading reindeer hides, people have lived here for 4,000 years. Discover figurines carved from walrus ivory, traditional Greenlandic costumes and many works of art in the local museum. Maniitsoq has many hiking options with different viewpoints to discover. And don't miss an opportunity to chat to the town's welcoming locals.

DAY 7 Spectacular Sisimiut

Enjoy a warm welcome in Arctic Greenland We reach spectacularly situated Sisimiut, just 25 miles north of the Arctic Circle, where you'll experience the Midnight Sun at the height of summer. Old traditions are alive and well here, and you can learn more about the ancient Saqqaq artifacts in the local museum. If you're looking for a special souvenir, pick up a scarf, hat or mittens made of qiviut, the inner wool of a musk ox, said to be 10 times warmer than sheep wool. One of the best things you'll experience on your expedition cruise to Greenland with us is meeting the local communities in the places we explore – authentic interactions that make for fantastic memories.

DAY 8 UNESCO-listed Ilulissat Icefjord

Nature's artwork in UNESCO-listed icefjord Our expedition cruise reaches Disko Bay – a haven for whales and seals. The Ilulissat Icefjord, a UNESCO World Heritage Site, regularly tops the list of things to see and do in Greenland, and today you'll find out why. Enjoy breathtaking scenery as you walk to the ice fjord and the old Inuit settlement of Sermermiut. Marvel at giant icebergs floating past in the deep blue waters, as they take on different hues of white, grey and blue. Even amateur photographers will return to the ship with the most enviable images. Back in pretty Ilulissat, perhaps enjoy a hot drink among the colourful houses by the water.

DAY 9 Go wild in Vaigat Sound

Remote, untamed landscapes and bountiful nature Rugged Vaigat Sound is our most northerly point, and you'll feel like the first person to walk here. We're in the hands of Mother Nature today and the Expedition Team will identify the best landing sites to explore. If possible, we'll take the expedition boats out on shore landings, or go on optional kayaking trips between icebergs. You may visit Camp Frieda, trek across tundra and get

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up close to a glacier and learn how it moves. Have your binoculars and camera ready as wildlife sightings in Disko Bay can include orcas and bowhead whales, as well as harp, hooded, bearded and ringed seals.

DAY 10 Beguiling Evighedsfjord

The ethereal beauty of Evighedsfjord Our expedition cruise is now heading back south. You'll enjoy an exploration day in magical yet imposing Evighedsfjord near Kangerlussuaq. We'll determine on the day what exciting adventures lie in store for you. The 'Fjord of Eternity' is fed by an ice cap that calves huge icebergs into its 2,300 ft deep waters. It's surrounded by mist-cloaked mountains with beautiful white ridges, punctuated by crystal blue ice caves. Nature reigns here. The only settlements in this region are tiny fishing hamlets clinging to the shores. As ever, we'll be on the lookout for Arctic flora and wildlife, including whales and seabirds.

DAY 11 Nuuk, Greenland's capital

Experience Greenlandic culture, old and new, in Nuuk After several days exploring remote, idyllic icescapes, you'll cruise into Nuuk, Greenland's colourful capital. With a population of 18,000, it has a striking mix of old and new buildings. Compare the old buildings – such as Hans Egede House and Nuuk Cathedral – with the ultra-modern architecture of the Parliament of Greenland building. Visit the national museum to gain fascinating insight into life here 500 years ago and see the six Qilakitsoq mummies, Or, join a long nature walk through Paradise Valley and around Mt. Lille Malene as part of an optional excursion.

DAY 12 Forgotten town

Ivittuut's fascinating WWII history As you wander around the abandoned ruins of this ghost town, it's hard to believe that Ivittuut, a former mining outpost, once played a pivotal role in the course of history. During WWII, the US secretly stationed troops here to prevent rare cryolite – used to make aluminum alloys – falling into enemy hands. Supplies were instead shipped to the UK to manufacture aircraft, used in the Battle of Britain. Here, you can walk among the area's deserted buildings. Once the last Viking settlement in Greenland, these days the only inhabitants you're likely to see are musk oxen.

DAY 13 Prince Christian Sound

Breathtaking panoramas and abundant wildlife We aim to explore the incredible waters of the 60-mile-long Prince Christian Sound today. Sharp-peaked granite mountains provide a stunning contrast to the bright white glaciers. Look out for calving icebergs and colourful houses in the village of Aappilattoq. Nature is abundant here. Keep an eye out for ringed and bearded seals resting on the ice, and Glaucous Gulls and Black Guillemots soaring above. You may even spot minke and humpback whales. If sea ice prevents us entering the sound, we'll head to craggy Cape Farewell, the southernmost point of Greenland.

DAY 14-15 Reflections of Greenland

Time to rest, relax and reflect After exploring the ethereal, rugged beauty of western Greenland, we set our course for Iceland. You'll enjoy two days at sea recapping highlights with the Expedition Team, learning about the delicate ecology of Greenland in the Science Center, and relaxing. Out on deck, you might spot seabirds or whales that like to follow our ship. Our onboard photographer can share tips to capture them in action. You can even count any whales you see for our Happywhale

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Citizen Science project. This might be the time to enjoy the panoramic sauna, on-deck hot tubs or heated pool. Or why not book a treatment in our wellness area. You can also enjoy the company of fellow explorers over drinks in the Explorer Lounge & Bar.

DAY 16 Return to Reykjavík

Unforgettable memories of your time in Greenland Your Greenland expedition cruise has come full circle and you'll arrive back in Iceland's stylish capital in the early morning. If you want to discover more, you can join our optional Post-Programme to tour the south of Iceland before you head home. Or simply extend your stay and enjoy Reykjavík and its surrounding geothermal attractions.

Please Note:

Itineraries are subject to change.



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YOUR SHIP: FRIDTJOF NANSEN

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VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

Fridtjof Nansen is a small cruise ship specifically designed to be one of the most sustainable ships that can visit the Polar regions. Launched in 2020, The state of the art vessel features new and environmentally sustainable hybrid technology that will reduce fuel consumption and show the world that hybrid propulsion on large ships is possible. MS Fridtjof Nansen is the second of two hybrid ships to be launched cutting emissions by sailing with electrical propulsion. Hybrid technology, combined with the advanced construction of the hull and effective use of electricity on board will reduce fuel consumption and CO2-emissions on the ships by 20 percent. The future of shipping will be silent and emission free. MS Fridtjof Nansen will lead the way towards an even more sustainable way of traveling. Sailing on electrical power is not only a great benefit for the environment, but it will also enhance the impact of experiencing nature for the guests. The ship will be specially constructed for voyages in polar waters and serve as a comfortable basecamp at sea - bringing adventurers from all over the world to the most spectacular destinations in the most sustainable way. These ships combine state-of-the-art technology together with a premium onboard experience. All cabins are outside, half have

private balconies, and aft suites even boast private outdoor Jacuzzis, to soak up the stunning scenery in style. Facilities on board One of the most eye-catching exterior design features of the ships will be the two-level indoor/outdoor Observation Deck wrapped around the top of the ships' raked bow. In a vast area behind it, you'll find the core of the onboard experience: Amundsen Science Center. Packed with state of the art technology and high tech gadgets such as touch screens and science equipment, the immersive edutainment area will be the place guests and staff/crew meet, mingle and create a deeper understanding for the areas they explore. The flexible venue will feature lecture spaces, a small library, and speciality areas for workshops in photography, biology, and more. The stunning scenery will be reflected in a rich and comfortable interior design. Scandinavian materials from nature, such as granite, oak, birch and wool will be used to create relaxed and stylish cabins and public areas. All cabins are outside, 50 % will have private balconies, aft suites will feature private outdoor Jacuzzis with

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spectacular views.



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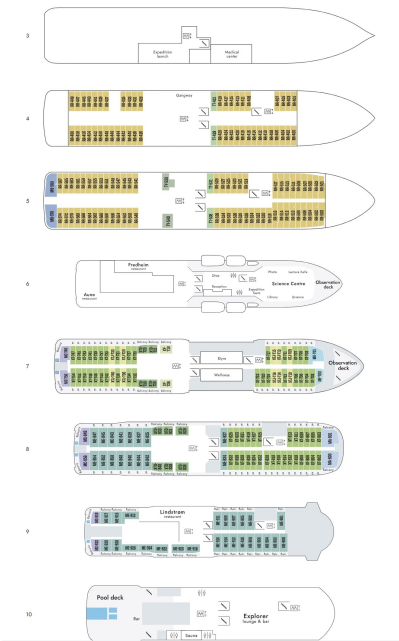
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