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## NORTHERN LIGHTS AND POLAR BEARS

This exclusive expedition will take you from the high north of Spitsbergen through the hidden pearls of coastal Norway ending in Bergen. We start by exploring Longyearbyen and Spitsbergen, heading as far north as 80° N. Enjoy landings where you will learn more about the fascinating history of explorers and whalers. As we head for the Norwegian mainland, we make a rare stop at the remote Bjørnøya. The northernmost point on the European mainland is the North Cape. From here we sail down to Lofoten and visit small fishing villages, discover beautiful Frøya and the west coast before ending this adventure in charming Bergen.



### ITINERARY

#### DAYS 1-2: Longyearbyen

Enjoy an overnight stay at one of our hotels and explore Longyearbyen on your own. The next day MS Fram set sail and head north. The voyage you are setting out on is one of a kind with a multitude of landing sites and exiting experiences.

#### DAY 3: North West Spitsbergen National Park



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North West Spitsbergen National Park contains, in addition to a unique arctic wilderness, glaciers and majestic mountains, the Kongsfjord the largest fjord on this side of Spitsbergen. You have the chance to explore remains of whaling stations and graves from the 17th century in Magdalenefjorden.

#### DAY 4: South Spitsbergen National Park, Hornsund

The relatively small fjord in South Spitsbergen National Park is a place that has a long tradition in the Hurtigruten history. The old Hurtigruten steamer D/S Lyngen had scheduled stops here to serve trappers in this area. This used to be a stronghold for the trappers that concentrated on Polar bear hunting until 1973. At this time Polar bear hunt was prohibited in all Arctic countries with an exempt for indigenous peoples that had a thousand year old tradition to refer to. The landscape of Hornsund is largely alpine with the majestic Hornsundtinden soaring highest of all. Another very special mountain is Bautaen which seen from the right angle looks like a giant Viking sword.

#### DAY 5: Bjørnøya

Bjørnøya is one of the arctic islands belonging to Svalbard, situated in the Arctic Ocean between the Norwegian mainland and Spitsbergen. This 178 square kilometers island has a fascinating history, geology and abundant bird life. The only nine people living here is the crew that is appointed and sent to the island by the Norwegian Meteorological Institute.

#### DAY 6: North Cape

Skarsvåg is a small village situated along the northern coast of the island of Magerøya. It claims being the world's northernmost fishing village. The local fishing fleet primarily catches cod. Enjoy our excursion to the North Cape, or alternatively a guided walk in the village. Around lunchtime we sail out to enjoy the

spectacular view of the cape from the seaside.

#### DAY 7: Sommarøy

The arctic paradise Sommarøy is an archipelago of small islands with white, sandy beaches and a lively fishing village. Sommarøy has a couple of small shops where you can buy handicrafts and groceries. Inside the local shop you find Kaillkraa (the gentlemen's corner) where husbands are parked during shopping. As shopping might be a time consuming activity for the women, the local men have private hooks on the wall for their cups. In Sommarøy we will offer a variety of excursions like hikes and kayaking, or you may take the opportunity to visit Tromsø the Gateway to the Arctic. In Sommarøy we will include a village visit together with the locals.

#### DAY 8: Exploring Lofoten

As we sail through the narrow Raftsund you will see is a mountain range called the Raftsundet Alps, which stretches up to 1200 meters above sea level. The magnificent Trollfjord cuts right into these mountains. We navigate into the narrow entrance to Trollfjord, where mountain walls rise directly out of the sea. We will take you through this pristine fjord that is so narrow it seems you can reach out and touch the side of the fjord at times. Sometime after breakfast we plan to make a port call in Lofoten and spend the day in this spectacular area.

#### DAY 9: The Arctic Circle and the Coast of Helgeland

Crossing the Arctic Circle is an event, an event we will make even bigger by visiting the island Vikingen that holds statue of the Arctic Circle symbol. Get ready for some fun and a visit by Neptune. Sailing further south we will visit Trana a part of an archipelago off the coast of Helgeland and one of the smallest councils of Norway. It holds more than 1000 islets, rocks and





skerries and less than 500 inhabitants. Trna is situated on the Polar Circle, 33 nautical miles off the coast of Sandnessjen. We will arrive Trna in the afternoon. We plan to take a closer look at the famous mountain Torgghatten. We hope to make a nature landing, where you may choose to stay close to the landing area, or make a hike up to the mountain and walk through the whole.

#### **DAYS 10-11: Frya**

The island Frya is surrounded by more than 5,400 islets and reefs. The landscape is hilly yet relatively flat. Here we offer a variety of excursions like rafting, hiking or a visit to a salmon farm. You may also spend the day by yourself, exploring this charming settlement.

#### **DAY 12: Sunnfjord**

We will sail deep into Sunnfjord to reach Dalsfjord. High mountains and beautiful waterfalls surround the settlement of Bygstad, a small village with some shops, a local cafe and a church. Come ashore to explore one of the fjords best known for its waterfalls, join a mountain hike or discover the area for yourself.

#### **DAY 13: Bergen**

We call at port in Bergen during the morning hours, where our voyage ends. Guests, who stay in Bergen, can enjoy the day in this international city with small-town charm, surrounded by seven mountains. Stroll through the picturesque streets of Bergen and enjoy the well-known and famous sites like Hakons Hall and Rosenkrantz Tower, St. Marys Church, Bergen Harbour and the famous fish market. Bergen was founded in 1070, and we recommend a visit to the UNESCO World Heritage famous houses of Bryggen (the wharf).

#### **Please Note:**

Safety is always the first priority and the captain will decide the final sailing schedule. We will take advantage of the conditions at hand. On an expedition with MS Fram this means that the Captain and Expedition Leader monitors conditions at hand closely; where is the ice edge, how can we expect the ice drift, where is the ice landlocked, what is the prevailing winds and currents. We obviously have some wishes on where to go, but at this time of the year we have to expect weather- and especially ice conditions to be highly variable.



## YOUR SHIP: FRAM

**YOUR SHIP:**

**Fram**

**VESSEL TYPE:**

**LENGTH:**

**PASSENGER CAPACITY:**

**BUILT/REFURBISHED:**



MS Fram is designed for sailing in polar waters, holds the highest safety standards and is the perfect size for optimum nautical manoeuvrability and guests' comfort. With space for only 276 guests, you are sure to get to know many of your fellow travellers. You will share stunning sights and memories of a lifetime long after returning home. The Norwegian word Fram means 'forward' - lifting expectations of the voyage at hand. MS Fram was built in 2007 with one mission in mind - to bring her guests closer to nature, wildlife and unforgettable experiences. As well as offering numerous lounges in which to relax, our more active guests can use our well-equipped gym. Meanwhile, on deck, our Jacuzzis guarantee you surreal memories when passing the towering icebergs of Antarctica or Greenland.



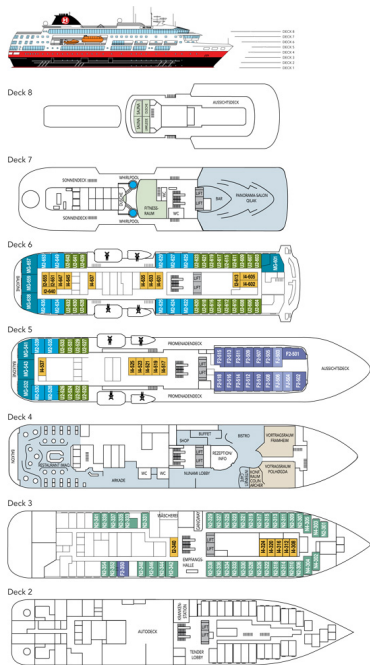
# The Small Cruise Ship Collection

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## INSIDE YOUR SHIP







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