

EUROPE´S ATLANTIC HIGHLIGHTS - FROM LISBON TO HAMBURG

Iberian delights Your adventure begins in the Portuguese capital of Lisbon, a city full of old-world charm. We sail along the Iberian Peninsula to beautiful Porto with its UNESCO-listed centre. From here you'll explore the historical, cultural and culinary delights of Galicia, Asturias and the Basque Country. Bay of Biscay and beyond In France, you'll experience the 'City of Wine' Bordeaux, beautiful Belle Île and rugged Brittany. Expect wild coastal landscapes, pretty fishing villages, medieval towns and rich maritime history as we head ashore aboard our small expedition boats. Finally, you'll discover the canal town of Harlingen, before ending your adventure in cosmopolitan Hamburg.



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 Fridtjof Nansen 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

Settle into life on board as we approach our first stop: 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

Enjoy a relaxing morning on board. Attend an engaging lecture with the Expedition Team in the Science Centre or soak up the steam in the sauna or a hot tub before we enter the Ria de 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 Gijón's golden sands

Savour a different cultural flavour in Asturias

Enjoying a prime position on the Bay of Biscay, Gijon, the cultural heart of Asturias, has grown from a small fishing village settled by the Romans into a prominent port city.

You can experience its old town charm on a stroll through Cimadevilla park and Barrio del Carmen district, exploring beautiful Baroque churches and the Plaza del Marques. Or take a hike up to Mirador de la Providencia, an unusual viewpoint shaped like the hull of a ship, which offers incredible views of the surrounding landscape.

Then you can relax on the golden sands of the beach at Playa de San Lorenzo, enjoy a coastal walk, or savour freshly caught fish and other Asturian delicacies, accompanied by a glass of refreshing local cider.



Days 5- 6 Bordeaux, 'City of Wine'

Raise a glass in Bordeaux

Bordeaux's old town is a UNESCO World Heritage Site, bursting with culture and art at every turn. From the famous water mirror at Place de la Bourse, to the Gothic St Andre Cathedral and the Musee des Beaux-Arts Bourdeax, if you love art and architecture, you're spoilt for choice.

But it's wine that's the true soul of Bordeaux. With over 8,500 chateaux and producers in the region, and vineyards just a short tram ride from town, you can taste and compare some of the 60 appellations, from the stellar red Bordeaux Superieur to sweet Sauternes.

Day 7 Laid-back in Île-d'Yeu

Explore the many charms of Île-d'Yeu

What Île-d'Yeu lacks in size, it more than makes up for in diversity of landscapes. This pretty little island is home to rocky shores, dunes, pine forest and lush meadows.

Inhabited over 5,000 years ago by farmers of the Neolithic period, the island has many historical sites, ranging from superbly preserved dolmens and menhirs to medieval castles and tiny villages. You can rent a bike, or just discover the island's treasures on foot.

Ports in Île-d'Yeu are too small for our ship, so if the conditions are favourable, we'll anchor off the island and use our small boats to take you ashore.

Day 8 Wild Beauty in Brittany

Experience the pristine and rugged coastlines of the Quiberon peninsula

Venture into the heart of Brittany's untamed Atlantic coast on the Quiberon peninsula. To the west, craggy cliffs face the full force of the ocean. To the east, calm bays and sweeping beaches stretch along the coast.

Explore this unspoilt landscape, rich in wildlife, wildflowers and local folklore. Nearby, you'll find the ancient megaliths of Carnac. At this mysterious site, nearly 3,000 standing stones align across more than two miles, dating back more than 7,000 years.

Day 9 Fascinating Finistère

Inspiring coastal scenery and maritime history

We'll use our tender boats to go ashore at the picturesque seaside town of Douarnenez, where you'll find the colourful quaysides, sandy beaches, and steep cliffs that inspired famous painters like Renoir and Boudin. As well as fishermen's huts and seamen's chapels, Douarnenez hosts a wonderful maritime museum with boats from around the world.



While here, you can choose to discover the wild beauty of Pointe Du Raz, a promontory facing the elements of the Atlantic Ocean, where Finistere really does feel like the 'End of the Earth'. Or explore the charming Breton town of Quimper, whose skyline is dominated by the twin spires of Saint Corentin Cathedral.

Day 10 The citadel of Saint-Malo

A beautiful Breton town steeped in history

Viewed from the sea, Saint-Malo is an impressive sight, fringed by fortified bastions and gently sloping beaches. We'll anchor off the town and use our tender boats to go ashore.

A circular walk along the ramparts offers the best views of the town and surrounding islands. Follow the historical trail within the old city walls through a maze of cobbled streets and visit Demeure De Corsaire to learn about the feared corsairs and the town's pirate heritage.

You can walk to Île de Grand Be at low tide or join an excursion to visit the Abbey of Mont-Saint-Michel. The island has the remains of an ancient fort, and this is where the renowned local writer Chateaubriand is buried.

Day 11 Cruising the Channel

Reflect and relax on a calming day at sea

Enjoy the day relaxing, while we navigate the waters of the channel that separates continental Europe from the British Isles.

While the British call it the 'English Channel', it's more commonly known in continental Europe as 'La Manche', or derivations of that. The Dutch may have the most diplomatic name for it, they simply call it 'Het Kanaal', or 'the Channel'.

Whatever the name, a quarter of the world's maritime trade navigates through this passage. Our expert Expedition Team will be happy to share their knowledge about these historic waters with you.

Day 12 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 and 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 13 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.

Please note:
Itineraries are subject to change.



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





spectacular views.

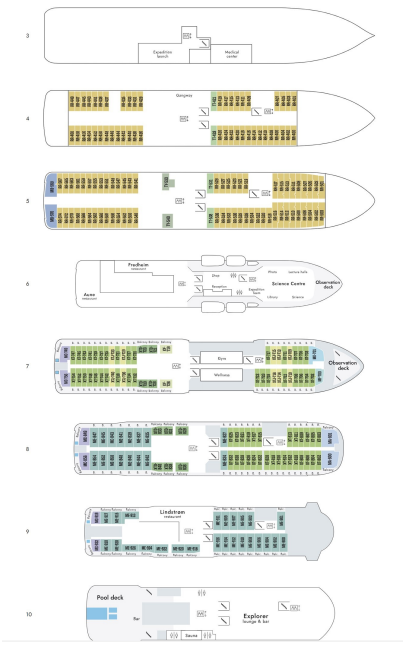
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