

EXPLORE!



Cruise the Norwegian Fjords - In Depth - Expedition

NORWAY, SPITSBERGEN - TRIP CODE ENFX

POLAR

Why book this trip?

Venture into the magical and mysterious lands along the Norwegian coast, for close encounters with glaciers and impressive fjordscapes. This In-depth voyage will take you to important sites of Norway's ancient history and UNESCO-protected heritage sites, whilst enjoying some of the most incredible nature you'll ever see.



INCLUDED MEALS	TRIP STAFF	TRANSPORT	ACCOMMODATION	TRIP PACE:
Breakfast: 10 Lunch: 9 Dinner: 10	Expedition Crew Naturalist(s)	Expedition Zodiac	10 nights premium boat	Relaxed

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Embark in Tromso

Welcome to Tromso, the capital of northern Norway, known as the Gateway to the Arctic. Embark the Expedition in the evening, this is the start of your week-long adventure exploring the delightful Norwegian fjords. Rugged landscapes and remote inlets await and there will be plenty of time to explore this area of outstanding beauty, both on land and by Zodiac.



ACCOMMODATION:
Expedition (or similar)

Grade: Premium Boat



MEALS PROVIDED: DINNER

DAY 2 - Nordkapp and the Norwegian Sea

Explore one of the most northern points in Europe. A popular spot to watch the midnight sun during the summer months, as the sun never sets between the middle of May to late August, this cape is the location where the Atlantic and Arctic oceans meet. Explore the barren landscape, quaint fishing villages, and stop by the Northern Cape Plateau standing 307 m above sea level.



ACCOMMODATION:
Expedition (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 3 - Norwegian Sea to Trollfjord

Enjoy a day at sea, taking in the stunning scenery of the Arctic. Keep a sharp eye while on deck to try and spot marine wildlife.



ACCOMMODATION:
Expedition (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 4 - Trollfjord to Lofoten

Spend the early morning at the short, yet dramatic Trollfjord. Search the cliffs on your continuing quest to spot trolls, the mythical creatures of Norwegian legend. Head ashore on Svolvær to explore some of the highlights of the Lofoten Islands by coach, including Nusfjord, one of Norway's oldest and best-preserved fishing villages. The Lofoten archipelago is an enchanting area of picturesque villages, backed with jagged peaks which are perched by the sea. Enjoy lunch in a local restaurant, before ending our visit in the village of Å.



ACCOMMODATION:
Expedition (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 5 - Svartisen, Sanna and Vikingen

Visit Svartisen, Sanna and Vikingen, for beautiful glaciers and a globe sculpture which marks Vikingen as

a point directly on the Arctic Circle. Svartisen is Norway's second largest glacier and water collected here is used for hydropower. Here, we hope to enjoy a scenic walk up to a glacier, before continuing onto Vikingen. We will also make a stop en-route in Sanna, offering more walking opportunities as well as a chance of spotting sea eagles.



ACCOMMODATION:
Expedition (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 6 - Sanna and Lomsdal-Visten National Park

A UNESCO World Heritage site, Vega is known for its picturesque fishing villages and history of eider down harvesting. Enjoy some opportunities to explore the area on foot or with an optional guided tour.



ACCOMMODATION:
Expedition (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 7 - Lomsdal-Visten National Park and Torghatten

The rugged coastline of central Norway features some of the world's most beautiful scenery. The captain will negotiate with local Norwegian pilots to determine our best Zodiac landing options. The mountain scenery and coastline offer breathtaking views. The goal is to visit Torghatten, one of the most bizarre rock formations in Norway and a significant local landmark. We will hopefully be offered the chance to sail towards the Træna archipelago, which is made up of over a thousand islands.



ACCOMMODATION:
Expedition (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 8 - Torghatten to Trondheim

We continue on to Trondheim, a modern city surrounded by beautiful forests and mountains and is home to the remarkable Nidaros Cathedral. Built over the burial site of Saint Olav, the King of Norway in the 11th century, Nidaros Cathedral is the traditional location for the consecration of the King of Norway. Choose between taking an afternoon hike to the Sverresborg Folk Museum, or enjoy a city tour including the Folk Museum and the elaborate Cathedral, built between 1070 and 1300.



ACCOMMODATION:
Expedition (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 9 - Trondheim to Geiranger

We sail deep into one of Norway's most beautiful and most visited fjords, Geirangerfjord. The fjord is 15 kilometres long, surrounded by spectacular mountains, lush green trees, waterfalls and several farms. This popular tourist site has been listed as a UNESCO World Heritage site.



ACCOMMODATION:
Expedition (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 10 - Geirangerfjord

Ensure that you have your camera to hand for some spectacular photo opportunities as we soak up the

views at this UNESCO-protected site.



ACCOMMODATION:
Expedition (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 11 - Bergen

Disembark the Expedition in the morning after breakfast.



MEALS PROVIDED: BREAKFAST

Trip information

Country information

Norway

Climate

Seasonal Climate Despite the northern latitudes the climate in Norway is not extreme, due to the affects of the North Atlantic Drift. Between May and September is the best time to visit this region, with summer temperatures reaching the high teens and rain a regular feature year round along the coast. North of the Arctic Circle the sun does not set between the middle of May and the end of July, so you can expect to encounter the midnight sun during this period.

Time difference to GMT	Plugs	Religion	Language
+1	2 Pin Round	Lutheranism	Norwegian

Spitsbergen

Climate

Between May and September is the best time to visit this region, with summer temperatures reaching a maximum of 5 degrees centigrade. North of the Arctic Circle, the sun does not set between the middle of May and the end of July, so you can expect to encounter the midnight sun during this period.

Time difference to GMT	Plugs
+1	2 Pin Round

Budgeting and packing

Clothing

Parkas

This will be provided by the ship operator. Please register your size with us before travel and we will arrange for your parka to be available in your cabin on arrival.

Gloves

Keeping your hands warm and dry can be a challenge. Thin polypropylene gloves can be worn underneath warm outergloves. This allows you some protection from the cold when removing your gloves to operate your camera etc. We strongly recommend that you bring more than one pair of gloves, in case one gets wet (or lost).

Hat/Cap

Warm, woollen hat/cap to protect your ears, as well as a scarf, neck gaiter or other face protection, such as a balaclava.

Trousers

Water-resistant trousers of coated nylon or, even better Gore-Tex®, are essential for your comfort. They can be worn over your regular clothes to keep you warm and dry. We suggest that you purchase trousers a few sizes larger than you normally wear as you will be wearing them over other clothing. Gore-Tex® or similar fabrics are excellent for keeping out wind and water without trapping excess heat. In addition to your waterproof trousers, warm ski pants are suggested if you have them. Warm trousers such as jeans, corduroys etc. are also good.

Socks

Warm wool socks worn over a thin pair of silk, polypropylene socks should provide enough warmth and insulation for your feet. Bring several pairs of socks, since you will inevitably get your feet wet.

Outer Clothing

Woollen, knit or cotton jumpers/tops, polar fleece tops (medium weight), several cotton turtlenecks and T-shirts for layering on and off the ship.

Underclothing

Thermal underwear is highly recommended as it will keep you warm without adding bulk. Most polar travellers prefer a lightweight version.

Footwear

Complimentary, used, waterproof boots will be supplied onboard. However, guests might want to bring their own if they are the following sizes due to the limited quantities onboard:

- men's UK size 12 & 13 1/2
- women's UK size below three & seven and above

Guests must bring their own if they are:

- men's UK size six 1/2 or smaller
- men's UK size 13 1/2 or larger
- women's UK size two or smaller
- women's UK size nine 1/2 or larger

These are rubber, waterproof boots that are just below your knees with a strong, ridged non-skid sole. You usually have to step from the Zodiac into icy water up to 30 cm high on most landings. Do not bring heavy, cumbersome boots that make it difficult to walk or boots with metal cleats, as they cannot be used for landings. For maximum warmth, wear loose-fitting boots and two pairs of socks. Try out your boots before the voyage.

Luggage

20kg

Luggage: On tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

Equipment

Sunglasses and sun cream

Personal toiletries

A refillable water bottle

Books/reading material

Camera and extra memory cards (and something to protect the camera when out in the elements - dry bags are very useful for protecting camera gear)

Seasickness remedy

Walking poles

Personal First Aid

Tipping

Local crew

Tipping is of considerable significance to the people who will take care of you during your travels. It is an expression of satisfaction. The suggested amount is USD \$10 - 15 per person per day spent on board. Of course, tipping is a personal choice and the suggested amount is set only as a guideline. The money is collected by the Hotel Manager at the end of the voyage and distributed among the crew and Expedition Staff. The Officers choose not to participate in the tipping pool.

Norway

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£18.00 - 25.00	£35.00 - 40.00	£6.00 - 8.00	£2.00 - 3.00

Foreign Exchange

Local currency	Recommended Currency For Exchange
Norwegian Krona	Take Norwegian Krona with you

Where To Exchange

Recommend you buy some Norwegian Krona before departing the UK (or whilst in transit in Oslo).

ATM Availability

ATMs are available in Myre and at Oslo and Evenes Airports.

Credit Card Acceptance

Credit cards are generally accepted at many hotels and optional excursions may be paid for by credit card.

Travellers Cheques

Not recommended.

Spitsbergen

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Dinner price	Beer price	Water price
£35.00-40.00	£6.00-8.00	£2.00-3.00

Foreign Exchange

Transport, Accommodation & Meals

Transport Information

Expedition, Zodiac

Ship description

At a nimble 105 metres (345 ft) in length, with a capacity to hold 132 guests, the Expedition is an ideal vessel to ply polar waters. The ship is large enough to provide stability, speed, spacious cabins and ample

public space, yet she is small enough to manoeuvre in remote areas and get you close to the action. Ship stabilizers ensure a smooth ride in rough waters, such as the infamous Drake Passage enroute to the Antarctic, allowing you to enjoy more of your time at sea. A fleet of ten zodiacs allows passengers to get out and actively explore the remote shores of our destinations. The Expedition is a speedy vessel. A top speed of 16 knots means you'll spend less time getting from A to B, and more time to explore your surroundings.

Cabins

The lead-in prices on our website are based on outward facing, category one cabins on the lower deck. Category one cabins are triple or quad share. They are comfortable with a private toilet and shower, and porthole. The Expedition has a number of different cabin categories, ranging from quads, twins and suites - all are outside facing, with two beds (apart from the suites which have queen size beds). Some cabins have larger windows, depending on your cabin grade. We can also offer single occupancy at a supplement which will be subject to availability at the time of booking. A full layout of the deck plan can be found under the Polar Ships section on our website. Your confirmed cabin type will appear on your Booking Confirmation which will be sent on receipt of your deposit payment.

Ship dining

Onboard our expedition ship you'll find a diversity of gourmet international cuisines prepared and catered by professional chefs; all meals are included in the price of your expedition. Dining is casual, tables are unassigned and the dining room is capable of seating the entire passenger compliment at one time. There is always a selection of different meals available, and vegetarians will find plenty of options. Special dietary requirements can be accommodated with advance notice; please advise us at time of confirmation. Coffee, tea and water are all provided free of charge. All other beverages, alcoholic and non-alcoholic, are not included and can be purchased in the dining room, pub or in the lounge.

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing

Visa and Passport Information

Norway: Entry visas NOT required by UK, AUS, NZ, USA, CAN Citizens. Other nationalities should consult the relevant consulate.

All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Norway

Vaccinations

Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Spitsbergen

Polar information

Ship information

At a nimble 105 metres (345 ft) in length, with a capacity to hold 132 guests, the Expedition is an ideal vessel to ply polar waters. The ship is large enough to provide stability, speed, spacious cabins and ample public space, yet she is small enough to manoeuvre in remote areas and get you close to the action. Ship stabilizers ensure a smooth ride in rough waters, such as the infamous Drake Passage enroute to the Antarctic, allowing you to enjoy more of your time at sea. A fleet of ten zodiacs allows passengers to get out and actively explore the remote shores of our destinations. The Expedition is a speedy vessel. A top speed of 16 knots means you'll spend less time getting from A to B, and more time to explore your surroundings.

Additional Information

