

NORTH ATLANTIC WONDERS: ICELAND, SCOTLAND AND THE FAROES CRUISE

Experience the rich tapestry of the North Atlantic's most storied islands where ancient history, culture, and nature converge. Delve into the rich seafaring traditions of the rugged and verdant Faroe Islands with its Viking heritage and dramatic seaside cliffs. Uncover the ancient history woven into the fabric of the Orkney and Shetland Islands, from centuries-old cathedrals to windswept archipelagos. And in Iceland's Westman Islands, witness nature's raw power as you explore volcanic landscapes which tell tales of fiery eruptions and resilient communities.



ITINERARY

Day 1 Edinburgh, Scotland / Embark Ship

Arrive in Edinburgh and transfer to the city center. Known throughout time for its hill fort, the iconic Edinburgh Castle, this vibrant city offers a variety of experiences throughout its streets. Experience the city at your own pace before embarking the ship this afternoon.



Meals Included: Dinner

Days 2-3 The Orkney Islands

Arrive in Kirkwall, the capital of the Orkney Islands. Take a guided stroll through the historic streets of the old town and pass through the walls of the Bishop's and Earl's palaces, as well as St. Magnus Cathedral before venturing off on your own to explore High Street.

The next day, choose from several options that highlight the diverse history of these remote islands. Visit Scapa Flow, one of the greatest natural harbors of the world and chief naval base of the United Kingdom during World War I and II, or delve into ancient history preserved on Rousay, an island that's home to only about 200 people along with at least 15 chambered prehistory tombs. Walk across the rolling hills to explore the ruins by foot.

Meals Included: Breakfast, Lunch, Dinner

Days 4-5 The Shetland Islands

The Shetlands are characterized by deep-seated cultural traditions and dramatic landscapes. Close enough to Norway to speak Scottish with a Scandinavian accent, this 100-island archipelago has never been fully tamed by those who live here. Discover some of these picturesque, rural islands with their mix

of long-haired ponies, ancient ruins and windswept pastures.

Meals Included: Breakfast, Lunch, Dinner

Days 6-8 The Faroe Islands, Denmark

This morning, arrive in the Faroe Islands, an autonomous archipelago within the Kingdom of Denmark. The legacy of the Vikings persists here, reflected in the language of the Faroese and their love of the sea. Hike out to Leitisvatn--or the "floating lake"--for pristine views of the North Atlantic and stunning photo opportunities.

Visit Torshavn, the colorful capital of the Faroe Islands, where homes and government buildings are capped with the region's iconic turf roofs. Witness the 12th-century St. Olav's Church, which is still in use today, alongside the ruins of Kirkjubøur Cathedral.

Navigate to one of the local communities on Eysturoy, the second largest island in the Faroes, to enjoy the warm hospitality of its villagers and take in the stunning landscapes and trails of their beautiful fjord.

Meals Included: Breakfast, Lunch, Dinner

Days 9-10 Djúpivogur, Iceland / The Westman Islands

Arrive in Djupivogur and explore the remote black-sand beaches





and steep fjords of eastern Iceland. Alternatively, go by 4x4 vehicle to visit secluded valleys and remote waterfalls in the countryside, or join a hike to the black sand beaches of southern Iceland.

Later on, voyage to the Westman Islands which were formed by undersea volcanoes between 5,000 and 10,000 years ago and are among the youngest of the world's archipelagos. In 1963, the world witnessed on film the birth of its newest island, Surtsey--a UNESCO World Heritage site--which you'll see as you cruise past its coast. In Heimaey, visit the crater, where the earth is still hot, for amazing views of areas that were once engulfed by lava in 1973.

Meals Included: Breakfast, Lunch, Dinner

Day 11 Reykjavík / Disembark Ship

Disembark in Reykjavik and transfer to the airport for flights home.

Meals Included: Breakfast

Please note:

Itineraries are subject to change.





YOUR SHIP: NATIONAL GEOGRAPHIC ENDURANCE

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VESSEL TYPE: Expedition Ship

LENGTH:

PASSENGER CAPACITY: 126

BUILT/REFURBISHED: 2018

A next-generation expedition ship, purpose-built for polar navigation. National Geographic Endurance is a next-generation expedition ship, purpose-built for polar navigation. A fully stabilized, highly strengthened, ice-class Polar Code PC5 (Category A) vessel, it is designed to navigate polar passages year-round, and safely explore unchartered waters, while providing exceptional comfort. Its patented X-BOW® is key to its design; its powerful wave-slicing action provides an extremely smooth ride in even adverse conditions, and even reduces spray on deck, for superior observation. She carries a full suite of expedition tools and offers a variety of experience-enhancing amenities. The luxury of comfort on expedition National Geographic Endurance comfortably accommodates 126 guests in 69 outside-facing cabins. Cabins are efficiently designed, with sizes range from the 140-square-foot solo cabin to the 430-square-foot category 7 suite. Fifty-three of the 69 cabins, including all 12 of the solo cabins, will feature small balconies with floor-to-ceiling sliding doors that bring in the spectacular views and ample natural light. Comfort & convenience in every room Every cabin has two portholes, a large window or balcony, and temperature controls. Bathrooms are modern and stocked

with botanically inspired hair products, soap, and shower gel, plus a hairdryer. Cabins are equipped with expedition command centers with tablets and USB/mobile device docking, TVs, Wi-Fi connections, and hair dryers. Dining: Food served aboard is fresh, local, and delicious, and sourced from suppliers who share our values of sustainable use whenever possible. Meals aboard are almost always served in the dining room, located aft of the lounge deck. When weather conditions allow, lighter fare may be served on the observation deck. There is no assigned seating and our dining room accommodates the entire expedition community in a single seating. During meals your expedition leader, naturalists, and any guest speakers aboard will join you. Public Areas: Two restaurants, a Chef's Table for small group dining, Observation Lounge with bar, gym, Wellness area, infinity-style outdoor hot tubs, library, main lounge with full service bar, 24-hour beverage, state-of-the-art facilities for films, slideshows and presentations, and a photo workshop area; plus, an expedition base with lockers for expedition gear, and an "open bridge" for access to our captain, officers and the art of navigation. Meals: Two restaurants, featuring local, sustainable choices and unassigned seating for flexible, inclusive dining; plus a Chef's table for intimate, small group dining. Main restaurant has 270° views, and the Observation deck restaurant features lighter, made-to-order fare. Cabins: All cabins face outside with large windows, private facilities and climate controls. 53 cabins have balconies. Cabins are equipped with expedition command centers with tablets and USB/mobile device docking, TVs, Wi-Fi connections, and hair dryers. Expedition Tools: Zodiac landing craft, kayaks,



snowshoes, cross-country skis, undersea specialist operating a remotely Operated Vehicle (ROV) and underwater video camera for unique access to polar marine world, hydrophone, aerial remote-controlled camera and video microscope. Special Features: A full-time doctor, undersea specialist, National Lindblad-National Geographic photographer, Geographic certified photo instructor and video chronicler, an internet cafe and laundry. Wellness: The vessel is staffed by our wellness specialists and features a glass-enclosed yoga studio, gym, treatment rooms and spa relax area, and high- and low-heat saunas with ocean views. Expedition Landing Craft: Key to our operation is our fleet of expedition landing craft, which we use to land in places that would otherwise be inaccessible. With 8 of these boats and two loading stations used every time we disembark, we're able to transfer guests off the ship quickly, so you can be out on adventures, not idly waiting. The expedition landing craft we use are 19 feet long, powered by four-stroke outboard engines, and are capable of comfortably carrying 10-12 people. They are widely recognized as the safest and most versatile small boats afloat. Remotely Operated Vehicle: Capable of reaching 1,000 feet, far beyond the range of any Scuba diver, the ROV allows you to literally view parts of the undersea that are as unexplored as the moon. Chances are you, like many of our guests, will be struck by how surprisingly colorful undersea life is in these unlikely places. And this glimpse may fundamentally change how you view the ocean. Kayaks: National Geographic Endurance will be equipped with a fleet of kayaks large enough to ensure everyone who wants to can paddle at every opportunity. Consequently, prior kayaking experience isn't necessary--many of our guests have their first kayaking experience in extraordinary locations. custom-designed floating platform lets us deploy kayaks from

the ship, or any location we want--including far from shore. Kayakers are usually free to explore where they want within boundaries set by the undersea specialist and officer of the watch. Underwater camera: Our undersea specialist will dive often during your expedition, even in Alaska, with cold-water gear, to shoot high-definition, Cousteau-like footage of the deep. Colorful nudibranchs, swimming, plant-like crinoids, and mysterious fish with antifreeze blood that thrive in the frigid sea will give you an entirely new appreciation of the marine environment. Video microscope: Naturalists will use the video microscope to help explain all elements of the environment, including tiny organisms that are the building block of the marine ecosystem. Spellbinding live views of krill at 80x magnification fills the high-definition screens in the lounge with vivid detail, and fills every onlooker with a sense of wonder at importance of otherwise unobservable creatures. Hydrophone: This underwater microphone is deployed to listen to the vocalizations of marine mammals. Real time transmissions of their eerie, haunting sounds can be broadcast through the ship or recorded for later playback. Few experiences in nature are as captivating as watching humpback whales feed close to the ship as their vocalizations play through the ship's PA system. Electronic charts: An electronic chart showing the ship's location, course, and speed is almost always on display in the lounge. Open bridge: You'll find our captains are engaged, knowledgeable members of your expedition who are eager to share their passion with you. Venture's open bridge features comfortable spaces to sit, enjoy the view, drink your morning coffee, or simply chat with the officers. Snorkeling gear & wetsuits: On warm weather itineraries where there will be snorkeling, you'll select a mask, snorkel, fins, and wetsuit that remain yours for the duration of the expedition. There's no need



to pack and tote your own gear, although guests who prefer to are welcome to bring

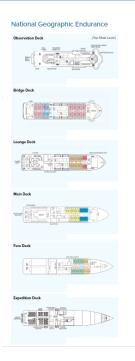


their own.





INSIDE YOUR SHIP



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