



NORTHERN LIGHTS EXPLORER EXPEDITION 16 DAY CRUISE

Welcome to Aurora Expeditions' Northern Lights Explorer expedition.

Shorter days in the high latitudes means darkening evening skies, so on this voyage we stay close to the coastlines of the Arctic Circle, skirting around the Norwegian and Greenland seas, and exploring remote islands and villages of the region. As night falls, we look skywards hoping to catch the magic of the northern lights. This spectacular natural phenomenon offers a surreal light display as vibrant hues of blue, green, pink and violet dance across the night sky. Places located near the Arctic Circle such as northern Norway, Iceland and Greenland, are some of the best places in the world to witness this stunning light show.



ITINERARY

Day 1 Arrive in Tromsø

Having made your way to Tromsø, you will be met by a representative of Aurora Expeditions and transferred to our group hotel. Upon arrival at your included hotel, please visit the Aurora Expeditions hospitality desk to collect your luggage cabin tags and to speak with our ground operations team, who may



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have information to share with you about pre-embarkation or to provide you with information about where to dine, withdraw cash or purchase last minute items from a local pharmacy or supermarket.

The remainder of your time is at leisure. All meals today are at your own expense.

Accommodation: Clarion Hotel The Edge (or similar)

Day 2 Embarkation

This morning, please ensure your cabin luggage is fitted with cabin tags clearly labelled with your name and cabin number. Your luggage will be collected from your hotel and transferred directly to the port for clearance and delivered to your cabin ahead of your arrival on board. Please keep any valuables or personal items with you throughout the day.

After a leisurely morning, check-out and embark on a historical walking tour of Tromsø, the gateway to the Arctic. Walk in the footsteps of Roald Amundsen the historic explorer and learn about the polar history of Tromsø, which has historically been the starting city for several polar expeditions.

Transfer to the pier for embarkation in the late afternoon, when you will have time to settle into your cabin before attending our mandatory safety briefings and enjoy the thrill of departure as we 'throw the lines' and set sail.

This evening, get to know your fellow expeditioners, friendly expedition team and crew at the Welcome Dinner to celebrate the start of a thrilling adventure.

Day 3 Torsken for Ånderdalen National Park, Norwegian Coast

Over the next few days, we explore parts of Norway's remarkable 1,000-kilometre (600-mile) coastline. Starting in Torsken, in the very north of the country, we make our way south, stopping in the Lofoten Islands. The spectacular northern lights are a natural phenomenon that is most commonly seen in the sky above the Arctic Circle, between autumn and early spring. As we are near Ånderdalen National Park in northern Norway, keep a close watch in hope of witnessing this dazzling spectacle in the night sky.

Embark on a leisurely amble through the quaint village of Torsken, where breathtaking natural beauty provides a captivating backdrop. As you meander along Torsken's narrow lanes, immerse yourself in the village's fascinating

history, a rich tapestry woven from centuries of fishing traditions and the enduring spirit of its community. Admire the scenic splendour that surrounds you, with the majestic Senja mountains creating a stunning panorama and the tranquil streets lined with colourful houses, each possessing its own unique character. En route, you will have the opportunity to visit Torsken Church, a cherished local landmark dating back to the 18th century. Before your exploration concludes, indulge your palate with a selection of local delicacies, not only distinctive to this region but also emblematic of Norwegian culinary heritage.

Personalise your expedition with our included 'Your Choice' experiences that best suits your interests and level of fitness.

Option 1: Norwegian Scenic Route (3 hours)

Duration: 3 hours

Level of difficulty: Easy

Embark on a scenic drive through Norway's second-largest island, Senja, and immerse yourself in the awe-inspiring beauty of untouched nature. As you wind your way along the ridge above the charming village of Bergsbotn, you will reach a 44-metre-long platform offering a breathtaking panorama of the Bergsfjord and its surrounding peaks. Continuing your journey, you will arrive at Tungenes, a dramatic headland nestled between Steinfjord and Ersfjord. Take a leisurely stroll along the wooden walkway that extends over the rocks, where you can admire the vast expanse of the North Sea to the west and the imposing Okshornan mountains to the north. Your adventure concludes at Ersfjord Beach, a pristine stretch of white sand framed by the island's iconic jagged peaks.

Option 2: Trek to Ravnfløy

Duration: 3 hours

Level of difficulty: Moderate

Set off on an exhilarating hike to the dramatic summit of Ravnfløy, where the stunning beauty of Senja and Ånderdalen National Park unfolds before your eyes. This adventurous trek across rugged terrain promises breathtaking rewards. As you ascend higher, you'll be captivated by the panoramic vistas of Senja's rugged coastline, majestic mountains, and pristine fjords. Halfway through your journey, we'll pause to rejuvenate around a cosy fire pit, savouring local delicacies while taking in the spectacular scenery. Reaching the summit is a triumphant moment, as you stand atop the world and capture

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unforgettable memories and stunning photographs.

Please note: It is recommended to dress in layered clothing and wear proper hiking boots. This hike is 4 km return, with an elevation gain of 548 meters, on a gravel and loose rock path with boulders, some steep and consistent inclines, and a short passage with some exposed areas. Participants should be in good physical condition.

Option 3: Hike to Midtertinden

Duration: 4.5 hours

Level of difficulty: Strenuous

Challenge yourself on a strenuous yet immensely rewarding hike through the heart of Ånderdalen National Park. Immerse yourself in the untamed wilderness surrounding Senja as you conquer the ascent to Midtertinden, where breathtaking views of the surrounding community, mountains, and fjords await. Your adventure begins in the charming village of Torsken, nestled amidst dramatic fjords and pristine landscapes. As you climb towards the summit of Midtertinden, the trail unfolds to reveal panoramic vistas of the Norwegian Sea, its crystal-clear waters dotted with enchanting islets. Reaching the mountaintop at 623 metres is a triumphant achievement, rewarded with a spectacular 360-degree panorama of Senja's rugged coastline, majestic mountains, and the vast Arctic expanse.

Note: It is recommended to dress in layered clothing and wear proper hiking boots. This hike covers approximately 4.4 km return, with an elevation gain of 623 meters, on a gravel and loose rock path with boulders, some steep and consistent inclines, and a short passage with some exposed areas. Participants should be in excellent physical condition.

Day 4 Inner Passage & Svolvaer, Norwegian Coast

We make our way to the stunning Lofoten - meaning puma's foot - Islands. This is a land scoured by ice and legend, the towering crags with their sharp edges, standing in silent protection of the villages below.

Personalise your expedition with our included 'Your Choice' experiences that best suits your interests and level of fitness.

Option 1: Guided hike towards Tjeldbergind (3 hours)

Duration: 3 hours

Level of difficulty: Moderate-Strenuous

Experience the pristine landscape of Lofoten on this adventurous hike to a mountain top overlooking the beautiful peaks of the archipelago. After a steep ascent your reward awaits you with a 360 panoramic view of Lofoten's iconic jagged mountains, picturesque lakes, and peaceful surroundings. You will also have a spectacular view of Svolvaer, Kabelvag, Vagan and on a clear day you can see the mainland.

Note: It is recommended to dress in layered clothing and wear proper hiking boots. This hike is approximately 5 km (3.1 mi) on uneven terrain with loose gravel and some steep and consistent inclines. The highest point is 367 meters (1,204 feet). Visibility of sights may be affected by adverse weather conditions. Participants should be in good physical condition.

Option 2: Taste of Lofoten (1.5 hours - limited seats available)

Duration: 2 hours including snacks

Level of difficulty: Easy

Lofoten lies in the middle of what is often called "the world's largest dinner plate", and the unique commodities the inhabitants of Lofoten have fed on and lived from for centuries, are in large scale. Experience real flavours and an authentic gastronomic experience.

On the way to the tasting venue, you will make stops to see the fish racks and the first taste of Lofoten is served. Arriving at the tasting venue the stories and delicacies from the north continue. Enjoy dried arctic cod, salmon, Lofoten lamb, tasty cloudberry and locally produced yoghurt made from local milk grazing right by the arctic coast. You will also get a taste of roe/caviar from arctic cod.

Note: The tour includes tastings of eight delicacies and should not be considered as a full meal. Drinks are not included, and a selection of beverages is available for purchase.

Option 3: Lofoten Fishing Village

Duration: 2 hours

Level of difficulty: Easy

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Combine history and culture in the urban fishing village of Svolvær. Join this cultural walk featuring the history of the fisheries, the historical land-owning fish buyers and the present-day sights in the centre of Svolvær. During this 3-5 km (up to 3.1 mi) cultural walk you will make several stops of interest and your local guide welcomes all questions and comments to ensure the best possible experience. You will visit the most important current and historical sites and includes a tasting of Stockfish.

Day 5 Leknes & Reine, Norwegian Coast

As you traverse the scenic vistas of Lofoten, marvel at majestic mountain peaks and expansive fertile lands that once set the stage for Viking sagas. Your expedition begins in Haukland Beach, a paradisiacal haven with its pearly white sands and sapphire waters, embraced by lush greenery and towering peaks, evoking the essence of an Arctic paradise. We will have ample time to hike from Uttakleiv, to Haukland Beach—a gentle stretch over hills and along the coastal path to the pristine white sand beach.

Upon reaching the Viking Museum in Borg, enjoy an exhibition showcasing archaeological discoveries and meticulous recreations of Viking dwellings, gaining a vivid understanding of the daily lives of these seafaring people a millennium ago. The museum endeavours to authentically recreate the Viking village atmosphere, complete with handicrafts, traditional buildings, and era-specific cuisine. As part of this immersive experience, you'll be treated to a soup crafted from an ancient North Norwegian recipe, prepared over an open fire—a culinary journey back in time amid the fascinating history of the Vikings.

Drive through the scenic landscapes of Lofoten to Norway's renowned Sund where you will visit a Black smith at the Fishery Museum, famous for his beautiful cormorants made of steel. The decorative wrought iron cormorants are famous all over the world, and can be found in the Pentagon, the Kremlin and in the King of Norway's palace.

Continue to the village of Reine where your ship will be waiting for you. This fishing village is one of the most beautiful in Norway, and we are sure that when you see it you will understand why!

Day 6 At Sea

Enjoy the crossing to Jan Mayen, accompanied by seabirds as we search for

whales. Enjoy informative talks from our team of experts, get to know your fellow expeditioners or stay active in the gym. Remember to look to the skies at night and hope for sightings of the northern lights.

Day 7 Jan Mayen

The approach to Jan Mayen is spectacular. The huge 2,277-metre (7,470 foot) Beerenberg volcano is the northernmost active volcano in the world, and it last erupted in 1985. The northern part of the island is a great place to look for whales and dolphins and contains impressive glaciers, some of which reach the sea. If the weather is favourable, we will try to land at Kvalrossbukta, a relatively sheltered bay on the island's west coast. This is one of the landings used to supply the weather station Olonkinbyen, situated on the eastern side of the island.

Day 8 At Sea

Enjoy the crossing to East Greenland, accompanied by seabirds as we search for whales. Enjoy informative talks from our team of experts, get to know your fellow expeditioners or stay active in the gym. Remember to look to the skies at night and hope for sightings of the northern lights.

Day 9-13 East Greenland

In the coming days, a host of choices are available to us, and depending on ice and weather conditions, the east coast of Greenland is ours to explore. The members of our experienced Expedition Team, who have made countless journeys to this area, will use their expertise to tailor our voyage to suit the day-to-day conditions. This allows us to make best use of the prevailing weather, ice conditions and any opportunities for wildlife encounters. We generally attempt up to two landings or Zodiac excursions per day, including cruising along spectacular ice cliffs, following whales feeding near the surface.

Be prepared to experience ice - and lots of it! East Greenland contains some of the Arctic's most impressive scenery. Deep fjords and narrow channels, flanked by sharp ice-clad peaks soaring up to 2,000 metres (6,562 feet), and glaciers birthing gigantic icebergs that drift throughout the fjord system, combine to create breathtaking scenes.

The tundra landscape is home to musk oxen, arctic hares and reindeer.

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Throughout the area there are ancient Thule archaeological sites, historical trappers' huts, and the cabins of present-day Inuit hunters. A highlight is a visit to the Inuit village of Iltoqqortoormiit, the most isolated and northernmost permanent settlement in the region, with approximately 450 inhabitants. The community has an excellent museum, gift shop, an abundance of Greenlandic sled dogs and provides the opportunity to meet the friendly locals.

Explore Scoresbysund, the world's largest fjord system and a favourite hunting ground of the local Inuit. Massive glaciers flow into this fjord, the birthplace of hundreds of majestic Greenland icebergs. It is a spectacular place that simply needs to be seen to be believed. North of Scoresbysund lie Kong Oskar and Kaiser Franz Josef fjords, two of the most significant fjord systems in Greenland, each one encompassing several smaller fjords and sounds. Thanks to the fertile volcanic soil and the surrounding mountains offering protection from strong winds, the area is rich in wildlife. You may spot everything from musk oxen and arctic foxes to mountain hares, and even reindeer, near the fjord. Look skyward and you could catch a glimpse of birds, including the glaucous gull, black-legged kittiwake, northern fulmar, common raven and common eider.

Day 14 Ísafjörður & Vigur Island, Westfjords

Over the coming days, we explore the Westfjords region, which features outstanding landscapes with jaw-dropping views of dramatic fjords carved by ancient glaciers, sheer, table-top mountains that plunge into the sea, and pristine north Atlantic vegetation. The region features attractive towns such as Ísafjörður, surrounded by sheer mountains and steeped in history, evident in its preserved wooden architecture. Delight in its lively cultural scene and abundant outdoor activities.

On Vigur Island enjoy walks and hikes of varying levels of difficulty, soaking in the stunning surrounds. Stroll along the coastline, keeping an eye out for whales, or venture deeper into the island to discover hidden gems. With its rolling hills, picturesque landscapes, and fresh sea air, Vigur offers an unforgettable experience.

Day 15 Snaefellsnes Peninsula

Grundarfjörður is the starting point of our adventures on the Snaefellsnes Peninsula, gateway to Snaefellsjökull National Park. Snaefellsnes Peninsula is an area of diverse landscapes that is characterised by lava fields and glistening fjords and home to a vast array of birdlife. The area is crowned by

the magnificent, ice-capped Snaefellsjökull volcano, a 700,000-year-old dormant subglacial volcano, visible from Reykjavik on a clear day and immortalised in Jules Verne's Journey to the Centre of the Earth.

Personalise your expedition with our included 'Your Choice' experiences that best suits your interests and level of fitness.

Option 1 - Highlights of Snaefellsnes

Duration: 8 hours including lunch

Level of difficulty: Easy-Moderate (dependent on fitness)

Our first stop will be the iconic Mount Kirkjufell, a favourite among photographers and known to many as a filming location for the TV show "Game of Thrones". Not far from this majestic mountain is a waterfall that completes the picturesque scene. Next, you'll visit Snaefellsjökull National Park, encompassing a large area of Snaefellsnes Peninsula's western tip. For the more active, explore some incredible hiking trails, or simply enjoy your drive through the park and take in the beauty that surrounds you. Continue to the dramatic black pebble beach of Djupalónssandur, where you can marvel at the black sands and colossal rock formations, volcanic landscapes, and remains of a 1948 shipwreck. Following lunch, re-join the coach to travel to Buðir, a picturesque hamlet surrounded by the stunning landscapes of the Snaefellsnes Peninsula. Stop to admire Buðakirkja, the 19th-century church and explore the area before embarking the ship in Arnarstapi.

Option 2 - Natural Wonders of Snaefellsnes

Duration: 8 hours including lunch

Level of difficulty: Moderate

Upon disembarkation, we will stop will be the iconic Mount Kirkjufell, a favourite among photographers and known to many as a filming location for the TV show "Game of Thrones". Not far from this majestic mountain is a waterfall that completes the picturesque scene. Next, you'll step into the 8,000-year-old Vatnshellir Cave, replete with stunning geology, fascinating rock formations, and colourful volcanic rock. We will meet at our base near the cave, where your friendly guide will provide you with all the equipment that you need, including a helmet and headlamp (we strongly recommend that you wear comfortable and sturdy footwear, as the volcanic rock can be quite difficult to traverse). Then your friendly guide will give you a brief safety talk before we descend the spiral staircase into this subterranean wonderland. The tour meanders through the path of the lava flow around 200 meters into a



large cave that lies around 35 meters beneath the surface of the earth, where we will be greeted by some rainbow-coloured volcanic rocks and incredible petrified lava formations. The cave is a fairly easy walk, although it will involve a degree of climbing. Following lunch, re-join the coach and travel to Arnarstapi and hike the coastal trail that connects the two villages of Arnarstapi and Hellnar. Now a National Reserve, this easy level hike encompasses geology, wildlife, amazing photo opportunities, folklore and most of all adventure. This old trail takes us along the wild shoreline with a view of the ocean and extraordinary columnar basalt and lava cliff formations on one side and stunning mountains and Snaefellsjokull Glacier on the other. The cliffs are alive with a wide range of bird species such as the Arctic Tern, the kittiwakes, gulls and fulmars.

Option 3 - Snaefellsnes Adventure

Duration: 8 hours including lunch

Level of difficulty: Moderate-Difficult

The Land of Fire and Ice is well-known for its incredible landscapes and contrasting terrains that include several natural and geological wonders rarely found anywhere else on Earth. The unique geological history of Snaefellsnes will draw you in where you can explore sites revealing Iceland's unique geological history up close. Your first stop is at Eldborg crater, located on a short volcanic rift, just 200 metres in diameter, and 50 metres deep. It is the largest crater on this rift and was created in an eruption which occurred somewhere between 5000 and 6000 years ago. Unlike many of Iceland's volcanoes, it has a very classic shape, with smooth sloping sides and a very definite crater. A marked hiking path leads through a shrub-covered lava field to the top of the crater offering incredible views of Snaefellsnes National Park. We continue to the symmetrical, hexagonal-shaped basalt columns at Gerðuberg Cliffs. Stand in awe at these impressive cliffs, a natural marvel that spans 500 metres. To enjoy the best view, take a walk by the structures. Climbing up the cliff is possible but to really soak in the views of this geological structure, it's best to enjoy a walk alongside the cliffs. Following an early lunch, re-join the coach and head for the Pufubjarg bird cliff, home of nesting puffins and fulmars. From here, hike along the rugged coastline to witness the exceptionally beautiful Londrangar basalt cliffs, a geologic wonder that looks like a huge rock castle. There are many local birds here, and they are a noisy bunch. Puffins, but especially fulmars, nest in the many cavities in the two pillars. From here you hike across a pretty lava field covered in moss to Malarri, where you can see the lighthouse and explore the beach.

Day 16 Disembark in Reykjavik

During the early morning, we cruise into Reykjavik and disembark at approximately 8.00 am. Farewell your Expedition Team and fellow passengers as we all continue our onward journeys. Transfer to Keflavik airport.

Note: At the conclusion of the voyage, we recommend booking flights departing after 12.00 pm on the day of disembarkation in case there are delays.

Please Note:

Itineraries are subject to change.

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YOUR SHIP: SYLVIA EARLE

YOUR SHIP:	Sylvia Earle
VESSEL TYPE:	Luxury Expedition
LENGTH:	104 meters
PASSENGER CAPACITY:	126
BUILT/REFURBISHED:	2020/2021

Launching in October 2021, the Sylvia Earle honours renowned oceanographer and marine conservationist Dr. Sylvia Earle. As the first female chief scientist of NOAA and a Time Magazine Hero for the Planet, Sylvia's legacy lives on through this state-of-the-art expedition vessel designed for sustainability and exploration.

Built for challenging waters like the Drake Passage, the Sylvia Earle features the cutting-edge Ulstein X-BOW® for smoother sailing, reduced fuel consumption, and better speed through rough seas. Inside the bow, the stunning Glass Atrium Lounge offers panoramic views.

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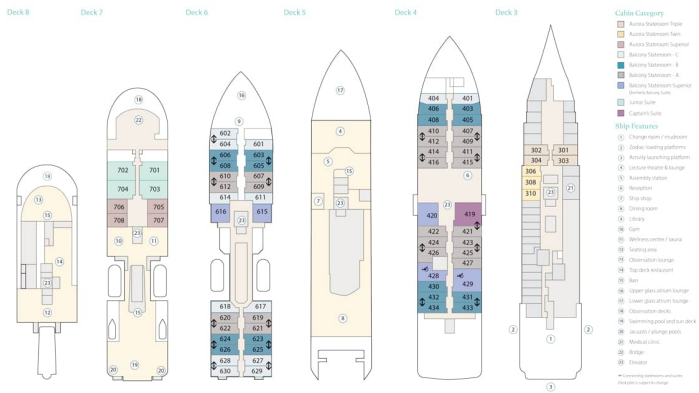
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