



SCOTLAND, FAROE ISLANDS & ICELAND: A 13-DAY EXPEDITION CRUISE EXPLORING THE REMOTE ISLES

Join expedition cruise pioneers Heritage Expeditions for the ultimate exploration of the remote islands and isles from Glasgow to Reykjavik. A paradise for birders, history lovers and adventurous travellers alike, this 13-day expedition cruise showcases the very best of these far-flung destinations. Travelling with Heritage Expeditions, aboard our 130-guest ice-strengthened expedition ship, you will benefit from our decades of Arctic experience and industry-leading expedition team. Our adventure begins with an included hotel night in Glasgow, exploring its grand neo-Gothic architecture and cultural highlights before boarding Heritage Discoverer. The spectacular Isles of Staffa, Iona and Lunga in the Inner Hebrides combine nesting seabirds and rich marine life with Gaelic, Norse and Scottish history. At the Isle of Shiant, Puffins, Guillemots, and dolphins abound, and we will explore by Zodiac. On Lewis, Viking history comes alive in Stornoway while the ancient Callanish Standing Stones, older than the Pyramids of Egypt, rise from a landscape shaped by some of the oldest rocks on Earth. The Orkney Islands reveal one of Europe's richest Neolithic landscapes, later shaped by Viking heritage, as we discover prehistoric monuments and the colourful capital, Kirkwall. Our explorations of the Shetland Islands reveal seabirds, otters, iconic Shetland Ponies, dramatic coastlines, Viking heritage and archaeological treasures. Spend three days exploring the Faroe Islands, including the southernmost island of Suðuroy, quirky capital Torshavn with its Viking history, and Mykines' dramatic scenery and bustling colonies of Atlantic Puffins. In Iceland, discover a dramatic world shaped by fire and ice where towering glaciers, enchanting fjords, remote



wilderness and rare wildlife meet awe-inspiring landscapes. The picturesque Eastfjords of Seyðisfjörður offer spectacular hikes, while whale watching capital and Eurovision-famous Husavik reveals the country's rich maritime heritage. The volcanic landscapes of Mývatn provide premier birding opportunities, as does Vigur, also known as 'Puffin Island', while culture and spectacular scenery abound on Ísafjörður's volcanic shores. Discover some of the North Atlantic's most remote islands and iconic destinations by ship, Zodiac and on foot, on our Scotland, Faroe Islands & Iceland Cruise. This expedition includes the option to join sea kayaking excursions with an



expert guide.

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Day 1 - Glasgow, Scotland

Arrive at Glasgow, 'the UK's friendliest city' and Scotland's cultural capital. This buzzing port city on the River Clyde pairs stunning Victorian and Art Nouveau architecture with a rich maritime legacy, UNESCO City of Music status and one of the country's finest exports - whisky. Make your way to your hotel, where you will spend the first night of the expedition. This evening, meet your fellow voyagers and some of our expedition guides over dinner at the hotel.

Day 2 - Glasgow

After breakfast at the hotel, we have the morning to explore the world-class cultural attractions and architecture of the 'Second City of the Empire' and 'City of Merchants'. This compact and walkable city has been the economic engine of Scotland since the 18th Century, where the neo-Gothic towers of the University of Glasgow sit alongside Art Nouveau masterpieces of Charles Rennie Mackintosh, futuristic glass towers and brightly coloured street art murals. Among the cultural highlights are Kelvingrove Art Gallery and Museum, The Burrell Collection, Tramway, Gallery of Modern Art and the stunning Glasgow City Chambers, which features more marble than the Vatican City. Later, we make our way to Greenock Cruise Port and Heritage Discoverer. The captain and expedition team will welcome you on board, and you have time to settle into your accommodations and familiarise yourself with the ship. You are invited to join the expedition team in the Observation Lounge or out on deck as we set our course for Staffa Island.

Day 3 - Isles of Staffa, Iona & Lunga

This morning sees us exploring the islands of Staffa and Iona in the Inner Hebrides, and the wildlife haven of Lunga, the largest of the Treshnish islands, later in the afternoon. Rising out of the



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sea, the spectacular monolithic Staffa is our first stop, its uninhabited rugged beauty the domain of nesting seabirds and seals, while Basking Sharks and Pilot Whales frequent its waters. Explore this tiny volcanic outpost's famous basalt cliffs and even more famous Fingal's Cave, formed millennia ago. Named after the hero of an 18th-century Scot's poem and the inspiration behind Felix Mendelssohn's dark and majestic 'Hebrides' Overture' following a visit in 1829. This natural cathedral of hexagonal basalt columns with towering arched ceiling showcases nature's design at its best. Next, we visit Scotland's 'Cradle of Christianity' on the tiny, 3.9 square kilometre island of Iona. Rich in a tumultuous history spanning Gaelic, Norse and Scottish occupation, Irish monk St. Columba built Scotland's first Celtic church and monastery in 563 AD, where elaborate carvings, including what is believed to be the first Celtic crosses, and famed Book of Kells dating back to 800 AD, were created. The first of the Viking raids started in 806 AD, with the Celtic Church being replaced by the Roman Church. We will visit the much-restored Benedictine Abbey complex, where two outstanding 8th-century crosses and a splendid collection of sculptures commissioned, or influenced by, the Chiefs of Clan Donald and their allies can be viewed. Nearby is the Reilig Odhrain, sacred burial ground of 48 Scottish kings. Other highlights include the views from Dun I, the highest point on the island and the 'Well of Eternal Youth' with its purported healing properties. Our next island is the tiny wildlife haven of ancient lava flows, basalt columns and sea stacks known as Lunga, and named after its boat-like appearance. Here, some 6,000 seabirds including Atlantic Puffins, Guillemots (Murre), Razorbills, Shags, Fulmars and Manx Shearwaters, nest in large numbers while seals are often observed lounging on the surrounding rocks, and Common Dolphins frequent the waters.

We plan to explore this incredible island by Zodiac cruise.

Day 4 - Isles of Shiant & Lewis

Today sees us sailing west of the Scottish mainland to the Isle of Lewis, the largest of Outer Hebrides and home of Harris Tweed, Scotland's largest Gaelic speaking community and an abundance of wildlife and unique heritage. En route, we will start the day's adventure with a Zodiac cruise of the Shiant Isles, where dramatic basalt column sea cliffs towering more than 120 metres high and lush grasslands attract more than 300,000 seabirds to breed. Cruising the secluded cliffs and rocky ledges, we hope to see large numbers of Puffins flying around us as well as Guillemots, Razorbills, Fulmars and Kittiwakes. It was here in 2009 that Europe's oldest puffin, aged 34, was discovered. While Minke Whales, Harbour Porpoises, Risso's Dolphins and Common Dolphins are all regular visitors to these waters. We then make our way to the sheltered harbour of Stornoway, the Lewis island's bustling capital, founded by Vikings in the 800s, where locals live alongside eagles and otters. We have time to soak up the atmosphere, explore the harbour, galleries, Lewis Castle or the Harris Tweed Story Room where you can learn the traditional, hand-weaving methods of this iconic woollen fabric and pick up a memento of your visit. We also plan to visit the ancient Callanish Standing Stones, one of Britain's most important Stone Age sites, and older than the Pyramids of Egypt. This Neolithic monument, built from ancient Lewisian Gneiss, is among the world's oldest exposed rock, dating back to 2900 BC. Forming a Celtic cross-shaped pattern when viewed from above, they were buried in five metres of peat with just their tops exposed until they were excavated in 1857 by local landowner Sir James Matheson.

Day 5 - Orkney Islands



Our adventures in Neolithic archaeology continue on the Orkney Islands as we sail into the beautiful port town of Stromness, where a rich maritime heritage and harbour are surrounded by stone houses and flagstone streets. Independent stores, galleries and studios fill laneways and are easily explored by foot - including the world-renowned Pier Arts Centre. An archipelago of 70 islands off the northern tip of mainland Scotland, Orkney is believed to have been inhabited for some 8,500 years by Vikings, Celts, Picts and Stone Age peoples and is home to some of the oldest and best-preserved Neolithic sites in Europe. We plan to visit the prehistoric monuments, the Ring of Brodgar Stone Circle and Henge, an enormous ceremonial site dating back to 2000 BC and Maeshowe Chambered Cairn, a Neolithic tomb built around 5,000 years ago. It was broken into about 1,000 years ago by Norsemen, who left their mark with runic graffiti and the stunning 'Maeshowe Dragon' carving on its walls. We also plan to visit Kirkwall, Orkney's colourful capital and historic town where towering St. Magnus Cathedral, dating back to 1137, makes it Scotland's oldest, sits at its centre. Surviving Reformers, Cromwellian troops and wartime conflict, it is the most complete medieval cathedral in Scotland and, entombed within one of its pillars, rest the bones of St. Magnus himself.

Day 6 - Shetland Islands

This morning, we sail into the historic port of Lerwick, cultural and historic heart of the Shetlands. Inhabiting the northernmost reaches of the United Kingdom, this Scottish archipelago of more than 100 wave-carved islands, where the North Sea meets the Atlantic Ocean, combines dramatic landscapes and towering cliffs with one of the world's best beaches (Breckon), Viking Heritage, incredible wildlife, and its famous namesake Shetland

Ponies. Those with an interest in history can explore Iron Age Clickimin Broch - a stone-built round house only found in Scotland, surrounded by centuries of structures dating from 1000 BC to 500 AD. Wander through Lerwick's quirky, narrow stone lanes made famous by Detective Inspector Jimmy Perez in the BBC TV series Shetland, or visit the superb Shetland Museum and Archives, where prehistoric artefacts and maritime history tell Shetland's story to the present day. The harbour is also an excellent place for wildlife photography, where Black Guillemots, Common and Arctic Terns and foraging Otters can be observed. There will also be an option to visit the archaeological wonderland of Jarlshof, where more than 4,000 years of Scottish history, from 2500 BC through to the 17th Century, can be explored at one of the most remarkable archaeological sites excavated in the British Isles.

Day 7 - Suðuroy, Faroe Islands

Spend the morning at sea sailing towards the Faroes, an archipelago of 18 ruggedly beautiful self governing mountainous volcanic islands which form part of the Kingdom of Denmark. Enjoy lectures preparing for the adventures ahead, spend time in the Observation Lounge or on deck looking for seabirds and cetaceans as we sail through the rich waters of the North Atlantic. Our first of three days in the Faroes visits the southernmost island, Suðuroy. First mentioned in documents dating to the 14th Century, the charming village of Vagar is the main town in the southern part of Suðuroy, where stunning natural beauty meets rich Faroese culture and diverse wildlife. Located at the head of picturesque fjord Vagsfjørður, Vagar is framed by rolling emerald hills, with its prime positioning along the shore a reminder of its legacy as a vital trading hub. Explore this stunning landscape comprising 50 mountains, six villages,



lakes, waterfalls and panoramic clifftop views overlooking skerries and sea stacks with your expedition team, and discover the town's fascinating history.

Day 8 - Streymoy

Today sees us arriving at the Faroe's quirky capital of Torshavn on the island of Streymoy. Translating to 'Thor's Hammer', Torshavn blends outdoor adventures with epic history, all wrapped around a modern, small but cool city, and has been the effective capital since the Viking Parliament was established here in 850 AD. Boarding coaches, we wind our way through the hilly, photogenic landscape to Kirkjubøur, the island's oldest cultural centre and most significant historic site on the Faroes. Here we discover the ruins of the 13th-century Magnus Cathedral, and the Parish church Ólavskirkja, built in 1111 and still in use. We will also visit the 900-year old farmhouse/museum Roystovan i Kirkjubø, one of the oldest inhabited timber farmhouses since 1100, and former Bishop's palace. For those wanting to stretch their legs, there will be the opportunity to join a hike in the hills surrounding the town to discover the flora and fauna and panoramic views. The afternoon is free to explore Torshavn, including the excellent Faroe Islands National Museum, where you will find the Faroes' national treasure - 16 ornately-carved wooden pew ends from the early 1400s featuring the 12 apostles, which were relocated from Magnus Cathedral

Day 9 - Mykines

Today, we spend the morning exploring the unspoiled beauty of the Faroes' most isolated and furthest west island, Mykines. Famed for its stunning natural beauty, dramatic landscapes and spectacular views, along with some truly impressive sea stacks and towering cliffs jutting out of the ocean. At the colourful

village of Mykines, the only village in the Faroes with the same name as the island, this once sizeable settlement now fills just 15 of the more than 40 houses in the village. With these families co-existing with the very unique, endemic mouse species, the Mykines House Mouse. It's also famous for being a birdwatchers' paradise, in paradise, and is a dedicated Ramsar site for wetland and seabird conservation, home to busy colonies of Atlantic Puffins, Guillemots, Razorbills, Fulmars, Kittiwakes, and Gannets. Enjoy lunch on board as we steam towards Iceland.

Day 10 - Seyðisfjörður, Iceland

Welcome to Iceland - Land of Fire and Ice. Our first of three days in Iceland is spent in the picturesque natural harbour at Seyðisfjörður, which combines its fishing heritage and colourful 19th-century Norwegian architectural style with a creative spirit. Despite its secluded location, Seyðisfjörður has earned the reputation of being an Icelandic hub for experimental art, no doubt on the back of renowned Swiss artist Dieter Roth, who had a residence and studio in town and formed a local art collective in 1996, two years before he died. The Skaftfell Art Center was established in his honour. Join your guides on a walking tour exploring the famous Blue Church and Rainbow Lane as we make our way to the Vestdalur Nature Reserve and Vestdalur Lake. An old mail route from 1880 - 1910, stacked rock constructions and cairns from this time are a reminder of the once busy thoroughfare. We pass several stunning waterfalls before arriving at the lake, which remains frozen most of the year. Here, we will look for some of the unique plants for which the valley is renowned. Nearby, explore the tiny cave where the ancient remains of the 30-year-old Viking-era 'Mountain Lady', who died in 940 CE, were found by workers in 2004, along with



more than 400 glass and amber pearls and bronze brooches. You will also have the opportunity to explore the abandoned fishing village and whaling station Vestdalseyri, while German artist Lukas Kuhne's mountainside sound sculpture Tvisongur (Duet) provides an eerie soundtrack to stunning views over the fjord via a series of five interconnected domes. Each one reflects a different tone from Icelandic music's traditional five tone harmony.

Day 11 - Húsavík

Today, we explore the many charms of Husavik, a small town overlooking Skjalfandi Bay, known as the whale watching capital of Iceland and immortalised in the parody Eurovision song 'Husavik - My Home Town' in the Eurovision Song Contest: The Story of Fire Saga film. Once the centre of the Icelandic whaling industry, today it enjoys a thriving whale watching industry where Humpback and Minke Whales can be observed alongside White-beaked Dolphins and Harbour Porpoises in the rich feeding grounds of Skjalfandi Bay. Explore Husavik's whaling history at the Whale Museum, where you will find an upside-down Blue Whale skeleton in the renovated former slaughterhouse. Eurovision fans will want to visit the Eurovision Museum and bar Jaja Ding Dong, and venture inland to discover the spectacular sight of Goðafoss waterfall, or 'waterfall of the gods', where Skjalfandafljot River crashes 12 metres down volcanic basalt, resulting in a 30-metre-wide horseshoe-shaped cascade. Our explorations continue at Mývatn, a stunning volcanic lake rich in wildlife formed around 2,300 years ago and surrounded by hot springs, lava fields, bubbling mud pools, sulphur vents and striking geological formations revealing the activity which continues to shape Iceland's landscape. The lake is also a renowned birding site, attracting Whooper Swans,

Arctic Terns, Red-necked Phalaropes, Great Northern Divers, Eurasian Wigeons, Tufted Ducks, Greater Scaups, Barrow's Goldeneyes and Northern Shovelers, among others. Though it is named 'Midges Lake' for a reason, the tiny insects are prolific here in summer and an important part of the ecosystem; don't forget to pack your insect repellent.

Day 12 - Vigur & Ísafjörður

This morning, we explore the small, family-owned private island and wildlife sanctuary of Vigur. Just two kilometres long and 400 metres wide, it was named for its spear-like shape but is also known as 'Puffin Island'. More than 60 species of birds can be seen on the island, including 100,000 Atlantic Puffins, 1,500 Black Guillemots, 1,700 Arctic Terns and more than 7,000 Common Eiders. The sixth generation farming family still practice the same sustainable eiderdown harvesting traditions of this valuable commodity. During our explorations here, discover Europe's smallest post office and Iceland's only windmill, dating back to the 1840s. Just a short distance away is the small fishing community of Ísafjörður, a 16th-century trading post and now cultural epicentre located in the heart of the famed Westfjords region. Renowned for its scenic beauty and expansive wilderness, it is the least-populated region in Iceland and, with its layered volcanic fjord shores, is considered one of its most scenic. An afternoon visit to Ísafjörður is planned to explore the Hornstrandir Nature Reserve with our naturalists, or the town's museums, galleries, and artisan workshops.

Day 13 - Reykjavík

Early this morning, we will arrive in Reykjavik, Iceland's trendy capital, where a cutting-edge arts and culture scene rubs shoulders with historic monuments and lively nightlife. It's also the world's northernmost capital of a sovereign state. After a



final breakfast, we bid farewell to our fellow voyagers and take a complimentary coach transfer to a central city location or Keflavik International Airport. In case of unexpected delays due to weather and/or port operations, we ask you not to book any onward travel until after 12 noon. Note: During our voyage, circumstances may make it necessary or desirable to deviate from the proposed itinerary. This can include poor weather and opportunities for making unplanned excursions. Your Expedition Leader will keep you fully informed. This tour offers a variety of activities and excursions. Your personal interests will determine which of these you wish to join. Please note that some activities and excursions will run at similar times, and it will not be possible to participate in both. Accordingly, refunds for excursions and missed landings are not available. Voyages are planned and scheduled pending final regulatory approval.

Please note:

Itineraries are subject to change.



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YOUR SHIP: HERITAGE DISCOVERER

YOUR SHIP: Heritage Discoverer

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LENGTH:

PASSENGER CAPACITY:

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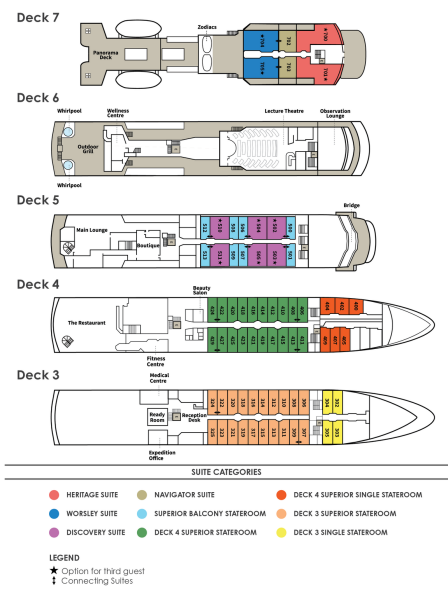
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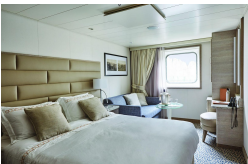
Deck 3 Single Stateroom



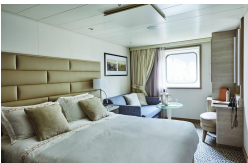
Deck 3 Superior Stateroom



Deck 4 Superior Single Stateroom



Deck 4 Superior Stateroom



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