

NORWAY, SWEDEN AND DENMARK: NORDIC FLAVORS AND SCENIC LANDSCAPES CRUISE

Experience the wide breadth of Nordic culture and nature as you embark on a voyage through the cities, villages and natural landscapes of Scandinavia. Hike and kayak along remote, windswept coastlines that showcase the region's rugged beauty and wildlife. Indulge in fresh seafood, traditional pastries and innovative Nordic dishes with locally sourced produce and fish. Become immersed in centuries-old history at every turn, from rich seafaring traditions to famed Nordic artists.



ITINERARY

Day 1 Edinburgh, Scotland / Embark Ship

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



Meals Included: Dinner

Day 2 Coast of Moray Firth

Sail to Moray Firth, a quiet triangular inlet in northeast Scotland. Sitting in the North Sea, it has a multitude of rivers and smaller inlets feeding into its basin. The River Spey--the second longest river in Scotland--runs through its interior out to its coastline. Known for its purity and natural beauty, the water has given rise to vibrant marine life, like bottlenose dolphins and wild salmon, coastal boatbuilding traditions and an iconic whisky trail in the valleys along its path.

Meals Included: Breakfast, Lunch, Dinner

Day 3 At Sea

Sail across the North Sea to Norway. These waters have been a connecting route between Shetland and Norse Kingdoms as far back as the ninth century. Enjoy the day on board to edit photos or attend a presentation about the region with one of your naturalists. Schedule a massage with the wellness specialist or spend time on the observation deck as you watch for the migrating wildlife that call this region home.

Meals Included: Breakfast, Lunch, Dinner

Day 4 Mandal, Norway

Considered by many to be one of the prettiest villages in all of Norway, Mandal sits at the far southern tip of the country. Perched in a harbor and surrounded by whitewashed buildings, this coastal village is the oldest market town in the region, dating back to the 1500s. Beyond its trade history, Mandal is known for its local artists and its vast natural beauty. Stroll Sjøsanden, one of Norway's best beaches, and tour the birthplace of Gustav Vigeland, one of Norway's greatest artists at the Vigeland House.

Meals Included: Breakfast, Lunch, Dinner

Days 5-6 Kosterhavet National Park, Sweden

Comprising 150 square miles around the islands in the Koster archipelago, Kosterhavet National Park is the first National Marine Park in Sweden. It contains over 6,000 marine species--including 200 that cannot be found anywhere else in Sweden, like the cold-water coral Lophelia pertus --and one of the country's two coral reefs. Spend two days island hopping, kayaking, and hiking as you experience the natural beauty of this archipelago.

Meals Included: Breakfast, Lunch, Dinner

Day 7 North Zealand, Denmark





Arrive in North Zealand today, known for its windswept coast lined with sand dunes, quaint villages and a refuge for the Danish Royal Family. Take advantage of the many options along the northern coast, including a visit to Knud Rasmussen's summer home looking out over the North Sea towards his beloved Greenland. Alternatively, venture out into the water on a seaweed safari, learning about the over 30 species of seaweed and their uses, or walk the halls of historic Fredericksborg Castle, the largest in the Nordic region, dating from the 1600s.

Meals Included: Breakfast, Lunch, Dinner

Day 8 Copenhagen / Disembark Ship

Disembark in Copenhagen 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

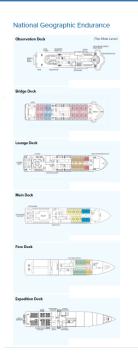


their own.





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