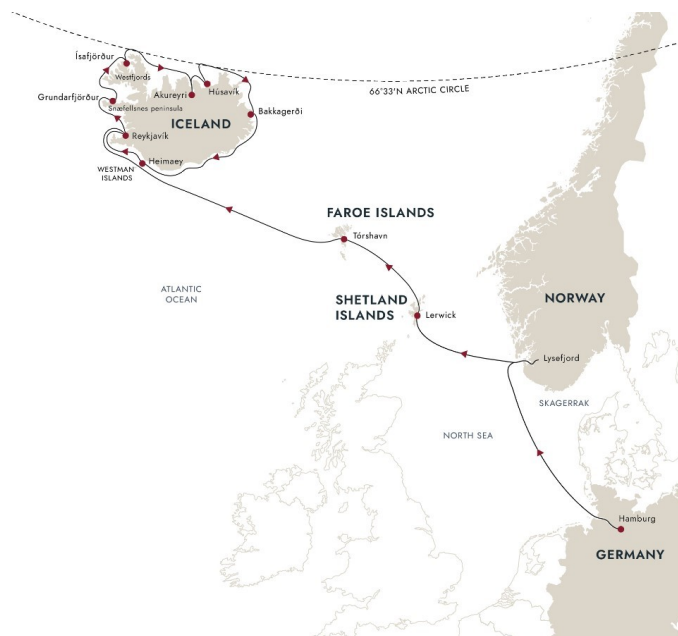




ICELAND CIRCULAR 14 DAY SAGA — HAMBURG TO REYKJAVIK VIA WINDSWEPT ISLES OF THE NORTH

A North Atlantic island odyssey Setting out from Hamburg, we sail into the North Sea and head in the direction of Iceland. Our first stop is Norway's sublime Lysefjord before we head back out to sea and visit the highlights of the Orkneys, the Shetlands and the Faroes on our voyage north. These wild and dramatic islands are rugged and green, but they all offer very welcoming inhabitants and fascinating history. Raw natural beauty of Iceland Discover Iceland's starkly beautiful, volcanic scenery - with active volcanoes, geysers, glaciers, mountains and waterfalls. Iceland offers among the best whale watching in Europe at this time of year, from humpbacks to belugas. And among the Arctic birdlife you'll keep an eye out for colonies of Atlantic Puffins. At the end, you'll return to stylish Reykjavik, completing your circumnavigation.



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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 Fridjof 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

Remarkable landscapes of 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 immense 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 A day at sea

Enjoy a relaxing day at sea

Spend the day at your leisure as we sail towards Iceland. Savour the quiet moments, simply appreciating the peaceful feeling of being at sea or enjoy panoramic views and chat with fellow guests in the Explorer Lounge & Bar. This is a rare opportunity to disconnect and get a break from the modern world.

Feeling active? You can enjoy a workout in the gym or simply relax in the panoramic sauna while gazing out at the view. As ever, our Expedition Team will be on hand to answer any questions you may have and offer insights about these Arctic islands.

DAY 7 Cosmopolitan Reykjavík

Discover Iceland's modern capital

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



DAY 8 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 Grundarfjörður, a quaint fishing town in Breiðafjörður 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 Djupalónssandur's black sand beach and the Saxhóll crater. Or, take a guided underground tour along a gigantic lava tube.

DAY 9 Picturesque Ísafjörður

Explore Westfjords' beautiful harbourside town

Fanked by towering mountains on all sides, Ísafjörður 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 Naustahvílf - the Troll's Throne. You'll be rewarded for your efforts at the top

by the stunning panoramic view.

DAY 10 Akureyri and Goðafoss

See dramatic moonscapes and waterfalls

Gaze at snowcapped peaks as we cruise into Eyjafjörður, 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 11 Húsavík and the Arctic Circle

Cross the Arctic Circle and go whale-watching

Húsavík is a 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 Húsavík's Whale Museum.

Húsavík is also regarded as the gateway to many of the



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highlights of the north, including Jokulsargljufur National Park, the waterfall of Dettifoss, 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 12 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 13 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 Stórhofði, 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 14 Reykjavik 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

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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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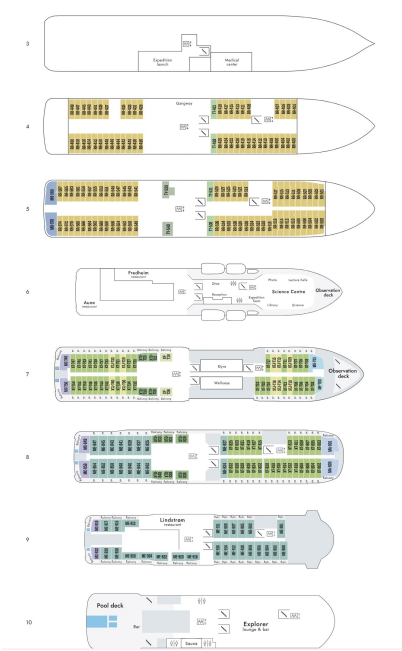
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