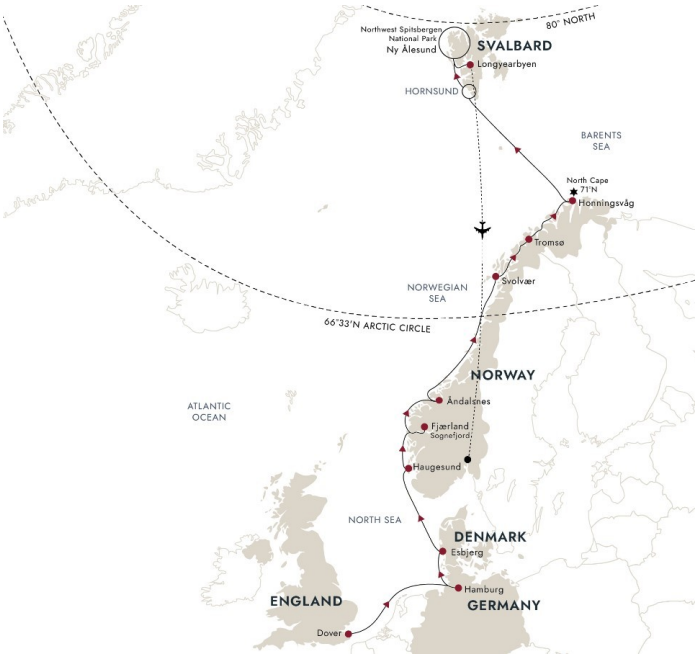


SUBLIME SVALBARD – FROM DOVER VIA NORWAY'S SPRINGTIME FJORDS EXPEDITION

Spring bloom Setting sail from Dover, you'll experience the Dutch delights of Harlingen and the German island of Heligoland, before heading to cosmopolitan Hamburg. Arriving in southern Norway during the vibrancy of spring, you'll find lush emerald-green fjords and cascading waterfalls. Cruise deep into the country's longest fjord, and in Haugesund, delve into Viking heritage. In Åndalsnes, you'll be immersed in incredible panoramas. Arctic adventures Crossing the Arctic Circle, you'll scout for Sea Eagles as you navigate the dramatic coastline of the Lofoten islands and feel inspired by legendary polar explorers in Tromsø. You'll stand in awe on the edge of continental Europe, before continuing to the pristine wildness of Svalbard. Striking fjords, sparkling glaciers and Arctic wildlife await as we spend two days exploring expedition-style.



ITINERARY

Day 1 Depart from Dover

Your adventure begins

Your expedition cruise starts in Dover. If you have time before boarding MS FRAM, take a walk along the famous white cliffs at St Margaret's Bay for incredible views of the coastline and the sparkling English Channel below.

Once you've picked up your expedition jacket and settled into your cabin, you'll have a chance to meet your Expedition Team,



who'll be your friendly hosts and knowledgeable guides. Then enjoy your first dinner aboard the ship - your adventure has begun.

Day 2 Harlingen's rich heritage

Experience the Frisian port city of Harlingen

Harlingen lies on the shores of the Wadden Sea, a UNESCO World Heritage Site, and it's home to the last traditional pottery factory in the Netherlands.

A city of canals and pretty harbours, you can explore on foot or by bike, and if conditions allow, we can take to the water to cruise the canals aboard our small expedition boats.

You'll find traditional sailing ships and historic warehouses around the old harbours of Noorderhaven and Zuiderhaven. Don't miss the Harlingen Aardewerkmuseum, where you can admire displays of distinctive Frisian pottery.

Day 3 Explore Heligoland

Discover the peaceful charm of this historic island

Just off the German mainland, tiny Heligoland was once a base for pirates and the strategic prize for a string of warring nations. Now this peaceful, traffic-free island is better known for its stunning nature, and at certain times of the year, its birdlife.

If conditions allow, local boats will take us ashore to explore both of Heligoland's distinctive islands. On one island, you can walk the scenic trails along the red cliffs to look out for nesting birdlife such as Northern Gannets and Common Guillemots. On the other, you can stroll along the fine white sands lined by dunes in search for seals lounging around the shores.

Day 4 Germany's Hanseatic treasure

Explore UNESCO sites in Germany's second city

We arrive in Hamburg, the second-largest city in Germany and one of the greenest urban areas in Europe.

There's much to see and do in Hamburg - sometimes called the 'Venice of the North' due to its picturesque canals between lake Alster and river Elbe. You'll find many attractions in the old town district of Altstadt, like St Nikolai Memorial and the historic street of Deichstraße. Hamburg is also home to UNESCO World Heritage sites, including Chilehaus, and the world's largest historic warehouse complex in "Speicherstadt". Join a tour or discover the city at your own pace.

Day 5 Relaxed Esbjerg

Get a taste of Denmark on the Jutland peninsula

The first stop on our journey to the Arctic is Esbjerg on the west coast of Denmark's Jutland peninsula. As we approach, look out for the giant 'Man Meets the Sea' statues sitting by the shore.

Esbjerg is a blend of historic charm and modern Scandinavian chic, and it's easy to get around on foot. A shuttle bus will take you into the centre to explore at your leisure. Why not treat yourself to a typical smørrebrød for lunch. You'll find Denmark's famous open rye bread sandwiches irresistibly displayed in

many bakery windows.

After lunch, it's time to say goodbye to Denmark as we set sail for Norway. Enjoy an afternoon at sea making the most of your ship's facilities. Why not relax in the hot tubs or watch the world go by from the Explorer Lounge & Bar.

Day 6 Historic Haugesund

Step back in time at the homeland of Vikings kings

As we reach Norway, we'll head for the region of Haugesund. Known for its Viking connections, it was here that King Harald Fairhair first united Norway into a single kingdom. From this royal seat, Norway's kings long controlled the renowned shipping route Nordvegen, or 'the way to the north', from which the country takes its name.

Today, this Viking past lives on in the area's many historic sites. If conditions allow, we'll visit a recreated Viking settlement on the small island of Bukkøya, and on nearby Karmøy, you can delve deeper into Norway's Viking and maritime history at the Nordvegen History Centre.

Day 7 A day deep in Sognefjord

Discover how glaciers shaped the Norwegian landscape

In the morning, we plan to cruise deep into Sognefjorden, the longest and deepest fjord in Norway, to the tiny hamlet of Fjaerland. Only 300 people live in this idyllic village with its many charming old buildings and weaving traditions. This is also the place where Sognefjorden meets Jostedalsbreen, the largest glacier on the European continent.

A visit to the Norwegian Glacier Museum is the included activity of the day. There you can learn why glacier ice is blue and how the fjords were formed. You can even perform a few experiments with 1,000-year-old glacier ice and watch a panoramic film about Europe's largest glacier.

Day 8 Alpine Åndalsnes

Soak up breathtaking panoramas in this fjordside town

Nestled at the end of the Romsdalsfjord, Åndalsnes is surrounded by soaring mountains, deep valleys and dramatic fjords. The scenery around this alpine town is simply awe-inspiring.

To take it all in, hop on the gondola from the town centre for the five-minute scenic journey up Mount Nesaksla, some 2,300 ft above sea level. Here you can revel in 360-degree views of the town and the towering mountains of Romsdalshorn and Venjetinden beyond.

To truly immerse yourself in this incredible landscape, join us for an exhilarating hike or, if conditions allow, you can enjoy a peaceful kayak paddle in the fjord.

Day 9 Toward the Arctic Circle

Along the Helgeland coast to Arctic Norway

As we sail towards the wild beauty of the Lofoten archipelago, enjoy a day at sea.



Continue your discovery on board with your Expedition Team by joining a talk or workshop and deepen your understanding with a visit to the Science Centre. Relax in the panoramic Explorer Lounge & Bar, and as we pass Helgeland, watch for the silhouette of the Seven Sisters mountain range. This impressive coastal range is home to the Torghatten mountain, recognisable by its distinctive hole through the middle.

Later in the day, we'll cross the Arctic Circle as we venture further north and into the Arctic.

Day 10 Epic Svartisen

Discover the glaciers of 'black ice'

Today, we'll sail into Holandsfjord off the rugged Helgeland coast, and head towards the Svartisen glacier. Covering 230 square miles and with 60 'tongues', this incredible geographical feature is Norway's second largest glacier after Jostedalsbreen.

Meaning 'black ice', the epic Svartisen is made up of two separate glaciers, Vestisen and the Østisen, which are divided by the half-mile-long Vesterdalen valley. The ice colour can range from turquoise to dark blue, although never quite black.

If conditions allow, your Expedition Team will land at a local jetty and lead you ashore, where we'll take a hike to get a panoramic view of this incredible glacier.

Day 11 Lofoten

Experience dramatic panoramas

Approaching the dramatically steep mountains of Lofoten by ship is an experience that's unforgettable. You'll be in awe of the landscapes as we sail towards this region of windswept islands, sheltered bays, and some of the most beautiful fjords in the world. Look out for Sea Eagles as you admire the exceptional beauty of this stretch of coastline.

Today we aim to explore the famed Lofoten Islands from the fishing port of Svolvaer. Learn how the rugged landscapes and a history of fishing have influenced life in Lofoten or explore the soul-stirring landscape up close on a hike with your Expedition Team.

Day 12 Tromsø

Follow in the footsteps of polar explorers at the gateway to the Arctic

Set in a majestic landscape, this small, cosmopolitan city has an exciting past and plenty of fascinating sights to discover.

It was the base for many a historic Arctic expedition, including those of Roald Amundsen, and its situation 250 miles north of



the Polar Circle has led to it being called the 'Gateway to the Arctic'. At the Polar Museum, discover the city's exploration heritage, and see the Arctic Cathedral - with its huge stained-glass window, it's one of the most striking landmarks in Tromsø. You can also take the Fjellheisen cable car to the top of Storsteinen for incredible views.

Day 13 The North Cape

Discover majestic Arctic landscapes at Europe's northernmost point

The captivating North Cape marks mainland Europe's northernmost point. This rugged promontory on the north of Magerøya island truly feels like the end of the Earth.

Here, we'll venture across the wild Arctic landscape towards the cape's towering cliff edge, which sits around a thousand feet above the Barents Sea. Feel a sense of awe as you take in the panoramas, and as you gaze towards the horizon, think of the adventures yet to come as your voyage heads even further north.

Discover more about the history of this remarkable site at the North Cape Hall.

Day 14 Enjoy a day at sea

A peaceful interlude in your adventure

Spend the day at your leisure as we sail across the Barents Sea deeper into the Arctic towards the Svalbard archipelago. Savour the quiet moments, simply appreciating the peaceful feeling of being at sea. This is a rare opportunity to disconnect and get a break from the modern world.

Feeling active? You can enjoy a workout in the gym or simply relax in the sauna while gazing out at the view. As ever, our Expedition Team will be on hand to answer any questions you may have and offer insights about these Arctic islands.

Day 15-18 Scenic Spitsbergen

A land of spectacular beauty

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

Over the next four days you'll visit some of the world's most dramatic fjords, while watching and listening for glaciers as they creak and calve icebergs into the sea.

Making our way to Northwest Spitsbergen National Park, we'll cruise into deep fjords headed by sparkling glaciers that flow



into the blue water.

Each day will be different. From landings to kayaking, be ready for anything as your Captain and Expedition Team decide on the best landing sites and activities based on the day's conditions. Perhaps we'll head to the snowcapped peaks of Hornsund, or visit Ny-Ålesund, the starting point for Roald Amundsen's expeditions north with the airship 'Norge'. Now a hub for global science and climate research, you can still see remnants of the town's history.

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.

The generous daylight of the Midnight Sun gives us plenty of time to explore this breathtakingly scenic area.

Day 19 Longyearbyen

A last day on top of the world

Your Norway and Svalbard adventure draws to a close in Longyearbyen, where you'll catch your flight back to Oslo.

You'll return with a wealth of knowledge about Arctic animals, geology, history, polar ice and climate change - and memories of an incredible experience that will last a lifetime.

If you're not ready to say goodbye just yet, why not spend some more time in the Arctic and join our optional Post-Programme.

Please note:

Itineraries are subject to change.



YOUR SHIP: FRAM

YOUR SHIP: **Fram**

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

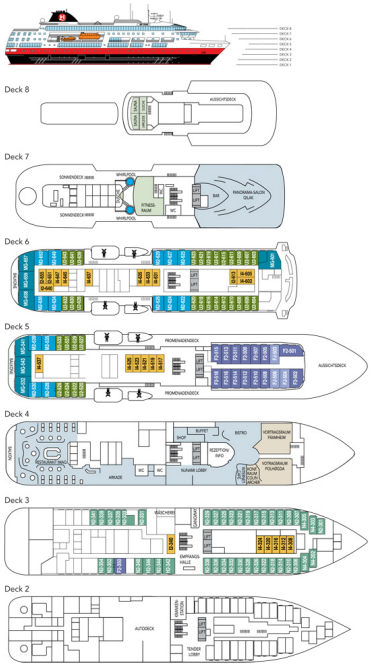
BUILT/REFURBISHED:



MS Fram is designed for sailing in polar waters, holds the highest safety standards and is the perfect size for optimum nautical manoeuverability 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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