

## COMPLETE NORWAY — NORTHERN LIGHTS - 16 DAYS FROM OSLO TO BERGEN

Under the dancing skies of the Northern Lights, travel from the cosmopolitan capital, Oslo, to the top of Norway and Europe, The North Cape by rail, bus, ship and gondola! Journey along some of the world's most scenic and beautiful railways as you travel through the snow-covered countryside to Bergen via Flam and Voss. With a range of authentic Norwegian experiences, majestic fjords and friendly locals - discover this and so much more on this 16-day classic voyage.



## ITINERARY

## DAY 1 : Oslo - Arrive In Oslo

Arrive in Oslo and spend the day exploring the historical and beautiful Norwegian capital. Its compact size makes it ideal to discover and experience the best, the city has to offer. For the cultural lovers, the Bygdøy peninsula is home to several museums like the outdoor museum, Folkemuseet and the Viking ship museum. Downtown Oslo, is bustling with trendy restaurants, bars, cafes and open spaces such as the Vigeland Sculpture Park and Ekeberg Park. At the heart of the city is the Royal Palace, home to the Norwegian Royal family since work began in 1814.

DAY 2 : Flåm - Oslo - Myrdal - Flåm

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After breakfast, make your own way to Oslo Central Railway Station to commence your 'Norway in a Nutshell' adventure by boarding the train to Myrdal. Enjoy one of the world's most scenic rail journeys as you travel from Oslo through farmland, past snow-covered forests and glacial peaks. At Myrdal join the famous Flam Railway - a marvel of railway engineering, descending more than 900 metres to the town of Flam. Take time to explore at your town and even a visit to the local brewery or the Flam railway museum.

## DAY 3 : Voss - Flåm - Gudvangen - Voss

After breakfast, board the ferry from Flam to Gudvangen, enjoying the spectacular views as you pass through the narrow Naerøfjord. Known for its snow-capped mountain peaks, deep valleys, fast-flowing rivers and thunderous waterfalls, the journey along the valley from Gudvangen to Voss is as beautiful as it sounds. For those wanting a view to remember, take the Voss Gondola to the summit of Mount Hanguren (820 metres above sea level). The panoramic views of the snow covered valley and surrounding areas are more than worth the journey.

## DAY 4 : Bergen - Voss - Bergen

Spend the morning exploring Voss, before taking the train for the last bit of your journey to Bergen. Once you arrive in Bergen, take the afternoon to explore this colourful gateway to the fjords. Bergen was founded in 1070 AD, and retains a great deal of its character, charm and history. Visit the UNESCO-listed Bryggen district with colourful wharfs dating back to the 14th century. You may enjoy a stroll in the cobblestone alleyways, a bite at an outdoor cafe or restaurant, a trip on the Fløibanen funicular or a visit to the famous fish market.

## DAY 5 : Bergen - Gateway to the Fjords

Following breakfast and another chance to explore this picturesque city, join the ship at the port to begin your voyage towards the Arctic circle and the Northern Lights. After we depart, enjoy a tasty dinner buffet made from fresh coastal produce. We sail north from Bergen along the Viking route of Hjeltefjord. Spend the rest of the evening relaxing as you admire the spectacular landscapes from the deck or in our panorama lounge. Seven of

our ships along the Norwegian Coast have Hurtigruten Guides. You are welcome to join them on hikes during many of our port stays or enjoy onboard lectures and activities.

## DAY 6 : Florø - Molde - Architectural and Natural Masterpieces

Enjoy the early morning in the breathtaking Nordfjord, followed by a delicious breakfast. We then sail past West Cape for our approach to Ålesund. Art Nouveau city Ålesund is renowned for its beautiful Art Nouveau architecture and famed Atlanterhavsparken aquarium. Our tour to the aquarium includes a visit to see resident penguins before we continue to nearby Mount Aksla for an amazing view. Mountains and roses Molde is known as the 'City of Roses' because of its lovely municipal gardens. This attractive coastal town has an amazing view of 222 mountain peaks across the fjord, called 'the Molde Panorama'.

## DAY 7 : Kristiansund - Rørvik - History and Charm

Charming Trondheim is home to great history and a rich cultural life. Magical, medieval and modern Founded by Viking king Olav Tryggvason in 997, Trondheim today is a unique mix of the ancient and modern. Join our optional excursion to the soaring Nidaros Cathedral, Norway's only gothic cathedral and the burial place of St. Olav (Tryggvason). Marvel at the cathedral's exquisite works of art, architectural details and medieval statues. Excursions for every taste From September to May, experience Trondheim with a unique carriage tour on the world's northernmost tram line. You can also explore Trondheim by kayak on the River Nid or experience the city by bicycle. You can also join the Hurtigruten Guides for a hike to discover more of the area. Back on board In the afternoon, the ship sails northwest, passing the Kjeungskjaer lighthouse, islets and rocky reefs. After sailing through the narrow channel of Stokksund, we head towards charming Rørvik.

## DAY 8 : Brønnøysund - Svolvær - Welcome to the Arctic!

Today we cross the Arctic Circle, marking your best chance to see Northern Lights. We mark the occasion with a fun Arctic Circle ceremony on deck. Forces of nature Ørnes is the site of Norway's second-largest glacier, Svartisen. We then sail along the beautiful coast of Helgeland to Bodø, where you can experience Saltstraumen, the world's most powerful maelstrom, by small boat. Majestic Lofoten That afternoon, the 1,000 metre-high Lofoten Wall looms on

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the horizon, ushering us towards majestic granite cliffs and white sandy beaches. Meet the Vikings At Stamsund, visit the Lofotr Viking Museum, where you are welcomed into the chieftain's house for a real Viking feast. Going organic Between Stamsund and Svolvær, you can experience life on an organic herb and cheese farm, or visit the Lofoten's only craft brewery, in Svolvær. As we sail through the narrow Raftsund, we stop at the entrance to Trollfjord, a dramatic natural wonder that should not be missed.

## DAY 9 : Stokmarknes - Skjervøy - In the Footsteps of Polar Heroes

We briefly dock at Risøyhamn, Harstad and Finnsnes in the morning. Polar history and beer We then sail to the Arctic exploration capital of Tromsø for a prolonged stay. Join our "Polar History Walk" in winter to learn more about explorers and Arctic hunters, and taste beer from the world's northernmost brewery. Beyond your imagination Throughout the winter, complete your stay in Tromsø with a thrilling dog-sledding ride, as huskies pull you over the frozen landscape past stunning views of the snowy plateaus. The only light during the polar night comes from headlamps, the starry sky, and, if we're lucky, the magical Northern Lights. Why not have some winter fun by joining a cross-country skiing or snowshoeing adventure, or go deep-sea fishing on an Arctic fjord? All year, you can join the Hurtigruten Guides for hikes and discover more of the Tromsø area. Sailing from Tromsø, we continue to search for the Northern Lights.

## DAY 10 : Øksfjord - Berlevåg - Top of the World - North Cape

Experience the North Cape After a brief stop in Hammerfest, we arrive in Håvøysund the world's northernmost fishing village. One of the most popular excursions is a visit to the North Cape, one of the northernmost points on the European continent marked by the photogenic globe monument. Sailing north and Northern Lights The ship continues north into the heartland of the Sami people. Visit Kjøllefjord, where you can learn about the Sami way of life and hear traditional joiking (song). In winter, you can join an unforgettable snowmobile trip across snowy plains and perhaps spot the Northern Lights in the starry sky.

## DAY 11 : Båtsfjord - Berlevåg - Russian Border and Turning Point

We arrive early into Vadsø before docking in Kirkenes - the ship's turning point

for the return journey. Streets with Russian names The Russian border is a just few kilometres from Kirkenes and you'll notice local road signs in both Norwegian and Russian. There are many ways to visit the Russian frontier: canoeing, hiking or bus. Winter wonder Kirkenes offers a wide range of classic winter activities, like dog-sledding, snowshoeing, snowmobiling and visiting an Arctic Ice Dome. Southbound and down As the ship starts its voyage south, remember that you've seen only half of what Norway's coastline offers. The ports we visited by night going north are now seen by day. Ice dipping Docking again at Vardø, we may invite you to swim in the icy Arctic Ocean in winter. We then cruise along Varanger peninsula to Batsfjord and Berlevåg, home to a famous male choir of local fishermen.

## DAY 12 : Mehamn - Tromsø - Unmatched Arctic Scenery

Around midnight we dock at Mehamn with the option to join in winter a snowmobile trip to hunt the Aurora. Meridian Column Following a stop at Honningsvåg, the ship continues then to Hammerfest, where you can see the UNESCO-listed Meridian Column. You can also join a mini-mountain expedition and learn about local polar hero Adolf Lindstrøm. Old Skjervøy With a brief stop at the old trading post of Skjervøy, we return to Tromsø, just in time to enjoy a midnight concert at the Arctic Cathedral. You may want to drop by Ølhallen, a classic pub for a friendly beer.

## DAY 13 : Tromsø - Stamsund - Lofoten, Where Nature Amazes

We arrive in Harstad, where you can join the excursion A taste of Vesterålen. Amazing scenery The island groups of Lofoten and Vesterålen offer some of the most stunning natural scenery of the entire voyage. Lofoten is renowned for its steep mountains, sandy beaches, wild nature and picturesque fishing villages. Hurtigruten's birthplace We make a short stop at Risøyhamn, to deliver passengers, groceries and mail, and then continue to Stokmarknes, where Hurtigruten was founded more than 125 years ago. Go ashore and visit the Hurtigruten Museum. Continuing south, we slip through a passage into the narrow Raftsund, past peaks rising 1,000 metres from the sea. Spectacular Trollfjord We now reach spectacular Trollfjord, only 2 km long, 100 m wide and surrounded by majestic mountains. If possible, we sail inside, where the dramatic landscape inspires images of fairy tales and trolls. Just north, you can opt to see sea eagles up close by boat. Heart of Lofoten At Svolvær, you can select several excursion options. We then proceed to Stamsund along the massive Lofoten wall.

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## DAY 14 : Bodø - Rørvik - Across the Arctic Circle

Celebrate crossing the Arctic Circle with a 'taste' of Arctic tradition - a fun ceremony highlighted by a spoonful of cod liver oil. Mountain with a hole As we sail along the Helgeland coast, you'll see the strange mountain Torghatten, famous for its distinctive hole in the centre. The opening is 160 m long, 35 m high and 20 m wide, and was created during the ice age. If the weather allows, join a hike with your guides up the mountain. Myths and legends We also sail past the Seven Sisters mountain range - with peaks up to 1,100 m high. The story goes that seven beautiful troll sisters got caught out at sunrise and turned to stone, thus the seven beautiful peaks. UNESCO heritage We next make a short stop at Nesna, before moving on to Sandnessjøen. Charming coastal town Brønnøysund is a pretty little town that offers a charming high street and marina. You can join an excursion to the Norwegian Aquaculture Centre for an interesting tour and taste of fresh salmon.

hope you will take home memories of stunning nature, wildlife and fascinating culture, and we hope to see you onboard again in the near future! Enjoy even more of Norway To see more of Norway, we highly recommend our excursion Bergen City Sightseeing (only sold on board) or join one of our Post-programmes to experience more Norwegian cuisine, culture and scenery.

### Please Note:

The day-by-day programme will give you a few ideas about what you can see and do on your coastal voyage in Norway, but bear in mind that this itinerary is just an indication of what you can experience. After all, this is a sailing where the elements rule and weather conditions might vary, which is why every voyage with The Hurtigruten Coastal Express is unique.

## DAY 15 : Trondheim - Ålesund - Rich History and Living Culture

We revisit Trondheim to further explore its colourful history! Be sure to join our excursion Trondheim with Nidaros Cathedral to learn more about one of the most sacred buildings in all of Norway. Fishing, scenery and excursions From there we call at Kristiansund, a city spread across four islands with an excellent harbour that has been active since the Stone Age. Today, it is Norway's 'cured cod capital' because of its centuries-old export of dried fish. Be sure to join an excursion to Bergtatt marble mine, which includes going inside a mountain and sailing across an illuminated subterranean lake, before enjoying a meal in the mine's 'Grand Hall'. Norwegian Alps Those choosing to stay on board at Kristiansund will cross the open sea to Molde, known as Norway's 'City of Roses'. Along the way, you will take in the steep peaks of the Romsdal Alps on the horizon.

## DAY 16 : Ålesund - Bergen - A Fjord Farewell

During the night, the ship calls at Ålesund, Torvik and Maløy, but before we dock in Bergen, there is some fascinating scenery ahead of us. Glaciers and lush farmland We sail through picturesque Nordfjord beneath Jostedal Glacier. This rugged coastal region features farms with fruit orchards and glacial fingers that stretch towards glistening lakes. In the morning, we call at Florø. Back to Bergen We navigate the mouth of the mighty Sognefjord and enjoy superb views of the island-studded coastline before you disembark in Bergen. We

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## YOUR SHIP: HURTIGRUTEN SHIPS

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**Hurtigruten Ships**

### VESSEL TYPE:

### LENGTH:

### PASSENGER CAPACITY:

### BUILT/REFURBISHED:

Since 1893, the Hurtigruten ships have been a hallmark of the Norwegian coast. Today, our ships sail to the Arctic and Antarctica, and many destinations in between. On each ship you will find modern facilities carefully blended with true character.

#### MS Fridtjof Nansen

MS Fridtjof Nansen is the latest addition to Hurtigruten's fleet of custom built ships - and the next generation expedition ship. She will explore some of the most spectacular corners of the globe. Featuring Hurtigruten's revolutionary battery hybrid powered propulsion system, MS Fridtjof Nansen will be a near identical twin to her sister ship MS Roald Amundsen. Combining state of the art technology and premium on board experience with Hurtigruten's 125 years of experience and unparalleled destinations, the two Norwegian built ships introduces the next generation of adventure travel.

#### MS Fram

The original Fram was the most famous explorer ship of its time, and the achievements of her expeditions are unparalleled. MS Fram brings on the heritage of the original Fram, using the most advanced technology to make her exceptionally well suited for expedition voyages in Polar Regions.

#### MS Kong Harald

Norway's reigning monarch, a seasoned sailor, lends his name to this remarkable vessel. MS Kong Harald was refurbished in 2016 and now features a modern, Arctic-inspired interior. On board are three different restaurants, the Multe bakery and ice cream bar, a sauna and fitness room. Out on deck you can enjoy the view from one of our two hot tubs. There is a comfortable bar at the front of the ship where you can enjoy a nice traditional drink. The vessel also has a large compass area where you find the reception, the Expedition Team, conference room and shop. The top deck of the boat features a sun deck, observation saloon and panorama lounge, all of which provide splendid views of spectacular coastal scenery.

#### MS Maud

MS Maud is designed to take you on an expedition of the Norwegian coast in maximum comfort, equipped for a sustainable and memorable expedition. MS Maud, the current MS Trollfjord, is named after one of the most famous polar vessels of all time, Roald Amundsen's "Maud" from 1917. The original "Maud" got her name from the first Queen of modern-day Norway. She also had her namesake in Hurtigruten's 1925 flagship DS Dronning Maud ("DS Queen Maud"). Today's MS Maud is an ice class 1C ship equipped with advanced technology that makes her exceptionally well-suited for expedition cruises in Norway.

#### MS Nordkapp

MS Nordkapp is named after the northernmost point on mainland Europe: North Cape (71°N) - one of the geographical

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highpoints you can visit on a Hurtigruten voyage. MS Nordkapp was refurbished in 2016 and now features a modern, Arctic-inspired interior. On board are three different restaurants, a Multe bakery and ice cream bar, a sauna and fitness room. Out on deck you can enjoy the view from one of our two hot tubs. We also have a cosy bar at the front of the ship where you can enjoy a nice traditional drink. The ship additionally has a large compass area with reception, a tour guide, conference room and shop. MS Nordkapp was christened by Norway's Queen Sonja in 1996 and her maiden voyage was to the Shetland Islands. The ship started sailing the Norwegian coast in April 1996. She has also sailed in Antarctica. Since 2007, the vessel has been part of Hurtigruten's fleet of ships dedicated to sailing the Norwegian coastline.

## MS Nordlys

Both the name and the interior design of this modern expedition ship are inspired by the spectacular Northern Lights (Aurora Borealis). The art, decor and colours employed aboard this ship are all inspired by the northern lights. The delicate aesthetic creates a distinct and unique on-board ambience. Passengers are invited to relax after a long day experiencing Hurtigruten's various excursions and activities in comfy reclining chairs in the one of the ship's lounges. In May 2019 MS Nordlys was refurbished. All cabins got a makeover, while new cabin grades were added. The upgrade saw a number of new features being added to the ship.

## MS Nordstjernen

MS Nordstjernen is named after the North Star or Stella Polaris, famous for helping seafarers find their way back home and the Vikings to navigate the north. The ship was built for the Coastal Voyage fleet in 1956 and extensively modernised in 2000 for exclusive Arctic sailing. Today she takes explorers on adventures

in the waters around Spitsbergen. Despite modernisation, she still retains the aura of an old Atlantic ship, restored to her former splendour with new brass, classic wooden interiors and all her original art. Out on deck you come extra close to the untouched nature of the Polar Arctic and with roofs over a lot of the deck space you can enjoy being outside, even in rough weather. MS Nordstjernen is equipped with a dining room and bar, a cafe, a panorama lounge and a library. Inside you'll find cosy interior and exterior cabins, the majority of which have upper and lower berths. All rooms and deck surfaces exhibit that old, beautiful wood.

## MS Nordnorge

MS Nordnorge is aptly named for northern Norway, most of which lies above the Arctic Circle. MS Nordnorge was refurbished in 2016 and now features a modern, Arctic-inspired interior. On board are three different restaurants, the Multe bakery and ice cream bar, a sauna and fitness room. Out on deck you can enjoy the view from one of our two hot tubs. We have a comfortable bar at the front of the ship where you can enjoy a nice traditional drink. The vessel also has a large compass area where you find the reception, a tour guide, conference room and shop.

## MS Polarlys

Polarlys is Norwegian for 'polar light', and refers to the natural Arctic phenomenon we pursue in winter. MS Polarlys was refurbished in 2016 and now features a modern, Arctic-inspired interior. On board are three different restaurants, the Multe bakery and ice cream bar, a sauna and fitness room. Out on deck you can enjoy the view from one of our two hot tubs. We have a comfortable bar at the front of the ship where you can enjoy a nice traditional drink. The vessel also has a large compass area where you find the reception, the expedition

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team, conference room and shop.

## MS Roald Amundsen

In 2019, Hurtigruten added a brand new ship to its fleet: the MS Roald Amundsen. The state of the art vessel features new and environmentally sustainable hybrid technology that will reduce fuel consumption and show the world that hybrid propulsion on large ships is possible. MS Roald Amundsen is the first of two hybrid ships Hurtigruten will add to its fleet over the next few years. Emissions are cut by sailing with electrical propulsion. Innovative sustainable technology reduces fuel consumption and CO2-emissions on the ships by 20 percent. Named after the first man to cross Antarctica and reach the South Pole, MS Roald Amundsen leads the way towards an even more sustainable way of travelling. The ship is specially constructed for voyages in polar waters. It serves as a comfortable basecamp at sea - bringing adventurers from all over the world to the most spectacular destinations in the most sustainable way.

## MS Richard With

MS Richard With proudly carries the name of Hurtigruten's founder. It is aptly designed and built in classic maritime style. When Captain Richard With established the Norwegian Coastal Express in 1893, he made an enormous impact on life along the Norwegian coastline. The MS Richard With lives up to that legacy. Relax in the ship's panorama lounges and take in the unforgettable views of remarkable coastal scenery, much of it the same as when the first Hurtigruten boats sailed by more than a century ago. Beautiful art throughout the ship's interior adds contemporary elegance to the vessel's maritime ambience.

## MS Spitsbergen

Our new ship, MS Spitsbergen will take you on a voyage beyond

the ordinary. MS Spitsbergen is named after the crown jewel of Arctic Norway - the Svalbard archipelago and its biggest island, Spitsbergen. Hurtigruten has a long history of travelling to Spitsbergen, beginning in 1896 with the 'Sports Route'. MS Spitsbergen cruises along the Norwegian coast from September to May, and becomes part of our global Explorer sailings during the rest of the year. After complete reconstruction, MS Spitsbergen joined the Hurtigruten fleet in 2016. The ship features high technical standards as well as comfortable, modern public areas and cabins. The vessel's fresh Scandinavian design reflects a colour palette derived from the sea. She is modern and environmentally progressive, and we plan further improvements that will reduce emissions and fuel consumption even more. The new ship's maneuverability and optimal size make her quite suitable for exploring polar waters.

## MS Trollfjord

The ship is named after the spectacular Trollfjord in Lofoten. Inside she provides spectacular comfort, modern facilities and interior design that makes extensive use of Norwegian wood and stone. The art exhibited aboard ship includes original paintings that were once on board the old Hurtigruten ship, MS Harald Jarl. MS Trollfjord's sun deck and hot tub are on deck 9. The ship's spacious, two-storey panorama lounge is above the bow. Its wall-to-wall windows bathe the lounge in natural light and provide extraordinary views.

## MS Vester alen

MS Vesteralen is named after the first Hurtigruten ship that sailed along Norway's rugged coastline in 1893. She is one of our smaller boats and has an intimate on-board atmosphere. MS Vesteralen provides passengers an authentic heritage experience. In its exciting programme you will learn more about the ship's maritime operations, logistics and hotel operations.

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You will get an opportunity to get closer to the Hurtigruten operation and to learn more about the operation along the Norwegian coast.



gian coast.

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