

EXPEDITION TO ICELAND - HAMBURG TO REYKJAV®K VIA NORTH ATLANTIC ISLANDS

A North Atlantic island odyssey

Taking in highlights including Norway, the Shetland isles and the Faroes along the way, we set out from Hamburg to explore Iceland's natural wonders on an enthralling half-circumnavigation of the 'Land of Ice and Fire'.

A heady mix of culture and wild landscapes

See one of Norway's most impressive fjords and visit one of Europe's oldest capitals in the Faroe Islands. Experience a taste of remote island life in Scotland's Northern Isles, and explore Iceland's volcanic landscapes and remote fishing villages.



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Day 1 Departing Hamburg

Your adventure to Iceland begins

Your expedition cruise sets sail from Hamburg - a city full of history, art and culture. There's plenty to see and do here, so take some time to explore before boarding your expedition ship.

You'll discover many of the city's attractions in the old town, Altstadt, including St Nikolai Memorial and the historic street of Deichstraße. Why not discover the interesting history of two UNESCO World Heritage Sites - Chilehaus and the world's largest warehouse complex.





Once aboard, you'll collect your complimentary expedition jacket, meet your Expedition Team, explore the onboard comforts of your ship and settle into your cabin as we set sail.

Day 2 A day at sea

Enjoy a leisurely sea day aboard MS Fridtjof Nansen

As your expedition cruise travels from Hamburg towards Norway's Lysefjord, you'll have the opportunity to learn more about the places you'll visit with your expert Expedition Team. Join them for lectures in the Science Center and learn all about the journey ahead.

A day at sea gives you plenty of time to relax, and your modern expedition ship allows you to do that in style. Why not head to the wellness area, sauna or infinity pool. You're sure to enjoy our delicious, locally-sourced Nordic and international dishes served in the three restaurants.

Day 3 Sailing Lysefjord

Today, we'll sail down 25 mile long Lysefjord. Enjoy a day of remarkable landscapes from the observation decks, taking in the sublime scenery of the long and narrow fjord among striking vertical cliffs.

From the fjord we can take a peek from below at the world-famous Pulpit Rock - Preikestolen - and look out for the equally renowned Kjaeragbolten, a giant boulder that seems precariously wedged into a mountain crevasse. If you're feeling adventurous, join our Expedition Team for small expedition boat cruising or kayaking and see the imense fjord from a new perspective.

Day 4 The Shetland Islands

Discover the deep Norse roots of Scotland's Shetland Islands

We cruise northwest to the Shetland Islands. Lerwick, the capital, is a friendly, Victorian-influenced fishing town set in beautiful scenery.

Navigate the narrow lanes on foot to discover little shops selling local whiskies, woollen sweaters and fudge. By the old waterfront, you'll find the Shetland Museum, showcasing Pictish carvings and Shetland lace shawls. Nearby you can see Fort Charlotte and the regal-looking town hall.

Keep your binoculars handy to scan for grey and common seals along Lerwick's beaches, as well as local birdlife such as Red-throated Divers, redshanks and curlews.

Day 5 10th century Tórshavn

A visit to Streymoy in the Faroe Islands

Torshavn is located on Streymoy, the largest of the Faroe Islands. Founded by Norsemen in the 10th century, Torshavn - Thor's Harbour - is one of Northern Europe's oldest capitals.

Wander through the cobbled alleyways and delight in the colourful, turf-roofed houses found here. In the local museums, you can learn about the city's origins and the flora, fauna and geology of the Faroe Islands.

About half a mile out of town, the Svartafoss waterfall tumbles over mossy rocks. And as you walk along the seafront, look out for Eider Ducks and the distinctive Faroese Starling with its beige-tipped wings.

Day 6 Seyőisfjörőur's rainbow

Waterfalls and wildlife in special Seyőisfjorður

At the end of a deep fjord with picturesque mountains and waterfalls lies the quirky village of Seyőisfjorður. Colourful wooden houses line the streets, while the aptly-named Rainbow Road offers a vibrant photo opportunity.

Walk to an unusual sound sculpture, Tvisongur, or take a longer hike in the hills above the town. You can also visit Skalanes, a private nature reserve home to reindeer, Arctic fox and mink. Here, scan the skies for Black-tailed Godwits, Golden-Plovers and Gyrfalcons, Europe's largest falcon.





Day 7 Grímsey Island's puffins

Cross the Arctic Circle and see Atlantic Puffins

If you've always wanted to visit the Atlantic Puffin colonies of Grimsey, here's your chance. A remote, windswept and breathtakingly beautiful island, it's home to a wealth of wildlife and is steeped in myth and legend.

Grimsey is probably best known for its proximity to the Arctic Circle, which cuts across the island - the only part of Iceland where it does so. You'll have the opportunity to step across that line, hopping over to the Arctic and back!

By 2050, Grimsey will lie outside the Arctic as the Arctic Circle creeps northwards at a rate of about 48 ft. a year.

Day 8 Akureyri

See dramatic moonscapes and waterfalls

Gaze at snow-capped peaks as we sail Eyjafjorður, Iceland's longest fjord. It's one of the best places in Europe to spot humpback whales, white-beaked dolphins and harbour porpoises. Also look out for orcas, blue and fin whales.

Iceland's 'Northern Capital', Akureyri, sits at the fjord base. Enjoy the peaceful oasis of the botanical gardens, and enjoy a selection of top-notch eateries and museums.

Farther afield you can visit iconic Goðafoss waterfall, where turquoise waters pound against black rocks. You can also seek out Eider and Harlequin Ducks at Lake Mývatn, one of Iceland's more active volcanic areas.

Day 9 The Northwestern Region

Exploring Northwest Iceland, expedition-style

One of the best things about expedition cruising is the feeling of freedom. We plan to spend the day in Iceland's Northwestern Region, but as conditions can

vary, there's no preset plan. Rest assured, your Captain and Expedition Team will find the best opportunities for adventure on the day.

We may go cruising in our small expedition boats or take you ashore for a hike, swim, or beach clean-up. Or perhaps we'll launch our kayaks. If we spot a pod of whales as we sail, we may stop to enjoy the sight. Be ready for anything!

Don't forget, you can also join onboard lectures, visit the Science Center, get tips from our professional photographer, or take a sauna.

Day 10 Beautiful Patreksfjörður

A stunning beach, waterfalls and superb birdwatching

Patreksfjorður is unforgettably beautiful. Here, you'll learn all about the fishing traditions in Europe's most westerly village.

Explore the surrounding area on a hike through the fjords or visit Rauðasandur beach and see seals. You can also join a tour to Dynjandi waterfalls - six falls combined that together make the largest and most spectacular in the Westfjords. Birdwatchers shouldn't miss a visit to Latrabjarg, where puffins, Northern Gannets, guillemots and razorbills cling to Europe's largest bird cliff.

Day 11 Snæfellsnes peninsula

Gateway to spectacular Snaefellsnes

It's as though time has stood still at Stykkisholmur, the small fishing town in Breiðafjorður bay, where colourful houses stand out in contrast to distant mountains.

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

At the national park you can visit Djupalonssandur's black sand beach and the Londrangar basalt cliffs. Or why not ride a snowcat to the top of the Snaefellsjokull glacier or take a guided coastal hike with a glacial cave tour.





Day 12 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 see puffins at Storhofői, 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 13 Reykjavík and beyond

Enjoy Reykjavik at your leisure

As your Iceland expedition cruise reaches its conclusion, you still have one last terrific destination to explore - Iceland's art, culture and history-packed capital - Reykjavik.

Stroll along Laugavegur with its boutiques and galleries, admire the striking Hallgrimskirkja church and peruse Reykjavik Art Museum. Consider visiting the Blue Lagoon - one the true natural wonders of the world - and experience the blend of silica, algae and minerals in its famous geothermal waters.

You can also join our Post-Programme and explore Iceland's beautiful south coast, with waterfalls, black sand beaches, geothermal pools and majestic mountains.

Please note:

Itineraries are subject to change.





YOUR SHIP: FRIDTJOF NANSEN

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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





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.

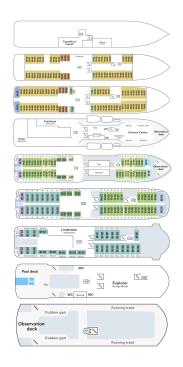


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PRICING

07-May-2026 to 19-May-2026

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