

COASTAL NORWEGIAN VOYAGE: BETWEEN TROMS AND EDINBURGH

Venture through Norway's iconic fjords and north of the Arctic Circle on an immersive voyage that connects you with indescribable natural beauty and rich Nordic culture. Explore glacier-carved landscapes while kayaking, Zodiac cruising, and hiking amid cascading waterfalls, towering cliffs, and tranquil lakes fed by fresh meltwater. Sail among enchanted places like the Lofoten Islands and Møre og Romsdal where diverse wildlife thrives on rugged shores. For centuries, the region's waterways carried both merchants and storied Arctic explorers, and you'll delve deeper into their history in picturesque port cities, from Bergen to Tromsø.



ITINERARY

Day 1 Edinburgh, Scotland / Embark Ship

Arrive in Edinburgh and transfer to your hotel which is centrally located in this vibrant city. Known throughout time for its hill fort, and now the iconic Edinburgh Castle, Scotland's capital offers a variety of experiences throughout its streets. This afternoon, explore the city at your own pace before embarking the ship. As you sail away from port, witness the unique Firth of Forth with its historic islands, the gateway to your expedition.

Meals Included: Dinner





Days 2-3 At Sea / Shetland Islands

After sailing along Scotland's Northern Isles, arrive in the Shetland Islands which are characterized by deep-seated cultural traditions and dramatic, windswept landscapes. As a part of the Norwegian kingdom for over four centuries, these remote islands continue to have strong Nordic ties. Explore these ancient, rural islands with locals by your side as you delve into their farming, maritime, and musical traditions.

Meals Included: Breakfast, Lunch, Dinner

Day 4 At Sea

Sail across the North Sea to Norway. These waters have been a connecting route between Shetland and Norse Kingdoms as far back as the 9th century. Enjoy the day on board using the free time to edit your photos or attend a naturalist presentation. Schedule a massage with a wellness specialist or linger on the bow or on the Bridge watching for migrating wildlife.

Meals Included: Breakfast, Lunch, Dinner

Day 5 Bergen, Norway

Arrive in Bergen, a storied city once known as the capital of the Hanseatic League. Take a guided walk through the historic and colorful Bryggens Wharf, a UNESCO World Heritage site or visit the Maritime Museum that shares a unique glimpse at Norwegian history. Later on, choose to wander among the wooden houses and local shops, taste some of the gastronomic specialties, or explore the trails above the city for spectacular views of the fjord below.

Meals Included: Breakfast, Lunch, Dinner

Day 6 Loen

The stunning, glacial mountain landscape of Nordfjord is a haven for adventurers and photographers alike. Travel by cable car to Mount Hoven, offering panoramic views on a clear day across the peaks and fjords of the region. Make sure your hiking shoes are ready to traverse the numerous trails and overlooks across this beautiful mountain and your camera is at hand to capture the wealth of photo ops, including Lovatnet Lake filled with meltwater from the surroundings glaciers.

Meals Included: Breakfast, Lunch, Dinner

Day 7 Møre og Romsdal

One of the most famous regions of the Norwegian fjords, the Møre og Romsdal name comes from old Norse meaning 'archipelago of islands.' Spend the morning exploring one of these outer islands known for its scientific center for seabirds and expansive bird cliffs. As the species populations migrate throughout the year, you'll have the chance to observe various birds, including storm petrels, auks, kittiwakes, gannets, or fulmars. This afternoon, venture into the region's storied fjords and watch as our Bridge team navigates narrow gorges and spectacular scenery.

Meals Included: Breakfast, Lunch, Dinner

Day 8 At Sea

Spend a relaxing day at sea sailing along the Norwegian Coast. Join your officers on the Bridge and keep a watchful eye for migrating whales, or attend a presentation led by naturalists and experts. Take advantage of the amenities on board throughout the day at your leisure.

Meals Included: Breakfast, Lunch, Dinner

Day 9 Lofoten Islands

The Lofoten archipelago boasts an enchanting landscape of picturesque villages ringed by jagged, granite peaks. Explore an idyllic village as you





venture through an area known throughout the centuries for its dramatic landscapes and cod fishing traditions. Along the way, choose to hike up to one of the region's most iconic overlooks across granite stairs or opt for water-level views on a Zodiac cruise that will offer another perspective of the striking scenery.

Meals Included: Breakfast, Lunch, Dinner

Day 10 Senja Island

Round out your expedition on Senja Island, Norway's second largest island known for its diverse landscape and a wealth of opportunities to actively explore the natural beauty. Capture panoramic landscapes alongside your Certified Photo Instructor, glide among islands in a kayak, or take to the mountainside trails on a hike through valleys and peaks.

Meals Included: Breakfast, Lunch, Dinner

Day 11 Tromsø / Disembark Ship

Disembark in Tromsø and transfer to the airport for flights home.

Meals Included: Breakfast

Please note:

Itineraries are subject to change.





YOUR SHIP: NATIONAL GEOGRAPHIC ENDURANCE

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VESSEL TYPE: Expedition Ship

LENGTH: 124 m

PASSENGER CAPACITY: 126

BUILT/REFURBISHED: 2020

A next-generation expedition ship, purpose-built for polar navigation.

National Geographic Endurance is a next-generation expedition ship, purpose-built for polar navigation. A fully stabilized, highly strengthened, ice-class Polar Code PC5 (Category A) vessel, it is designed to navigate polar passages year-round, and safely explore unchartered waters, while providing exceptional comfort. Its patented X-BOW® is key to its design; its powerful wave-slicing action provides an extremely smooth ride in even adverse conditions, and even reduces spray on deck, for superior observation. She carries a full suite of expedition tools and offers a variety of experience-enhancing amenities.

The luxury of comfort on expedition

National Geographic Endurance comfortably accommodates 126 guests in 69 outside-facing cabins. Cabins are efficiently designed, with sizes range from the 140-square-foot solo cabin to the 430-square-foot category 7 suite. Fifty-three of the 69 cabins, including all 12 of the solo cabins, will feature small balconies with floor-to-ceiling sliding doors that bring in the spectacular views and ample natural light.

Comfort & convenience in every room

Every cabin has two portholes, a large window or balcony, and temperature controls. Bathrooms are modern and stocked with botanically inspired hair products, soap, and shower gel, plus a hairdryer. Cabins are equipped with expedition command centers with tablets and USB/mobile device docking, TVs, Wi-Fi connections, and hair dryers.

_Dining: _Food served aboard is fresh, local, and delicious, and sourced from suppliers who share our values of sustainable use whenever possible. Meals aboard are almost always served in the dining room, located aft of the lounge deck. When weather conditions allow, lighter fare may be served on the observation deck. There is no assigned seating and our dining room accommodates the entire expedition community in a single seating. During meals your expedition leader, naturalists, and any guest speakers aboard will join you.

Public Areas: Two restaurants, a Chef's Table for small group dining, Observation Lounge with bar, gym, Wellness area, infinity-style outdoor hot tubs, library, main lounge with full service bar, 24-hour beverage, state-of-the-art facilities for films, slideshows and presentations, and a photo workshop area; plus, an expedition base with lockers for expedition gear, and an "open bridge" for access to our captain, officers and the art of navigation.

Meals: Two restaurants, featuring local, sustainable choices and unassigned seating for flexible, inclusive dining; plus a Chef's table for intimate, small group dining. Main restaurant has 270° views, and the Observation deck restaurant features lighter, made-to-order fare.





Cabins: All cabins face outside with large windows, private facilities and climate controls. 53 cabins have balconies. Cabins are equipped with expedition command centers with tablets and USB/mobile device docking, TVs, Wi-Fi connections, and hair dryers.

Expedition Tools: Zodiac landing craft, kayaks, snowshoes, cross-country skis, undersea specialist operating a remotely Operated Vehicle (ROV) and underwater video camera for unique access to polar marine world, hydrophone, aerial remote-controlled camera and video microscope.

Special Features: A full-time doctor, undersea specialist, National Geographic photographer, Lindblad-National Geographic certified photo instructor and video chronicler, an internet cafe and laundry.

Wellness: The vessel is staffed by our wellness specialists and features a glass-enclosed yoga studio, gym, treatment rooms and spa relax area, and high- and low-heat saunas with ocean views.

_Expedition Landing Craft: _Key to our operation is our fleet of expedition landing craft, which we use to land in places that would otherwise be inaccessible. With 8 of these boats and two loading stations used every time we disembark, we're able to transfer guests off the ship quickly, so you can be out on adventures, not idly waiting. The expedition landing craft we use are 19 feet long, powered by four-stroke outboard engines, and are capable of comfortably carrying 10-12 people. They are widely recognized as the safest and most versatile small boats afloat.

Remotely Operated Vehicle: Capable of reaching 1,000 feet, far beyond the range of any Scuba diver, the ROV allows you to literally view parts of the undersea that are as unexplored as the

moon. Chances are you, like many of our guests, will be struck by how surprisingly colorful undersea life is in these unlikely places. And this glimpse may fundamentally change how you view the ocean.

Kayaks: National Geographic Endurance will be equipped with a fleet of kayaks large enough to ensure everyone who wants to can paddle at every opportunity.

Consequently, prior kayaking experience isn't necessary--many of our guests have their first kayaking experience in extraordinary locations. Our custom-designed floating platform lets us deploy kayaks from the ship, or any location we want--including far from shore. Kayakers are usually free to explore where they want within boundaries set by the undersea specialist and officer of the watch.

Underwater camera: Our undersea specialist will dive often during your expedition, even in Alaska, with cold-water gear, to shoot high-definition, Cousteau-like footage of the deep. Colorful nudibranchs, swimming, plant-like crinoids, and mysterious fish with antifreeze blood that thrive in the frigid sea will give you an entirely new appreciation of the marine environment.

Video microscope: Naturalists will use the video microscope to help explain all elements of the environment, including tiny organisms that are the building block of the marine ecosystem. Spellbinding live views of krill at 80x magnification fills the high-definition screens in the lounge with vivid detail, and fills every onlooker with a sense of wonder at the importance of otherwise unobservable creatures.

Hydrophone: This underwater microphone is deployed to listen to the vocalizations of marine mammals. Real time transmissions of their eerie, haunting sounds can be broadcast through the ship or recorded for later playback. Few experiences





in nature are as captivating as watching humpback whales feed close to the ship as their vocalizations play through the ship's PA system.

Electronic charts: An electronic chart showing the ship's location, course, and speed is almost always on display in the lounge.

Open bridge: You'll find our captains are engaged, knowledgeable members of your expedition who are eager to share their passion with you. Venture's open bridge features comfortable spaces to sit, enjoy the view, drink your morning coffee, or simply chat with the officers.

Snorkeling gear & wetsuits: On warm weather itineraries where there will be snorkeling, you'll select a mask, snorkel, fins, and wetsuit that remain yours for the duration of the expedition. There's no need to pack and tote your own gear, although guests who prefer to are welcome to bring their own.

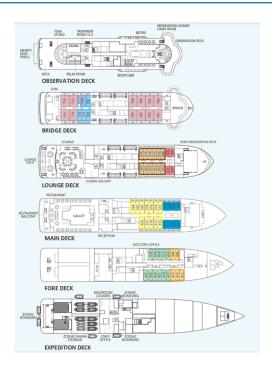


their own.





INSIDE YOUR SHIP





PRICING

