PREPARE FOR ADVENTURE





All specialist gear such as life jackets are provided for certain excursions like RIB safaris, but here are some practical suggestions for what else you should bring:

- Sturdy hiking boots
- · Waterproof and windproof clothing
- Swimwear for the onboard jacuzzi or swimming pool (depends on the ship)
- Binoculars (for bird and whale watching)
- UV protective sunglasses
- · Good camera with neck/wrist safety cord
- Extra camera batteries and memory cards
- 220V AC two-pin plug and socket adaptor/converter
- · Small amount of Norwegian Kroner (NOK) in cash















SPRING, SUMMER, AUTUMN

Turquoise fiords, emerald mountainsides, and frosted peaks - Norway's landscapes are a stunning sight to behold in these months. The longer days invite exploration and local Norwegians spend these months leisurely reconnecting with nature; hiking, kayaking, birdwatching, and fishing. Come and join them.

Spring sees the coast awaken from its winter slumber, still offering a mixture of snow and sun. Summer is the realm of the Midnight Sun as 24-hour daylight reigns supreme. Come autumn, brush strokes of golden hues paint the coast which is drenched in the soft sunlight of the season.

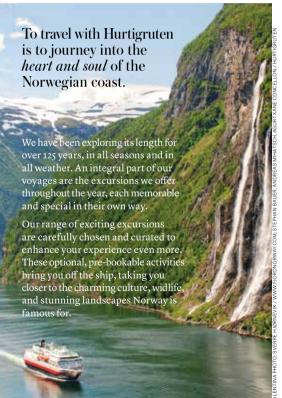


Best Cruise Line for Adventure









BOUND FOR ADVENTURE

Spring, summer & autumn excursions from April to October 2019.





NORTHBOUND <

- Geiranger with Trollstigen Pass
- 20 21 Art Nouveau Walk
- 亱 Atlanterhavsparken Aquarium & Mount Aksla
- 2 A Taste of Norway
- Mountain Hike in the Hjørundfjord
- Hike with a Visit to a Shieling
- 4 Hjørundfjorden, Geiranger & Trollstigen Pass
- 4 Hjørundfjorden, Geiranger & Ålesund
- 🔼 Kayaking in Ålesund
- 👊 Nidaros Cathedral & Ringve Museum
- 🕕 Trondheim with Nidaros Cathedral
- Trondheim City Walk
- 👊 Kayaking on the River Nid
- 311 Cycling in Trondheim
- The Northernmost Tramride
- Svartisen Glacier
- 4B Arctic Coastal Walk (Bodø)
- 🕒 Experience Bodø and Saltsraumen
- 4D RIB Safari to Saltstraumen
- 4 Meet the Vikings
- 46 Highlights of Lofoten
- 🐠 Lofotpils Brewery
- 4 Farm Visit in Lofoten
- 5A The Arctic Capital, Tromsø
- 61 Dog Sledding (Tromsø)
- 50 Scenery & Huskies
- 56 Kayaking in Tromsø
- 6M Cross-Country Skiing (Tromsø)



- Snow shoeing in Tromsø
- 👊 Fishing in Tromsø
- 🚯 The North Cape
- Birdwatching Safari
- 60 Sámi Culture
- D Snowmobile Trip in the Arctic
- 🙃 Sámi Autumn
- 6 North Cape (Platinum Fare Exclusive)
- 📵 RIB Expedition on 71 degrees north
- 👊 Fishing Village Visit
- 7A) The Russian Border
- Riverboat to the Russian Border
- Company Supplies Safari
- Mirkenes Snow Hotel
- 1 ATV/Quad-Safari to the Russian Border
- 1 Husky Sledding
- The King Crab Expedition









SOUTHBOUND 😥

- Breakfast at The North Cape
- B The Northernmost Town in the World
- Midnight Concert in the Arctic Cathedral
- ¹¹ Snowmobile Trip in the Polar Night
- Mountain Hike in Hammerfest
- 🕕 Arctic Midnight Adventure in Tromsø
- A Taste of Vesterålen
- B Lofoten Islands
- 💴 Sea Eagle Safari
- 👊 Lofoten by Horse
- 💴 RIB Adventure in Lofoten
- Fishing Village Tour
- U Vesterålen and Lofoten by RIB
- UNESCO Vega Archipelago
- US Visit the Salmon
- 🔟 Trondheim with Nidaros Cathedral
- (Platinum Fare Exclusive)
- The Atlantic Road
- 🕕 Bergtatt Magnificent Marble Mine

12-day Classic Round Voyage

BERGEN-KIRKENES

All excursions apply

7-day Classic Voyage North

BERGEN-KIRKENES

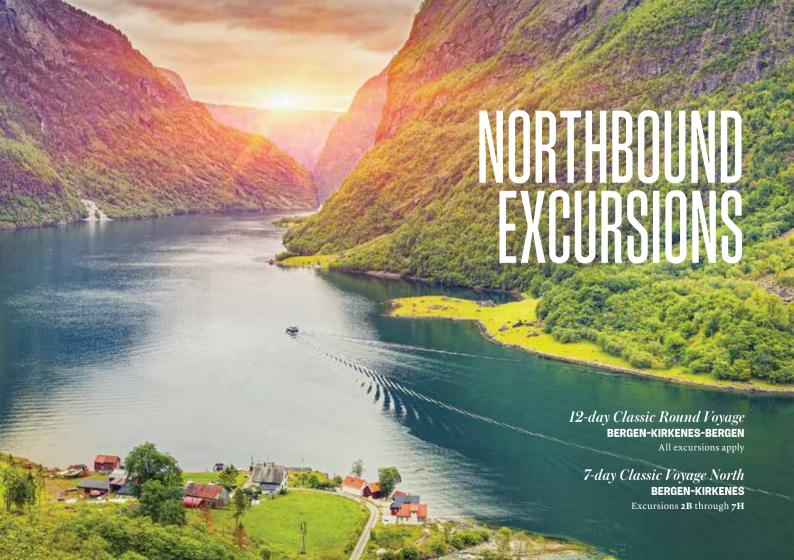
Excursions 2B through 7H

6-day Classic Voyage South

KIRKENES-BERGEN

Excursions 8A through 11E







B GEIRANGER WITH TROLLSTIGEN PASS

Start the day with views of UNESCO-listed Geirangerfjord before we navigate 11 hairpin turns on our way to Molde for dinner.

Period: 02 Jun - 01 Sep Duration: 7hrs 30mins Activity Level: & Price from £205pp



ART NOUVEAU WALK (SPRING)

Discover the history behind the Art Nouveau architecture of Ålesund on this guided walking tour including a visit to local artist Helge Bjørnsen's gallery.

Period: 01 Apr - 01 Jun Duration: 2hrs Activity Level: 多。 Price from £87pp



ATLANTERHAVSPARKEN AQUARIUM AND MOUNT AKSLA

Experience a spectacular diving show at one of Northern Europe's largest saltwater aquariums before taking a scenic drive up to Mount Aksla.

Period: 01 Apr - 01 Jun Duration: 2hrs Activity Level: 発 Price from £87pp



(3) ART NOUVEAU WALK (AUTUMN)

Discover the history behind the Art Nouveau architecture of Ålesund on this guided walking tour, including a visit to local artist Helge Bjørnsen's gallery.

Period: 02 Sep - 01 Nov Duration: 1hr 30mins Activity Level: 多多 Price from £54pp



LEVEL DEGREE OF ACTIVITY

- Minimal physical activity, some or most of the tour is by vehicle
- Moderate physical activity on relatively flat, level terrain
- Reasonable physical activity on uneven and/or steep terrain.
 Not suitable for those with limited mobility
- Increased physical activity on terrain that may be uneven and steep.

 Not suitable for those with limited mobility



4 A TASTE OF NORWAY

Explore the beautiful Norangsdalen valley and the village of Urke, surrounded by the Sunnmøre Alps. Sample a range of Norway's local delicacies at the historic Hotel Union Øye.

Period: 02 Sep - 01 Nov Duration: 2hrs 15mins Activity Level: & Price from £106pp





(4) HIKE WITH A VISIT TO A SHIELING

Take a gentle hike through rural scenery to an old shieling – a medieval farm dwelling – and learn about life on a Norwegian farm and sample some local delicacies.

Period: 02 Sep - 01 Nov Duration: 2hrs 45mins Activity Level: 多多 Price from £95pp



(1) HJØRUNDFJORDEN, GEIRANGER AND TROLLSTIGEN PASS

A scenic drive along the majestic Hjørundfjord precedes an hour long ferry cruise on UNESCO-listed Geirangerfjord. Then, experience Trollstigen Pass's 11 exciting hairpin bends.

Period: 02 Sep - 30 Sep Duration: 10hrs Activity Level: & Price from £255pp



AND ÅLESUND

See some of Norway's most dramatic landscapes, including Mount Aksla, plus visit UNESCO-listed Geirangerfjord and the Art Nouveau city of Ålesund.

Period: 01 - 31 Oct Duration: 7hrs Activity Level: & Price from £205pp



(A) KAYAKING IN ÅLESUND

Take a guided kayaking tour through Ålesund and hear colourful local stories from experienced local guides, including why it is built in the Art Nouveau style.

Period: 01 Apr - 31 May Duration: 2hrs 15mins Activity Level: 多多多 Price from £111pp

M NIDAROS CATHEDRAL & RINGVE MUSEUM

After the medieval Nidaros Cathedral, visit Ringve Museum for a collection of 2,000 historical musical instruments.

Period: 03 Apr - 02 Sep

Duration: 3hrs
Activity Level:
Price from £87pp



(B) KAYAKING ON THE RIVER NID

Discover a completely new perspective of Trondheim on an urban kayak expedition along the River Nid that wends it way through the historic city.

Period: 01 Jan - 31 Dec Duration: 2hrs 30mins Activity Level: 多多多 Price from £111pp



(B) TRONDHEIM WITH NIDAROS CATHEDRAL

Learn about Trondheim's fascinating Viking history and the spectacular Gothic architecture of the Nidaros Cathedral on this guided tour of Norway's third largest city.

Period: 03 Sep - 02 Apr

Duration: 2hrs
Activity Level: &
Price from £87pp

All excursions have limited capacity so please **book early** to avoid disappointment.



1 TRONDHEIM CITY WALK

Join a guided walk through the streets of Trondheim and discover more about the city's 1,000-year history. Visit its famous landmarks and experience the charm of this royal city.

Period: 01 Jan - 31 Dec Duration: 3hrs Activity Level: && Price from £87pp



(II) CYCLING IN TRONDHEIM

This guided bicycle excursion takes you from the ship, along the fjord, and across the city's new bike bridge with great views of Munkholmen, Trondheim's medieval fortress island.

Period: 03 Apr - 02 Sep Duration: 2hrs 45mins Activity Level: 多發 Price from £90pp





M SVARTISEN GLACIER

Board a smaller tour boat that navigates between islets and skerries to Svartisen. En route to the Visitor's Centre, a knowledgeable quide tells you all about the area and its remarkable scenery.

Period: 04 Jun - 03 Sep. **Duration:** 6hrs Activity Level %% Price from £247pp



(B) ARCTIC COASTAL WALK (BODØ)

Walk along the coast and learn why devotion to nature is integrated in the Norwegian culture. Visit one of the Viking graves in the area and learn its history.

Period: 01 Jan - 31 Dec **Duration:** 2hrs 15mins Activity Level: 是是是 Price from £87pp



(A) EXPERIENCE BODØ AND SALTSTRAUMEN

Join a sightseeing tour around Bodø and a visit to Saltsraumen, the strongest tidal current in the world where up to 13 billion cubic feet of seawater rushes through at speeds reaching 22 knots.

Period: 01 Jan - 31 Dec **Duration:** 2hrs 10mins Activity Level: 38 Price from £87pp

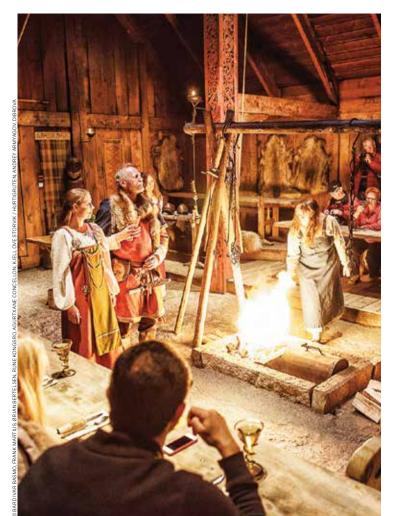


(III) RIB SAFARI TO SALTSTRAUMEN

This thrilling ride takes you to watch the world's strongest tidal current blast millions of cubic metres of water through a 150m wide strait, and spot for sea eagles, Europe's largest bird of prey.

Period: 01 Apr - 03 Nov **Duration:** 2hrs Activity Level: 8%

Price from £144pp



MEET THE VIKINGS

Visit the chieftain's house, which has been recreated in full size and features exhibits of finds dating back to the Viking Age. Enjoy a delicious Viking meal in the banquet hall with entertainment featuring traditional costumes, singing and dancing.

Period: 04 Apr - 03 Nov

Duration: 3hrs
Activity Level:
Price from £148pp



(19) HIGHLIGHTS OF LOFOTEN

Continue to Kabelvåg, Lofoten's oldest fishing village, set against a stunning backdrop of sea and mountains. We visit Gallery Espolin, the Lofoten Museum, and the impressive Lofoten Cathedral.

Period: 04 Apr - 31 Aug Duration: 2hrs 40mins Activity Level: & Price from £115pp



(II) LOFOTPILS BREWERY

This craft brewery creates its beer according to German tradition but with locally sourced water from Vestre Nøkkvann to add a refreshing taste of the Lofoten isles.

Period: 01 Jan - 31 Dec Duration: 40mins Activity Level: 多及 Price from £40pp



FARM VISIT IN LOFOTEN

Experience life on a diverse working farm, Aalan Farm at Lauvdalen, Lofoten, renowned for delicious herbs and organic cheeses which you'll sample.

Period: 04 Apr - 30 Sep Duration: 2hrs 30mins Activity Level: 多 Price from £148pp







50 SCENERY & HUSKIES

Meet the happy huskies and pups of Tromsø Wilderness Centre. Then go on a guided nature walk and enjoy a hot drink and slice of homemade cake served in a traditional Sámi layvo.

Period: 05 May - 04 Nov Duration: 3hrs 30mins Activity Level: & Price from £95pp





Backed by the majestic mountains of the Arctic, paddle your way to the nearby island of Håkøya through pristine waters and get closer to the marine wildlife under the summer sun.

Period: 01 May - 30 Sep Duration: 3hrs 30mins Activity Level: %%% Price from £177pp



(TROMSØ)

A fantastic introduction to cross-country skiing across top of Tromsøya Island, great for guests who want to learn to ski but have little or no experience.

Period: 01 Dec - 01 May Duration: 3hrs Activity Level: 多多 Price from £136pp



5 SNOW SHOEING IN TROMSØ

Explore the frozen landscape, learn about the nature and traditional folklore, opt for a spot of tobogganing, and enjoy warm drinks and snacks around a bonfire.

Period: 01 Dec - 01 May Duration: 3hrs Activity Level: 多發表 Price from £136pp



(10) FISHING IN TROMSØ

Spot for sea eagles, killer whales and other wildlife whilst deep-sea fishing in an Arctic fjord. Enjoy fresh fish soup on board made from the day's catch.

Period: 01 Apr - 31 May Duration: 3hrs 30mins Activity Level: 多多 Price from £260pp



B BIRDWATCHING SAFARI

Visit Gjesværstappan Nature Reserve, home to three million nesting birds, such as puffins, kittiwakes, guillemots, razorbills, cormorants, Arctic skuas, northern fulmars and northern gannets.

Period: 06 Apr - 05 Sep

Duration: 3hrs
Activity Level:
Price from £177pp



(B) SÁMI CULTURE

Meet a family of Sámi reindeer herders in their lavvo tent, hear their joik folk song, and try lassoing a reindeer.

Period: 06 May - 05 Sep Duration: 2hrs 30mins Activity Level: & Price from £103pp



(11) SNOWMOBILE TRIP IN THE ARCTIC

Take a magical trip from the old trading post of Kjøllefjord over the mountains to Mehamn, learning about the Sámi people, geography, climate, and Finnmark coast along the way.

Period: 01 - 30 Apr Duration: 2hrs Activity Level: 後身 Price from £301pp



63 SÁMI AUTUMN

Meet a Sámi reindeer herder who will reveal the secrets of the curative and restorative powers of their Arctic culinary traditions and medicinal herbs.

Period: 06 Sep - 05 Nov Duration: 2hrs 15mins Activity Level: & Price from £103pp



69 THE NORTH CAPE

Experience a unique tour to the North Cape with a private guide. Visit the North Cape Hall, watch a film about the North Cape and enjoy a delicious local snack.

Period: 01 Jan - 31 Dec Duration: 3hrs Activity Level: & Price from £271pp



6 RIB EXPEDITION ON 71 DEGREES NORTH

Discover the North Cape in a RIB (rigid-inflatable boat) for an exhilarating ride along the Finnmark coastline, enjoying spectacular scenery and bird cliffs from Europe's northernmost point. Then take a short hike to Kirkeporten, a special rock formation with incredible views.





(A) THE RUSSIAN BORDER

Take a bus tour around Kirkenes to Andersgrotta. a bomb shelter used during WW2. Then continue to Storskog, the only border station between Russia and Norway.

Period: 01 Jan - 31 Dec **Duration:** 2hrs Activity Level: ¾ Price from £105pp



(B) RIVERBOAT TO THE RUSSIAN BORDER

Embark on a boat up the Pasvikelva River. You'll learn about the history of the Sámi people, and we come ashore at the border between Norway and Russia

Period: 01 Jun - 10 Sep **Duration:** 2hrs 30mins Activity Level: % Price from £132pp



* * *

M KIRKENES SNOW HOTEL

Take an ice-cold berry shot in the ice bar and a guided tour of this astonishing hotel. Then meet the adorable huskies or enjoy a warm drink around the fire.

Period: 01 Apr - 01 May Duration: 2hrs 30min Activity Level: 多 Price from £106pp



THUSKY SLEDDING

Follow frozen lakes through magical forest landscapes and snowy plateaus to get as close to the Arctic wilderness as possible. Just sit back and enjoy the ride.

Period: 01 Dec - 01 May Duration: 2hrs 30min Activity Level: 多多 Price from £205pp



THE RUSSIAN BORDER

Drive a quad bike to a viewpoint overlooking the Sydvaranger mines and then to the Norwegian-Russian border for coffee and muffins.

Period: 07 May - 06 Oct Duration: 2hrs 30mins Activity Level:

Price from £153pp



M KING CRAB EXPEDITION

Glide along the Bøkfjord and out to the Barents Sea to help pull up the crab pots. Afterwards, we head to a boathouse to prepare and serve your catch as a buffet.

Period: 07 Apr - 15 Nov Duration: 3hrs Activity Level: 多多 Price from £202pp





8B THE NORTHERNMOST TOWN IN THE WORLD

Explore the town of Hammerfest, home to the UNESCO-listed Meridian Monument, learn about Europe's first liquefied natural gas factory, and visit Mount Salen.

Period: 08 Jun - 08 Apr Duration: 1hr 45mins Activity Level: & Price from £82pp



35 SNOWMOBILE TRIP IN THE POLAR NIGHT

Start your engines and set off across the melting spring snow through the valley. It's possible that the Northern Lights might still make an appearance, even in April.

Period: 01 - 30 Apr Duration: 2hrs 15mins Activity Level: 多是 Price from £351pp



MIDNIGHT CONCERT IN THE ARCTIC CATHEDRAL

Sit back and enjoy an evening of folk songs, classical music and hymns while taking in the candlelit ambience and incredible acoustics.

Period: 01 Jan - 31 Dec Duration: 1hr 15mins Activity Level: & Price from £73pp



86 MOUNTAIN HIKE IN HAMMERFEST

This hike along the Gammelveien Way gives splendid views of the Barents Sea, Seiland National Park, and the picturesque islands of Melkøya and Sørøya.

Period: 08 Jun - 07 Nov Duration: 1hr 30mins Activity Level: 多多多 Price from £87pp





(1) A TASTE OF VESTERÅLEN

Enjoy the stunning scenery through Harstad, to Hinnøya Island, Gullesfjord, and Sigerfjord. You'll also visit Trondenes Church, the world's northernmost medieval church.

Period: 01 Jan - 31 Dec Duration: 4hrs 15mins Activity Level: & Price from £106pp



(B) LOFOTEN ISLANDS

Small fishing villages, sheltered bays, white sandy beaches, beautiful wildlife, art galleries and local arts and crafts shops and are all nearby on this lovely evening trip.

Period: 09 Apr - 31 Aug Duration: 3hrs 30mins Activity Level: & Price from £115pp



90 LOFOTEN BY HORSE Saddle up for an Arctic cowboy adventure through the magnificent Lofoten countryside with white sandy beaches, and a visit to ancient Viking monuments. Period: 01 Jan – 31 Dec Duration: 3hrs 30mins Activity Level: %% Price from £156pp



93 RIB ADVENTURE IN LOFOTEN

Visit an idyllic lagoon with white sandy beaches and a very good chance of seeing sea eagles, followed by a visit to the island fishing village of Skrova.

Period: 09 Jun - 08 Sep Duration: 1hr 30mins Activity Level: 多多 Price from £148pp



FISHING VILLAGE TOUR

Grab your camera for a guided tour to a vibrant fishing village on Svinøya Island. Learn about the local history, visit a gallery and taste the locally made stockfish.

Period: 01 Sep - 08 Apr Duration: 1hr 30mins Activity Level: 多 Price from £84pp

(1) VESTERÅLEN AND LOFOTEN BY RIB

We travel across dramatic Raftsundet to the narrow Trollfjord to join a guided tour of the local power station and art gallery. A snack is served before we continue by RIB between small islets and skerries to the island of Skrova to spot for sea eagles.

Period: 15 May - 31 Aug Duration: 2hrs 30mins Activity Level: 後幾 Price from £346pp





(III) UNESCO VEGA ARCHIPELAGO

See this beautiful landscape made up of 6,000 islands and islets and visit a museum about eiderdown harvesting.

Period: 10 Jun - 09 Sep Duration: 4hrs Activity Level: & All excursions have limited capacity so please **book early** to avoid disappointment.



W VISIT THE SALMON

Take a short bus tour around Brønnøysund before the Norwegian Aquaculture Centre in Toft. Learn about modern aquaculture, feed the fish, and taste freshly harvested salmon.

Period: 01 Apr - 31 Oct Duration: 1hr 15 mins Activity Level: 多 Price from £101pp



(II) HIDDEN ROOMS OF NIDAROS CATHEDRAL

Access the dark passages of the tombstone crypt beneath the cathedral or climb the winding stairs up to the 12th-century chapels near the roof.

Period: 01 Jan - 31 Dec Duration: 2hrs Activity Level: && Price from £169pp



M TRONDHEIM WITH NIDAROS CATHEDRAL

Take a sightseeing tour of Trondheim, including a short stop at Utsikten to admire the views. Learn about its fascinating Viking history and marvel at the spectacular Nidaros Cathedral.

Period: 01 Jan - 31 Dec Duration: 2hrs Activity Level: & Price from £136pp



THE ATLANTIC ROAD

The 8.2km Atlantic Road zigzags across several small islands on eight low bridges amid stunning coastal landscape. Not surprisingly, it has become one of Norway's most visited tourist destinations.

Period: 11 Apr - 10 Sep Duration: 4hrs 30mins Activity Level: & Price from £136pp

