

EXPLORE!



Iceland, Jan Mayen and Spitsbergen

ICELAND, NORWAY, SPITSBERGEN - TRIP CODE SPIS

POLAR

Why book this trip?

This voyage takes you to a rich variety of Atlantic islands. Iceland is the perfect destination for explorers searching for the unexpected, while volcanic Jan Mayen rises from the mid-Atlantic ridge - snow-capped and surrounded by oceans full of life and Svalbard, is home to the King of the Arctic; the mighty polar bear. Enjoy all aspects of these fascinating arctic islands. See the great eastern nature reserves and some of the most spectacular scenery on Earth. Join us to experience powerful nature, adventure and history aboard a modern and comfortable expedition ship, the MS Spitsbergen.



**INCLUDED MEALS**Breakfast: 11
Lunch: 10
Dinner: 10**TRIP STAFF**Expedition Crew
Naturalist(s)**TRANSPORT**M/S
Spitsbergen
Zodiac**ACCOMMODATION**11 nights premium
boat**TRIP PACE:**

Relaxed

Itinerary

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

DAY 1 - Arrive Reykjavik

Many visitors find landing at Keflavik airport enchanting. The hub seems carved out of an arctic desert, with lava stones covered in moss and haunting mountains nearby, but just 45 minutes away, you will find the charming and vibrant modern city of Reykjavik, offering excellent restaurants, interesting museums and quaint narrow streets.

**ACCOMMODATION:**

M/S Spitsbergen (or similar)

Grade: Premium Boat

**MEALS PROVIDED: NONE**

DAY 2 - Stykkisholmur and Flatey

West Iceland is often referred to as the Sagaland. Experience Stykkisholmur's storybook landscape of lava and rock formations, glaciers, volcanic activity and hot and cold springs. Explore the town on your own or join optional excursions to explore more of the Snæfellsnes Peninsula, which is said to be a miniature version of Iceland. In addition to the Snæfellsjökull glacier, there are black sandy beaches, bird cliffs, spectacular mountains and volcanic craters. On the charming island of Flatey, time appears to stand still. Take a stroll around the scenic lanes of this tiny village.





ACCOMMODATION:
M/S Spitsbergen (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 3 - Bildudalur

One of Iceland's best-kept secrets is the magical area of Westfjords. In the morning hours we sail around the tip of the Látrabjarg peninsula. If conditions are right, you can see the Bjargtangar lighthouse, Europe's westernmost point, from the deck.



ACCOMMODATION:
M/S Spitsbergen (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 4 - Isafjordur

Flanked by towering mountains on all sides, Isafjordur is a nearly perfect natural harbour. Take a walk to see the local architecture, browse for local handicrafts and come across the oldest houses in Iceland, including the structure that houses the Maritime Museum.



ACCOMMODATION:
M/S Spitsbergen (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 5 - Hornbjarg cliff and Reykjafjordur

The Hornbjarg cliff is one of the greatest sea bird habitats in Iceland. From deck, you will be able to enjoy the spectacular views of the wildlife. Reykjafjordur can only be reached on foot or by boat, and we plan to take a closer look at this stunning area as well.



ACCOMMODATION:
M/S Spitsbergen (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 6 - At sea

Enjoy a relaxing day at sea with on board lectures while we set course towards Jan Mayen. Our Expedition team will hold talks and workshops to share their knowledge and experience, further enhancing the next days of our journey.



ACCOMMODATION:
M/S Spitsbergen (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 7 - Jan Mayen Island

The Norwegian island of Jan Mayen is one of the most isolated places in the World. Located where the North American and Eurasian tectonic plates meet, the island is dominated by Beerenberg, the northernmost active volcano on earth. Dutch whalers operated from Jan Mayen in the 16th century, but today only a Norwegian weather station accommodates a few brave individuals throughout the year. Visits to Jan Mayen are extremely rare, especially from tourists. As one of the few vessels operating in this area, MS Spitsbergen and her crew will attempt to make a landing on this most exotic Arctic island.



ACCOMMODATION:
M/S Spitsbergen (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 8 - At sea

Another day at sea as we set sail for Spitsbergen. Take an invigorating stroll on deck or enjoy the company of your fellow adventurers.



ACCOMMODATION:
M/S Spitsbergen (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 9 - North West Spitsbergen National Park

The North West Corner of Spitsbergen is scattered with islands, fjords and beaches. The ocean here is full of drifting ice and the frozen landscape changes constantly. Due to strong winds and currents, the Captain monitors conditions closely, before deciding where we can land or sail. This is why all itineraries need to be flexible; we work with the elements, not against them, and safety is our first priority.



ACCOMMODATION:
M/S Spitsbergen (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 10 - North West Spitsbergen National Park

Landings in the area offer an excellent insight into Svalbard's history. You will have the chance to see the remnants of antique blubber ovens used to render whale oil. We might visit Kongsfjord, considered one of the most beautiful fjord areas in Spitsbergen, with mighty glaciers calving icebergs into the sea. All of which is nicely framed by stunning mountain formations. On the shore of Kongfjord is the former mining settlement of Ny-Alesund, now an international centre for research, with a picturesque mix of old and new buildings. We hope to visit Liefdefjord, the location of the enormous Monaco Glacier. There is a chance for small boat cruising here, or possibly a landing and a hike, if conditions allow.



ACCOMMODATION:
M/S Spitsbergen (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 11 - North West Spitsbergen National Park

In Magdalenafjorden, a gently sloping sandy beach may give us the chance to go swimming and earn an Arctic swimming certificate!



ACCOMMODATION:
M/S Spitsbergen (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 12 - Longyearbyen to Oslo

We call at Longyearbyen after midnight, where our voyage comes to an end. You will be transferred to the airport in the early morning for your onward flight to Oslo.



MEALS PROVIDED: BREAKFAST

Trip information

Country information

Iceland

Climate

Iceland has a cool and temperate climate and, despite its location just south of the Arctic Circle, its northerly latitude is counteracted by the warm waters of the North Atlantic Drift which encircles the island. Temperatures in winter can fluctuate between about 10°C and -10°C and precipitation in the form of rain, sleet or snow is to be expected at any time. Days will be short, with daylight often only guaranteed between about 11 am and 4 pm in December. The best time for seeing the Aurora Borealis is October to March. Summer is generally cool with average temperatures for June and July around 12 - 15 degree centigrade in Reykjavik, although is known to be warmer in other parts of the country. In June and July you can enjoy continuous daylight and see the Midnight Sun, whilst late spring and early autumn offer long twilights.

Time difference to GMT	Plugs	Religion	Language
0	2 Pin Round	National Church of iceland	Icelandic

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

Pack comfortable, casual clothing for all activities. Wind and waterproof outer layers are essential, and a jacket is provided in the cost of the cruise. Beware of tight clothing that leaves no room for trapped air, which is an excellent insulator. Wool, silk and some of the new synthetic fibres, like polar fleece, retain heat better than cotton.

Parkas

A wind and waterproof jacket is provided as part of the cost of your holiday.

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. Rain gear and Gore-Tex® products can be found in any outdoor sport clothing store. 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 sweaters/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

Waterproof boots are available on-board, free of charge. Ensure that you take good walking boots with you and comfortable trainers or grip-type shoes, for relaxing on the ship and for when out on deck.

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 memory cards (and something to protect the camera when out in the elements)
Seasickness remedy
Walking poles

Tipping

Local crew

Tipping is collected at the end of the voyage and is divided among the crew. Tipping is a very personal matter and the amount you wish to give is at your discretion, but as a generally guideline, we suggest US\$12 per person per day.

Iceland

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
£12.00-16.00	£18.00 - 24.00	£4.00 - 6.00	£2

Foreign Exchange

Local currency

Icelandic Krona (ISK).

Recommended Currency For Exchange

Both GBP and USD are readily exchanged at banks and post offices.

Where To Exchange

Both GBP and USD are readily exchanged at banks and post offices

ATM Availability

Cash can be drawn on credit cards from ATM's in Reykjavik and at the airport.

Credit Card Acceptance

Most shops and restaurants take credit cards.

Travellers Cheques

Can be exchanged at banks and post offices.

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

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.

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

M/S Spitsbergen, Zodiac

Ship description

Named after the Arctic crown of Norway - the archipelago of Spitsbergen - the MS Spitsbergen was built in 2009 and has recently undergone a complete reconstruction in 2015-16. The ship features high

standards throughout and public areas and cabins are comfortable and spacious - offering a peaceful haven at the end of a busy day exploring the Arctic wilderness. There is ample outdoor deck space to view the passing scenery, or you can keep a watchful eye from the bright and airy lounge area with its large picture windows. Cabins are well equipped, all en-suite, and there are a variety of cabin types to choose from. The ship also offers some extra amenities such as a Jacuzzi and fitness room. The Scandinavian design is fresh and modern and the ship's manoeuvrability and optimal size, allows for easy navigation in polar waters.

Cabins

Lead-in prices are based on the use of inside category cabins. Category one cabins are based on twin share, with one upper and one lower bed. They are comfortable with a private toilet, shower and TV. The MS Spitsbergen has a number of different cabin categories, many of which are outside facing, with two beds (apart from superior cabins and suites, which have double beds). Some cabins have portholes and others, larger windows and sitting areas. All cabins are twin share, but we can also offer single occupancy at a supplement, if you are travelling alone. Call us for details on the cabin choice to fit your requirements.

Ship dining

On-board the ship all meals are included in the price of your expedition; a buffet breakfast and lunch, and set menu dinner; it's free seating for breakfast and lunch, and assigned for dinner. Vegetarians and some special dietary requirements can be accommodated with advance notice, please advise us at time of confirmation. Coffee and tea are provided free of charge. All other beverages, alcoholic and non-alcoholic, are not included and can be purchased in the bar.

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 information. [Booking Conditions](#)

Visa and Passport Information

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.

Iceland

Vaccinations

Nothing compulsory; tetanus recommended. 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.

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

Named after the Arctic crown of Norway - the archipelago of Spitsbergen - the MS Spitsbergen was built in 2009 and has recently undergone a complete reconstruction in 2015-16. The ship features high standards throughout and public areas and cabins are comfortable and spacious - offering a peaceful haven at the end of a busy day exploring the Arctic wilderness. There is ample outdoor deck space to view the passing scenery, or you can keep a watchful eye from the bright and airy lounge area with its large picture windows. Cabins are well equipped, all en-suite, and there are a variety of cabin types to choose from. The ship also offers some extra amenities such as a Jacuzzi and fitness room. The Scandinavian design is fresh and modern and the ship's manoeuvrability and optimal size, allows for easy navigation in polar waters.

Additional Information

