



NORWAY'S FJORDS & ARCTIC SVALBARD WITH NAT GEO

Sail Norway's fjord-carved coast, from the charming town of Bergen, past the North Cape to the ice and wildness of the Svalbard archipelago, for a perfect balance between the charmingly scenic and the spectacularly wild. Explore Tromsø and Bear Island on the way to Svalbard in the high Arctic, where polar bears prowl and walrus haul-out on rocky shores. See two icons of the north in one voyage—the jaw-droppingly beautiful Norwegian coast and polar bears in their natural habitat. Plus, search for all the region's other wildlife—reindeer, arctic foxes, fur seals, and rookeries teeming with thousands of birds.



ITINERARY

DAY 1: Oslo, Norway

Arrive in Oslo, the capital city where each year the Nobel Peace Prize is awarded in the presence of the King of Norway. Our



introduction to Oslo begins with a stroll among the famed Vigeland sculptures—hundreds of life-size human figures set in rolling Frogner Park. Next we visit the Polar Ship Fram Museum, dedicated to Norwegian explorers Nansen and Amundsen. The evening is free to try one of the harbor restaurants or turn in early. Overnight at the Hotel Bristol or similar. (L)

DAY 2: Oslo / Longyearbyen / Embark

Depart Oslo on a charter flight, and enjoy breathtaking vistas en route to Longyearbyen. Embark our ship and set out to discover the High Arctic of Svalbard. (B,L,D)

DAY 3-7: Exploring Svalbard

Svalbard lies north of the Arctic Circle, where the summer midnight sun never sets. In true expedition style, we let nature dictate our day-to-day movements here and this is one of the great attractions of this expedition. Our flexible itinerary and years of experience here allow us to take the best advantage of ice and weather conditions. With our fully stabilized, ice-class expedition ship, we are able to probe deep into the ice where polar bears hunt. Join our spotters on the Bridge, scanning the ice and islands for huge walrus, bearded and ringed seals, arctic foxes, reindeer, some of the largest whales on Earth — and polar bears. A sighting brings everyone rushing in excitement to the ship's bow! Depending on conditions, we may sail deep into Hornsund, where even first-time kayakers can paddle in a quiet cove surrounded by sparkling bergs. We may venture to the stunning Monacobreen glacier, or get close-up views of the iconic creatures of the ice by Zodiac. Back aboard, view underwater video from our ROV taken 1,000 feet below the surface, or spend time on deck with a photographer getting tips in an inspiring landscape. Every day is different, every day an adventure. (B,L,D)

DAY 8: Bear Island

Zodiac around mist-shrouded Bear Island, populated by thousands of fulmars, kittiwakes, guillemots and gulls. This is a birdwatcher's paradise. (B,L,D)

DAY 9: Tromsø

Tromsø is known as the “gateway to the Arctic” because so many Arctic expeditions originated here. Visit the Polar Museum and the Arctic Cathedral, where the unique architecture evokes snow and icebergs. (B,L,D)

DAY 10: Tysfjorden

There's no denying that the Norwegian fjords are beautiful, and today we explore places along the Norwegian coastline that raise the standard of landscape-pulchritude to new heights. Our nimble ship enters Tysfjorden, where mile after mile of vertical walls surround us and only a few small villages cling to the rocky shores. Zodiac and kayak along steep-walled fjords, and find inspiration in the birch forests and tumbling waterfalls. The u-shaped valley of Hellemobotn cuts nearly to Sweden and has a trail to hike almost to the border. (B,L,D)

DAY 11: Lofoten Islands

The Lofoten archipelago boasts an enchanting landscape of picturesque villages ringed by jagged, granite peaks. Head ashore at Værøy, where fishing is still a major part of the economy; and search for Atlantic puffins, razorbills, and guillemots on a Zodiac cruise. Later, head to the ship deck as we glide through Trollfjorden, one of Norway's most dramatic fjords. (B,L,D)

DAY 12-14: Exploring the Fjords of Norway



The coast of Central Norway is rugged with mountainous islands and steep-walled fjords. The Expedition Leader and Captain will discuss with the local Norwegian pilots our landing possibilities where options are many: Zodiac along vertical rock faces, paddle serenely in a deep fjord surrounded by cascading waterfalls, or venture ashore for a hike with our naturalist staff. Over the years, we've discovered a number of special places, including Melfjord. This narrow channel is surrounded by high granite cliffs polished smooth by massive glaciers, and is one of the most spectacular spots on our voyage. (B,L,D)

DAY 15: Nordfjord

Today we enter lovely Nordfjord, the "gateway to the glaciers". We spend the morning at the end of the fjord, where we are transported up the Loen Valley via coach through some incredibly beautiful scenes: a turquoise-colored lake on one side and breathtaking mountains all around. A number of relatively flat trails lead along valleys shaped by massive glaciers (more strenuous hikes are also an option). And, we walk to a tongue of the large Kjenndal Glacier. This afternoon be on deck as our ship sails back out of the fjord amid high peaks. (B,L,D)

DAY 16: Bergen / Disembark / Home

Disembark our ship in Bergen, set on a lovely fjord, and transfer to the airport for homewardbound flights. (B)

Please Note:

Itineraries are subject to change.



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YOUR SHIP: NATIONAL GEOGRAPHIC ENDURANCE

YOUR SHIP:	National Geographic Endurance
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 uncharted 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,



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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 Geographic photographer, Lindblad-National 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. Our 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 the 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



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



their own.



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INSIDE YOUR SHIP

National Geographic Endurance

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Bridge Deck



Lounge Deck



Main Deck



Fore Deck



Expedition Deck



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