

SUMMER ESCAPES: FROM THE NORTH SEA TO THE IBERIAN PENINSULA LUXURY CRUISE

A microcosm of lush landscapes and characterful cities, the shores of the North Sea and the Atlantic Ocean invite you to enjoy the summer in a new way. From the Norwegian coastlines to the golden beaches of Portugal, walks and bike rides will punctuate this green break. Between strolls in the fresh air, experience a way of life: fascinating museums, culinary traditions, iconic pilgrimage sites – such as Santiago de Compostela –, and historic jewels all come together to form a coastline that features a thousand faces. Brittany, Cantabria, Astoria, Galicia: these emblematic regions reveal themselves to the pace of outdoor activities and cultural discoveries, lulled by the fresh air of the Atlantic.



ITINERARY

Day 1 - Oslo

Capital of Norway, Olso, is a green city. Its many parks and gardens make it the reputedly pleasant city it is. The 80 hectares of Vigeland sculpture parks and its 212 open air exhibitions, the Munch Museum dedicated to the life and works of the Norwegian artist Edvard Munch, plus the Akershus fortress which symbolises Oslo's rich history, are both must-sees. For culture, the national gallery shelters the largest Norwegian collection of paintings, drawings and sculptures open to the public. And, for sports enthusiasts, the Holmenkollen district with its Ski museum and famous ski jump offer the most stunning, all-encompassing view of the city.



Day 2 - Mandal

A small coastal town in southern Norway, Mandal will captivate you with its peaceful atmosphere and its sandy beaches, which are among the most pleasant in the country. It is also the birthplace of Gustav Vigeland, a major figure in Norwegian sculpture, who created the famous installation in Frogner Park in Oslo, and his brother Emanuel, a painter. The house where they were born is now a museum, affording a glimpse into their artistic universe. This discreet port of call is ideal for a quiet moment featuring nature and culture.

Day 3 - At sea

During your journey at sea, make the most of the many services and activities on board. Treat yourself to a moment of relaxation in the spa or stay in shape in the fitness centre. Depending on the season, let yourself be tempted by the swimming pool or a spot of sunbathing. This journey without a port of call will also be an opportunity to enjoy the conferences or shows proposed on board, depending on the activities offered, or to do some shopping in the boutique or to meet the PONANT photographers in their dedicated space. As for lovers of the open sea, they will be able to visit the ship's upper deck to admire the spectacle of the waves and perhaps be lucky enough to observe marine species. A truly enchanted interlude, combining comfort, rest and entertainment.

Day 4 - Ostend

Located on the Flemish coastline, half way between France and the Netherlands, the elegant city of Ostend is a favourite summer destination for Belgians. You can enjoy the "queen of beaches", a stretch of fine white sand punctuated by breakwaters, covered by the North Sea at high tide. The seafront boasts sumptuous facades from the Belle Epoque, such as Villa Maritza, which stands witness to this seaside town's rich past. Art amateurs will enjoy the excellent Kunstmuseumaan Zee, where a retrospective of Belgian art dating from 1830 is on display.

Day 5 - At sea

During your journey at sea, make the most of the many services and activities on board. Treat yourself to a moment of relaxation in the spa or stay in shape in the fitness centre. Depending on the season, let yourself be tempted by the swimming pool or a spot of sunbathing. This journey without a port of call will also be an opportunity to enjoy the conferences or shows proposed on board, depending on the activities offered, or to do some shopping in the boutique or to meet the PONANT photographers in their dedicated space. As for lovers of the open sea, they will be able to visit the ship's upper deck to admire the spectacle of the waves and perhaps be lucky enough to observe marine species. A truly enchanted interlude, combining comfort, rest and entertainment.

Day 6 - Brest

Built around a magnificent harbour, Brest opens onto the Iroise Sea and the river Penfeld that runs through the city. Its port was used by the French navy for centuries before becoming an important commercial port and marina appreciated by the great navigators. As you stroll along Quai Commandant Malbert, you may catch a glimpse of the superb schooner La Recouvrance and, in the distance, a few lighthouses along the chiselled coastline. You will be able to discover the marine ecosystems at the Oceanopolis centre and visit the naval museum housed in Chateau de Brest. Officially recognised as a city of art and history, Brest will also charm you with its architectural eclecticism, mingling modernism, neoclassicism, art nouveau



and art deco.

Day 7 - Royan

A seaside resort whose architecture blends Belle Époque and modernism, Royan offers a quiet port of call on the Atlantic Coast. Its wide beaches, its covered market and its retro villas are as appealing as its prime position: ideal for discovering some of the region's treasures, such as the island of Oleron and its famous oysters, Talmont-sur-Gironde, one of the most beautiful villages in France, or the iconic port city of La Rochelle.

Day 8 - Santander

Facing the Bay of Biscay, its backdrop a natural setting that combines sea and mountain, Santander rolls out along a huge bay on the northern coast of the peninsula. A city of maritime tradition, it has a century-old touristic vocation. It is home to two treasures that are UNESCO World Heritage Sites: a part of the Way of Saint James and the Cave of Altamira. Its Prehistory and Archaeology Museum houses one of the most valuable Palaeolithic collections in Europe and the Maritime Museum of Cantabria is one of the most comprehensive museums in Spain dedicated to the sea. Its beaches with peaceful waters, protected from the wind, offer one of the most beautiful sea fronts with a succession of Belle Époque buildings.

Day 9 - Aviles

Now the third largest city in the Principality of Asturias, Aviles has managed to retain all its charm. Its old town, declared a Historic-Artistic Site, contains architectural marvels such as the pedestrianised streets Calle Galiana and Calle Rivero, the Plaza de España and its town hall, and the Church of Sabugo, dating from the 13th century. Between palaces - including the very beautiful Valdecarzana and Camposagrado palaces -, shady arcades, fountains and other historical monuments, fall in love with this city and its unique heritage.

Day 10 - La Coruña

La Coruña stands on a peninsula in north-west Spain. As you enter the harbour, you can see the imposing Castillo de San Anton, which houses archaeological collections from Galicia. In the old town, you'll travel back in time as you meander through the streets from the medieval church of Santiago to the contemporary Domus building, a museum dedicated to human biology and psychology. Brightly coloured tramways connect to the waterfront, on one side, Riazor beach, and on the other, the Hercules tower: this lighthouse overlooking the Atlantic, is a UNESCO World Heritage site, listed for its history dating back to Antiquity.

Day 11 - Vigo - Santiago de Compostela

Nestling on the Atlantic coast, in the south of Galicia, the former fishing port of Vigo is now the region's largest municipality. Its old town, more commonly known as O Berbes, will unveil its many historical monuments and the unusual architectural style of its homes. Off the coast, the Cies Islands, declared a Nature Reserve and located in the Atlantic Islands of Galicia National Park, offer truly splendid landscapes and exceptional biodiversity. Further north, make sure you visit Santiago de Compostela, which welcomes many pilgrims from all over the world every year. Designated a UNESCO World Heritage Site, its historical centre has significant architectural heritage.

Day 12 - Figueira da Foz

Situated at the mouth of the Mondego River, 40 kilometres (25 miles) from Coimbra, Figueira da Foz is known for its beautiful, vast beaches of white sand. A major fishing and trading port in



the region, the city has been a popular destination with the Portuguese since the 19th century, a golden age during which the aristocracy made it their seaside resort of choice. Beautiful villas and casinos have sprung up along the immaculate beaches, giving the town an eternal holiday atmosphere. Its proximity to Coimbra makes it an ideal stopover for many travellers wishing to discover one of the jewels of Portugal and its rich history.

Day 13 - Lisbon

Portugal's capital city located on the banks of the Tagus, only a few kilometres from the Atlantic coast, is a city of exceptionally rich cultural diversity. At the mouth of the river harbour, impose two UNESCO World Heritage monuments, Jeronimos monastery and Belem tower. The Alfama hillside is also worth visiting: known for its fado bars and its Moorish streets, this district is the oldest one of the city and one of the most typical. Not far from there, Chiado's elegant streets are home to big fashion labels and are an invitation to a bit of of luxury shopping.

Please note:

Itineraries are subject to change.



YOUR SHIP: LE LAPEROUSE

YOUR SHIP: **Le Laperouse**

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

Featuring innovative and environmentally-friendly equipment, elegantly designed cabins, spacious suites with large windows, and lounge areas that open onto the outside, this new limited-capacity yacht boasting just 92 cabins and suites will offer you a truly unique cruising experience. Aboard this ship that flies the French flag, you will experience the incomparable pleasure of an intimate cruise, with the possibility of exploring an ever-increasing range of destinations in an ethnic-chic ambiance with luxury service. Experience a luxurious setting where the accent is on authenticity and passion for travel. RESTAURANTS As it is an essential part of French culture, gastronomy will naturally have pride of place aboard this new ship. Through its two restaurants, Le Laperouse will invite you on a journey to elegance and epicureanism. In a relaxed atmosphere, a first dining area located on Deck 3 and able to seat 70 will serve grilled meats daily, along with a variety of salads and desserts. To the back of Deck 4, you will find a 260 m² panoramic restaurant which can accommodate all of our passengers in a single sitting. Designed differently to that on our other ships, this dining area, which opens onto the outside, will have a buffet of salads, desserts and cheeses at your disposal. Our discreet and attentive crew will provide table service for hot meals. PUBLIC AREAS Le Laperouse has many common areas that are designed and equipped to meet all of your needs while preserving the intimacy of each passenger. A 140 m² reception area includes: A reception/concierge desk, An excursions desk, The ship's administrative services, The sales office, manned by our Guest Relations Officer, Our 50 m² boutique which sells clothing, jewellery, beauty products, postcards and various accessories, Toilets accessible to passengers with reduced mobility. A new hydraulic platform with adjustable height provides: Easier boarding than on any other cruise ship, Easier Zodiac embarkation and disembarkation for expeditions, Easier access to the sea for swimming and practising various water sports such as kayaking or paddle-boarding. A pool deck offering: A pool with a panoramic view, equipped with a counter-current swimming system, A pleasant solarium, An outdoor bar and lounge with armchairs and sofas. A 200 m² main lounge which can accommodate all of our passengers to share convivial moments and to host activities organised during the day or evening. Lastly, a theatre that seats 188, equipped with: The latest sound and lighting technology, A LED wall as the stage backdrop, for the projection of high-resolution images and videos. Please click the following links to read more about Ponant and the other Ponant





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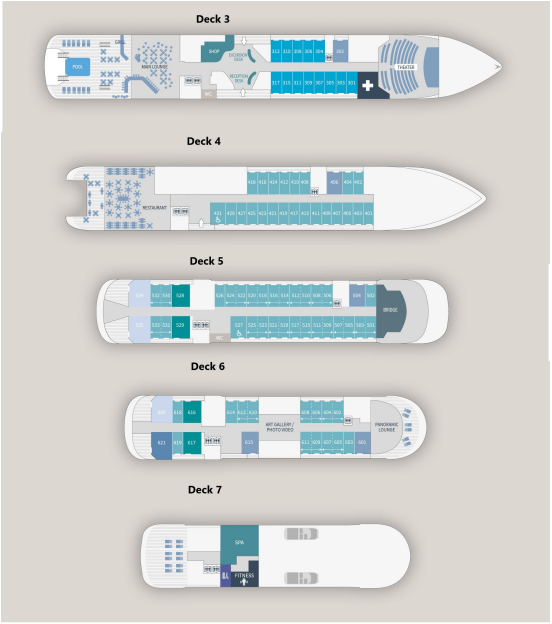
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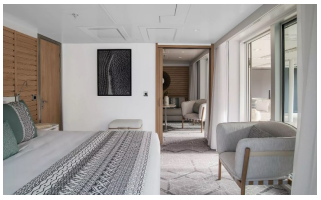
Deluxe Suite Deck 6



Grand Deluxe Suite Deck 5



Grand Deluxe Suite Deck 6



Prestige Deck 4





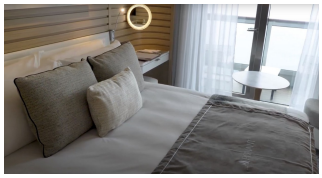
Prestige Deck 5



Prestige Deck 5 Suite



Prestige Deck 6



Prestige Deck 6 Suite



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Privilege Suite Deck 6





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