

## **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



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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

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 / Seyðisfjörður, Iceland / Grímsey

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.

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



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Itineraries are subject to change.

bird cliffs. Continue to Grimsey on the Arctic Circle.

Meals Included: Breakfast, Lunch, Dinner

DAYS 12-13 Ísafjör ur / Flatey Island

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:** 





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## YOUR SHIP: NATIONAL GEOGRAPHIC RESOLUTION

YOUR SHIP:	National Geographic Resolution
VESSEL TYPE:	Expedition Ship
LENGTH:	
PASSENGER CAPACITY:	126
BUILT/REFURBISHED:	2020

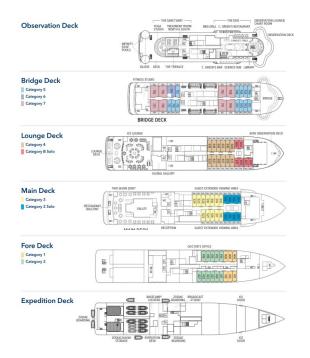
One of two next-generation ships purpose-built for polar exploration, National Geographic Resolution is named in tribute to Captain James Cook's legendary second voyage aboard HMS Resolution. With a Polar Code Category A ice-class hull and a pioneering X-Bow<sup>®</sup> design, she offers unmatched comfort, stability, and quiet passage through even the most challenging polar waters--opening access to remote corners of the Arctic, Antarctica, and beyond.

Designed for immersive exploration, the ship's interior is warm, modern, and elegantly Scandinavian, with expansive windows throughout that keep the wild, ice-bound world always within view. Her six decks house 76 spacious cabins, inviting public spaces, and a full complement of expedition tools. Guests can relax in the observation lounge, library, or spa; enjoy flexible dining across three venues; or gear up in the Expedition Base before heading out in Zodiacs or kayaks. From polar bear sightings in Svalbard to navigating ice-choked channels in the Southern Ocean, Resolution is a state-of-the-art platform for discovering the planet's most astonishing frontiers.





# **INSIDE YOUR SHIP**



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