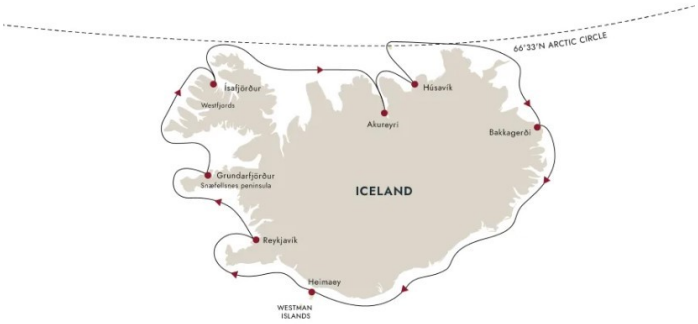


ELEMENTAL ICELAND - CIRCULAR SAGA FROM REYKJAVIK

A saga of old and new In Reykjavik, you'll get a taste of modern Iceland, with its stylish restaurants, boutiques and galleries, as well as its museums detailing Icelandic history and culture through the ages. As you voyage around the world's youngest country you'll see how geology has shaped the lives of those who live here. Raw natural beauty Discover Iceland's starkly beautiful, volcanic scenery - with active volcanoes, geysers, glaciers, mountains and waterfalls. The country offers some of the best whale watching in Europe at this time of year. And among the Arctic birdlife, keep an eye out for colonies of Atlantic Puffins.



ITINERARY

DAY 1 Cosmopolitan Reykjavík

Discover Iceland's modern capital

Your expedition cruise starts in Reykjavik - a laid-back city of art, culture and history, delightful Reykjavik is well worth spending some time getting to know.



Take a stroll along Laugavegur with its boutiques and outdoor shops, gaze in awe at the striking Hallgrimskirkja

Church, and drop in on the fascinating Reykjavik Art Museum.

Your expedition ship awaits you in Reykjavik Harbour. After being welcomed aboard and collecting your complimentary expedition jacket, it's time to settle into your cabin before enjoying your first dinner aboard.

If you have the time, we recommend booking a Pre-Programme with us and discovering some of Iceland's natural highlights before your cruise begins.

DAY 2 Charming Grundarfjörður

Gateway to spectacular Snaefellsnes

The majestic Kirkjufell mountain, one of the best-known landmarks of Iceland, rises just two miles west of the small harbour of Grundarfjorður, a quaint fishing town in Breiðafjorður bay.

Nearby lies Snaefellsnes Peninsula National Park, with the striking, ice-capped Snaefellsjokull volcano at the peninsula's western tip. It's nicknamed 'Little Iceland' for the array of landscapes.

At the national park, you can visit Djupalonssandur's black sand beach and the Saxholl crater. Or why not ride a snowcat to the top of the Snaefellsjokull glacier or take a guided underground tour along a gigantic lava tube.

DAY 3 Picturesque Isafjörður

Explore Westfjords' beautiful harbourside town

Flanked by towering mountains on all sides, Ísafjorður is a nearly perfect natural harbour and an excellent gateway to the Westfjords region. Stroll around to see the architecture, shop for a variety of local handicrafts and view some of the oldest houses in Iceland.

One of these historic 18th century buildings is home to Westfjords Heritage Museum, where you can learn about the maritime past of this fascinating port. Or if you prefer something more energetic, you could take the steep hike up to Naustahvilft - the Troll's Throne. You'll be rewarded for your efforts at the top by the stunning panoramic view.

DAY 4 Akureyri and Goðafoss

See dramatic moonscapes and waterfalls

Gaze at snowcapped peaks as we cruise into Eyjafjorður, Iceland's longest fjord. Together with neighbouring Skjalfandi bay, it's one of the best places in Europe to spot whales.

Iceland's so-called 'Northern Capital', Akureyri sits at the fjord head. Here, you can enjoy the oasis of a botanical garden and

visit local eateries and museums.

A little further afield, witness the picturesque Goðafoss waterfall, where turquoise waters pound against black rocks. You'll witness geology come to life around Lake Mývatn, an active volcanic area and one of the few places to see the Mid-Atlantic Ridge up close.

DAY 5 Húsavík and the Arctic Circle

Cross the Arctic Circle and go whale watching

Husavik isa pleasant small town famous for its whale-watching opportunities, and we'll be calling here in the morning. The town looks out over Skjalfandi bay, which enjoys visits from humpback and minke whales, white-beaked dolphins, harbour porpoises and occasionally blue whales. If you're lucky, you might see one or more of these giants at sea, and you can learn more about them at Husavik's Whale Museum.

Husavik is also regarded as the gateway to many of the highlights of the north, including Jokulsargljufur National Park, the waterfall of Dettiffos, and the horseshoe-shaped valley of Ásbyrgi, that according to the Icelandic myths was made by the eight-legged horse of Odin. Later, we will sail along the coast of Grimsey island without landing, passing across the Arctic Circle as we do so, before continuing to our next destination.

DAY 6 Puffins up close

Explore a place beloved of puffins and elves

Your Iceland cruise continues to Bakkagerði, a tiny, remote settlement. According to folklore, Bakkagerði is inhabited by a large population of local land spirits or elves, known as huldufolk, meaning 'hidden people'. Walk around town to explore this magical place.

A popular hiking area, here you can walk through lush, green valleys and gorgeous scenery among colourful rhyolite rocks. In season, the coastal cliffs are home to fulmars, kittiwakes, eiders and puffins. We may also visit the Atlantic Puffin colony on Hafnarholmi - a true gem for nature lovers and wildlife photographers.

DAY 7 Heimaey's explosive past

Discover the town that defied a volcano

Heimaey is the only inhabited island in the Westman Islands, found off the south coast of Iceland. It has a fascinating history, and still bears the scars of a powerful volcanic eruption that nearly destroyed the island.

Visit Eldheimar, a museum that features an excavated home frozen in time, and learn more about the eruption and its aftermath. Or why not take a hike to seek out puffins at Storhofði, where around eight million nest every summer. Don't miss climbing Mount Eldfell - at the volcano's summit you'll have incredible views of the town below.

DAY 8 Reykjavík and beyond



Enjoy Reykjavik at your leisure

Your Iceland expedition cruise concludes back in Reykjavik. This is a great opportunity to see the places you missed when you first arrived.

Relaxing with friends in a heittur pottur, or geothermal pool - literally a "hot pot" -is part of Icelandic culture. Before you leave, why not visit Iceland's most famous place for doing just that - the Blue Lagoon - one of the true natural wonders of the world - and experience the blend of silica, algae and minerals in its geothermal waters.

If you want to discover more of Iceland, you can also join our Post-Programme before you head home.

Please Note:
Itineraries are subject to change.



YOUR SHIP: FRIDTJOF NANSEN

YOUR SHIP: **Fridtjof Nansen**

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





spectacular views.

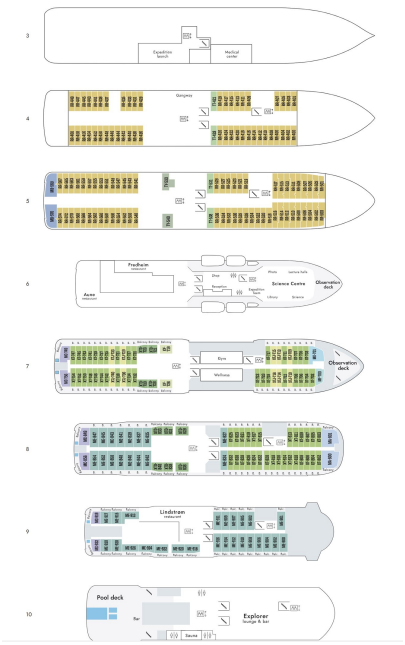
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