

EUROPEAN SPRING EXPLORER – FROM LISBON TO HAMBURG CRUISE

UNESCO treasures Your adventure begins in the history-rich Portuguese capital of Lisbon, home to UNESCO sites such as the Belem Tower. Setting sail, you'll head north towards Porto, where you'll explore the tiled façades and ornate churches of its historic centre. Continuing to Ferrol, Spain's ancient port city, you can join an excursion to the medieval pilgrimage city of Santiago de Compostela, before your voyage takes you to the British Isles. Delights of spring Our compact ship and small expedition boats allow us to call at breathtaking archipelagos. Soak up the kaleidoscopic colours of spring as you explore charming villages and dramatic coastlines in the Isles of Scilly and the Channel Islands. And before your journey ends in Hamburg, you'll navigate historic canals in the Frisian city of Harlingen and look out for birdlife in the remote archipelago of Heligoland.



ITINERARY

Day 1 Legendary Lisbon

Set out from this enchanting city

The Portuguese capital is rich in history and culture. Take a stroll through the classical districts of Baixa and Bairro Alto, Chiado, and Alfama, the old Islamic quarter, where there are remains of a Roman theatre and Moorish fortress. A bit outside the city centre, you can visit the beautiful UNESCO World Heritage sites of Belem Tower and Jeronimos Monastery before you set sail.



MS Fram awaits you in the harbour. After being welcomed aboard, settle into your cabin and begin your adventure at sea.

With so much to see in and around Lisbon, why not arrive early and join one of our optional Pre-Programmes.

Day 2 Charming Porto (Leixões)

Explore the UNESCO-listed historic centre of Porto

Our first stop is Leixoes, Portugal. From here, you can see the lighthouse of Leça, the Boa Nova Chapel, and the beautiful beach of Praia Azul.

You can take a shuttle bus to Porto - famed for its port wine and UNESCO-listed historic centre. An undulating city made for walking, you'll fall in love with the pastel houses, colourful tiled façades, street art, ornate churches and panoramic views across the Douro River.

Here, you can stroll along the bustling promenade by the Ribeira docks, cross the Dom Luis I Bridge, snack on delicious petiscos, and enjoy wine tastings at the port cellars of Vila Nova de Gaia.

Day 3 Galician highlights

See Galicia's heritage in Ferrol

As we enter the ria of Ferrol, admire the imposing forts of La Palma and San Felipe that sit on either side of the headland, protecting the city within.

Ferrol is one of Spain's best preserved 18th century port cities. While you're here, criss-cross Barrio de la Magdalena's grid of streets and explore the city's maritime museums.

El Camino Ingles, one of the Camino de Santiago pilgrimage routes, starts in Ferrol. You may also be able to join an excursion to Santiago de Compostela, a UNESCO World Heritage Site and one of the most important Christian sites in the world.

Day 4 At sea

Relax at sea and prepare for the adventures ahead

As we say goodbye to the Iberian Peninsula, MS Fram follows in the wake of Roman and Medieval traders as she heads for the springtime splendour of northern Europe.

This is the perfect opportunity to make the most of your ship's onboard comforts. Relax in the hot tubs or panoramic sauna and unwind in our Explorer Lounge & Bar. Look out for dolphins out on deck or join your Expedition Team for a talk or workshop, and discover more in the Science Centre.

Day 5 Spring in the Isles of Scilly

Enjoy crystal waters, sandy beaches and natural beauty

Just 30 miles off the tip of Cornwall are the Isles of Scilly. This enchanting archipelago is home to some exquisite small islands with crystal clear waters, pristine beaches and stunning natural beauty. We'll anchor the ship here and head ashore aboard local boats.



If conditions allow, we'll split our time here. You can explore Tresco's white sandy beaches and the spectacular 19th-century Abbey Gardens, which will be awash with the vibrant colours of spring. We also hope to visit St Mary's, the largest of the isles. Wander through the charming streets of Hugh Town or follow the coastal paths to discover dramatic seascapes and rocky coves. Perhaps you may also like to join a boat trip around the archipelago, scouting for seals and breeding seabirds.

Day 6 & 7 The Channel Islands

Discover a hidden gem on the edge of Europe

Lying between France and mainland Britain, the Channel Islands are a captivating archipelago with intriguing history and a landscape of unspoilt beaches, coastal castles and lush countryside.

If conditions allow, we'll anchor off Guernsey, the 'Island of Flowers', and take our small expedition boats towards St Peter Port Harbour, passing the 13th century Castle Cornet which stands guard on the headland.

We also plan to visit Alderney, where you'll join your Expedition Team for a guided walk, seeking out vibrant wildflowers amid the spring birdsong.

Day 8 Dramatic Dover

See Britain's dramatic coastline and the renowned white cliffs

As we approach mainland Britain, keep watch as the iconic White Cliffs of Dover appear on the horizon.

When we arrive, why not take a walk along the famous white cliffs at St Margaret's Bay for incredible views of the coastline and the sparkling English Channel below. Or you can join your Expedition Team on a hike and see the imposing 11th-century Dover Castle.

Dover is also a gateway to the UNESCO-listed Canterbury Cathedral, a medieval masterpiece echoing with the footsteps of pilgrims past and present.

Day 9 Harlingen's rich heritage

Get to know the Frisian port city of Harlingen

Harlingen lies on the shores of the Wadden Sea, a UNESCO World Heritage Site, and it's home to the last traditional pottery factory in the Netherlands.

A city of canals and pretty harbours, you can explore on foot or by bike, and if conditions allow, we can take to the water to cruise the canals aboard our small expedition boats.

You'll find traditional sailing ships and historic warehouses around the old harbours of Noorderhaven and Zuiderhaven. Don't miss the Harlingen Aardewerkmuseum, where you can admire displays of distinctive Frisian pottery.

Day 10 Explore Heligoland



Discover the peaceful charm of this historic island

Just off the German mainland, tiny Heligoland was once a base for pirates and the strategic prize for a string of warring nations. Now this peaceful, traffic-free island is better known for its stunning nature, and at certain times of the year, its birdlife.

If conditions allow, local boats will take us ashore to explore both of Heligoland's distinctive islands. On one island, you can walk the scenic trails along the red cliffs to look out for nesting birdlife such as Northern Gannets and Common Guillemots. On the other, you can stroll along the fine white sands lined by dunes in search for seals lounging around the shores.

Day 11 Germany's Hanseatic treasure

End your cruise in Germany's second city

Your expedition cruise comes to an end as we arrive in Hamburg, the second-largest city in Germany and one of the greenest urban areas in Europe.

There's much to see and do in Hamburg. If you have time, you'll find many attractions in the old town district of Altstadt, including the St Nikolai Memorial and the historic street of Deichstraße.

Hamburg is also home to UNESCO World Heritage sites, including Chilehaus, and the world's largest historic warehouse complex in Speicherstadt. Art lovers should head to Kunsthalle, the nation's foremost art museum.

Please note:

Itineraries are subject to change.



YOUR SHIP: FRAM

YOUR SHIP: **Fram**

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

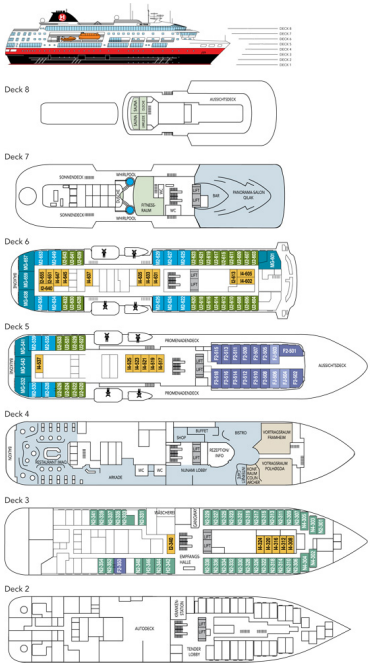
BUILT/REFURBISHED:



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 Outside. From





PRICING

23-Apr-2027 to 03-May-2027

Arctic Superior. From	**£4805 GBP pp**
Polar Outside. From	**£4029 GBP pp**
Expedition Suite. From	**£8259 GBP pp**