



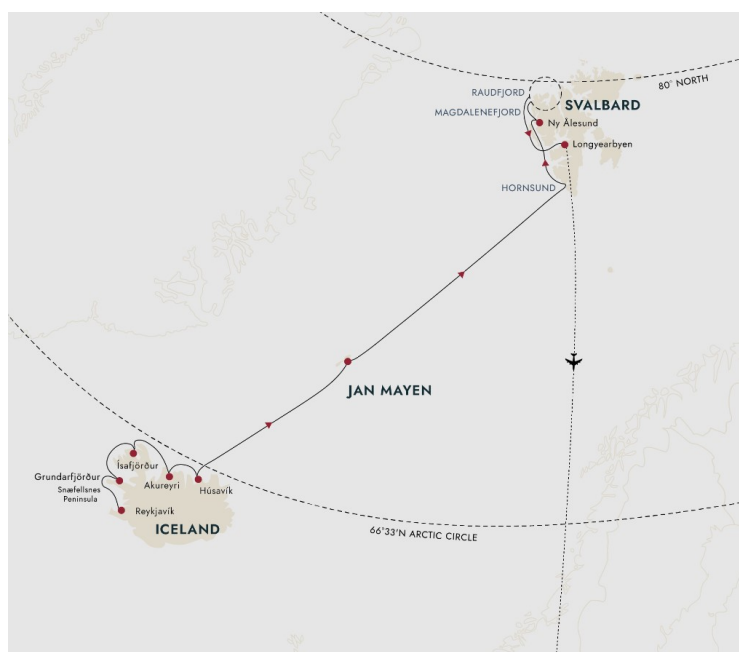
ICELAND, JAN MAYEN, SPITSBERGEN ISLAND HOPPING IN AND AROUND THE ARCTIC

Iconic Iceland

Your Arctic adventure begins in Reykjavik, from where you'll set sail to discover the iconic highlights of Iceland. In Snaefellsnes peninsula, Ísafjörður, Akureyri and Husavik you'll encounter active volcanoes, serene fjords and roaring waterfalls, and be on the lookout for marine wildlife like whales and dolphins.

Voyage to the top of the world

Continuing north, you'll head for the remote volcanic island of Jan Mayen, a bird haven home to Northern Fulmars, Brunnich's Guillemots and Little Auks. And in the Svalbard archipelago, you'll explore an Arctic wilderness where nature reigns supreme and the majestic - if elusive - polar bear roams the icy tundra.



ITINERARY

DAY 1 Cosmopolitan Reykjavík

Explore the world's northernmost capital

Your adventure deep into the Arctic starts in Reykjavik. A laid-back city of art, culture and history, delightful Reykjavik is well worth spending some time getting to know.

Take a stroll along Laugavegur with its boutiques and outdoor shops, gaze in awe at the striking Hallgrímskirkja

Church, and drop in on the fascinating Reykjavik Art Museum.



Your expedition ship awaits you in Reykjavik Harbour. After being welcomed aboard and collecting your complimentary expedition jacket, it's time to settle into your cabin and enjoy your first dinner.

If you have the time, we recommend booking a Pre-Programme with us and discovering some of Iceland's natural highlights before your cruise begins.

DAY 2 Charming Grundarfjörður

Gateway to spectacular Snaefellsnes

The majestic Kirkjufell mountain, one of the best-known landmarks of Iceland, rises just two miles west of the small harbour of Grundarfjörður, a quaint fishing town in Breiðafjörður bay.

Nearby, you'll find Snaefellsnes Peninsula National Park, with the striking, ice-capped Snaefellsjökull volcano at the western tip. It's nicknamed 'Little Iceland' for its array of landscapes.

At the national park, you can visit Djupalónssandur's black sand beach and the Saxhóll crater. Or why not ride a snowcat to the top of the Snaefellsjökull glacier or take a guided underground tour along a gigantic lava tube

DAY 3 Picturesque Ísafjörður

Explore Westfjords' beautiful harbourside town

Flanked by towering mountains on all sides, Ísafjörður is a nearly perfect natural harbour and an excellent gateway to the Westfjords region. Stroll around to see the architecture, shop for a variety of local handicrafts and view some of the oldest houses in Iceland.

One of these historic 18th century buildings is home to Westfjords Heritage Museum, where you can learn about the maritime past of this fascinating port. Or if you prefer something more energetic, you could take the steep hike up to Naustahvilt - the Troll's Throne. You'll be rewarded for your efforts at the top by the stunning panoramic view.

DAY 4 Akureyri and Goðafoss

See dramatic moonscapes and waterfalls

Gaze at snowcapped peaks as we cruise along Eyjafjörður, Iceland's longest fjord. Together with neighbouring Skjalfandi bay, it's one of the best places in Europe to spot whales.

Iceland's 'Northern Capital', Akureyri, sits at the fjord head. Here, you'll enjoy the oasis of a botanical garden, and can visit some excellent eateries and museums.

A little further afield, witness the picturesque Goðafoss waterfall, where turquoise waters pound against black rocks. You can also see geology come to life around Lake Mývatn, one of Iceland's more active volcanic areas, and one of the few places to explore the Mid-Atlantic Ridge up close.

DAY 5 Whale watching in Húsavík

Whales, volcanos and the horse of Odin

Today you'll discover Husavik, a pleasant small town famous for excellent whale-watching opportunities. The town looks out over Skjalfandi bay, which enjoys visits from humpback and minke whales, white-beaked dolphins, harbour porpoises and even elusive blue whales.

Geology and mythology come together at nearby Ásbyrgi canyon, a horseshoe-shaped canyon which, according to Norse mythology, was created when Odin's horse Sleipnir accidentally put one of his eight legs down on the ground.

Further south is Lake Mývatn. Nowhere else will you find such an array of active volcanic features and landscape evolution, including evidence of dramatic eruptions such as the 18th-century Mývatn fires and the Krafla fires of the late 1970s.

DAY 6 A relaxing day at sea



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Enjoy a restorative day in the Arctic

Take time to relax on the ship day as we cruise through Arctic waters towards Jan Mayen. Enjoy panoramic views and chat with fellow guests in the Explorer Lounge & Bar, or take a soak in a hot tub out on deck while scanning for seabirds.

You can also listen to a lecture or two on topics such as local history, geology or Arctic wildlife. Or visit the Science Center for more in-depth insights into the places we'll be visiting and maybe participate in a Citizen Science project that contributes to ongoing scientific research.

DAY 7 Volcanic Jan Mayen

Visit an active volcano that's a haven for birdlife

Jan Mayen has no permanent residents and visits to the island are rare. In fact, we're one of the few to attempt landings here. If conditions allow, you'll be setting foot in one of Earth's most remote places.

Jan Mayen's surreal, moss- and lichen-streaked landscape is dominated by the Beerenberg volcanic cone. It's the world's northernmost active volcano and it last erupted in 1985.

You won't see land mammals here, but the island is designated an Important Bird Area, supporting large populations of Northern Fulmars, Brunnich's Guillemots and Little Auks. Look out for abundant marine life in the surrounding waters too, including whales and seals.

DAY 8 Enjoy a day at sea

A peaceful interlude in your adventure

Spend the day at your leisure as we sail 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 panoramic 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 9-13 Scenic Spitsbergen

A land of spectacular beauty

Spitsbergen showcases Arctic beauty in its untouched glory; a wilderness of steep mountains, stark glaciers and eerily beautiful islands. Over the next five days you'll visit some of the world's most dramatic fjords and see glaciers preparing to calve icebergs into the sea.

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 world's northernmost settlement and an important climate research station.

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

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 we're lucky, we might even see the elusive polar bear in its natural environment.

DAY 14 Longyearbyen

A final day on top of the world

Your island-hopping adventure into the Arctic comes to an end in Longyearbyen, a town on top of the world.



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A transfer will take you to the airport for your flight home. 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

Please note:

Itineraries are subject to change.

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YOUR SHIP: FRAM

YOUR SHIP:	Fram
VESSEL TYPE:	Expedition
LENGTH:	114m
PASSENGER CAPACITY:	276
BUILT/REFURBISHED:	2007

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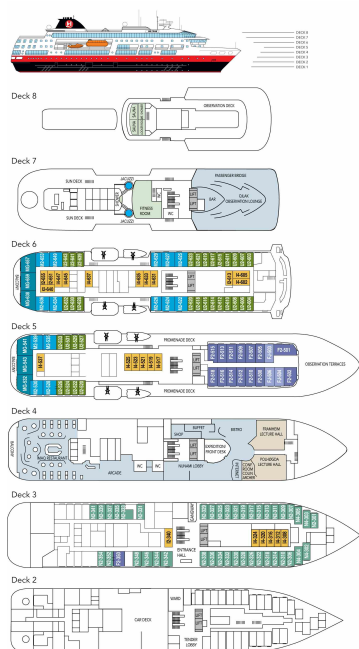
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