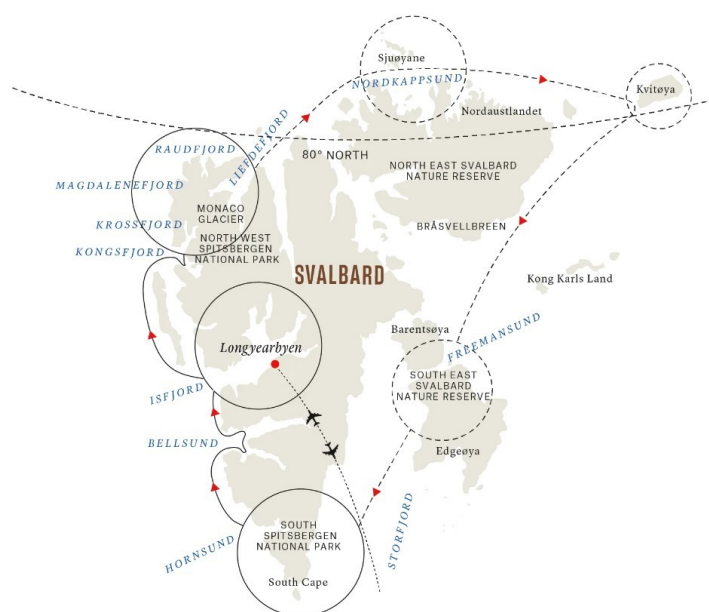




## CIRCUMNAVIGATING SVALBARD - THE ULTIMATE EXPEDITION

The world's edge Your adventure begins in Oslo with a flight to Longyearbyen, the world's northernmost town. An overnight stay gives you time to explore before we attempt to cross the 80th Parallel North. Explore Svalbard's stunning nature reserves, where seabirds like Brunnich's Guillemots and kittiwakes nest on the soaring cliffs. Journey of discovery Watch out for reindeer and polar bears on land, and whales and seals in the water, as we head for the fjords of Hornsund. Learn about the history of Arctic whalers and explorers as we continue to Isfjorden, before returning to Longyearbyen.



### ITINERARY

DAY 1 Explore cosmopolitan Oslo

Enjoy time in Oslo before flying to Svalbard Your expedition begins in Oslo, Norway's fjord-side capital. If you have time before your flight, why not explore the city centre. With its rich history and fashionable art scene, Oslo is a fascinating city. You'll find museums, galleries, and breathtaking architecture all within easy reach - including the beautiful Opera House and new Munch Museum. Take a stroll in the stunning Ekeberg Sculpture Park, visit Akershus Fortress or relax in a floating sauna. Explore



modern Sørenga and enjoy urban beach life, or try New Nordic cuisine before flying out to Longyearbyen in the Svalbard archipelago.

#### DAY 2 Longyearbyen adventures

Meet reindeer in the street as you shop After breakfast, it's time to explore the world's northernmost town, a colourful frontier settlement where people are outnumbered by snowmobiles. Longyearbyen is perfect for exploring on foot. Stroll down the main street and you might see Svalbard reindeer saunter by. Although wild, they're curious and tame. Admire the polar bear-inspired art or visit the North Pole Expedition Museum. Get ready for your included excursion after lunch, or join an optional electric bike, dogsledding or hiking tour. In the afternoon, it's time to board your ship as we begin our Svalbard circumnavigation.

#### DAY 3-5 The wilds of Spitsbergen

Experience pristine Arctic wilderness Over the next three days, you'll explore Northwest Spitsbergen National Park, combining natural beauty and fascinating history in all its rugged glory. Seabirds wheel as we scan for animals of the Arctic - whales, seals, walrus and reindeer. We might even see polar bears hunting on the ice. In stunning Kongsfjorden, you may see glaciers calving into the sea. And we may stop in Ny-Ålesund, home to a thriving international science community, researching glaciology, wildlife and climate change. Be ready for adventure as we jump at any opportunity that comes our way; hiking, kayaking or even an impromptu beach clean-up are possible.

#### DAY 6-8 Polar bears in the East

Scouting for polar bears, seabirds and walrus The frozen seascape of Eastern Svalbard is home to the archipelago's largest population of polar bears. Over the next three days, you'll explore the area with your Expedition Team on exhilarating landings, hikes and optional kayaking trips. Where exactly will depend on conditions on the day. Anything is possible. We might cross 80° parallel North, through the Hinlopen Strait, scouting for walrus and colonies of Brunnich's Guillemots, gulls and kittiwakes. Or learn about Svalbard's exploration heritage in Freemansundet and Kapp Lee. We may also take small expedition boats to Edgeøya or Barentsøya for landings.

#### DAY 9-10 Hornsunden and Bellsund

Majestic glaciers, birds and pioneer history Your expedition continues south towards Hornsunden - one of Svalbard's most beautiful fjords. Rich, colourful vegetation makes way for towering mountains along this picturesque waterway. Head out on deck as you may spot seals and whales, Mount Hornsundtind, and glaciers calving into the sea. Then we head to snow-capped Bellsund, whose cliffs are home to large colonies of auks, guillemots and Northern Fulmars, along with Arctic foxes and Svalbard reindeer below. Look out for early mining settlements and learn about Wanny Woldstad, the first female trapper, in our Hunters and Trappers lecture.

#### DAY 11 Astonishing Isfjorden



Rich in flora, fauna, geology and history Our Svalbard circumnavigation continues into Isfjorden's lush fjord system, where you'll see immense, glacier-carved valleys rich in wildlife, vegetation and human history. To the north, Alkehornet is home to guillemots, kittiwakes, Svalbard reindeer and Arctic foxes. The clear traces of whaling and hunting history are visible on beaches and bays. Further south, we'll pass the former Isfjord Radio Station, now one of the world's most beautifully-situated hotels. Our activities today will be determined by the ever-changing weather conditions of Isfjorden. Your Expedition Team will decide on the best possibilities for exploring on the day.

#### DAY 12 Return to Longyearbyen

A last day at the top of the world Your expedition cruise ends back in Longyearbyen. You'll return home knowing more about Arctic animals, history, polar ice and climate change than you arrived with - and memories of an incredible experience. Before your flight back to Oslo, you'll have time to discover more of Longyearbyen and do a spot of shopping - perhaps a warm Svalbard sweater. MS Fram guests have the option of extending their stay in Longyearbyen with one of our unique Post-Programmes, like a walrus safari.

Please Note:

Itineraries are subject to change.





## YOUR SHIP: FRAM

**YOUR SHIP:** Fram

**VESSEL TYPE:**

**LENGTH:**

**PASSENGER CAPACITY:**

**BUILT/REFURBISHED:**

MS Fram is designed for sailing in polar waters, holds the highest safety standards and is the perfect size for optimum nautical manoeuvrability and guests' comfort. With space for only 276 guests, you are sure to get to know many of your fellow travellers. You will share stunning sights and memories of a lifetime long after returning home. The Norwegian word Fram means 'forward' - lifting expectations of the voyage at hand. MS Fram was built in 2007 with one mission in mind - to bring her guests closer to nature, wildlife and unforgettable experiences. As well as offering numerous lounges in which to relax, our more active guests can use our well-equipped gym. Meanwhile, on deck, our Jacuzzis guarantee you surreal memories when passing the towering icebergs of Antarctica or Greenland.



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