

NORWAY'S CAPITAL & THE ARCTIC CAPITAL on the North Cape Line - from oslo or tromso

Join us on an unforgettable autumn, winter, or spring voyage from the bottom to the top of Norway. See the stunning beauty of the Norwegian coast from the southernmost point in Lindesnes all the way to Tromsø, above the Arctic Circle. _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 and end on Day 8 in Troms ø._

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You'll find Oslo is a mixture of neighbourhoods and characters. Trendy Grunnerløkka is the place to go for bars and restaurants, while Aker Brygge offers beautiful views of Oslofjord. In the city centre, be sure to take snaps of the architecturally distinct Radhuset town hall, grand Royal Palace, and Baroque Oslo Cathedral.

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Day 2 Welcome aboard! Oslo

ITINERARY

Day 1 You've arrived Oslo

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Welcome to Norway! First stop: Norway's thriving capital, Oslo. After making your way from the airport to your hotel, located in the heart of the city, the rest of the day or evening is free to spend at your leisure.

Featuring forested hills, lakes, and plenty of world-class restaurants and museums, you won't be short of things to do in Norway's fjord-side capital.

After enjoying breakfast in your hotel, you can explore Norway's capital at your own pace and discover its main attractions. Art lovers won't want to miss Vigeland Sculpture Park, 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.

If time permits, 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.

A transfer will meet you at your hotel in the afternoon to whisk you over to MS Trollfjord, your home for the next week. 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 The city of lighthouses Kristiansand

Located on the southern tip of the country, Kristiansand is Norway's fifth-largest city. We aim to be at port from mid-morning to early evening, giving you plenty of time to explore.

As you walk around Kristiansand, you might notice that the city is built on a uniform grid plan, with several straight roads running from the harbour all the way through the city. These roads are lined with architecture from different eras - evidence of the extensive rebuilding the city underwent after major fires in the 18th and 19th centuries and an attack during World War II.

Kristiansand is on a mission to become the most sustainable port in Europe. Find out more about this admirable goal on an optional excursion that includes a visit to Odderøya Island. Here, you can see beautiful views of the ocean and city and visit 18th-century military barracks that have been transformed into creative artist studios running several sustainable initiatives. Kristiansand's 20th-century military past is the focus of an optional excursion to Batterie Vara. Originally built as a German fort in World War II, it features the world's second-largest cannon ever mounted on land.

Another optional excursion takes you to 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 site's long history, which goes all the way back to 1656.

Day 4 Viking history Haugesund, The Hardangerfjord

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'.

This 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 a short scenic cruise into Hardangerfjord, one of Norway's finest waterways. At 179 kilometres in length, it is the second-longest

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fjord in the country, and fifth longest in the world.

You'll see mountain scenery everywhere you look, with the white peaks that tower over the fjord being reflected in the shimmering water below. 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 Distinctive Nordic nature Brønnøysund – coastal charm right in the middle of Norway

Day 5 A picturesque town Ålesund

After a hearty breakfast on the ship, we'll dock mid-morning at a town that spreads out across a string of islands. With a few hours 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

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 Torghatten 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.

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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.

Day 7 Lofoten Islands and our historic birthplace Svolvær – at the heart of Lofoten, Stokmarknes – the birthplace of Hurtigruten

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

A variety of optional excursions are available from Svolvaer, 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 Vesteralen, 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 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 The capital of the Arctic Tromsø – gateway to the Arctic

This morning, you'll arrive at the Arctic Capital itself, sitting around 217 miles/350 kilometres north of the Arctic Circle. You'll bid farewell to MS Trollfjord, and a transfer will take you to your hotel in the centre of Tromsø, where you'll spend the final night of your journey.

You can spend the rest of the day at your leisure, strolling

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around a historic Arctic city that is rich in explorer history. On the waterfront you'll find Polaria, the world's northernmost aquarium, while on the other side of the fjord from the harbour is the iconic Arctic Cathedral, with its beautiful stained-glass mosaic.

Take your pick from the many shops and restaurants in the city centre, including Mack Brewery and favourite local watering hole, Ølhallen pub. There are also trendy cafes where baristas create innovative coffee art and serve up delicious cinnamon buns.

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Day 9 A voyage to remember Tromsø - gateway to the Arctic

Checking out of your hotel in Tromsø after breakfast marks the end of your travels with us.

You've sailed on The North Cape Line, exploring just some of Norway's coastal cities and villages. 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 Line that you'll take home with you. Come sail with us again

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The Small Cruise Ship Collection soon on another iconic voyage of our spectacular home: the Norwegian coast.

Please note:

Itineraries are subject to change.



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 Arran · Main restaurant Flora for all three daily meals



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