

# COASTAL WONDERS OF NORWAY, THE FAROE ISLANDS, AND ICELAND CRUISE

Trace the route of early Viking explorers and see their influence in wild, remote lands. Cruise the famed Norwegian fjords and the magical Lofoten islands, explore Stone Age sites in Scotland's Shetland Islands, and come face to face with the legacy of the Vikings amid the turf-roofed cottages and ancient sites of the Faroe Islands. Then trace Iceland's most remote shorelines, witnessing geological wonders from volcanoes to thundering waterfalls.



### **ITINERARY**

DAY 1 Tromsø, Norway

Arrive in Tromsø, known as the "gateway to the Arctic" due to the large number of Arctic expeditions that originated here. Transfer to our meeting place in the city and Visit the Arctic Cathedral, where the unique architecture evokes icebergs; and peruse the Polar Museum, which showcases the ships, equipment, and seafaring traditions of early Arctic settlers. Embark our ship this afternoon.

Meals Included: Dinner

DAY 2 Tysfjorden





This morning, enter the long fjord of Tysfjorden, where only a few small villages cling to the rocky shores. Glide beneath the fjord's steep walls on Zodiac and kayak excursions, and explore Hellemobotn Fjord, which reaches far inland, ending just a few miles from the border of Sweden.

Meals Included: Breakfast, Lunch, Dinner

#### DAY 3 Lofoten Islands

The Lofoten archipelago boasts an enchanting landscape of picturesque villages ringed by jagged granite peaks. Enjoy village walks and island explorations as we venture through an area known for its dramatic landscapes and its cod fishing traditions throughout the centuries. A bit later, admire one of Norway's most dramatic fjords from the deck as our ship navigates through Trollfjorden.

Meals Included: Breakfast, Lunch, Dinner

## DAYS 4-5 Exploring the Fjords of Norway

Carved by glaciers over millions of years, Norway's northern coast is laced with steep-walled fjords, mountainous islands, and chiseled peaks. Cruise in a Zodiac along vertical rock faces, kayak through serene fjords, or go ashore on a secluded sandy beach to hike amid verdant valleys and birch forests.

Meals Included: Breakfast, Lunch, Dinner

DAY 6 At Sea / Shetland Islands, Scotland

Spend a relaxing morning at sea as we sail toward the Shetland Islands, an archipelago of about one hundred islands and islets located north of the Scottish mainland. Glide past the towering cliffs of Noss to look for murres, puffins, kittiwakes, and other seabirds. This evening, dock overnight in Lerwick.

Meals Included: Breakfast, Lunch, Dinner

### DAY 7 Lerwick / Foula

Lerwick is a town where Norse and Gaelic cultures intermingle. Explore the town, delve into local culture and history at the Shetland Museum and Archives, or embark on a bird-watching or geology walk. Alternatively, venture to the prehistoric settlement of Jarlshof to examine its Bronze Age ruins and Viking longhouses. In the afternoon, continue to Foula, a stark but spectacular island edged with towering cliffs and blanketed with peat bogs, where people are drastically outnumbered by puffins.

Meals Included: Breakfast, Lunch, Dinner

## DAYS 8-9 Exploring the Faroe Islands

This morning, we arrive in the Faroe Islands, an autonomous archipelago within the Kingdom of Denmark. The legacy of the Vikings persists here, reflected in the language of the Faroese and their love of the sea. Visit Torshavn, the colorful capital of the Faroe Islands, where even the government buildings are crafted in the traditional design of wooden siding with a turf roof. Visit the 12th-century St. Olav's Church alongside the ruins of Kirkjubøur's Magnus Cathedral, which was never completed. Navigate through the islands to one of the local communities on Eysturoy, the second largest island in the Faroes. Enjoy a day in the village experiencing the warm hospitality and stunning landscapes of their beautiful fjord.

Meals Included: Breakfast, Lunch, Dinner

## DAYS 10-11 At Sea / Seyőisfjörőur, Iceland / Grímsey

After a day at sea, we awake along Iceland's rugged eastern coast, an unspoiled stretch of rocky outcrops, hidden coves, and hills that beckon hikers. We visit Seyőisfjorður, a charming fishing village located in the mouth of a majestic fjord and surrounded by dramatic mountains. Choose to explore the town or visit Skalanes Nature Reserve to see its colorful wildflowers and





bird cliffs. Continue to Grimsey on the Arctic Circle.

Meals Included: Breakfast, Lunch, Dinner

DAYS 12-13 Ísafjör ur / Flatey Island

Itineraries are subject to change.

Located in the Westfjords region, the town of Ísafjor ur lies on a tiny spit jutting out into the water against a backdrop of steep hills. Spend time hiking and watching for nesting seabirds in this remote setting. The next day, visit Flatey island, a fishing and trading post for centuries.

Meals Included: Breakfast, Lunch, Dinner

### DAY 14 Westman Islands

Spend the day in the Westman Islands, one of the world's younger archipelagos, formed by undersea volcanos some 11,000 years ago. In 1973, the isle of Heimaey was threatened by lava flows that nearly closed off the harbor. We visit the Eldfell volcanic crater, where the earth is still hot, and take in views over landscapes engulfed in lava rock. We also observe Surtsey, one of the world's youngest islands, which was formed by volcanic eruptions between 1963 and 1967.

Meals Included: Breakfast, Lunch, Dinner

DAY 15 Reykjavík / Disembark Ship / Home

Disembark in Reykjavik and take a morning excursion. After lunch, transfer to the airport for flights home.

Meals Included: Breakfast, Lunch

Please Note:





## YOUR SHIP: NATIONAL GEOGRAPHIC ENDURANCE

YOUR SHIP: National Geographic Endurance

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.

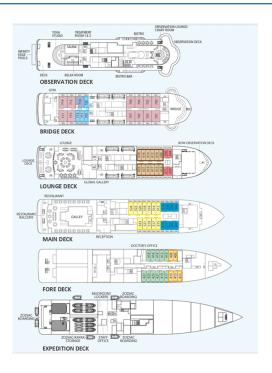


their own.





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