

ELEMENTAL ICELAND - CIRCULAR SAGA FROM REYKJAV

A saga of old and new

In Reykjavik, you'll get a taste of modern Iceland, with its stylish restaurants, boutiques and galleries, as well as its museums detailing Icelandic history and culture through the ages. As you voyage around the world's youngest country you'll see how geology has shaped the lives of those who live here.

Raw natural beauty

Discover Iceland's starkly beautiful, volcanic scenery - with active volcanoes, geysers, glaciers, mountains and waterfalls. The country offers some of the best whale watching in Europe at this time of year. And among the Arctic birdlife, keep an eye out for colonies of Atlantic Puffins.



ITINERARY

DAY 1 Cosmopolitan Reykjavík

Discover Iceland's modern capital

Your expedition cruise starts in Reykjavik - a laid-back city of art, culture and



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history, delightful Reykjavik is well worth spending some time getting to know.

Take a stroll along Laugavegur with its boutiques and outdoor shops, gaze in awe at the striking Hallgrimskirkja

Church, and drop in on the fascinating Reykjavik Art Museum.

Your expedition ship awaits you in Reykjavik Harbour. After being welcomed aboard and collecting your complimentary expedition jacket, it's time to settle into your cabin before enjoying your first dinner aboard.

If you have the time, we recommend booking a Pre-Programme with us and discovering some of Iceland's natural highlights before your cruise begins.

DAY 2 Charming Grundarfjörður

Gateway to spectacular Snaefellsnes

The majestic Kirkjufell mountain, one of the best-known landmarks of Iceland, rises just two miles west of the small harbour of Grundarfjorður, a quaint fishing town in Breiðafjorður bay.

Nearby lies Snaefellsnes Peninsula National Park, with the striking, ice-capped Snaefellsjokull volcano at the peninsula's western tip. It's nicknamed 'Little Iceland' for the array of landscapes.

At the national park, you can visit Djupalonssandur's black sand beach and the Saxholl crater. Or why not ride a snowcat to the top of the Snaefellsjokull glacier or take a guided underground tour along a gigantic lava tube.

DAY 3 Picturesque Isafjörður

Explore Westfjords' beautiful harbourside town

Flanked by towering mountains on all sides, Ísafjorður is a nearly perfect natural harbour and an excellent gateway to the Westfjords region. Stroll around to see the architecture, shop for a variety of local handicrafts and view some of the oldest houses in Iceland.

One of these historic 18th century buildings is home to Westfjords Heritage Museum, where you can learn about the maritime past of this fascinating port. Or if you prefer something more energetic, you could take the steep hike up to Naustahvilft - the Troll's Throne. You'll be rewarded for your efforts at the top by the stunning panoramic view.

DAY 4 Akureyri and Goðafoss

See dramatic moonscapes and waterfalls

Gaze at snowcapped peaks as we cruise into Eyjafjorður, Iceland's longest fjord. Together with neighbouring Skjalfandi bay, it's one of the best places in Europe to spot whales.

Iceland's so-called 'Northern Capital', Akureyri sits at the fjord head. Here, you can enjoy the oasis of a botanical garden and visit local eateries and museums.

A little further afield, witness the picturesque Goðafoss waterfall, where turquoise waters pound against black rocks. You'll witness geology come to life around Lake Mývatn, an active volcanic area and one of the few places to see the Mid-Atlantic Ridge up close.

DAY 5 Húsavík and the Arctic Circle

Cross the Arctic Circle and go whale watching

Husavik isa pleasant small town famous for its whale-watching opportunities, and we'll be calling here in the morning. The town looks out over Skjalfandi bay, which enjoys visits from humpback and minke whales, white-beaked dolphins, harbour porpoises and occasionally blue whales. If you're lucky, you might see one or more of these giants at sea, and you can learn more about them at Husavik's Whale Museum.

Husavik is also regarded as the gateway to many of the highlights of the north, including Jokulsargljufur National Park, the waterfall of Dettiffos, and the



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horseshoe-shaped valley of Ásbyrgi, that according to the Icelandic myths was made by the eight-legged horse of Odin. Later, we will sail along the coast of Grimsey island without landing, passing across the Arctic Circle as we do so, before continuing to our next destination.

DAY 6 Puffins up close

Explore a place beloved of puffins and elves

Your Iceland cruise continues to Bakkagerði, a tiny, remote settlement. According to folklore, Bakkagerði is inhabited by a large population of local land spirits or elves, known as huldufolk, meaning 'hidden people'. Walk around town to explore this magical place.

A popular hiking area, here you can walk through lush, green valleys and gorgeous scenery among colourful rhyolite rocks. In season, the coastal cliffs are home to fulmars, kittiwakes, eiders and puffins. We may also visit the Atlantic Puffin colony on Hafnarholmi - a true gem for nature lovers and wildlife photographers.

DAY 7 Heimaey's explosive past

Discover the town that defied a volcano

Heimaey is the only inhabited island in the Westman Islands, found off the south coast of Iceland. It has a fascinating history, and still bears the scars of a powerful volcanic eruption that nearly destroyed the island.

Visit Eldheimar, a museum that features an excavated home frozen in time, and learn more about the eruption and its aftermath. Or why not take a hike to seek out puffins at Storhofði, where around eight million nest every summer. Don't miss climbing Mount Eldfell - at the volcano's summit you'll have incredible views of the town below.

DAY 8 Reykjavík and beyond

Enjoy Reykjavik at your leisure

Your Iceland expedition cruise concludes back in Reykjavik. This is a great opportunity to see the places you missed when you first arrived.

Relaxing with friends in a heittur pottur, or geothermal pool - literally a "hot pot" -is part of Icelandic culture. Before you leave, why not visit Iceland's most famous place for doing just that - the Blue Lagoon - one of the true natural wonders of the world - and experience the blend of silica, algae and minerals in its geothermal waters.

If you want to discover more of Iceland, you can also join our Post-Programme before you head home.

Please Note:

Itineraries are subject to change.

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YOUR SHIP: FRIDTJOF NANSEN

YOUR SHIP:	Fridtjof Nansen
VESSEL TYPE:	Expedition
LENGTH:	140 m
PASSENGER CAPACITY:	530
BUILT/REFURBISHED:	2020

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.

Cabins and public areas

The stunning scenery will be reflected in a rich and comfortable interior design. Scandinavian materials from nature, such as granite, oak, birch and wool will be used to create relaxed and stylish cabins and public areas. All cabins are outside, 50 % will have private balconies, aft suites will feature private outdoor hot tubs with spectacular views.

Science Center

The core of the onboard experience is the Nansen Science Center, an edutainment venue to guests and crew meet to create a deeper understanding of the areas we explore. Nansen Science Center will also be the on board HQ for the Expedition Team.

Restaurants

MS Fridtjof Nansen's three restaurants will host a variety of dining options, with menus drawn from our rich Norwegian and Nordic tradition, as well as international cuisine and local inspiration. Whether enjoying your meal at Aune Main Dining, Fredheim - the informal international meeting place, or the specialty restaurant Lindstrøm, you will indulge in low key yet refined, modern Norwegian Nordic cooking - where our honest and delicious cuisine reflects our destinations.

After a day of exploring new destinations, guests can relax and rejuvenate in the elegant Explorer Lounge, a large gym and Wellness center, or enjoy the scenery and sunsets on the massive in- and outdoor Observation Decks with the aft infinity pool and hot tubs as one of the highlights.

Everything you need for an expedition cruise

Each expedition voyage is accompanied by a hand-picked team of specialists and modern-day explorers. Highly experienced, passionate and knowledgeable, the Expedition Team will be your guides and guardians on your voyage of exploration, instructing you on safety, sustainability and science. MS Fridtjof Nansen will feature a variety of custom built expedition equipment, including kayaks, a fleet of Blueye underwater drones and Expedition Boats for safe landings in remote areas.

In the footsteps of a great explorer

The newest addition to our fleet will honor the heritage of her namesake - the Norwegian explorer, scientist, humanitarian and Nobel Peace Prize laureate Fridtjof Nansen. Known for his

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innovations in Arctic expeditions, Nansen led the first crossing of Greenland on cross-country skis. He is perhaps most famous for his attempt to reach the geographical North Pole during the Fram Expedition (1893-1896). Interestingly, after Nansen's Fram expedition, the ship was passed on to another great explorer who secretly planned an expedition to the South Pole -Roald Amundsen.



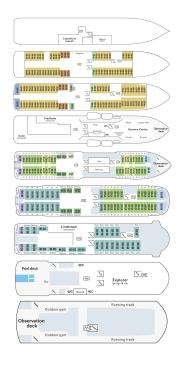
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INSIDE YOUR SHIP



Arctic Superior. From



Polar Outside. From







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19-May-2026 to 26-May-2026		
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	Expedition Suite. From	11243 AUD pp
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