

LAND OF THE FJORDS - NORWAY EXPEDITION CRUISE

Explore the rich tapestry of Nordic history and culture woven into spectacular landscapes, celebrating the rugged coastal beauty of Norway. Traverse majestic fjords, wander through storybook fishing villages adorned with red cabins and Viking longhouses on the enchanting Lofoten Islands. Take leisurely strolls through art nouveau towns like Ålesund and cosmopolitan Bergen, all while soaking in views of mountains, waterfalls and fertile valleys.



ITINERARY DAY 0 PRE CRUISE

DAY 1 TROMSO

The Arctic gateway, Tromso at 69 degrees north, is renowned for the midnight sun in summer and the Northern Lights in winter. The Arctic Cathedral, with stained-glass windows, hosts midnight concerts. The Fjellheisen cable car offers panoramic views from Mount Storsteinen, while the historic centre features old wooden houses. The Polar Museum chronicles early polar explorations, and the thriving Alpine Botanic Garden adds to Tromso's charm.

DAY 2 CRUISING TROLLFJORDEN

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Trollfjorden is unbelievable. A 100 m-wide entrance to a narrow fjord with near-vertical mountainous sides up to 1,100 m high, the passage slices through Austvagøya, on the edge of the Lofoten Islands. As the ship enters the fjord, the silence is only broken by the gentle sound of the ship's engines and the occasional cry of a white-tailed eagle soaring overhead. At the end of the fjord, the ship slowly spins, offering a final captivating view.

DAY 2 SVOLVAER, LOFOTEN

Svolvaer is a classic Norwegian fishing port, tucked away on Austvagøya in the Lofoten Islands. Surrounded by peaks and beaches, bays and craggy inlets, it's an age-old picture, a jumble of white and red clapboard houses, the clear water filled with little, bobbing boats. Popular with mountain climbers, the town's mountain Fløya commands a spectacular viewpoint across the harbour and Vestfjord.

DAY 3 SVARTISEN, SVARTISEN GLACIER

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The mighty Svartisen glacier, Norway's second biggest, pours down the mountain almost to Svartisvatnet lake. The glacier

visitor centre is a fascinating place with access to hikes along the edge of the ice flow, up to 200 m thick. Glorious Holandsfjord is just the other end of a short channel from the lake and the ship has stirring views. The little village of Holandsvika sits across the fjord, with an 18-km lakeside path and boat trips.

DAY 4 BRONNOYSUND

Bronnoysund, a charming town on a narrow peninsula midway up Norway's coast, is surrounded by islands. Torghatten, a granite mountain on Torget island, is renowned for its unique, natural hole. Boat trips explore the Vega Archipelago UNESCO site, known for shallow waters, fishing docks, and nesting spots for eider ducks. The Norwegian Aquaculture Centre offers insights into salmon farming through aquariums, underwater cameras, and a restaurant.

DAY 5 KRISTIANSUND

Kristiansund, a coastal town in Norway, spans four islands with a rich fishing and maritime heritage. The Norwegian Clipfish Museum explores the history of clipfish, a local delicacy of split and salted cod traditionally dried by the sea. Kristiansund's picturesque architecture, vibrant cultural scene and location near the Atlantic Road make it attractive to nature enthusiasts and those seeking coastal culture and a taste of fish and chips.

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DAY 6 NORDFJORDEID

The Eidsfjorden village of Nordfjordeid has a craftsman-built replica of Myklebust, Norway's largest known Viking ship. The surroundings boast rich Viking burial mounds. Nordfjordeid is also the gateway to Briksdalsbreen Glacier, an accessible arm of the expansive Jostedalsbreen glacier. At the end of Innvikfjorden, the Loen Skylift gondola ascends 1,011 metres, offering breathtaking views.

DAY 7 SKJOLDEN

Norway's longest and deepest fjord, 204-km Sognefjord, is a natural wonder of epic proportions with towering cliffs and cascading waterfalls. Skjolden village, gateway to three National Parks (Jotunheimen, Breheimen and Jostedalsbreen), has hikes to a panoramic viewpoint. The narrow, fjord-hugging Romantic Road passes Norway's highest waterfalls like Feigefossen and Drivandefossen. Nearby, Urnes Stave Church is Norway's oldest stave church.

DAY 8 ULVIK

One of Norway's most dramatic sights is sailing the mighty

Hardangerfjord (at 179 km, Norway's second longest) with its impressive waterfalls and then through to the end of Ulvikafjorden. Ulvik village, nestled amid mountains, offers breathtaking scenery reflected in glistening waters. It's an ideal destination for hikes, kayaking, and water activities. In May, the slopes come alive with the blossoms of thousands of fruit trees.

DAY 9 MANDAL

The southernmost town in Norway has a curving 1 km, grassy dune-backed beach, Sea Sand, one of seven beaches in Furulunden forest park. Sea Sand is only one of the calm, beautiful hideaways surrounding this charming town of white-painted buildings at the mouth of the river Mandalselva. The snaking waterway is filled with sailboats while gentle hills rise as a backdrop. Mandal also has the largest wooden church in Norway, seating 1,800 people.

DAY 10 HELGOLAND

This tiny German island, 2 km long and 56 m above sea level in the North Sea, is surrounded by jagged red sandstone cliffs. The mostly grassy plateau joined Schleswig-Holstein in 1890, after periods as possessions of Denmark and the United Kingdom. Tours of Festung Helgoland bunkers and war tunnels shed light on the island's wartime naval history. Today, Helgoland is a peaceful retreat, inviting windswept walks and birdwatching.

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DAY 11 AMSTERDAM

Amsterdam is a gorgeous Dutch city where a boat cruise along the canals gets to the heart of things. Yet, the magic also unfolds while strolling through narrow streets and crossing the hundreds of bridges. It houses a treasure trove of fabulous art museums, including the Rijksmuseum, adorned with Dutch Masters, conveniently located near the Van Gogh Museum. To the south, picturesque stretches of countryside with windmills line the canals.

Please note:

Itineraries are subject to change.

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YOUR SHIP: DIANA

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

Launched in 2023, SH Diana provides elegant and spacious 5-star accommodation for 192 guests in 96 spacious staterooms and suites, the vast majority with large balconies. Operated by an onboard team of 140 she provides a high level of personal service, exploring the Mediterranean and its famous sites of antiquity. Now sit back, relax and take a moment to get to know this amazing new ship, purpose-designed for our unique cultural expedition cruises. Named after the Ancient Roman goddess of light, the moon, hunting and the wilderness, SH Diana been specially designed for worldwide cruising to explore the most inspiring and inaccessible places on earth. Building on the outstanding amenities of her sister ships, she adds a dedicated Multifunctional Room next to the Observation Lounge, a Private Dining Room for special occasions, and two tenders which bring guests a comfortable alternative to Zodiacs for expedition landings. A Polar Class 6 ice-strengthened hull combines with extra-large stabilisers to make your journey as comfortable as possible. SH Diana has been designed for immersive experiences, with extensive outside deck areas, multiple observation points and bright, open and relaxing public spaces with unobstructed views. The pleasure and safety of our

Diana

guests is paramount at all times, cared for by our attentive crew and seasoned expedition leaders. Cutting edge hygiene technology protects the health of all on board to the highest standards and includes air conditioning with UV sanitisation systems. SH Diana's 96 staterooms, including 11 suites, are each a superbly comfortable home from home and all feature panoramic sea views, a flame-effect fireplace, original works of art, plush couches, premium pocket sprung mattresses, en-suite bathrooms with glass-enclosed rain showers, and Egyptian cotton towels, bathrobes and sheets. A pillow menu offers customised head and neck comfort during rest, while a large flat screen TV, espresso machine with Illy premium coffee, tea making facilities with the finest Kusmi teas, and a minibar with refreshments enhance relaxation at any time. In-room dining is of course available at all hours. Wheelchair access Guests who use wheelchairs must bring their own, as we have only a small number of wheelchairs stored onboard for emergencies. To ensure ease of movement on the ship, wheelchairs and mobility aids must be no wider than 65cm. All mobility or medical equipment brought on board must be capable of being carried safely and must be declared before sailing. To ensure that all guests can safely evacuate during an emergency, guests requiring a wheelchair can only be accommodated in our ADA-accessible cabins. We offer an Oceanview and a Balcony stateroom on Diana. These staterooms are specifically designed to be completely ADA compliant and have a fully operable wheelchair-access wet unit. Diana has two lifts, serving every passenger deck apart from the Stargazing top deck, which is, therefore, more difficult to access, as are the Aft Marina and

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Swan's Nest forward observation platform. Also, we don't have special equipment to access the swimming pool, jacuzzi, or sauna. Otherwise, the ship is entirely at your disposal. Many of the expeditions ashore in remote places are by Zodiac. Boarding these boats and returning aboard can present challenges for wheelchair users, as can navigating uneven terrain. These challenges are by no means always insurmountable, though, and our highly experienced crew is trained to provide reliable advice and assistance. They will make every effort to ensure wheelchair-using guests enjoy a memorable experience at each destination. Our general guidance, however, is to recommend wheelchair users travel with a companion for their ease and enjoyment. If you prefer to remain aboard, our panoramic interiors and ample open decks ensure an immersive, intimate experience of your inspiring



surroundings.

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INSIDE YOUR SHIP





Balcony D5





Balcony M5





Oceanview D4





Premium Suite

Suite

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Oceanview M4



Balcony D6



PRICING

20-Jul-2025 to 31-Jul-2025

Balcony D5	£10853 GBP pp
Oceanview M4	£8762 GBP pp
Junior Suite	£15188 GBP pp
Suite	£15953 GBP pp
Balcony D6	£11975 GBP pp
Balcony M5	£11414 GBP pp
Premium Suite	£17585 GBP pp
Oceanview D4	£8354 GBP pp

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