

THE ISLANDS, FJORDS AND WILDLIFE OF NORWAY

Norway offers the traveller scenery on an epic scale and there are few places in the world that compare when you consider the immense size of the fjords, the abundant wildlife and the timeless villages. All this and much more can be particularly enjoyed from the comfort of a small ship. Our journey begins in the Arctic Circle at Tromso from where we cruise south to experience the wildlife of the Vesteralen Islands and explore deep sided Trollfjorden. We continue to the Lofoten Islands, with their many small fishing villages amongst a backdrop of mountainous scenery that often experiences snowfall even in the summer. Our journey then takes us across the Arctic Circle and along Norways fjord indented coastline. Words cannot describe the awe-inspiring scenery that follows as we take in views of mountains, glaciers, waterfalls, valleys and truly dramatic fjords. Amongst them, Naerofjorden which has been included on UNESCOs World Heritage List. A highlight for many will be the journey on the Flam Railway, one of the most beautiful railway lines in the world. The train journey provides us with views of some of Norways wildest and most magnificent scenery with rivers cutting through deep ravines, cascading waterfalls, snowcapped mountains and mountain farms clinging to sheer slopes. Our time spent discovering some of Norways most impressive fjords from the deck of our small ship promises to astound even the most jaded of travellers. Leaving Norway we call into Lerwick, capital of the Shetland Islands before we explore the magnificent sea cliffs of Torridonian sandstone which rise from the Atlantic at Handa. Our final call before disembarking in Oban is to Tanera Mor in the Summer Isles, a perfectly scenic and relaxing conclusion to our journey which will

have involved seeing nature at its rawest, cruising along rugged coastlines, witnessing vibrant colours and admiring



prolific birdlife.

ITINERARY

Day 1 - Tromso, Norway.

Make your way to your vessel and set sail this evening.

Day 2 - Vesteralen Islands & Trollfjorden.

This morning we arrive in Vesteralen, an archipelago of islands offering a diverse abundance of wildlife. The schedule this morning will be kept flexible as we use our ship to search for whales. Due to the rich nutrients in this area there is an excellent chance for us to see sperm whales and if we are lucky we also hope to see minke whales and orcas. We will also pass

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Bleiksoya, a small triangle shaped island just off the village of Bleik. Here we will find the largest concentration of puffins in the whole of Norway with 80,000 pairs. We also hope to see kittiwakes, cormorants, razorbills, guillemots and sea eagles and if weather permits we will use Zodiacs to explore closer. We will end our day sailing through the beautiful, narrow and steep sided Trollfjorden, enjoying the birdlife, waterfalls and dramatic scenery.

Day 3 - Lofoten Islands.

The Lofoten Archipelago is an enchanting area of picturesque villages with jagged granite mountain peaks forming a dramatic backdrop. We will have a full day tour to explore the village and life of these islands. We will disembark in the small fishing village of Aa where we will visit the local museum before continuing to the nearby village of Reine. Our next stop will be the village of Sund where we will visit the blacksmith famous for their forged cormorants. We continue to the Viking centre at Borg where we enjoy lunch before continuing to Kabelva for a visit to the Lofoten Museum and Kare Espolin Johnson gallery a nationally recognised artist who took his inspiration from the nature of the area. Our day ends in Svolvaer where the ship will have sailed to meet us.

Day 4 - Vega Island & Torghatten.

The Vega Archipelago, made up of more than 6000 islands, reefs and skerries, was inscribed by UNESCO at a World Heritage Site in 2004 as it represented the way generations of fishermen/farmers have, over the past 1500 years, maintained a sustainable living in an inhospitable seascape near the Arctic Circle, based on the now unique practice of eider down harvesting. This morning we will get an insight into the traditions of egg and down collection and can learn more at the local

museum or enjoy walks around the island spotting the eider ducks and unique flora. Return to the vessel and cruise over lunch through Bronnoysund. In the early afternoon Mount Torghatten will come into view, one of the most famous landmarks on the Norwegian coast. A fairly strenuous optional walk will take you to the hole in the mountain which has been eroded by the sea. For those wishing to have a more relaxing afternoon, our naturalists with lead some gentler walks along the waters edge.

Day 5 - Trondheim.

Founded in AD997 by Viking King Olav Tryggvason, Trondheim was Norways first capital city and we will discover the historical treasures today. We will drive past the old wooden buildings and visit the 11th century Nidaros Cathedral which was built over the grave of St Olav and richly ornamented in stone with stunning stained glass windows. We continue to the Sverresborg Museum which has more than 60 vintage buildings and shows the building traditions of the region before enjoying a panoramic view of the city from the Sverresli Viewpoint. Return to the ship for lunch and a relaxing afternoon at sea.

Day 6 - Runde, Veststeinen and Kinn Islands.

Be on deck early this morning as we cruise by the bird cliffs at Runde, one of the largest nesting cliffs in Norway and home to half a million birds. More than 240 different species have been observed here including puffins, gannets, razorbills and northern fulmar. We continue south to the Bremanger region and in the early afternoon arrive at the island of Veststeinen, a true Norweigian fuglefjell which translates to Bird Mountain. Here we find 16,000 Atlantic Puffins which breed alongside shag, black legged kittiwakes, black guillemots and razorbill. In the late afternoon there will be a chance to stretch your legs at Kinn

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Island where Zodiacs will bring us ashore to explore this stunning green island on foot. With only nine permanent residents we will experience the peace and solitude of this small island and can explore the 12th century Romanesque church.

Day 7 - Dalsfjord & Bygstad.

Dalsfjord lies at the heart of Western Norway with its starkly contrasting fjord scenery, half way between Bergen and Alesund. This little known fjord arms has a gentler landscape where powerful and diverse watercourses have left their impression on the scenery and settlements. Todays tour will take us through this beautiful environment and over to Sunnfjord with its magnificent waterfalls and mountains. We will visit Sunnfjord Museum, which provides an insight into how life was in local settlements in the mid-1800s, before taking a scenic drive to the region known as the waterfall country stopping at the Huldefossen and Likholefossen waterfalls and returning via the Hestadfjord where we find the 19th century Hestad church located in idyllic surroundings.

Day 8 - Sognefjorden & Naerofjorden.

We spend the day enjoying spectacular fjord scenery from aboard. Sognefjorden, Norways longest and deepest fjord extends more than 200 kilometres inland and is surrounded by three national parks. Here we will see thundering waterfalls, glacier arms stretching down into green valleys and many small farms clinging to the mountainside. We will continue to the UNESCO World Heritage site of Naerofjorden, one of the many fjord arms of Sognefjord and considered one of the most dramatic. If time and weather permits we will launch the Zodiacs to find a suitable landing to explore. This evening we will moor at the village of Flam.

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Day 9 - Flam.

This morning we will embark on one of the most dramatic train rides in Europe. The Flam Railway is only 20 kilometres long but a masterpiece of engineering. The train climbs up from sea-level to 867 metres during these 20 kilometres, crossing back and forth across rivers and through 20 tunnels. To allow you to view the magnificent scenery the train will proceed slowly and even stop at the Kjosfossen Waterfall where you may leave the train to take a closer look or take some pictures. At Vatnahalsen we will leave the train and walk from the station to the Mountain Hotel where there will be time to relax and take a walk before re-boarding the train back to Flam. After lunch, enjoy a little free time in Flam before we sail back along the scenic fjords. With the long, light evenings this is a perfect time to relax on deck after dinner and watch the world go by.

Day 10 - Hardangerfjord & Rosendal.

Arrive this morning in Hardangerfjord, the third largest fjord in the world, where we dock at Rosendal. We will drive along the fjord towards the small part of the Hardangerfjord called Maurangerfjord, experiencing the idyllic scenery and farms on the way and viewing the magnificent Langfoss Waterfall. When we arrive at the small village of Sunndal we will walk to Bondhus Lake which is surrounded by a fascinating landscape of fjords and mountains. After lunch onboard we have free time to explore the town, maybe visit the 12th century Kvinnherad church or see the gardens at Barony Rosendal.

Day 11 - Lerwick, Scotland.

After a morning at sea we arrive in the Shetland Islands and the port of Lerwick. This afternoon we can discover the historic port with the chance to wander through its narrow stone lanes. You may wish to visit the excellent Shetland Museum, containing

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historical artefacts from the Neolithic period, Viking memorabilia and items from the whaling era whilst the Boat Shed showcases the islands important maritime heritage and we can learn about the traditional techniques used to build and repair boats on the site.

Day 12 - Handa & Tanera Mor.

This morning we arrive at Handa where we will use our Zodiacs to explore the magnificent sea cliffs of Torridonian sandstone which rise from the Atlantic. The island comes alive each summer when nearly 100,000 seabirds gather to breed, including internationally important numbers of guillemot, razorbill, puffins and great skua. Over lunch we sail down the coast to Loch Broom and the Summer Isles where we hope to land on the only inhabited island of Tanera Mor. On a guided walk enjoy the stunning views, look out for otters and seals and the prolific bird life. Stop at the unique post office, whose own rare stamps are much sought after by collectors.

Day 13 - Oban.

Disembark after breakfast. A transfer will be provided to Glasgow International Airport and Central Station to arrive in the late morning.

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YOUR SHIP: HEBRIDEAN SKY

YOUR SHIP: Hebridean Sky VESSEL TYPE: LENGTH: PASSENGER CAPACITY: BUILT/REFURBISHED:

Hebridean Sky has always been known for its effortless elegance, impeccable service and atmosphere of charm and camaraderie. Now we add increased adventure options and an on-site Passenger Service Representative. Hebridean Sky is the perfect blend of luxury and adventurous exploration. Is it a luxury ship? An adventure ship? It's both! The vessel underwent a multi-million pound refurbishment in Sweden in Spring 2016. ONBOARD DINING Great expeditions require great food! We are pleased to offer daily changing breakfast, lunch and dinner menus with an emphasis on providing well balanced and nutritional cuisine. Our team of international chefs has boat loads of creativity and you are sure to experience a variety of interesting dishes throughout your voyage. The restaurant is located on Deck 2 and our service team looks forward to providing a memorable dining experience. IMPECCABLE SMALL-SHIP AMENITIES Returning from excursions, passengers enjoy complimentary refreshments, afternoon tea and all-day coffee in The Club, a gracious space for relaxation, surrounded by panoramic windows. Other Sea Explorer features include: Library with Internet access Lounge with audiovisual facilities Dining room Wraparound sun deck with Jacuzzi Exercise room

Medical facilities with available doctor Elevator serving all passenger decks Swimming/zodiac platform All Voyages Include: Up to Two Pre-Voyage Hotel Nights Complimentary Wine or Beer with Dinner Certified Emergency MD and Clinic World Class Cuisine Live Entertainment Complimentary Coffee/Tea station Voyage Photographer Dedicated Passenger Service Manager Complimentary Expedition Jacket Please note deck

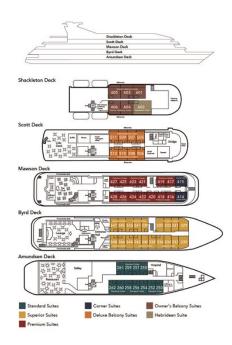


plan may vary.

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