



SERENE GREENLAND - TO THE WORLD'S LARGEST NATIONAL PARK

Epic grandeur of Scoresby Sund fjord system Scoresby Sund is an immense system of fjords and glaciers that fans out over 24,000 square miles. You'll witness majestic fjord seascapes, stunningly beautiful icebergs, abundant Arctic wildlife and perhaps even visit one of the most remote communities on the planet. The largest national park in the world Northeast Greenland National Park is gigantic natural reserve of 375,000 square miles occupying the remote northeastern quarter of Greenland. In the absence of people, wildlife abounds and with some luck you might see iconic Arctic species like musk oxen and even polar bears.



ITINERARY

DAY 1 Cosmopolitan Reykjavik

Explore the world's northernmost capital

Your adventure begins in Reykjavik.

A laid-back city of art, culture and history, delightful Reykjavik is well worth spending some time getting to know.

Take a stroll along Laugavegur with its boutiques and outdoor shops, gaze in awe at the striking Hallgrímskirkja



Church, and drop in on the fascinating Reykjavik Art Museum.

If you have the time, we recommend booking a Pre-Programme with us and discovering some of Iceland's natural highlights before your cruise begins.

DAY 2 Relaxing at sea

Getting ready for Greenland

As we sail into the Greenland Sea on our way to the world's largest island, it's time to relax, find your sea legs and get acquainted with the onboard facilities.

The Expedition Team will give talks about your upcoming adventure and will explain the protocols of respectfully visiting wildlife habitats and Indigenous Arctic communities. In the lecture hall, you'll find out what to expect in the epic landscapes of East Greenland National Park and the stunning fjords of Scoresby Sund.

If you're feeling active, head to the gym and do a workout with a view. On the other hand, you could sample the sauna, laze in a hot tub, indulge yourself at the onboard eateries or just find a quiet corner to read a book with a hot drink. Love science? Then why not join one of our onboard Citizen Science projects, a fun and engaging way to contribute to global research.

DAY 3-12 Northeast Greenland National Park and Scoresby Sund expedition days

Explore the wild east

We'll spend the next 10 days exploring Greenland's remote and pristine east coast. Extending for over 1,740 miles from north to south, this long stretch of coast is cold, isolated, and remote even by Greenlandic standards. The south-flowing East Greenland Current brings lots of sea ice directly from the Arctic Ocean, challenging human settlement but creating a heaven for ice-dependant wildlife, including the polar bear.

Local weather and ice conditions will dictate our exact route, but our plan is to sail first to Scoresby Sund, the world's largest fjord system. You'll feel a deep sense of serenity in this wild and rugged region, with white and blue icebergs floating in mirror-like waters surrounded by looming mountains. If conditions permit, we'll visit Ittoqqortoormiit - the most remote inhabited community in the Western Hemisphere.

Should the sea ice be favourable, we'll continue our journey north to the beautiful Northeast Greenland National Park - the world's largest national park. Visiting this fragile Arctic wilderness is a rare privilege as only a few visitors are permitted here each year.

Apart from old trapper huts, some science research stations, and a military outpost, there are very few traces of human life in this 375,000 square mile park. Be assured that this is one of the quietest places on Earth, and you'll enjoy a feeling of great peace as we explore this beautiful wilderness.

As this is an expedition cruise, the Captain and Expedition Team



will guide us to the most favourable spots on a daily basis. Our goal will be to pack in as many shore landings, small boat cruises, nature walks, kayaking adventures and wildlife sightings as possible.

DAY 13-14 Denmark Strait

Heading back to Iceland

After exploring the remote beauty of Greenland, we set our course back for Iceland. Spend the days at sea recapping your experiences with new friends, studying nature in the Science Center, listening to a lecture or two, or just relaxing on deck. Look out for the seabirds that follow our ship and keep an eye out for whales.

As you reflect on your cruise, from witnessing the delicate ecology of the fjord systems to the ethereal elegance of the floating ice, east Greenland's beauty is sure to have left its mark on you.

DAY 15 Reykjavík

End of the expedition

We say a fond farewell to MS Fram as we end our expedition cruise in the lovely city of Reykjavik. With its interesting museums, stylish galleries, restaurants and geothermal pools, there's so much to enjoy in Iceland's capital.

And if you want to discover more of Iceland, you can join our optional Post-Programme before you head home. Or simply extend your stay to enjoy more of Reykjavik and its surrounding

geothermal attractions. It's a great place to end an epic journey!

Please note:

Itineraries are subject to change.



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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.



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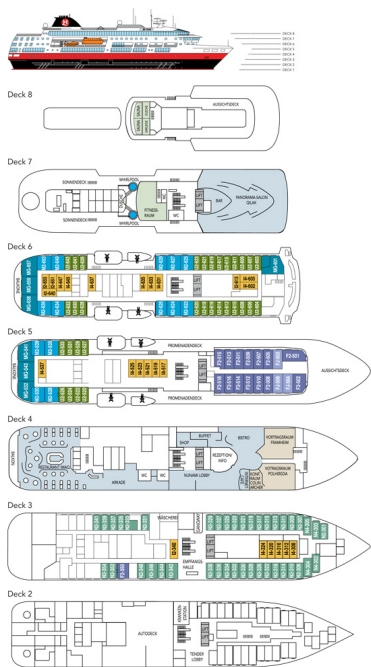
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