

ISLAND HOPPING IN THE NORTH ATLANTIC – ICELAND, THE FAROE ISLANDS AND BRITISH ISLES

Ancient sites and modern life Sail from Edinburgh to the Icelandic capital via the remote and wild isles of the North Atlantic. As the gentler summer weather warms these much-storied seas, you'll explore exciting capital cities, Neolithic sites, thriving island towns, and tiny villages where the influence of the Vikings can still be felt. Wildlife and expansive skies Seabirds and marine life thrive under the huge skies of the North Atlantic. Whether you're on our small expedition boats, on MS Maud's decks or on foot, you'll see towering cliffs teeming with seabirds and watch for whales and dolphins splashing in the seas around us. Explore the wild and rugged islands of the North Atlantic on this 1012-day expedition cruise between mainland Britain and Iceland. Discover the Viking heritage that links many of these remote places as we island hop our way north aboard expedition ship MS Maud. Visit bustling capital cities and tiny villages, and spot the seabirds and marine life that thrive in this diverse part of the world. Wildlife, bygone civilisations and modern life in the North Atlantic PLEASE NOTE: In keeping with our adventurous spirit, we visit small remote ports on our expeditions. Due to sea conditions and secluded locations we visit, it's not always possible to dock in port. Sometimes we have to use our small expedition boats to get ashore.





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DAY 1 Depart from Reykjavík

Your island-hopping expedition cruise starts in Iceland's art, culture and history-packed capital, Reykjavik. If you have time before boarding MS Maud, stroll along Laugavegur with its boutiques and galleries, head to the striking Hallgrimskirkja cathedral or the fascinating Reykjavik Art Museum. With so much to explore, you may want to come early and join one of our Pre-Programmes to the Golden Circle or Icelandic Highlands. On board MS Maud, pick up your expedition jacket, check out your cabin, meet the Expedition Team, and enjoy your first delicious dinner as we set sail towards our first stop, Heimaey.

DAY 3 At sea

As we sail to the Faroe Islands, enjoy an idyllic day at sea with plenty to do. Admire the views from MS Maud's expansive Observation Deck, visit the Science Center for insights into the destinations ahead, or take advantage of the gym and hot tubs. Photography enthusiasts can pick up some pointers from our onboard photographer on how to capture wildlife and landscapes. You'll find the comfort of the Explorer Lounge a great place to read or watch the world glide by. You can also enjoy a talk by the Expedition Team - experienced explorers who will share their extensive knowledge of the places ahead with you.

DAY 4 Remote Runavik

Tiny Runavik is a flourishing town on the Faroe Island of Eysturoy. Hugging the eastern side of Skalafjørður fjord, it's been a haven for ships for many centuries. The Vikings used to dock here too. Join the Expedition Team on a kayaking tour of Skalafjørður - at nine miles long, it's the longest fjord in the Faroe Islands - or head off on one of the many hiking routes. You could follow the relatively easy path through the heather-rich moorland around Lake Toftavatn, known for its birdlife. Hike up the nearby hill for astounding views of the surrounding green peaks. Take the opportunity to stretch your legs before we cruise to Streymoy, the largest of the islands. You



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DAY 5 10th-century Tórshavn

A visit to Streymoy in the Faroe Islands Founded by Norsemen in the 10th century, Torshavn - 'Thor's Harbour' - is one of Northern Europe's oldest capitals. Wander along winding cobbled alleyways and past colourful, turf-roofed houses. In the local museums, you'll learn about the city's origins and the flora, fauna and geology of the Faroe Islands. Just over a mile north of the town, Svartafoss waterfall tumbles over mossy rocks. And as you walk along the seafront, look out for the Eider Drake and the distinctive Faroese Starling with its beige-tipped wings.

DAY 6 The wild side of the Shetland Islands

Sea birds and Vikings in the northern Shetlands The northern Shetland Islands represent the geographical extremity of the British Isles. In these remote areas, we'll explore according to the conditions and where we find the best opportunities. We may visit charming Haroldswick on Unst, where the Vikings reputedly first made footfall in the British Isles. Home to a reconstruction of a Viking longhouse and ship, there's also a burial mound thought to be the grave of King Harald Fairhair, the village's namesake. We may also take out our small expedition boats, exploring hidden coves below towering cliffs. At the UK's most northerly point, the cliffs of the Hermaness National Nature Reserve shelter thousands of breeding seabirds including fulmars, puffins, shags and gannets, so be sure to bring your binoculars.

DAY 7 The capital of the Shetland Islands

Experience life in the capital of Scotland's most northerly inhabited isles We'll dock alongside Lerwick, the capital of the Shetland Islands, to explore this friendly, Victorian-influenced fishing town. 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, exploring the area's rich history. Nearby, see Fort Charlotte and the regal Town Hall. The wider island is home to remarkable Iron Age villages and the Croft House Museum, where you'll learn about the hard life of the local crofters. Keep your binoculars handy as you may spot grey and common seals along Lerwick's beaches, and local birdlife such as Red-throated Divers, redshanks and curlews.

DAY 8 Far-flung Fair Isle

A scenic stop for bird lovers Your cruise continues in the Shetlands as we visit Fair Isle, Britain's most remote island, known for its birdlife and knitwear. A magnet for birdwatchers and wildlife photographers, the island is home to 27 bird species. It's a vital stop for migrating seabirds, drawn to the red sandstone cliffs, green fields and moors. Why not join a hike along breathtaking clifftop trails with the Expedition Team. Gain fascinating insights into the life and history of the 65-strong island community at the local museum. You can support Fair Islanders by buying genuine Fair Isle knitwear directly from local makers. If landing isn't possible, the scenic cruising is just as spectacular.

DAY 9 Highlights of Orkney

Discover the islands' rich heritage, wildlife and whisky The Orkney Islands' largest town, Kirkwall, is a vibrant place influenced by every era from the Vikings to World War II. In the Norse town centre, visit the regal St Magnus Cathedral and the adjacent Earl's Palace to see the stone ruins of this once-grand



Renaissance building. Whisky aficionados will enjoy Kirkwall's Highland Park and Scapa distilleries' sublime single malts. Delve into the past at Scara Brae settlement and the mysterious standing stones of Ring of Brodgar and Stones of Stenness - all part of the Heart of Neolithic Orkney World Heritage site. Sea birds such as puffins, gannets, guillemots, kittiwakes and eagles thrive around the Orkneys. Look out for dolphins, whales and orcas.

DAY 10 Scotland's crowning jewel

Discover the many charms of the much-loved city of Edinburgh After London, Edinburgh is the most visited city in the United Kingdom, and you'll soon see why. With streets steeped in history and a thriving cultural scene, the Scottish capital offers the perfect balance between the traditional and contemporary. Explore mysterious winding alleys and elegant terraced rows, and check out some of the many shops, bars and restaurants. Get a great view of the city from majestic Edinburgh Castle, where you can see Scotland's Crown Jewels and the famed Stone of Destiny.

Please Note:

Itineraries are subject to change.



YOUR SHIP: MAUD

YOUR SHIP: **Maud**

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

Equipped with battery packs and other green technology, Maud will operate year-round expedition cruises along the Norwegian coast from 2021. You will be able to explore Norway like never before, with all the comforts, facilities and expertise you need for creating a perfect adventure. Maud will also be equipped for shore power, to cut emissions to zero when docked in ports with shore power facilities, and she will be fitted with low-emission engines, complying with all known and upcoming regulations. Cabins and public areas Norway´s stunning scenery is reflected in the ship´s interior design. Comfortable cabins and suites feature natural Scandinavian materials, such as granite, oak, birch and wool. Our stylish and welcoming public areas create great places to watch the world´s most beautiful coastline pass by. A specially designed Expedition Launch zone - the tender pit area where guests embark on their on their excursions and off-ship adventures - will be added, complete with tender boats and other expedition equipment. A new Science Center will be added. Packed with state-of-the-art technology and high-tech gadgets such as touch screens, science equipment and other interactive features, the edutainment area will also be the on-board HQ for the ship's Expedition Team. A wellness-area, complete with gym, lounge and treatment rooms, will be built. There will be a range of restaurants : Restaurant Aune, an expedition cruise main restaurant concept. Aune will be social and informal with the use of natural elements in design and interiors, and serves breakfast, lunch and dinner based on a Scandinavian identity. Restaurant Lindstrøm, a specialty restaurant named after the favorite chef of the Norwegian polar heroes, will be added. Lindstrøm will be an upper premium fine dining restaurant with strong roots in traditional Norwegian cooking that are contrasted with modern cuisine. The informal eatery Fredheim, named after a legendary 1920s hunting station in Svalbard that sheltered adventurers from around the world. In addition, a new outdoor grill venue will be added outdoor on the top decks. Honouring explorer heritage MS Maud is named after one of the most famous polar vessels of all time, Roald Amundsens "Maud" from 1917. The original "Maud" got her name from the first Queen of modern





-day Norway.

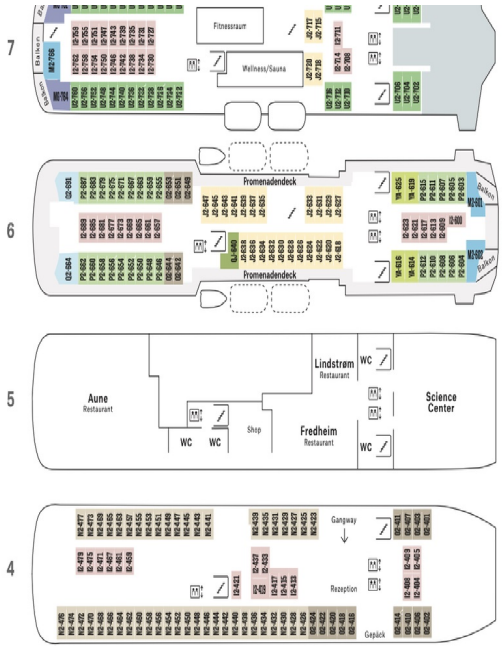
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