

SPITSBERGEN, ICELAND, FAROE ISLANDS – ISLAND HOPPING IN AND AROUND THE ARCTIC

Keep Watch for Wildlife Fly from Oslo to Longyearbyen, the world's northernmost town, before joining your expedition cruise to discover Spitsbergen's landscapes, home to reindeers, Arctic foxes, walruses and elusive polar bears. Then experience Iceland's volcanic terrain and look out for white-beaked dolphins and harbour porpoises, as well as humpback and minke whales. Culture of the Faroe Islands Experience life on the Faroe Islands with visits to its capital, Torshavn, and the tiny village of Elduvik, with its traditional turf-roofed houses designed to protect them from the harsh climate. In the Shetland Islands, learn about Norse heritage and local customs like the making of delicate Shetland lace shawls.



ITINERARY

Day 1 Arrive in Longyearbyen

From Oslo to the town at the top of the world

After a flight from Oslo, your adventure begins with an overnight stay in the world's northernmost town, Longyearbyen.

A colourful frontier settlement where people are outnumbered by snowmobiles, Longyearbyen is a unique place on the edge of



the Arctic wilderness. If you have time, head out to explore this special town, before enjoying a relaxing evening at your leisure.

If you'd like to spend two extra days exploring Longyearbyen and its surroundings before your voyage, see this voyage option. It includes the same sailing itinerary but with additional Arctic land adventures.

Day 2 Longyearbyen adventures

Explore colourful Longyearbyen

After breakfast, it's time to explore the world's northernmost town, a colourful frontier settlement where people are outnumbered by snowmobiles.

The former coal mining settlement is small enough to explore on foot. Stroll down the main street lined with boutique shops, an art gallery, and restaurants. You might even see a Svalbard reindeer saunter by.

Before boarding your ship in the afternoon and continuing your Arctic discovery, join an included excursion and get a deeper look at this isolated and remote region at the top of the world.

Day 3-5 Scenic Spitsbergen

A land of spectacular beauty

Svalbard's largest island Spitsbergen showcases Arctic beauty in its untouched glory; a wilderness of steep mountains, glaciers, and islands.

Over the next four days, you'll explore some of the world's most dramatic fjords, listening for the creaks of glaciers as they calve icebergs into the sea.

Delight in the rare chance to seek the region's apex predator, the magnificent polar bear, in its natural environment following the sea-ice edge hunting for seals.

We'll take advantage of every opportunity to land, taking expedition boats ashore for hiking and other activities. If we can, we'll launch our kayaks to enjoy the scenery in near-perfect silence.

Day 6 A day at sea

Enjoy a relaxing day as we cruise towards Jan Mayen

As we head towards the island of Jan Mayen, enjoy a day at sea.

There's plenty to do on board. Why not scan the seas for marine wildlife from the deck, enjoy the panoramic sauna or a soak in a hot tub. Visit the Science Centre for insights into the destinations ahead on your island-hopping expedition.

Enjoy a fascinating lecture from the Expedition Team or help collect important data to contribute to Citizen Science projects. Photography enthusiasts can pick up some pointers on how to capture wildlife and landscapes from our onboard photographer.



You'll find the comfort of the Explorer Lounge & Bar a great place to read, chat with other guests, or just watch the world glide by.

Day 7 Volcanic Jan Mayen

Visit an active volcano that's a haven for birdlife

Jan Mayen has no permanent residents and visits to the island are rare. In fact, we're one of the few to attempt landings here. If conditions allow, you'll be setting foot in one of Earth's most remote places.

Jan Mayen's surreal, moss- and lichen-streaked landscape is dominated by the Beerenberg volcanic cone. It's the world's northernmost active volcano and last erupted in 1985.

You won't see land mammals here, but the island is designated an Important Bird Area, supporting large populations of Northern Fulmars this time of year. Look out for abundant marine life in the surrounding waters too, including whales and seals.

Day 8 To Iceland's north coast

Enjoy a relaxing day as we cruise towards Iceland

As we sail from Jan Mayen to Akureyri, you'll have time to sit back and swap stories of your adventures so far. Keep your eyes peeled while on deck for some wonderful marine life and seabirds - you can even relax in a hot tub while doing so!

Join the Expedition Team in the Science Center as they set the scene for the next leg of your expedition. Learn about Iceland's stunning landscapes, cultures, and beliefs.

Day 9 Akureyri and Goðafoss

See dramatic moonscapes and waterfalls

Gaze at snowcapped peaks as we cruise along Eyjafjorður, Iceland's longest fjord. It's also known as a great place to spot humpbacks and minke whales, as well as white-beaked dolphins and harbour porpoises.

Iceland's 'Northern Capital', Akureyri, sits at the fjord base. Here, you can enjoy the oasis of a botanical garden, and visit top-notch eateries and museums.

A little further afield, you can witness the picturesque Goðafoss waterfall, where turquoise waters pound against black rocks. You can also keep an eye out for Eider and Harlequin Ducks at Lake Mývatn, one of Iceland's more active volcanic areas.

Day 10 Whale watching in Húsavik

Iceland's best whale watching spot

Today you'll discover Husavik, a fascinating small town that's one of the best places in the world from which to see whales.

Husavik looks out over Skjalfandi bay, which enjoys visits from



humpback and minke whales, white-beaked dolphin, harbour porpoise and even the elusive blue whale. If you're lucky, you might see one or more of these giants at sea. Learn more about them at Husavik's Whale Museum.

The Exploration Museum here has a section dedicated to space. Because Husavik's geology resembled lunar rocks, NASA sent astronauts from their Apollo space missions here to train. You can also enjoy the geothermal waters at Geosea, which overlooks Skjalfandi bay, and refresh with a beer at the local microbrewery.

Day 11 Magical Bakkagerði

Local folklore and natural beauty

Your Iceland cruise continues to Bakkagerði, a tiny, remote settlement. According to folklore, Bakkagerði is inhabited by a large population of local land spirits or elves, known as huldufolk, meaning 'hidden people'. Walk around town to explore this magical place.

The area around Bakkagerði is a popular hiking area. You can join the Expedition Team to walk through lush, green valleys and gorgeous scenery among colourful rhyolite rocks.

Or tour a local brewery and visit KHB Brugghus, the only distillery in Iceland that produces Landi, the true Icelandic Moonshine.

Day 12 Enjoy a day at sea

Learn about the Faroe Islands and relax on board

Today we sail from Iceland towards the Faroe Islands. Take this opportunity to enjoy all the comforts your expedition ship has to offer and get ready for the days ahead.

You may have unanswered questions about things you've seen in Iceland, or things to come in the Faroe Islands. As ever, your Expedition Team will be on hand hosting lectures and offering insights about these remarkable islands.

The Science Center will keep enquiring minds busy. Work out in the gym or relax in the panoramic sauna, where you can watch the views as you sail. Look out for birds and wildlife from the decks, or just take the time to sort through all those photos you've been taking.

Day 13 Peaceful, tiny Elduvík

Surround yourself with the sounds of Faroese nature

Today we'll stop to explore the tiny village of Elduvik, with just 23 inhabitants. Set in the Funningsfjørður inlet in the Faroe Islands. Elduvik is split in two by the river Stora.

While small, it comes complete with a school, church, dock and pier. From the pier, enjoy the view across the sparkling waters to the nearby island of Kalsoy - it's astonishingly peaceful here.



As you walk through the village's charming streets, listen for the songs of seabirds, bleating sheep, and waves coming to shore from the fjord. You'll notice that the roofs of many houses are built in the traditional Icelandic style: covered in grass instead of slate, offering much-needed insulation and protection against the weather.

Day 14 10th century Tórshavn

A visit to Streymoy in the Faroe Islands

Torshavn is located on Streymoy, the largest of the Faroe Islands. Founded by Norsemen in the 10th century, Torshavn - Thor's Harbour - is one of Northern Europe's oldest capitals.

Wander through the cobbled alleyways and delight in the colourful, turf-roofed houses found here. In the local museums, you can learn about the city's origins and the flora, fauna and geology of the Faroe Islands.

About half a mile out of town, the Svartafoss waterfall tumbles over mossy rocks. And as you walk along the seafront, look out for Eider Ducks and the distinctive Faroese Starling with its beige-tipped wings.

Day 15 The Shetland Islands

Discover Scotland's most northerly inhabited isle

Welcome to the Shetland Islands. Lerwick, the capital, is a friendly, Victorian-influenced fishing town set in beautiful scenery.

Navigate the narrow lanes on foot to discover little shops selling local whiskies, woollen sweaters and fudge.

By the old waterfront, you'll find the Shetland Museum, showcasing Pictish carvings and lace shawls. Nearby you can see Fort Charlotte and the regal-looking town hall.

Keep your binoculars handy to scan for grey and common seals along Lerwick's beaches, as well as local birdlife such as Red-throated Divers, redshanks and curlews.

Day 16 Disembark in Bergen

Discover colourful and picturesque Bergen

Your expedition cruise ends in Bergen. Surrounded by mountains and the sea, the old capital is one of Norway's most picturesque cities.

Discover the city on your own with a stroll through UNESCO-listed Bryggen and discover its colourful wooden wharfs. Why not pick up some souvenirs or gifts in the artisanal boutiques before heading home. Across from here, you'll also find the city's famous fish market.

Or, join our Post-Programme for a guided hiking tour.

Please Note:
Itineraries are subject to change.



YOUR SHIP: SPITSBERGEN

YOUR SHIP:	**Spitsbergen**
VESSEL TYPE:	**ExpeditionPassenger Capacity: 335Built / refurbished: 2009 / 2016**
LENGTH:	
PASSENGER CAPACITY:	
BUILT/REFURBISHED:	

Completely rebuilt in 2016, the 100 metre MS Spitsbergen features high technical standards as well as comfortable, modern public areas and cabins. The vessel's fresh Scandinavian design reflects a colour palette derived from the sea. She is modern and environmentally progressive, and further improvements that will reduce emissions and fuel consumption even more are in process. The new ship's maneuverability and optimal size make her quite suitable for exploring polar waters of both teh Arctic and Antarctica. Spitsbergen has a wide range of facilities including a sauna, fitness centre and hot tub, several bars and restaurants and a panoramic lounge. MS Spitsbergen has an on-board Expedition Team and serves as a university at sea. Interesting lectures inside the ship as well as out on the sun deck make this an exciting and educational journey. Topics depend on the season and the waters we sail in. The Expedition Team host a lecture programme and evening gatherings daily. Out on deck you can participate in live points of interest to learn more about the nature, culture and other phenomena we encounter along the coast. In addition, the Expedition Team will introduce you to the uniquely Norwegian notion of `friluftsliv´ (outdoor life), and encourage you take part in `friluftsliv´ hikes and activities during the journey. Ship Facilities Compass Service Centre Brygga bistro Shop Torget main dining Wi-Fi Lift Guest launderette Panoramic deck 8 Outside bar for events,



decks 7 & 8

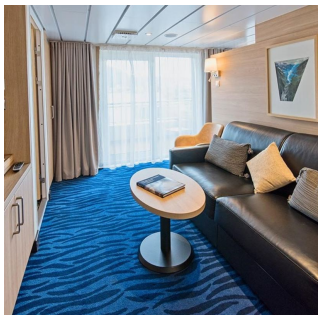


INSIDE YOUR SHIP

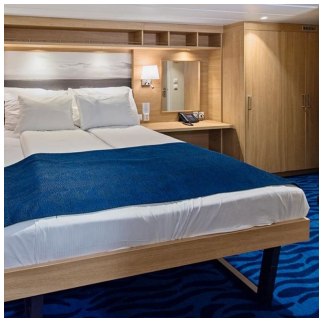
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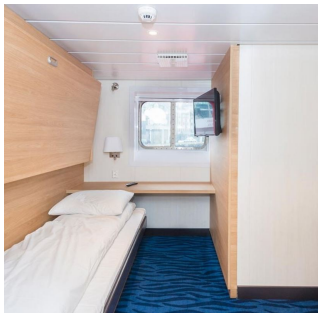
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