



ICELAND, JAN MAYEN AND SPITSBERGEN — ARCTIC ISLAND DISCOVERY FROM GLASGOW EXPEDITION

Where nature 's elements rule Your island-hopping adventure into the Arctic begins in Glasgow (Greenock), before setting sail to Iceland - the so-called land of ice and fire. With active volcanoes, serene fjords and soaring mountains, witness the unique geology and landscapes of this fascinating country, looking out for wildlife such as whales and dolphins along the way. Towards the top of the world Continuing north, we head for the remote volcanic island of Jan Mayen, a bird haven that's home to Northern Fulmars, Brunnich's Guillemots and Little Auks. And in the Svalbard archipelago, you'll explore an Arctic wilderness where nature reigns supreme and the majestic - if elusive - polar bear roams the icy tundra.

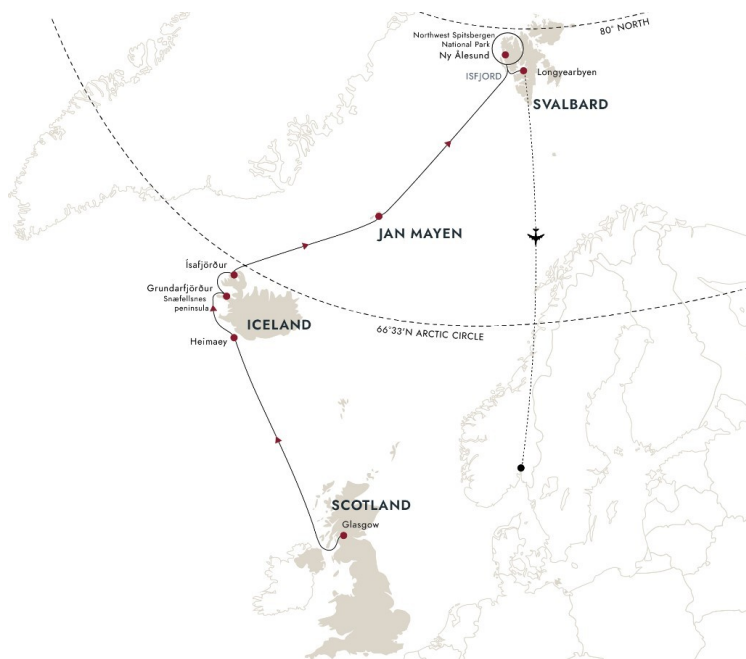


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one of our smaller vessels purpose-built for close-up exploration, will be waiting for you. Get to know the ship before meeting the Expedition Team - your guides for the adventure ahead - and enjoy your first dinner aboard as we set sail.

Day 2-3 At sea

Sailing to Iceland

As we sail to Iceland, it's time to relax and explore the onboard facilities of our expedition ship.

Your Expedition Team will explain the protocols of respectfully visiting wildlife habitats and remote communities. Join our onboard experts and get a first overview of Iceland's unique geology, learn about the sea birds on the Atlantic Ocean, and discover which whales might we encounter along the expedition. You can also join one of our Citizen Science projects and contribute to global research.

Why not enjoy the gym, relax in the hot tub and warm up in the sauna, or get acquainted with the onboard restaurant - it's totally up to you.

Day 4 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.

ITINERARY

Day 1 Embark from Glasgow (Greenock)

Start in Scotland's stylish city of culture

A former industrial powerhouse, Glasgow has reinvented itself as a cultural hot spot, packed with museums, galleries and parks. Discover the splendid Art Nouveau architecture of Charles Rennie Mackintosh before your expedition cruise begins.

With so much to see, why not arrive early to join our optional Pre-Programme, where you will explore some of Scotland's unique nature.

You'll embark in Glasgow (Greenock), where MS Spitsbergen,



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

At the national park, you can visit Djupalónssandur's black sand beach and the Saxhóll 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 6 Picturesque Ísafjörður

Explore Westfjords' beautiful harbourside town

Flanked 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 Naustahvílft - the Troll's Throne. You'll be rewarded for your efforts at the top by the stunning panoramic view.

Day 7 A relaxing day at sea

Enjoy a restorative day in the Arctic

Take time to relax on the ship day as we cruise through Arctic waters towards Jan Mayen. Enjoy panoramic views and chat with fellow guests in the Explorer Lounge & Bar, or take a soak in a hot tub out on deck while scanning for seabirds.

You can also listen to a lecture or two on topics such as local history, geology or Arctic wildlife. Or visit the Science Center for more in-depth insights into the places we'll be visiting and maybe participate in a Citizen Science project that contributes to ongoing scientific research.

Day 8 Volcanic Jan Mayen

Visit an active volcano that's a haven for birdlife

Jan Mayen has no permanent residents and visits to the island are rare. In fact, we're one of the few to attempt landings here. If conditions allow, you'll be setting foot in one of Earth's most remote places.



Jan Mayen's surreal, moss- and lichen-streaked landscape is dominated by the Beerenberg volcanic cone. It's the world's northernmost active volcano and it last erupted in 1985.

You won't see land mammals here, but the island is designated an Important Bird Area, supporting large populations of Northern Fulmars, Brunnich's Guillemots and Little Auks. Look out for abundant marine life in the surrounding waters too, including whales and seals.

Day 9 At sea

A peaceful interlude in your adventure

Spend the day at your leisure as we sail deeper into the Arctic towards the Svalbard archipelago. Savour the quiet moments, simply appreciating the peaceful feeling of being at sea. 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 10-12 Scenic Spitsbergen

Witness a land of spectacular beauty

Spitsbergen showcases Arctic beauty in its untouched glory; a

wilderness of steep mountains, stark glaciers and eerily beautiful islands. Over the next three days you'll visit some of the world's most dramatic fjords and see glaciers preparing to calve icebergs into the sea.

Each day will be different. From landings to kayaking, be ready for anything as your Captain and Expedition Team decide on the best landing sites and activities based on the day's conditions. Perhaps we'll head to the snowcapped peaks of the northwest corner of Spitsbergen, or visit Ny-Ålesund, the world's northernmost settlement and an important climate research station.

If we're really lucky, we might even see the elusive polar bear in its natural environment.

Day 13 Return to Longyearbyen

Enjoy a final day on top of the world

Your island-hopping adventure into the Arctic comes to an end in Longyearbyen, a town on top of the world.

A transfer will take you to the airport for your flight home. You'll return with a wealth of knowledge about Arctic animals, geology, history, polar ice and climate change - and memories of an incredible experience that will last a lifetime.

If you're not ready to say goodbye just yet, why not spend some more time in the Arctic and join our optional Post-Programme.

Please note:

Itineraries are subject to change.



YOUR SHIP: SPITSBERGEN

YOUR SHIP:	Spitsbergen
	Expedition Passenger Capacity:
	335 Built / refurbished: 2009 /
VESSEL TYPE:	2016
LENGTH:	
PASSENGER CAPACITY:	
BUILT/REFURBISHED:	

Completely rebuilt in 2016, the 100 metre MS Spitsbergen features high technical standards as well as comfortable, modern public areas and cabins. The vessel's fresh Scandinavian design reflects a colour palette derived from the sea. She is modern and environmentally progressive, and further improvements that will reduce emissions and fuel consumption even more are in process. The new ship's maneuverability and optimal size make her quite suitable for exploring polar waters of both the Arctic and Antarctica. Spitsbergen has a wide range of facilities including a sauna, fitness centre and hot tub, several bars and restaurants and a panoramic lounge. MS Spitsbergen has an on-board Expedition Team and serves as a university at sea. Interesting lectures inside the ship as well as out on the sun deck make this an exciting and educational journey. Topics depend on the season and the waters we sail in. The Expedition Team host a lecture programme and evening gatherings daily. Out on deck you can participate in live points of interest to learn more about the nature, culture and other phenomena we encounter along the coast. In addition, the Expedition Team will

introduce you to the uniquely Norwegian notion of 'friluftsliv' (outdoor life), and encourage you take part in 'friluftsliv' hikes and activities during the journey. Ship Facilities Compass Service Centre Brygga bistro Shop Torget main dining Wi-Fi Lift Guest launderette Panoramic deck 8 Outside bar for events,



decks 7 & 8



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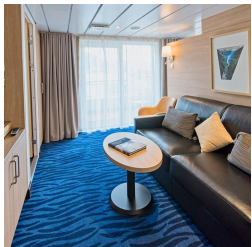
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