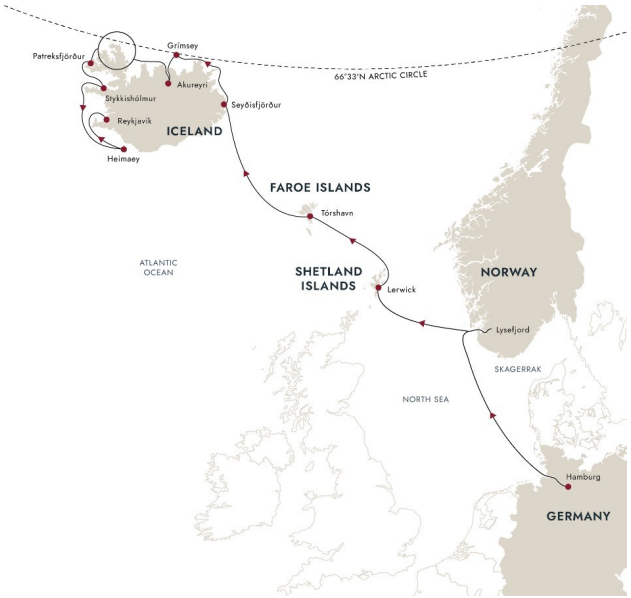


EXPEDITION TO ICELAND - HAMBURG TO REYKJAVÍK VIA NORTH ATLANTIC ISLANDS

A North Atlantic island odyssey Taking in highlights including Norway, the Shetland isles and the Faroes along the way, we set out from Hamburg to explore Iceland's natural wonders on an enthralling half-circumnavigation of the 'Land of Ice and Fire'. A heady mix of culture and wild landscapes See one of Norway's most impressive fjords and visit one of Europe's oldest capitals in the Faroe Islands. Experience a taste of remote island life in Scotland's Northern Isles, and explore Iceland's volcanic landscapes and remote fishing villages.



ITINERARY

Day 1 Departing Hamburg

Your adventure to Iceland begins

Your expedition cruise sets sail from Hamburg - a city full of history, art and culture. There's plenty to see and do here, so take some time to explore before boarding your expedition ship.

You'll discover many of the city's attractions in the old town, Altstadt, including St Nikolai Memorial and the historic street of Deichstraße. Why not discover the interesting history of two UNESCO World Heritage Sites - Chilehaus and the world's largest warehouse complex.



Once aboard, you'll collect your complimentary expedition jacket, meet your Expedition Team, explore the onboard comforts of your ship and settle into your cabin as we set sail.

Day 2 A day at sea

Enjoy a leisurely sea day aboard MS Fridtjof Nansen

As your expedition cruise travels from Hamburg towards Norway's Lysefjord, you'll have the opportunity to learn more about the places you'll visit with your expert Expedition Team. Join them for lectures in the Science Center and learn all about the journey ahead.

A day at sea gives you plenty of time to relax, and your modern expedition ship allows you to do that in style. Why not head to the wellness area, sauna or infinity pool. You're sure to enjoy our delicious, locally-sourced Nordic and international dishes served in the three restaurants.

Day 3 Sailing Lysefjord

Today, we'll sail down 25 mile long Lysefjord. Enjoy a day of remarkable landscapes from the observation decks, taking in the sublime scenery of the long and narrow fjord among striking vertical cliffs.

From the fjord we can take a peek from below at the world-famous Pulpit Rock - Preikestolen - and look out for the equally renowned Kjaeragbolten, a giant boulder that seems precariously wedged into a mountain crevasse. If you're feeling adventurous, join our Expedition Team for small expedition boat cruising or kayaking and see the imense fjord from a new perspective.

Day 4 The Shetland Islands

Discover the deep Norse roots of Scotland's Shetland Islands

We cruise northwest to the Shetland Islands. Lerwick, the capital, is a friendly, Victorian-influenced fishing town set in beautiful scenery.

Navigate the narrow lanes on foot to discover little shops selling local whiskies, woollen sweaters and fudge. By the old waterfront, you'll find the Shetland Museum, showcasing Pictish carvings and Shetland lace shawls. Nearby you can see Fort Charlotte and the regal-looking town hall.

Keep your binoculars handy to scan for grey and common seals along Lerwick's beaches, as well as local birdlife such as Red-throated Divers, redshanks and curlews.

Day 5 10th century Tórshavn

A visit to Streymoy in the Faroe Islands

Torshavn is located on Streymoy, the largest of the Faroe Islands. Founded by Norsemen in the 10th century, Torshavn - Thor's Harbour - is one of Northern Europe's oldest capitals.

Wander through the cobbled alleyways and delight in the colourful, turf-roofed houses found here. In the local museums, you can learn about the city's origins and the flora, fauna and



geology of the Faroe Islands.

About half a mile out of town, the Svartafoss waterfall tumbles over mossy rocks. And as you walk along the seafront, look out for Eider Ducks and the distinctive Faroese Starling with its beige-tipped wings.

Day 6 Seyðisfjörður's rainbow

Waterfalls and wildlife in special Seyðisfjorður

At the end of a deep fjord with picturesque mountains and waterfalls lies the quirky village of Seyðisfjorður. Colourful wooden houses line the streets, while the aptly-named Rainbow Road offers a vibrant photo opportunity.

Walk to an unusual sound sculpture, Tvisongur, or take a longer hike in the hills above the town. You can also visit Skalanes, a private nature reserve home to reindeer, Arctic fox and mink. Here, scan the skies for Black-tailed Godwits, Golden-Plovers and Gyrfalcons, Europe's largest falcon.

Day 7 Grímsey Island's puffins

Cross the Arctic Circle and see Atlantic Puffins

If you've always wanted to visit the Atlantic Puffin colonies of Grimsey, here's your chance. A remote, windswept and breathtakingly beautiful island, it's home to a wealth of wildlife and is steeped in myth and legend.

Grimsey is probably best known for its proximity to the Arctic Circle, which cuts across the island - the only part of Iceland where it does so. You'll have the opportunity to step across that line, hopping over to the Arctic and back!

By 2050, Grimsey will lie outside the Arctic as the Arctic Circle creeps northwards at a rate of about 48 ft. a year.

Day 8 Akureyri

See dramatic moonscapes and waterfalls

Gaze at snow-capped peaks as we sail Eyjafjorður, Iceland's longest fjord. It's one of the best places in Europe to spot humpback whales, white-beaked dolphins and harbour porpoises. Also look out for orcas, blue and fin whales.

Iceland's 'Northern Capital', Akureyri, sits at the fjord base. Enjoy the peaceful oasis of the botanical gardens, and enjoy a selection of top-notch eateries and museums.

Farther afield you can visit iconic Goðafoss waterfall, where turquoise waters pound against black rocks. You can also seek out Eider and Harlequin Ducks at Lake Mývatn, one of Iceland's more active volcanic areas.

Day 9 The Northwestern Region

Exploring Northwest Iceland, expedition-style

One of the best things about expedition cruising is the feeling of freedom. We plan to spend the day in Iceland's Northwestern Region, but as conditions can vary, there's no preset plan. Rest assured, your Captain and Expedition Team will find the best opportunities for adventure on the day.



We may go cruising in our small expedition boats or take you ashore for a hike, swim, or beach clean-up. Or perhaps we'll launch our kayaks. If we spot a pod of whales as we sail, we may stop to enjoy the sight. Be ready for anything!

Don't forget, you can also join onboard lectures, visit the Science Center, get tips from our professional photographer, or take a sauna.

Day 10 Beautiful Patreksfjörður

A stunning beach, waterfalls and superb birdwatching

Patreksfjorður is unforgettably beautiful. Here, you'll learn all about the fishing traditions in Europe's most westerly village.

Explore the surrounding area on a hike through the fjords or visit Rauðasandur beach and see seals. You can also join a tour to Dynjandi waterfalls - six falls combined that together make the largest and most spectacular in the Westfjords. Birdwatchers shouldn't miss a visit to Latrabjarg, where puffins, Northern Gannets, guillemots and razorbills cling to Europe's largest bird cliff.

Day 11 Snæfellsnes peninsula

Gateway to spectacular Snaefellsnes

It's as though time has stood still at Stykkisholmur, the small fishing town in Breiðafjorður bay, where colourful houses stand out in contrast to distant mountains.

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

At the national park you can visit Djupalonssandur's black sand beach and the Londrangar basalt cliffs. Or why not ride a snowcat to the top of the Snaefellsjokull glacier or take a guided coastal hike with a glacial cave tour.

Day 12 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 see 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 13 Reykjavík and beyond

Enjoy Reykjavik at your leisure

As your Iceland expedition cruise reaches its conclusion, you



still have one last terrific destination to explore - Iceland's art, culture and history-packed capital - Reykjavik.

Stroll along Laugavegur with its boutiques and galleries, admire the striking Hallgrimskirkja church and peruse Reykjavik Art Museum. Consider visiting the Blue Lagoon - one the true natural wonders of the world - and experience the blend of silica, algae and minerals in its famous geothermal waters.

You can also join our Post-Programme and explore Iceland's beautiful south coast, with waterfalls, black sand beaches, geothermal pools and majestic mountains.

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.

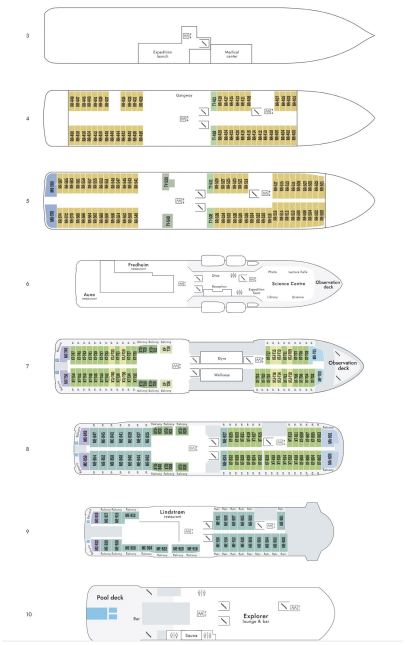
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