

SVALBARD IN SPRING - THE RETURN OF THE SUN EXPEDITION

An icy wonderland Witness the reawakening of life during spring in Svalbard. Starting in Oslo and sailing to Longyearbyen, this concentrated voyage takes you through untouched snowscapes with serene fjords, snowcapped mountains and glittering glaciers. You'll discover the incredible scenery of Northwest Spitsbergen National Park and get an understanding of climate science in Ny-Ålesund. Wildlife reigns Long days under the Midnight Sun and lingering winter ice give us a great opportunity to spot Arctic wildlife. Look out for returning birds like Little Auks and Arctic Terns, as well as Arctic foxes, Svalbard reindeer and walruses. With luck, we may even see the elusive polar bear. If conditions allow, we'll sail above the 80th parallel north and scout for wildlife along the ice edge.



ITINERARY

DAY 1 Explore cosmopolitan Oslo

Enjoy time in Oslo before flying to Svalbard

Your adventure begins in Oslo, Norway's fjord-side capital. If you have time, why not explore the city and enjoy what it has to offer.

With its rich history, diverse eateries and lively art scene, Oslo is a fascinating place. You'll find museums, galleries, and some





very modern architecture - including the beautiful Opera House and new Munch Museum. And the city is compact enough to explore in a leisurely manner.

Take a stroll in the Ekebergparken sculpture park, visit Akershus Fortress, or relax in a floating sauna in the fjord. Explore modern Sørenga to sample urban beach life and perhaps try some New Nordic cuisine before you spend the night in your airport hotel.

DAY 2 Longyearbyen adventures

Explore colourful Longyearbyen

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

Longyearbyen is perfect for exploring on foot. Stroll down the main street and you might see Svalbard reindeer saunter by. Although wild, they're curious and tame.

Before boarding your ship in the afternoon and continuing your Arctic discovery, join an included excursion and get a glimpse of this amazing polar bear-inspired region at the top of the world. And if you'd like to discover even more of Longyearbyen's special surroundings, why not join our optional Pre-Programme.

DAY 3 Peaceful Ny-Ålesund

Experience science, serenity and epic scenery

Today you'll discover the serenity of Ny-Ålesund and neighbouring fjords such as Krossfjord and Kongsfjord. Disconnect and enjoy a day without distractions as the Norwegian Mapping Authority's nearby geodetic station means we must switch off Wi-Fi and Bluetooth.

One of the northernmost settlements and a former mining town, Ny-Ålesund was 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.

You'll be immersed in rugged, glacial scenery as we explore the fjords around Ny-Ålesund. Be ready for adventure; we'll seize any opportunity to launch our small expedition boats, go ashore to hike or cruise by majestic glaciers.

DAY 4 Northwest corner of Spitsbergen

Explore pristine snowscapes under the Midnight Sun

Making our way to the northwest corner of Spitsbergen, we'll cruise through Sørgattet, the southern entrance to Smeerenburgfjord. The light of the Midnight Sun gives us plenty of time to explore this breathtakingly scenic area.

In the shadow of soaring snowcapped mountains, you'll discover pristine icescapes as the summer just touches the region. Marvel at the array of majestic glaciers and get an insight into the area's whaling past. On the cliffs above, look out for





returning Arctic birds like Little Auks, Arctic Terns, skuas, Eider Ducks and Barnacle Geese,

If conditions allow, we may even cross 80th parallel north and explore the ever-changing ice edge.

DAY 5-6 Expedition days

Experience Arctic wilderness in the far north

Over the next two days, we'll explore the natural beauty and rugged tundra of Northwest Spitsbergen National Park. In this wilderness of steep mountains, stark glaciers and beautiful offshore islands, we'll scan for some of the animals of the Arctic - seals, walruses and reindeer. Early in the season, there's a good chance we may spot polar bears too, so we'll be on the lookout for these iconic but elusive predators. And as we progress further into June, we may see whales returning to the region for summer.

Each day will be different. From landings to kayaking, be ready for anything as your Captain and Expedition Leader decide on the best landing sites and activities based on the day's conditions.

Perhaps we'll head to the snowcapped peaks of Raudfjord, or to Liefdefjord, to see the magnificent Monacobreen glacier as it calves into the sea.

DAY 7 Astonishing Isfjord

Witness living history and ecology

Our expedition cruise continues into Isfjord's lush fjord system, where you'll see immense, glacier-carved valleys rich in wildlife, flora and human history.

To the north, Alkehornet is home to guillemots, kittiwakes, Svalbard reindeer and Arctic foxes. The clear traces of the area's whaling and hunting past are visible on beaches and in bays. Farther south, we'll pass the former Isfjord Radio satellite communication station, now one of the world's most beautifully situated hotels.

Our activities today will be determined by the ever-changing weather conditions of Isfjord. Your Expedition Team will decide on the best possibilities for exploring on the day.

DAY 8 Return to Longyearbyen

A final day on top of the world

Your Arctic adventure comes to an end back in Longyearbyen. A transfer will take you to the airport for your flight to Oslo. You'll return home knowing more about Arctic animals, history, polar ice and climate change than you arrived with - and memories of an incredible experience.

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:





As we explore these remote and captivating areas in a safe way, our adventure will ultimately be guided by nature. If weather, sea or ice conditions do not allow our planned navigation, our experienced crew will deliver an adapted itinerary. Flexibility and our deep knowledge of the area combine to give you an amazing exploration experience.



YOUR SHIP: FRAM

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VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

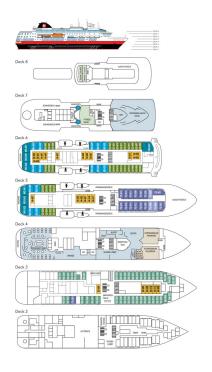
BUILT/REFURBISHED:

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.





INSIDE YOUR SHIP



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