



The Small Cruise  
Ship Collection

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## THE NORTH CAPE EXPRESS - FULL VOYAGE FROM OSLO TO BERGEN

Sail the Norwegian coast, one of the world's longest coastlines, all the way from capital city Oslo in the south to North Cape in Arctic Norway, at the top of Europe. Cruise aboard exceptionally designed MS Trollfjord, freshly refurbished in 2023 with the finest materials and ship craftsmanship. Learn about local communities all along the coast, across a range of latitudes, and join a range of exciting optional seasonal excursions. Choose to sail in autumn, winter, or spring and experience warmer climate in the south to snow-covered mountains and maybe even the Northern Lights in the Arctic.

### ITINERARY

#### Day 1 Oslo\*

Welcome to Norway! First stop: Norway's thriving capital, Oslo. After your included flight from the UK, take the transfer from the airport to your hotel, located in the heart of the city. The rest of the day or evening is spent at your leisure.

You'll likely want to explore the many charms the cosmopolitan capital has to offer. Why not make your way to the city centre, making sure to take snaps of the architecturally distinct Radhuset town hall, Royal Palace, and Oslo Cathedral.

Along the waterfront, there's Aker Brygge for popular eateries, the imposing Akershus Fortress, and the gleaming new buildings around Bjørvika waterfront. The latter is where you'll find modern attractions such as the Oslo Opera House and landmark new Edvard Munch Museum which, as you'd expect, has the world's largest collection of works by the iconic Norwegian artist.

Or, if there's enough daylight left, you could even jump on the metro from Central station. A short 20-minute ride is all it takes to bring you to the edge of a tranquil alpine forest that overlooks the city.

\_\*Please note that if the date you make your booking is less than 90 days before your chosen departure date, your voyage will start on Day 2 in Oslo.\_



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### Day 2. Oslo tour and Oslofjord

After breakfast at your hotel, we'll go on a tour of two of Oslo's main attractions. Vigeland Sculpture Park is located at the centre of splendid Frogner Park. There, you'll find more than 200 visually striking sculptures in bronze, granite, and cast iron by prolific Norwegian artist Gustav Vigeland.

Further north from Vigeland, just outside of Oslo, is Holmenkollen Ski Jump. You won't be doing any jumping yourself, but the impressive building enjoys panoramic views over the city, lakes, and fjord. Beneath the ski jump is also the world's oldest ski museum featuring 2,500 pairs of skis and 4,000 years of skiing history.

The tour will end at the pier where your ship, MS Trollfjord, is waiting to depart by early evening. Once we've welcomed you aboard and you've settled into your cabin or suite, you'll meet your Coastal Experience Team. You'll get to know each member of the team well as they give lectures and organise onboard activities for you throughout your voyage.

Meet your fellow guests in the ship's two-storey panorama lounge and mark the moment we make history by sailing from Oslo for the first time. Watch as the capital's twinkling lights fade into the distance and admire the scenery and various points of interests seen along Oslofjord.

### DAY 3 : Kristiansand and Farsund

Sitting along the southern tip of the country, Kristiansand is

Norway's fifth largest city, with a population of 112,000 people. We aim to be alongside in the early morning, giving you a few hours to explore.

As you enjoy a guided walk, you might notice that the city is built on a very uniform grid plan, with several straight roads running from the harbour all the way through the city. Along these roads, you'll find architecture from different eras, speaking to the extensive rebuilds the city had to go through after major fires in the 18th and 19th centuries, and even a World War II attack.

On an optional excursion that starts from Kristiansand, you'll be able to visit the working Lindesnes Lighthouse, which marks Norway's southernmost point. See the beacon that has been guiding seafarers to safety on dark nights since the early 20th century, and learn about the long history of the site that goes all the way back to 1656.

In the late afternoon, we'll continue to Farsund. There, you'll get the chance to hike the sandy beaches of Lista and see Lista Lighthouse. This is where guests who went to Lindesnes Lighthouse will also catch up with the ship.

It may also be possible to visit a German fortress in Farsund. This fortress was used in World War II and is remarkably well-preserved with many of the original barracks still intact. Learn all about the war history of the area on a guided tour of this historic site, before rejoining the ship in the evening.

### DAY 4 : Haugesund and Hardangerfjord



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### ### Viking history

As we sail past the southern tip of Norway, we'll begin heading north along the west coast. Just past Stavanger, we'll reach Haugesund, the 'Home of the Viking Kings'.

The nickname is inspired by sites such as St. Olav's Church, built in 1250 by King Hakon Ha. There's also Haraldshaugen, a national monument reputed to be the first king's burial site. Why not step back in time to the Viking Age at Nordvegen Visiting Centre which features exhibitions presented by a fictional Harald Fairhair himself.

After a short stay in Haugesund, you'll rejoin the ship for some scenic cruising in Hardangerfjord. At 179 kilometres in length, it is the second longest fjord in the country, and fifth longest in the world.

The stunning waterway is one of Norway's finest. See mountain scenery everywhere you look, with the white peaks that tower over the fjord being reflected in the shimmering water below.

The region is famous for its apple products, from jams and juice to its award-winning cider, which one food writer described as 'Nordic Champagne'.

DAY 5 : Ålesund

### ### A picturesque town

After a hearty breakfast on the ship, we'll dock mid-morning at a town that spreads out across a string of islands. With almost an entire day to explore, you'll have plenty of time to see all that Ålesund has to offer.

As we approach the shore, you might first notice the distinctive style of architecture. Every detail of the buildings, from the bright colours to the rounded spires, were all inspired by the Art Nouveau style, which was popular in the early 1900s. Almost the entire town received a makeover in the style when it was rebuilt after a major fire in 1904.

As you leave the waterfront, you'll find yourself in a fairy-tale town, wandering narrow streets lined with unique houses. If your camera's memory card isn't already full after this, you can get impressive photos of the archipelago from the nearby Mount Aksla viewpoint. The 418 steps leading there might look intimidating, but the views are well worth the effort.

You can also visit the Atlantic Sea Park, Norway's first marine science centre. This is one of Northern Europe's largest saltwater aquariums, providing a home to seals, otters, and crabs, as well as many other kinds of marine life. You can even see Humboldt Penguins here, a species otherwise absent north of the equator.

DAY 6 : Brønnøysund

### ### Distinctive Nordic nature



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### DAY 7 : Svolvær and Stokmarknes

#### ### Lofoten islands and our historic birthplace

Today, we explore Lofoten, a striking group of islands that rise out of the Norwegian Sea. As soon as you see the towering peaks around you with fishing villages clinging to their sides, you'll understand why this island chain is so often praised as one of Norway's most stunning locations.

We'll dock in the town of Svolvær mid-morning. Located on the island of Austvågøya in the heart of Lofoten, Svolvær is the biggest town of the archipelago, humming with shops, restaurants, galleries, and cafes to enjoy. You can also admire views of the Svolvær Goat, a nearby mountain named for resembling a goat and its horns.

A variety of optional excursions are available from Svolvær, including winter fishing, paddling along the coastline in a kayak, or embarking on a bus tour to learn more about Lofoten's history.

We can't visit the area without spending some time in Stokmarknes. This historic town is part of Vesterålen, an archipelago just northeast of Lofoten. Of all the places we visit, this one is particularly special to us. It was here that the Original Coastal Express was founded in 1893 by shipping pioneer Richard With.

The Coastal Express soon became a lifeline for Norway's remote coastal communities, and fittingly, our legacy has been

Surrounded by islands and water, Brønnøysund sits on a narrow peninsula that juts out of the mainland. Around 5,000 people live in this small town, many in colourful houses against a backdrop of gentle slopes and dramatic mountain peaks.

Enjoy the bustling atmosphere of the harbour and take a walk along Havnegata. Drop into one of the pubs for a snack, or treat yourself to a meal in a local restaurant. Wander the visitors' marina, or visit an 1870 Neo-Gothic stone church.

As we sail, look out for the Vega archipelago, a cluster of some 6,500 islands, skerries, and islets. There's a UNESCO World Heritage Centre on the island of Gardsøy which showcases how highly prized eider down is harvested from the local eider ducks by providing little huts for them to build their nests in.

On an island south of Brønnøysund, you'll find Torgshatten mountain, recognisable by a natural tunnel that runs through the centre. According to local lore, the hole is the result of a troll who fired an arrow at a young woman who had rejected his advances. As the Troll King threw his hat to protect her, the sun began to rise, turning the hat to stone with a hole in the middle from the arrow.

On an optional excursion, you can take an hour's walk up to the hole in the mountain. Peer through the tunnel and enjoy the view of the islands around.

We'll continue sailing north in the afternoon, leaving the Helgeland coast behind us as we cross the Arctic Circle around midnight.



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immortalised in the place where it all began. Standing on the waterfront, you'll find our 1956 ship MS Finnmarken, encased in a glass building like a ship in a bottle.

This is Hurtigrutemuseet, the museum that chronicles our history as Norway's leading expedition cruise line from start to now. On a guided tour, you can explore the retired vessel and experience the atmosphere of a past era.

### DAY 8 : Tromsø

#### ### The gateway to the Arctic

Today you'll get the chance to see the Arctic Capital itself. Often called the "gateway to the Arctic", Tromsø is Norway's northernmost university city, and the ideal place to enjoy some proper winter activities, like dog sledding and snowshoeing.

Sitting around 217 miles north of the Arctic Circle, Tromsø experiences Polar Night for just over a month in the winter, and will give you a great chance of seeing the Northern Lights.

This urban city is buzzing with life, with everything from trendy restaurants and cafes to boutique shops selling local crafts and produce, and even high fashion. MS Trollfjord will be in port here for 10 hours, giving you plenty of time to both join optional excursions and explore the city yourself.

Among the activities on offer is a guided tour of the Polar Museum which chronicles the city's legacy of Arctic hunting and trade. For live animals, head to the Polaria centre, an aquarium

home to a variety of Arctic marine species, including seals.

Across the water from Polaria, you'll find the Arctic Cathedral, standing out in the cityscape due to its striking design and impressive stained-glass window. There may also be opportunity to visit some of Tromsø's surrounding fjords and possibly the rugged island of Senja.

### DAY 9 : Honningsvåg

#### ### The northernmost point

Arriving early in the morning, you'll have a full day in Honningsvåg. The northernmost city on the mainland, Honningsvåg's landscape is quite distinctive, with barely any trees or bushes. This far north, winters are long and snowfall is high, so get ready for some fantastic winter scenery and activities.

Feel the snow crunching under your snowshoes as you hike across the plains. You might even be able to try your hand at ice fishing, a beloved winter tradition in the far north. Get a taste of the local delicacy, king crab, which is caught in the waters around Honningsvåg and served year-round. Admire local art in the Once Upon a Dream art gallery, and don't miss the Honningsvåg Church. This is the oldest building in the area, dating back to 1885.

The highlight of any trip to Honningsvåg is a visit to the North Cape. This is one of the northernmost points of mainland Europe, and as we're visiting in winter, we can get there by



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snowmobile. Standing near the northern edge of Norway and looking out over the Barents Sea under the polar night sky is a truly special experience. Add the ethereal Northern Lights dancing in the sky above, and you've got a sight you'll never forget.

The cape is marked with a famous globe monument, which demands a selfie or two... or five. When you're ready, head inside North Cape Hall to warm up, and learn about life in the High Arctic through a short film and a variety of exhibits.

Having reached the northernmost point of our voyage, we'll turn around and begin going south as we sail away in the evening.

#### DAY 10 : Alta

##### ### The city of Northern Lights

Alta is one of the bigger coastal towns we visit, with a population of over 10,000 people. A particularly famous part of the town is Alta River, one of Norway's best salmon rivers. Here, large salmon are regularly caught, with some even weighing up to 24 kg. You won't regret trying some fresh grilled salmon in one of the local restaurants.

At 70 degrees north, this town is still far above the Arctic Circle. The area is known for particularly good Northern Lights visibility, so keep your camera ready. If the skies are clear and the conditions are right, you should be able to get some amazing shots of the lights dancing above you.

You can learn more about this incredible natural light show at the Northern Lights Cathedral, which can be visited on our optional guided tour of the town. The cathedral even has an exhibition showing how Alta became the epicentre for ground-breaking research of the Aurora Borealis between the 19th and 20th centuries. As part of the tour, you'll also visit the Alta Museum which chronicles the discovery of Northern Europe's largest concentration of prehistoric rock art at the head of nearby Altafjord, a UNESCO World Heritage Site.

Increased snowfall in the winter allows for some truly authentic Arctic excursions, like dogsledding. The snow and climate of Alta also creates the perfect conditions to build and maintain the Igloo Hotel, located on the banks of river Alta.

You'll have the chance to visit and tour the world's northernmost ice hotel, built out of snow and ice every winter and carved with different artistic themes by local sculptors. Head to the hotel's ice bar, decorated with handcrafted ice sculptures and order a drink in an ice glass - no ice cubes needed.

#### DAY 11 : Lødingen

##### ### Village life and fjord nature

The administrative centre of a municipality with the same name, Lødingen is a village on the southwestern shore of Hinnøya, with a population of under 2,000. This is a port that our ships used to visit on one of our earlier coastal routes and returning here is a kind of homecoming for us.



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around midday, remaining there for about a few hours.

We'll dock at around midday, using Lødingen as a base for a few hours to explore more of Hinnøya island, Norway's largest island south of Svalbard. Wander the streets near the port and admire the traditional red fishing huts, or rorbuer, that line the shore. As you walk, you'll likely notice the calming atmosphere that village life brings.

The highlight of this visit has to be the breathtaking fjords and mountains that the Norwegian coast is so famous for. Branching off of Andfjord, Gullesfjord cuts into the north side of Hinnøya, bordered by pristine mountain ranges. The area is popular among campers, who stay on the campsite or in cabins and fish for cod in the fjord during winter.

From Lødingen, you can join a handful of optional excursions, including a fishing trip with a local, an immersive Sami experience to learn more about their culture and history, or a visit to Dampskipsbrygga, Lødingen's former wharf.

DAY 12 : Rørvik

### ### An ancient fishing town

Continuing south, we'll leave the land of the Polar Night as we cross the Arctic Circle in the early hours of the morning.

The Vikna archipelago is a chain of around 6,000 islands, islets and skerries. The largest of the chain, Inner-Vikna, is where we'll make our next stop. We aim to dock at the port town of Rørvik

The town and its surrounding areas have a long history, with burial mounds found there that date back to ancient times. The area's maritime legacy is well-documented across Rørvik's many museums, particularly The Norwegian Coastal Museum.

Similarly, at SalmoNor visiting centre, you can take a tour of a modern salmon farm and find out more about the Norwegian aquaculture industry that supplies the world with tasty Nordic salmon.

Another major export is cod, and the town even has an annual Cod Festival in March. This species of fish is especially common in the waters of the archipelago during winter, so why not indulge yourself in some fresh cod cakes while here.

Return to the ship in the late afternoon for your penultimate evening on board. Enjoy the ship's facilities, such as the soothing panoramic sauna or sample some warming local aquavit in the top-deck bar.

DAY 13 : Molde

### ### Perfect panoramas

To round off our journey, we'll visit Molde, the capital and commercial centre of Romsdalen that sits on the southern coast of the Romsdal Peninsula. We've stopped at this port many times before on our Coastal Express route, but this time we'll be making a much longer stop, so you'll have all the time you need



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to get your fill of the town.

There are a number of optional activities organised by your Coastal Experience Team that add to your experience of Molde. Accessible nearby on an optional excursion is the Atlantic Road, an icon of the Norwegian coast that often features in Hollywood movies.

To get the best panoramic views of the area, join us on a hike up to Varden viewpoint, following the trail from the town centre. Once you're there, gaze at the town from above at a height of 402 metres above sea level and admire the 222 snowy peaks across Moldefjord.

If you prefer to stay closer to the ground, you can pop into the Romsdal Museum, one of Norway's largest folk museums about ten minutes away from the town centre.

Back on the boat, we'll end our voyage on a high note with an end-of-trip farewell dinner. Take this opportunity to trade photo highlights and experiences with your fellow travellers one last time.

DAY 14 : Bergen

### Norway's second largest city

From the south to the north, and back down to the south, reflect on your journey as you watch our approach to our last port of the voyage, Bergen, in the early morning.

Say your goodbyes to the crew and disembark for a transfer that will take you from the ship to the airport via 7 Fjell brewery, Bergen's first microbrewery and one of the 50 Norwegian suppliers we partner with. You can look forward to a relaxed tour of the brewery and the chance to sample a range of their delicious beers in a tasting session.

After the brewery visit, your transfer will continue to the airport for your included flight to the UK. You've sailed on The North Cape Express, exploring Norway's coastal cities and villages all the way to the top of the European continent. During the journey, you'll have experienced Norway's varied climate, seen majestic mountains and fjords, and maybe gazed up in awe at the Northern Lights once or several times.

We hope you'll cherish each of the memories of The North Cape Express that you'll take home with you. Come sail with us again soon, on another iconic voyage of our spectacular home: the Norwegian coast.





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## YOUR SHIP: TROLLFJORD

**YOUR SHIP:** Trollfjord

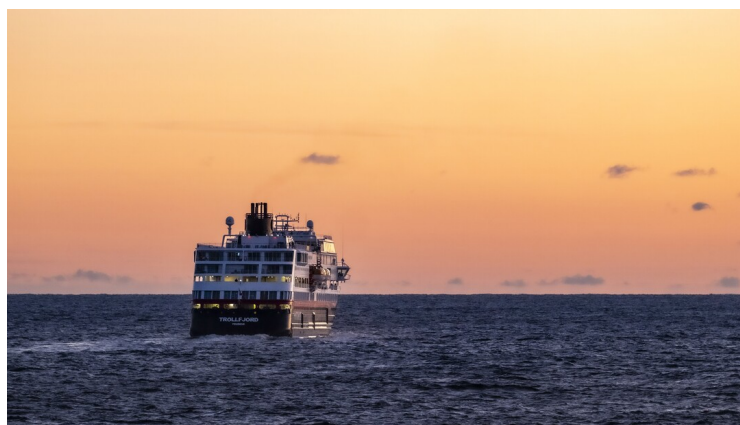
**VESSEL TYPE:**

**LENGTH:**

**PASSENGER CAPACITY:**

**BUILT/REFURBISHED:**

MS Trollfjord is an homage both to Norwegian nature and our 130-year heritage sailing the Norwegian coast. Locally sourced natural materials such as wood and stone feature prominently throughout the ship's furnishings, reflecting the beauty of the fjords we sail through. The style of decor is classic, timeless, and unique in our fleet. You'll notice details and flourishes that evoke a sense of nostalgia, harking back to a golden era of exclusive small-ship sailing. Ship facilities · Double-storey observation lounge on the upper decks · Large outdoor sun deck with comfortable furniture · Wi-Fi throughout the ship · Stylish bar with a wide range of beverages · Onboard shop stocked with essentials and souvenirs · Library with a selection of literature and brochures · Espolin Johnson lounge · Activities and lectures on board with the Coastal Experience Team · Panoramic sauna and fitness room · Photography area with camera equipment available for rent · A la carte fine-dining restaurant Røst · A series of culinary demonstrations and tastings throughout the ship · All-day dining bistro Brasserie Árran · Main restaurant Flora for all three daily meals



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