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THE COASTAL EXPRESS – SOUTH: KIRKENES - BERGEN

The Lofoten islands are considered one of the most picturesque places in Norway. On the Helgeland Coast, look for the Seven Sisters mountain range and the distinctive Torghatten mountain with a hole through it. To get the most out of your Norwegian coastal cruise, have a look at the selection of available optional seasonal excursions too.



ITINERARY

DAY 1 : Kirkenes *

All Aboard! Your voyage begins in the Arctic in the town of Kirkenes, just a few miles from the Russian border, but further east than St. Petersburg and Istanbul. You'll likely notice the area has many influences from Norway's neighbour; road signs in both Norwegian and Russian, a monthly Russian market, and the WWII Russian Monument. WWII history For those interested in history, the Varanger Museum in Kirkenes has exhibits about the town's ordeal during WWII; bombed a total of 328 times in four years, making it the most

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bombed place during the war after Malta. For more insights into this sombre period, visit the Andersgrotta WWII Bomb Shelter which can house up to 2,500 people underground. Norway's northern frontier In the port of Vardø, you'll find the star-shaped Vardøhus Fortress, built in 1737. The northernmost fortification of any kind, it remains a part of the military to this day. We cruise Norway's coastline to arrive in the small port of Batsfjord in the evening and then on to Berlevag. You might be able to make out Mount Tanahorn to the west, or see Kjølnes Lighthouse blinking atop a cliff overlooking the Barents Sea. TIME IN PORT: Kirkenes: 09:00 - 12:30 Vardø: 16:05 - 17:00 Batsfjord: 20:00 - 20:30 Berlevag: 22:25 - 22:35

Day 2: Mehamn - Tromsø *

From the Top of Europe We make stops at Mehamn and Kjøllefjord during the night before early morning visits to Honningsvåg and Havøysund. Almost the northernmost In the early afternoon, you'll spend time in Hammerfest, once the northernmost town in the world until Longyearbyen in Svalbard claimed the title. Check out the UNESCO-listed Meridian Column, shop for souvenirs at the Polar Bear Society, or take the path behind the town to the viewpoint on Mount Salen. Mountains and marine mammals We continue cruising Norway's coastline south to Øksfjord and then to Skjervøy, surrounded by mountain peaks. We've been docking at this vital fishing port since 1896. If you're visiting in winter, you might spot orcas and humpback whales that gather here to feed on herring. As we make our way to Tromsø, you might also glimpse views of the Lyngen Alps which boast some of the highest peaks in all of Norway. Midnight magic We dock at Tromsø just before midnight. In the summer months, you can stroll around the still busy city in glorious 24-hour daylight. There are also optional excursions for a midnight boat ride around the city or a candlelit classical concert at the Arctic Cathedral. TIME IN PORT: Mehamn: 01:20 - 01:30 Kjøllefjord: 03:25 - 03:35 Honningsvåg: 05:45 - 06:00 Havøysund: 08:00 - 08:15 Hammerfest: 11:00 - 12:45 Øksfjord: 15:50 - 16:05 Skjervøy: 19:30 - 19:45 Tromsø: 23:45 - 01:30

DAY 3 : Tromsø - Stamsund *

High Peaks and Idyllic Islands Today, you'll be exploring the archipelagos of Lofoten and Vesterålen, real highlights of our Norway scenic route. After Finnsnes early in the morning, the ship calls at Harstad where the white-washed Trondenes Church, the world's northernmost medieval stone church, sits on the peninsula. Next is our smallest port of call Risøyhamn and then Sortland where the landscape slowly transforms from hills to 1,000-metre-high mountains. Our birthplace Stokmarknes is where Captain

Richard With began The Coastal Express in 1893. Visit Hurtigrutemuseet, a ship-in-a-bottle building that chronicles our legacy, centred around retired ship MS Finnmarken from 1956. A ship-size fjord Sailing along Raftsund, the Captain may choose to take the ship into tiny Trollfjord. The mountain walls will look so close you'll think you can reach out and brush them! To exit the fjord, the ship will rotate 180 degrees on the spot, then sail back out. Remember to look out for sea eagles here too. Leaving Lofoten We reach Svolvær in the evening. The huge mountain that sits above the town is named the Svolvær Goat due to its supposed resemblance. See if you agree! The ship then sails for Stamsund, eventually passing the giant granite cliffs of the Lofoten Wall. TIME IN PORT: Tromsø: 23:45 - 01:30 Finnsnes: 04:20 - 04:40 Harstad: 08:00 - 08:30 Risøyhamn: 10:45 - 11:00 Sortland: 12:30 - 13:00 Stokmarknes: 14:15 - 15:15 Svolvær: 18:30 - 20:30 Stamsund: 22:15 - 22:30

Day 4: Bodø - Rørvik *

A Landscape of Trolls The ship calls at Bodø in the small hours of the morning and then Ørnes at 7am. We then cross over the Arctic Circle just after breakfast. Commemorate the moment with a tradition of tasting a spoonful of good ol' cod liver oil! We make a short stop at Nesna before sailing on to Sandnessjøen, gateway to the magnificent Helgeland Coast. Legend has it... Admire the stunning landscape of the Seven Sisters mountain range, with peaks up to 1,100m high. The tale goes that seven beautiful troll princesses, fleeing from an unwanted suitor, got caught out as the sun rose, turning them into the seven beautiful mountains you see today. You'll also not want to miss views of Torghatten Mountain, with the distinctive hole in it. There is a local legend as to why and how this mountain came to have such a hole. Make sure you ask your Coastal Expert about it! We reach Brønnøysund mid-afternoon. Explore the bustling marina on a walk along Havnegata. In the centre of town is Brønnøy Church: a stone church in the Neo-Gothic style dating back to 1870. Our last stop of the day is the cosy fishing port of Rørvik in the picturesque Vikna archipelago. TIME IN PORT: Bodø: 02:30 - 03:30 Ørnes: 06:25 - 06:35 Nesna: 10:25 - 10:35 Sandnessjøen: 11:45 - 12:15 Brønnøysund: 15:00 - 17:25 Rørvik: 21:00 - 21:30

Day 5: Trondheim - Ålesund *

Coastal Communities and Klippfisk Spend the morning in Trondheim, then sail past beautiful island scenery and some of Norway's smallest communities before exploring Kristiansund and Molde. Capital of the Viking Age Stroll around Trondheim in the early morning as the city wakes. Visit the sacred

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Nidaros Cathedral, resting place of St. Olav. Then, walk to Gamle Bybro bridge for a photo opportunity over Nid River. Treat yourself to quality coffee and a Nordic patisserie in one of the Baklandet district's many chic cafes then walk up to Kristiansten Fort for great views of Norway's third largest city. Dealing in dried cod We dock at Kristiansund's harbour in the late afternoon. The town is spread over three islands and known for being Norway's "Bacalao Capital" for the salted cod that's dried on the surrounding cliffs, called klippfisk in Norwegian. Take a walk around the cobblestone streets of the old town and tour the lively port. You can also head up to the old watchtower at Varden viewpoint for a lovely panorama. Peaks and petals The penultimate port of the day is Molde where you can spot the tops of the Romsdal Alps. Nicknamed "The City of Roses", flowers should be in bloom between mid-June and late August. TIME IN PORT: Trondheim: 06:30 - 09:30 Kristiansund: 16:30 - 17:30 Molde: 21:15 - 21:45

voyage is unique.

Day 6: Ålesund - Bergen *

Until Next Time Our Norwegian coastal cruise together, at least this time, will reach its end later today. During the previous night, we'll call at Ålesund and Torvik. On our approach to Maløy, you might catch a glimpse of the northbound Coastal Express if you're up early enough. Morning highlights You'll have a chance to glimpse Nordfjord, under the enormous Jostedal Glacier, mainland Europe's largest. The ship then docks at Florø in the morning where you can take in the harbour and marina. The home stretch Leaving Florø, you'll spot Stabben Lighthouse, a favourite subject for photographers. There's also stunning views to enjoy as we cross the mouth of Sognefjord, the longest and widest fjord in the whole of Norway. As we reach our final port in the afternoon, the ship will navigate through the last islands and skerries of our Norway scenic route, and sail down Hjeltefjord to arrive into Bergen. Explore more of Norway Sadly, it's time to say farewell to the Captain, crew, and fellow guests. But your journey doesn't have to stop after disembarkation. We offer a Bergen sightseeing tour as well as a range of post-voyage programmes that you can add to your trip, including seeing Sognefjord by train or a tour of Oslo. TIME IN PORT: Ålesund: 00:30 - 01:20 Torvik: 02:35 - 02:45 Maløy: 05:45 - 06:00 Florø: 08:15 - 08:30 Bergen: 14:45

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

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YOUR SHIP: HURTIGRUTEN SHIPS

YOUR SHIP:

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.



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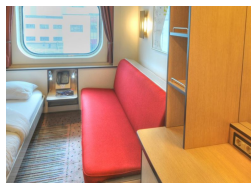
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