



Scotland, Jan Mayen and Spitsbergen - M/V Greg Mortimer

SPITSBERGEN, UNITED KINGDOM - TRIP CODE GMOS

POLAR

Why book this trip?

Combining the North Atlantic Ocean's wildest outposts, this voyage takes you from historic Orkneys to the lush and craggy Faroe Islands, with its cliffs teeming with seabirds. From here, you'll voyage across to the ice-covered slopes of Mount Beerenberg, the northern-most volcano in the world, situated on Jan Mayen Island, before venturing in search of enigmatic polar bears, hunting on the Svalbard pack ice. Summer in the Arctic, especially north of the Arctic Circle, means days of near endless daylight, allowing you to experience as much as possible under the light of the Midnight Sun.

- **Visit Skara Brae** - the 5,000 year old subterranean village
- **Be one of the privileged few** - to visit Jan Mayen Island
- **Zodiac cruise** - beneath vertical cliffs teeming with birdlife



INCLUDED MEALS
 Breakfast: 15
 Lunch: 13
 Dinner: 14



TRIP STAFF
 Expedition Crew
 Naturalist(s)



TRANSPORT
 M/V Greg Mortimer
 Zodiac



ACCOMMODATION
 14 nights premium boat
 1 nights premium hotel



TRIP PACE:
 Relaxed

Itinerary

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

DAY 1 - Trip starts in Aberdeen

Arrive in Aberdeen (ABZ) and transfer to your group hotel. Upon check-in, the reception staff will provide you with your Expeditions cabin tags. Please fill out the luggage tags clearly, showing your name and cabin number so that your luggage is delivered to your cabin. Spend time at your own leisure before the briefing in the early evening, enjoy a welcome drink and meet fellow your expeditioners.



ACCOMMODATION:
 Hotel in Aberdeen to be confirmed (or similar)

Grade: Premium Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Board the M/V Greg Mortimer

After check-out, discover Aberdeen on a sightseeing tour before transferring to the pier, where our expedition team will welcome you aboard the Greg Mortimer at approximately 4.00 pm. You will have time to settle into your cabin before the safety briefings. We will set sail for the Orkney Islands in the evening and you can you will be able to meet your expedition team and crew at the Captain's welcome dinner.



ACCOMMODATION:
M/V Greg Mortimer (or similar)

Grade: Premium Boat

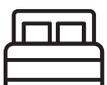


MEALS PROVIDED: BREAKFAST & DINNER

DAY 3 - Kirkwall, Orkneys

Discover the rich history in Kirkwall, capital of the Orkney Islands. Initial impressions are misleading as the harbour area looks modern, but in the old town you will explore narrow, winding streets and lanes which have remained relatively unchanged over the centuries. Explore magnificent St. Magnus Cathedral, built from red and white sandstone, across the road at Tankerness House and Gardens, a restored 16th century former manse, now houses the Orkney Museum. The museum features archaeological artefacts from Neolithic times to the Viking era. The exhibition is a great way to whet your appetite for the archaeological gems that you will find on the mainland, including the unique and well-preserved 5,000-year-old semi-subterranean village of Skara Brae.

Everything west of Kirkwall is known as West Mainland, an area of rich farmland, rolling hills and moorland, with dramatic cliffs along the Atlantic coastline. Some of the main archaeological attractions we may see include the standing Stones of Stenness, the Ring of Brodgar, and the chambered tombs of Maes Howes that to this day, still have unresolved mysteries. One of the mainland's main attractions is Skara Brae, the best-preserved Stone Age village in northern Europe, located in the spectacular white sands of the Bay of Skail. Revealed in 1850 after a storm blew away the dunes, the site dates from approximately 5,000 years ago and was occupied for about 600 years, showing a unique picture of the lifestyle of the original inhabitants.



ACCOMMODATION:
M/V Greg Mortimer (or similar)

Grade: Premium Boat

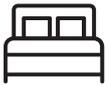




MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 4 - Faroe Islands

In the middle of the North Atlantic, barely visible on most world maps, you will find the Faroe Islands, an archipelago consisting of 18 islands with a population of only 50,000. The Faroe Islands are built up of layers of volcanic basalt, and are tilted with the eastern shores sloping into the sea and the western coasts rising up in soaring and spectacular cliffs. With their breathtaking beauty, steep mountains covered in soft green grass, deep fjords, long summer nights, unique culture, and humble, friendly and welcoming people, the islands are the perfect destination for travellers wanting something dramatically different from the mainstream.



ACCOMMODATION:
M/V Greg Mortimer (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 5 - Faroe Islands

Discover a few of the gems of the Faroe Islands including Tórshavn, Kirkjubour, Mykines and Vestmanner. In Torshavn, possibly the smallest capital in the world, wander the narrow streets of this windswept town, built on a hillside with colourful contemporary houses and old traditional timber dwellings, all painted red and with characteristic grass roofs, white-framed windows and black wood. The town's history can be traced back to around 900 AD when the first Viking settlers arrived here by longboat from Norway.



ACCOMMODATION:
M/V Greg Mortimer (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 6 - Faroe Islands

Landing at Mykines can be tricky. The cliffs are sheer and there are steps to climb once you are out of the Zodiac, but the views are impressive. Geographically, Mykines is the Faroe's most westerly outpost, and the island is dubbed as the paradise of birds. Here you will find gannets, kittiwakes, fulmars, guillemots and puffins. We are able to get quite close to the birds, by sailing under the majestic bird cliffs or on a hike. In addition to the seabirds, the Faroe Islands is a magnet for birds that migrate over the North Atlantic Ocean. Around 300 bird species have been recorded here but only around 100 species are regular migrants, or breeding birds. This means that about 200 species are rare migrants and new birds are added to the national list every year.

One of the highlights in the Faroe Islands is Vestmanna Birdcliffs, where you can explore caves, arches, waterfalls by Zodiac and cruise below majestic cliffs, towering hundreds of metres above you. You may see kittiwakes and fulmars overhead, with razorbills and guillemots sitting on nests high above and also, puffins bobbing in the sea.



ACCOMMODATION:
M/V Greg Mortimer (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 7 - At Sea

Enjoy sailing to Jan Mayen Island accompanied by sea birds along the way. Keep a look out for whales which are often seen on the crossing.



ACCOMMODATION:
M/V Greg Mortimer (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 8 - At Sea

Enjoy presentations from our team of experts and get to know your fellow expeditioners, as we sail towards Jan Mayen.





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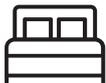
Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 9 - Jan Mayen

The approach to Jan Mayen is spectacular. The huge Beerenberg volcano at 2,277 metres, is the world's northernmost active volcano which last erupted in 1985. The northern part of the island is a great place to spot 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. We hope to land in front of the Norwegian station at Olonkinbyen, stop to visit the weather station, before embarking on a three-hour hike, depending on weather, to the other side of the Island where the ship will be waiting in Kvalrossbukta.



ACCOMMODATION:
M/V Greg Mortimer (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 10 - At Sea

The sea around Jan Mayen offers excellent whale-watching opportunities; bottlenose, fin, and perhaps even bowhead whales, can be seen in the pack ice. Sail towards Svalbard, searching for the ice edge as we continue north, retracing the route of Dutch explorer Willem Barents, who discovered Spitsbergen and the Barents Sea.



ACCOMMODATION:
M/V Greg Mortimer (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 11 - At Sea

You may see harp seal pups on the pack ice, while their mothers hunt for food. As we approach Svalbard, all eyes will be focused on spotting polar bears and other marine wildlife.



ACCOMMODATION:
M/V Greg Mortimer (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 12 - Northern Svalbard

Over the next few days, the Svalbard Archipelago is ours to explore. Our experienced expedition team, who have made countless journeys to this area, will use their expertise to design our voyage from day to day. This allows us to make best use of the prevailing weather, ice conditions and wildlife opportunities. There are many exciting places we can choose to visit and final landing sites will be determined based on the ice and wildlife.



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Grade: Premium Boat

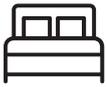


MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 13 - Northern Svalbard

In the far north at Nordvesthjornet and Raudfjorden, Willem Barentsz and his crew discovered new land on 17 June, 1596. They described the land as being 'rugged for the most part and steep, mostly mountains and jagged peaks, from which we gave it the name of Spitsbergen.' In the centuries that followed, the large number of bowhead whales found here attracted whalers from the Netherlands and various other

countries, and the area became a place of high activity, both on the shore and in the surrounding sea. This is why Nordvesthjornet offers the largest concentration of cultural artefacts on Spitsbergen, all dating back to this first era of the exploitation of Svalbard's natural resources.



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Grade: Premium Boat

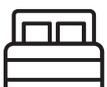


MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 14 - Northern Svalbard

Moffen Island is situated directly north of 80°N. After the near extinction of walrus in Svalbard in the middle of the 20th century, Moffen Island played an important role in re-establishing the species here, a process which is still going on. Today, there are often larger numbers of walrus hauled out at the southern tip of the island. This is the reason why Moffen is protected. Approach during the summer (15th May to 15th September) is limited to a minimum distance of 500 metres.

In the very north of Svalbard, in the ocean north of Nordaustlandet, is the little archipelago of Sjuoyane, known as the Seven Islands, with its characteristic hat-shaped mountains. The hard granite mountains have acquired a green covering of moss due to thousands of breeding seabirds. Walrus dive for clams in the waters between the islands and in the bays. Most of the islands have been named after the English North Pole expeditions led by Phipps (1773) and Parry (1827). When the ice breaks up around Sjuoyane and the first seabirds return in April-May, the islands wake again after a long winter, during which the only wildlife is the odd polar bear, Arctic fox, reindeer and walrus. There is a large number of bird cliffs in Sjuoyane, scattered around most of the islands. Little auks come in the largest numbers, but there are also several smaller colonies of Atlantic puffins and Brünnich's guillemots. Common guillemots nests are scattered around the islands. One of the few known colonies of ivory gulls can be found on Phippsøya. There are also several haul-out sites for walrus on Sjuoyane. The most reliable place to encounter them is Isflakbukta on the island of Phippsøya, where up to 100 animals can be seen on the beach, and normally walrus are very active in the shallow bay. Polar bears can be seen anywhere on Sjuoyane. The polar bear distribution is strongly related to the distribution of sea ice. If there is drift ice around the islands it is more likely that there will be polar bears on the islands. Usually there are also a few polar bears remaining in the area over the summer, as well as reindeer and arctic fox.



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Grade: Premium Boat

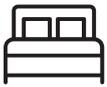




MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 15 - Northern Svalbard

We hope to visit Magdalenefjorden, located inside the Northwest Spitsbergen National Park. According to historical sources, Magdalenefjorden was first used by the English in the early days of the whaling era. They erected a land station on the headland and named the area Trinity Harbour. The station was closed in 1623. The spectacular alpine scenery is lined with jagged mountain peaks, to which Spitsbergen (pointed mountains) owes its name. The topography of the area is mostly rocky, shorelines are covered with stones and walking here can be challenging. Vegetation in the area is limited to mosses and lichens which grow near to the bird colonies. Little auks breed here in large numbers in the scree slopes everywhere around Magdalenefjorden. Amazingly, reindeer occasionally roam around on mossy slopes and polar bears as well as walrus are regularly seen here.



ACCOMMODATION:
M/V Greg Mortimer (or similar)


Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 16 - Arrive Longyearbyen

During the early morning, we cruise into Longyearbyen. You will have time to enjoy a brief tour of the town of Longyearbyen, before transferring to the airport in the afternoon.



MEALS PROVIDED: BREAKFAST

Trip information

Climate and country information

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

United Kingdom

Climate

The UK has a temperate but very variable climate. In general the summers are warm with July and August being the warmest. The winters are cool and the lowest temperatures are recorded during January and February. Whatever the season it is advisable to be prepared for rain!

Time difference to GMT	Plugs	Religion	Language
0	3 Pin Flat	Christian	English

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Whilst landings are included in the cost of your trip as per the outline itinerary, some departures aboard the MV Greg Mortimer have additional optional excursions which can be pre-booked with the ship operator directly. These will be charged at an additional fee, depending on the excursion and we recommend booking these in advance to ensure availability. Please speak to a member of our Polar team who will advise you on the booking process.

Clothing

Parkas

A complimentary parka is provided for you on board the ship and is yours to keep after the voyage. It has a comfortable wind-resistant inner jacket, which is detachable from the waterproof outer shell, and is designed to be worn over your essential base layers.

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

Complimentary waterproof boots will be supplied on-board. However, if you have extra small or large feet, you are advised to bring your own. Also ensure you take good walking boots and trainers for relaxing.

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

Insect repellent

Personal toiletries

A refillable water bottle

Books/reading material

Camera and memory cards

Seasickness remedy

Tipping

Local crew

Gratuities are included in the cost of your voyage.

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

United Kingdom

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
£10	£18	£4	£0.8

Foreign Exchange

Local currency	Recommended Currency For Exchange
Pounds Sterling.	Carry a combination of UK Sterling cash, ATM and credit cards.

Where To Exchange	ATM Availability
Your tour leader will advise you on arrival.	ATM's are widely available in main towns.

Credit Card Acceptance	Travellers Cheques
Widely accepted.	Can be exchanged at most banks and post offices.

Transport, Accommodation & Meals

Transport Information

M/V Greg Mortimer, Zodiac

Ship description

The MV Greg Mortimer is a 104-metre ship, purpose-built in 2019 for expedition travel. Capable of negotiating the strongest winds and waves, the vessel is being built to world-class polar standards and

has been designed in close consultation with expedition specialists. The MV Greg Mortimer is limited to just 138 passengers and guests can enjoy some added comforts such as spacious stateroom cabins, a large mud room with easy boarding access and a hydraulic viewing platform, offering unobstructed views of the wildlife. Other features include a library, Wellness Centre with a gym, sauna and spa and a multimedia room for keen photographers wishing to edit their photos after a day of exploration. As a modern and custom-designed ship, this vessel is at the cutting edge of nautical technology and will ensure a comfortable and safe passage through polar waters.

Cabins

The lead-in prices on our website are based on triple outward facing, Stateroom cabins. All staterooms have private bathrooms, ample storage, with twin beds. Many of the stateroom categories, have floor to ceiling windows that offer prime observation opportunities around the clock. Additionally, there are private balconies in most of the staterooms, allowing you to watch the world float past and take in the salty air of the open ocean. 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

Meals are served in the large, spacious dining room with an open seating arrangement, perfect for swapping stories with your extended expedition family. A range of courses is offered at each meal time and you can enjoy a variety of house wines, beers and soft drinks which are included with your evening meal. Complimentary coffee, tea and snacks are available throughout the day and any additional drinks can be purchased at the fully-stocked bar.

On the last day of your trip, the team on the MV Greg Mortimer will provide a special farewell four-course

Food and drink

Here are the average costs of drinks, in USD, on board - please bear in mind, they are subject to change:

Bottle of wine - from \$12

Bottle of beer - from \$3

Spirits (gin, whisky, vodka, port, rum) - from \$5

Cocktails - from \$5.50

Soft drinks (fizzy, fruit juice and water) - from \$2.50

There is no internet access on board our ships, however you can pay to send and receive emails (no attachments). On the Polar Pioneer, the prices start from approximately 20 US cents per one kilobyte.

Wi-fi access is available for laptops, with an email account set up for US\$5, with the same downloadending fees.

Essential Information

Government Travel Safety 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, Commonwealth & Development 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

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 be able to apply 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 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.

Spitsbergen

United Kingdom

Vaccinations

Nothing compulsory, we recommend protection against tetanus, diphtheria, polio and hepatitis A. 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 <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed before departure.

Polar information

Ship information

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Reviews
