



The Small Cruise Ship Collection

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VISIT TROMS AND THE ARCTIC CIRCLE

Join us as we make history by sailing from Oslo for the first time ever, on an autumn, winter, or spring trip you'll never forget. See the stunning beauty of the Norwegian coast from the southernmost point in Lindesnes all the way to Tromsø, above the Arctic Circle.



ITINERARY

DAY 1 : Oslo

You've arrived Welcome to Norway! First stop: Norway's thriving capital, Oslo. Take the transfer from the airport to your hotel, located in the heart of the city. The rest of the day or evening is spent at your leisure. Why not wander your way to the city centre, making sure to take snaps of the architecturally distinct Rådhuset town hall, Royal Palace, and Oslo Cathedral. You'll find Oslo is a mixture of neighbourhoods, such as trendy Grünerløkka full of bars and restaurants or Aker Brygge which has views of Oslofjord. If there's enough daylight left, you could even jump on the metro from Central station. A short 20-minute



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ride is all it takes to bring you to the edge of a tranquil alpine forest that overlooks the city.

DAY 2 : Oslo

You've arrived Today, you'll get to know Oslo even better on a tour to two of the city's main attractions. Vigeland Sculpture Park is located at the centre of splendid Frogner Park. There, you'll find more than 200 visually striking sculptures in bronze, granite, and cast iron by prolific Norwegian artist Gustav Vigeland. Further north from Vigeland, just outside of Oslo, is Holmenkollen Ski Jump. You won't be doing any jumping yourself, but the impressive building enjoys panoramic views over the city, lakes, and fjord. Beneath the ski jump is also the world's oldest ski museum featuring 2,500 pairs of skis and 4,000 years of skiing history. The tour will end at the pier where your ship, MS Trollfjord, is waiting to depart by early evening. Once we've welcomed you aboard and you've settled into your cabin or suite, you'll meet your Coastal Experience Team. You'll get to know each member of the team well as they give lectures and organise onboard activities for you throughout your voyage. Meet your fellow guests in the ship's two-storey panorama lounge and mark the moment we make history by sailing from Oslo for the first time. Watch as the capital's twinkling lights fade into the distance and admire the scenery and various points of interests seen along Oslofjord.

DAY 3 : Kristiansand and Farsund

The city of lighthouses Sitting along the southern tip of the country, Kristiansand is Norway's fifth largest city, with a population of 112,000 people. We aim to be alongside in the early morning, giving you a few hours to explore. As you enjoy a guided walk, you might notice that the city is built on a very uniform grid plan, with several straight roads running from the

harbour all the way through the city. Along these roads, you'll find architecture from different eras, speaking to the extensive rebuilds the city had to go through after major fires in the 18th and 19th centuries, and even a World War II attack. On an optional excursion that starts from Kristiansand, you'll be able to visit the working Lindesnes Lighthouse, which marks Norway's southernmost point. See the beacon that has been guiding seafarers to safety on dark nights since the early 20th century, and learn about the long history of the site that goes all the way back to 1656. In the late afternoon, we'll continue to Farsund. There, you'll get the chance to hike the sandy beaches of Lista and see Lista Lighthouse. This is where guests who went to Lindesnes Lighthouse will also catch up with the ship. It may also be possible to visit a German fortress in Farsund. This fortress was used in World War II and is remarkably well-preserved with many of the original barracks still intact. Learn all about the war history of the area on a guided tour of this historic site, before rejoining the ship in the evening.

DAY 4 : Haugesund and Hardangerfjord

Viking history As we sail past the southern tip of Norway, we'll begin heading north along the west coast. Just past Stavanger, we'll reach Haugesund, the 'Home of the Viking Kings'. The nickname is inspired by sites such as St. Olav's Church, built in 1250 by King Håkon Hå. There's also Haraldshaugen, a national monument reputed to be the first king's burial site. Why not step back in time to the Viking Age at Nordvegen Visiting Centre which features exhibitions presented by a fictional Harald Fairhair himself. After a short stay in Haugesund, you'll rejoin the ship for some scenic cruising in Hardangerfjord. At 179 kilometres in length, it is the second longest fjord in the country, and fifth longest in the world. The stunning waterway is one of

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Norway's finest. See mountain scenery everywhere you look, with the white peaks that tower over the fjord being reflected in the shimmering water below. The region is famous for its apple products, from jams and juice to its award-winning cider, which one food writer described as 'Nordic Champagne'. Weather permitting, we may be able to dock at Rosendal or one of the other picturesque settlements that cling to the shores by the fjord. A small, charming village, Rosendal's main highlight is the 16th century Barony, a manor famous for its beautiful rose garden and landscaped grounds.

DAY 5 : Ålesund

A picturesque town After a hearty breakfast on the ship, we'll dock mid-morning at a town that spreads out across a string of islands. With almost an entire day to explore, you'll have plenty of time to see all that Ålesund has to offer. As we approach the shore, you might first notice the distinctive style of architecture. Every detail of the buildings, from the bright colours to the rounded spires, were all inspired by the Art Nouveau style, which was popular in the early 1900s. Almost the entire town received a makeover in the style when it was rebuilt after a major fire in 1904. As you leave the waterfront, you'll find yourself in a fairy-tale town, wandering narrow streets lined with unique houses. If your camera's memory card isn't already full after this, you can get impressive photos of the archipelago from the nearby Mount Aksla viewpoint. The 418 steps leading there might look intimidating, but the views are well worth the effort. You can also visit the Atlantic Sea Park, Norway's first marine science centre. This is one of Northern Europe's largest saltwater aquariums, providing a home to seals, otters, and crabs, as well as many other kinds of marine life. You can even see Humboldt Penguins here, a species otherwise absent north of the equator.

Optional activities may include a fjord tour of either Geirangerfjord or Hjørundfjord. If weather allows, kayaking may even be an option. Imagine gliding across the surface of the fjord, skimming your hand over the pristine water as marine life swims in the depths below you.

DAY 6 : Brønnøysund

Surrounded by islands and water, Brønnøysund sits on a narrow peninsula that juts out of the mainland. Around 5,000 people live in this small town, many in colourful houses against a backdrop of gentle slopes and dramatic mountain peaks. Enjoy the bustling atmosphere of the harbour and take a walk along Havnegata. Drop into one of the pubs for a snack, or treat yourself to a meal in a local restaurant. Wander the visitors' marina, or visit an 1870 Neo-Gothic stone church. For some extra excitement, you may be able to go kayaking, or island-hopping on a RIB safari. You can also look forward to visiting the Vega Islands. Made up of over 6,500 islands, reefs, and skerries, this island chain has apparently been inhabited since the Stone Age. The archipelago received status as a UNESCO World Heritage Site in 2004, in recognition of the sustainable lifestyle led by generations of islanders and their practice of farming eider down. On an island south of Brønnøysund, you'll find Torghatten mountain, recognisable by a natural tunnel that runs through the centre. According to local lore, the hole is the result of a troll who fired an arrow at a young woman who had rejected his advances. As the Troll King threw his hat to protect her, the sun began to rise, turning the hat to stone with a hole in the middle from the arrow. On an optional excursion, you can take an hour's walk up to the hole in the mountain. Peer through the tunnel and enjoy the view of the islands around. We'll continue sailing north in the afternoon,

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leaving the Helgeland coast behind us as we cross the Arctic Circle around midnight.

DAY 7 : Svolvær and Stokmarknes

Lofoten islands and our historic birthplace Today, we explore Lofoten, a striking group of islands that rise out of the Norwegian Sea. As soon as you see the towering peaks around you with fishing villages clinging to their sides, you'll understand why this island chain is so often praised as one of Norway's most stunning locations. We'll dock in the town of Svolvær mid-morning. Located on the island of Austvågøya in the south of Lofoten, Svolvær is the biggest town of the archipelago, humming with shops, restaurants, galleries, and cafés to enjoy. You can also admire views of the Svolvær Goat, a nearby mountain named for resembling a goat and its horns. A variety of optional excursions are available from Svolvær, which may include snowshoe hikes, scenic bus tours to Lofoten's highlights, or an exhilarating horse ride along a white sandy beach. We can't visit the area without spending some time in Stokmarknes. This historic town is part of Vesterålen, an archipelago just northeast of Lofoten. Of all the places we visit, this one is particularly special to us. It was here that the Original Coastal Express was founded in 1893 by shipping pioneer Richard With. The Coastal Express soon became a lifeline for Norway's remote coastal communities, and fittingly, our legacy has been immortalised in the place where it all began. Standing on the waterfront, you'll find our 1956 ship MS Finnmarken, encased in a glass building like a ship in a bottle. This is Hurtigrutemuseet, the museum that chronicles our history as Norway's leading expedition cruise line from start to now. On a guided tour, you can explore the retired vessel and experience the atmosphere of a past era.

DAY 8 : Tromsø

The capital of the Arctic Today, you'll arrive at the Arctic Capital itself, sitting around 217 miles north of the Arctic Circle. You've sailed on The North Cape Express, exploring just a few of Norway's coastal cities and villages. During the journey, you'll have experienced Norway's varied climate, seen majestic mountains and fjords, and maybe gazed up in awe at the Northern Lights once or even a few times. We hope you'll cherish each of the memories of The North Cape Express that you'll take home with you. Come sail with us again soon on another iconic voyage of our spectacular home: the Norwegian coast.

DAY 9 : Tromsø

A voyage to remember Checking out of your hotel in Tromsø after breakfast marks the end of your travels with us. You've sailed on The North Cape Express, exploring just some of Norway's coastal cities and villages. During the journey, you'll have experienced Norway's varied climate, seen majestic mountains and fjords, and maybe gazed up in awe at the Northern Lights once or several times. We hope you'll cherish each of the memories of The North Cape Express that you'll take home with you. Come sail with us again soon on another iconic voyage of our spectacular home: the Norwegian coast.

Please Note:

The day-by-day programme will give you a few ideas about what you can see and do on your coastal voyage in Norway, but bear in mind that this itinerary is just an indication of what you can experience. After all, this is a sailing where the elements rule and weather conditions might vary, which is why every voyage is unique.

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YOUR SHIP: TROLLFJORD

YOUR SHIP: Trollfjord

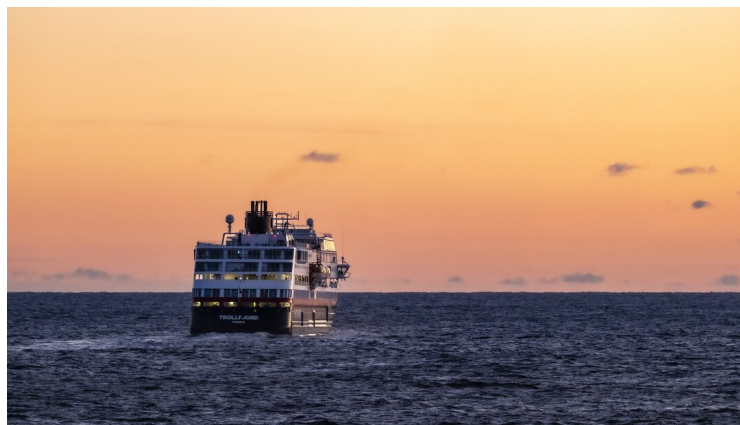
VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

MS Trollfjord is an homage both to Norwegian nature and our 130-year heritage sailing the Norwegian coast. Locally sourced natural materials such as wood and stone feature prominently throughout the ship's furnishings, reflecting the beauty of the fjords we sail through. The style of decor is classic, timeless, and unique in our fleet. You'll notice details and flourishes that evoke a sense of nostalgia, harking back to a golden era of exclusive small-ship sailing. Ship facilities · Double-storey observation lounge on the upper decks · Large outdoor sun deck with comfortable furniture · Wi-Fi throughout the ship · Stylish bar with a wide range of beverages · Onboard shop stocked with essentials and souvenirs · Library with a selection of literature and brochures · Espolin Johnson lounge · Activities and lectures on board with the Coastal Experience Team · Panoramic sauna and fitness room · Photography area with camera equipment available for rent · A la carte fine-dining restaurant Røst · A series of culinary demonstrations and tastings throughout the ship · All-day dining bistro Brasserie Árran · Main restaurant Flora for all three daily meals



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