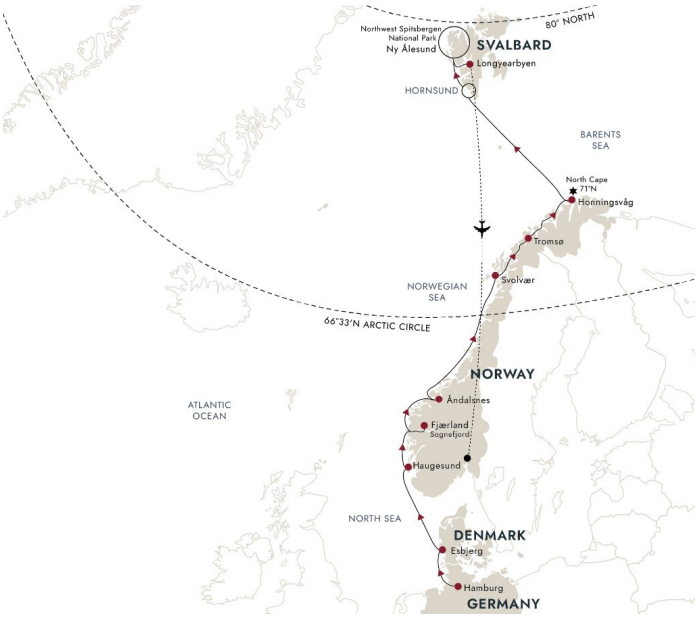


SUBLIME SVALBARD – FROM HAMBURG VIA NORWAY'S SPRINGTIME FJORDS EXPEDITION

Norway in bloom Setting sail from Hamburg, you'll find southern Norway in vibrant spring bloom with lush emerald-green fjords and cascading waterfalls. Discover an enchanting hamlet as you cruise deep into the country's longest fjord, and in Haugesund, delve into Viking heritage. In Åndalsnes, you'll be immersed in incredible panoramas while riding the iconic cable car. Then, we set course north across the Arctic Circle. Arctic adventures Scout for Sea Eagles as you navigate the dramatic coastline of the Lofoten Islands and feel inspired by legendary polar explorers in Tromsø - the gateway to the Arctic. You'll stand in awe on the edge of continental Europe, before continuing to the pristine wilderness of Svalbard. Striking fjords, sparkling glaciers and Arctic wildlife await as we spend three days exploring expedition-style.



ITINERARY

Day 1 Departing Hamburg

Your adventure begins

Your expedition cruise to Norway and Svalbard begins in Hamburg - a city full of history, art and culture. There's plenty to see and do here, so take some time to explore before boarding your expedition ship.

You'll discover many of the city's attractions in the old town district, 'Altstadt', including St Nikolai Memorial and the historic street of Deichstraße. Why not discover the interesting history of



two UNESCO World Heritage sites - Chilehaus and the world's largest warehouse complex.

Once aboard, you'll collect your complimentary expedition jacket, meet your Expedition Team, explore the onboard comforts of your ship and settle into your cabin as we set sail.

Day 2 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 3 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 4 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 5 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 6 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 7 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 8 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 9 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 10 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 11 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 12-15 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 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.

Reaching farther north, sea ice might affect our course as we attempt to make our way to Northwest Spitsbergen National Park. There, we plan to 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 16 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:

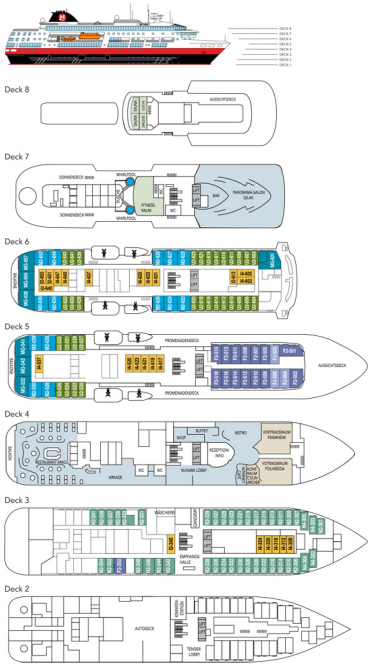
BUILT/REFURBISHED:



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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