



HURTIGRUTEN
MS MIDNATSOL

VOYAGE HANDBOOK



MS MIDNATSOL VOYAGE HANDBOOK
2019-2020

Dear adventurer

—Congratulations on booking an extraordinary voyage on board our vessel MS Midnatsol.

—The Norwegian explorer Roald Amundsen’s success as an explorer is often explained by his thorough preparations before departure. He once said, “Victory awaits him who has everything in order.” Being true to Amundsen’s heritage of good planning, we encourage you to read this handbook.

—It will provide you with good advice, practical information, and some inspiring pieces of inside information that will make your voyage even more enjoyable.

—This handbook includes information on your chosen destination. We hope you will find this inspiring.

—Welcome aboard for an adventure of a lifetime.

Your Hurtigruten Team

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Explore the European coastline, from the captivating ports on the Atlantic coast to remote islands in the North Atlantic Ocean.

— Old civilizations, magnificent cities and hidden gems - prepare to be amazed on voyages sailing along historical coastlines. From the remote islands in the North Atlantic Ocean to the scenic region along the south coast of Spain and Portugal, our voyages let you explore iconic and picturesque destinations in an active way, giving you rare insight into European history and culture. Our itineraries include both well-known sights and hidden gems, and our Expedition team will prepare lectures to enhance your experience and create a better understanding of each place we visit.



We are proud to be your choice for your experience of a lifetime

CLIMATE Europe lies mainly in the temperate climate zone. The climate is milder in comparison to other areas of the same latitude due to the influence of the Gulf Stream, nicknamed “Europe’s central heating”, because it makes Europe’s climate warmer and wetter. During spring and autumn months, temperatures in this area will normally be around 10-15 degrees Celsius (50-59 F).

CURRENCY The Euro is the most prevalent currency in Europe, but there are still a few countries that use their own currency. Small bills (€1/€2 and £1/£2) have been replaced by coins. There are ATMs everywhere in Europe (airports, train stations, scattered across cities, etc). Most ATMs have an English language option. You will also be given the exact current exchange rate. Most European businesses take credit/debit cards, Visa and MasterCard are the most widely accepted.

HISTORY Europe was the birthplace of Western culture, playing an important role in global affairs by the 16th century. Between the 16th and 20th centuries, European

nations had colonies all over the world, and European explorers searched for new lands and new trading routes. Both World Wars were largely focused upon Europe, and post-war there was a decline in Western European dominance in world affairs from the mid-20th century when the United States and the Soviet Union became very powerful. During the Cold War, Europe was divided along the Iron Curtain between NATO in the west and the Warsaw Pact in the east. European integration led to the formation of the European Union which has expanded eastward since the fall of the Soviet Union in 1991. Today 28 nations are members.

LANGUAGE The languages spoken in places we visit include Portuguese, Spanish, French and German.

MOBILE PHONES ASHORE Using your mobile phone with roaming can be very expensive. Please check with your mobile provider before travelling. Access to Wifi varies from destination to destination and changes rapidly.

NATURE AND WILDLIFE Europe has a relatively large land mass that stretches from the extreme north to the far south, and we can see great variations in landscape within small areas. The coastline of Europe offers it all, from hilly lands to rolling plains, busy towns and silent villages, deep fjords and white beaches, high mountains, green valleys and lush

forests. Migrating birds can be seen in almost all areas, and each region has its own wildlife. Our Expedition Team will give you lectures on the nature, history and geology of interest during your voyage.

POPULATION The archipelago of the Azores has a population of around 250 000 people unevenly distributed across the islands with the majority living on Sao Miguel. Spain has over 46 million people living there and with less than 92 inhabitants per square km it is lower than that of most Western European countries. France’s current population is over 65 million and continues to grow.

SHOPPING ASHORE Sales and import taxes have already been figured into the display price at most stores and shops.

TIME ZONE Germany: Hamburg uses UTC +01:00, Heligoland uses UTC +01:00. Portugal: Continental Portugal uses UTC+00:00, while the Azores use UTC-01:00. Netherlands: Amsterdam uses UTC .01:00. Belgium: Ostend and Antwerp use UTC + 01:00. France: uses UTC +01:00 in the areas we sail in. Spain has two time zones and uses UTC+01:00 throughout Spain, except the Canary Islands. Canary Islands use: UTC+00:00. Daylight saving time is observed in all those places, which adds a +1 hour to their local time.





NORWAY

Norway, officially the Kingdom of Norway, is Europe's most north-western country. It is a sovereign and unitary monarchy whose territory includes the island of Jan Mayen and the archipelago of Svalbard.

— The western boundary is formed by the North Atlantic with deep fjords and thousands of islets creating a remarkable coastline. Inland Norway is dominated by the Scandes mountain range with vast countryside and unoccupied areas as most Norwegians live along the coast.



Norway is a unique country and continuously impresses with its enormous contrasts

CLIMATE The climate shows a high range of variation due to the enormous extension of more than 1700 km from the south to the north and the big difference in height.

The North Atlantic drift has a positive influence on the climate at the western side of the Scandes, the eastern side experiences a more continental climate with extremely cold winters and warmer summers. The Gulf of Bothnia can be frozen for a month while the Atlantic coastline stays ice free.

The heating of the North Atlantic drift causes the possibility of a vast expanse of agriculture, even in North-Finmark at a latitude of 70° north. The height of the Scandes cause the enormous rainfalls at the luv of the mountain range. For example, the city of Bergen is famous for its rain, whilst on the leeward side the farmers often need an irrigation system for an efficient harvest.

CURRENCY The currency in Norway is Norwegian Kroner (NOK). Foreign currencies may be exchanged into local currency at most banks during the voyage. Please note that there is no currency exchange service on board.

HISTORY Norway - "The way to the North" - has a very long, eventful and colourful history. Settled by the nomadic hunter as far back as 6600 BC, Norway

came to prominence during the Viking era (800-1050BC) with strong trade relations and colonies in Greenland, Ireland, England, Scotland and the Normandy. Norwegian history is synonymous with this era which was responsible for the major expansion of the entire Nordic region.

Christianity was introduced in the 11th Century but took many centuries before it was fully accepted and it is believed Norway's Golden Age was the late 13th and early 14th century with substantial international trade with Britain and Germany.

Norway suffered the black death in 1349 where many communities were entirely wiped out ending this Golden Age. From 1380 onward there were many political alliances between various Scandinavian countries with Norway gaining independence briefly in 1814 before a forced union with Sweden which lasted until 1905 when Norway proclaimed full independence.

Norway is rich with natural resources and with large reserves of petroleum and natural gas discovered in the 1960s it is now a prominent and wealthy country with one of the highest standards of living in the world.

LANGUAGE Norwegian is the most widely spoken language and is closely related to Swedish and Danish. English is commonly spoken across Norway.

MOBILE PHONES ASHORE Using your mobile phone with roaming can be very expensive. Please check with your mobile provider before travelling. Access to wifi varies from destination to destination and changes rapidly.

NATURE AND WILDLIFE Deep fjords, islets and the high mountains of the Scandes, which belong to the Caledonian mountain range, characterise the Norwegian landscape. The climate differences create a variation in the vegetation from the north-European deciduous forests in the south, to the Boreal forest and the Fjellbirke forest to the tundra vegetation in the north and on the mountain plateaus (fjell). App. 200.000 elks are rambling through the Norwegian forests, most reindeer are half domesticated and belong to the Sami population, but several thousand wild reindeer are still living in the Hardangervidda and the Dovrefjell.

The wolf was on the verge of extinction but there are now various projects in place to protect them, whilst Brown bears and wolverine are living in the forests but are rarely seen.

Norway's birdlife is abundant and varied, and within the rich waters of the Norwegian sea there are vast amounts of fish including cod, halibut and coalfish. There are plenty of places for whale watching but Andenes is specifically renowned for its Sperm whales.

POPULATION Norway's population in 2018 exceeded 5,2 million.

SHOPPING ASHORE In Norway, sales tax / VAT is included in the retail prices. Norway is a great place to shop for traditional Norwegian clothes and the sweaters are of great quality.

TIME ZONE Norway: UTC +1. The ship will operate to the local time in each port she calls. Information will be given on board.



ANTARCTICA

Antarctica is unlike anything you've ever experienced.

— This is the most remote place on earth, where nature is in absolute command. Where rare wildlife is unafraid of humans. Where Hurtigruten has an unparalleled level of expertise to take you into pristine wilderness and raise your journey to a whole new level.



Antarctica contains 90% of the world's ice

Most of this ice is part of the ice sheet that covers the land mass, which is approximately 14 million square kilometres (5.4 million sq miles) – the combined area of France, Spain, and Germany is only a tenth of this. Every winter parts of the Southern Ocean freeze over and effectively double the ice-covered area. This freeze is the largest seasonal natural phenomenon on the planet. The cold water current circling the continent cuts it off from warmer climatic zones.

Antarctica is in all aspects isolated from the outside world and travelers will understand what this means when they experience “the windiest, the coldest, the driest, and the highest continent”. Someone once said: “The person who is able to express the feeling of being in Antarctica in words has probably not been there.”

Antarctica has no permanent human inhabitants, is home to millions of penguins, is the feeding area for thousands of whales in the Austral summer, and is a continent dedicated to science and peace. The continent is protected by the Antarctic Treaty of 1959 – however, pre-treaty, eight nations made claims to portions of Antarctica – Norway has the second largest claim, second only to Australia.

The one-and-a-half-day crossing of the Drakes Passage is just what is needed to prepare travelers for Antarctica. You have time to think and learn about what lies ahead. The giant tabular icebergs broken off the edge of the Antarctic mainland, the shoals of penguins swimming out to sea to hunt for

krill, the torpedo-like leopard seal patrolling the shorelines, keeping a sharp eye on all movements, the breath of the humpback whale that is heard in the distance followed by frantic turning of heads trying to locate it.

BUENOS AIRES Buenos Aires is a beautiful mix of European style city and cosmopolitan metropolis. It's an elegant city with a ragged edge. Buenos Aires is somehow strangely familiar, but at the same time unlike any other city in the world. In between designer boutiques, smart neighbourhoods and grand parks you will find buzzing street life. The classic Buenos Aires is very much alive: the old-world cafés, colonial architecture, fun outdoor markets and diverse communities. Buenos Aires is all about steaks, antiques, tango and shopping...and so much more. We highly recommend you join an excursion that will take you around the city to enjoy the most attractive sights and authentic experiences of the metropolis.

CLIMATE Antarctica is the windiest, coldest, driest and highest continent on Earth. On the Antarctic Peninsula, which is the area we sail in, the temperatures average 0-5 degrees Celsius during summer (November – March).

During your journey temperatures will vary from warm summer in Buenos Aires (30°C/ 86°F) to winter (around 0°C/ 32°F) in Antarctica. Expect periods of high winds when in Antarctica – cold air travels down the glaciers and ice-shelves. These are called katabatic winds and can occur when you least expect it.

CLOTHING According to IAATO regulations and to avoid any transmission of diseases to the vulnerable eco-system in Antarctica, we ask our travellers to bring clean clothes to wear ashore. Every guest will be provided with a pair

of waterproof muck boots to use for the duration of the cruise. The boots are mandatory to wear on all landings in Antarctica, and will be cleaned with a power wash, brush, and disinfectant every time after a landing.

CURRENCY AND CREDIT CARDS Argentinian pesos are used in Argentina, Chilean pesos are used in Chile. US dollars may be exchanged into local currency at either banks or Money Exchange kiosks, at the open market exchange rate of the day. Some shops might accept US cash, though this is not a common practice. You can also withdraw cash from ATM's using your credit card and PIN code. When visiting the Falkland Islands local pounds (FIP) are used as well as pound sterling. When landing in Antarctica some bases do accept USD cash only. In Port Lockroy, the following currencies are accepted: GBP, USD, Euro, and major credit cards (for purchases above 100 USD). Please note that there is no money exchange service on board.

ENVIRONMENT Given its isolation, the Antarctic environment is probably the most pristine natural environment on the planet. For visitors this fact comes with a set of obligations – the most important and general is to leave no traces behind. The Antarctic Treaty and IAATO prohibiting more than 100 people to be ashore simultaneously strictly regulate human traffic in Antarctica. All guests will be given instructions on how to behave when on shore in Antarctica. Antarctic Treaty Recommendation XVIII-1 and IAATO guidelines are mandatory and must be followed.

Please see “PROTECT THE ANTARCTIC ENVIRONMENT FROM INVASIVE SPECIES” section of this handbook for details.

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EXCURSIONS On the Falkland Islands local suppliers provide excursions with local guides. These excursions can be booked in advance and on board the ship subject to availability. Pre and post excursions in Buenos Aires & Ushuaia can be booked beforehand and at our Hospitality desks at Emperador Hotel and NH City Hotel Buenos Aires subject to availability. Unfortunately, excursions are not adapted for handicapped travellers.

HISTORY It was the ancient Greeks who first came up with the idea of Antarctica. They knew about the Arctic - named Arktos - The Bear, from the constellation of the great bear, and decided that in order to balance the world there should be a similar cold southern land mass that was the same but the opposite "Ant - Arktos" - opposite The Bear.

In 1773 James Cook circumnavigated Antarctica and although he did not sight land, he found deposits of rock on the icebergs showing that a continent must exist. The next to cross the Antarctic Circle was Thaddeus Bellinghausen. He made the first sighting of the continent in 1820. From the late 1800's and up to the mid 20th century many expeditions followed. Mainly these were marine explorations, and in this same period sealers and whalers from all over Europe started hunting in various parts of Antarctica and the Sub-Antarctic Islands. The first person believed to have landed on the continent itself was the Norwegian Carsten Borchgrevink who also pioneered the use of sled-dogs for transportation in Antarctica.

1900 - 1916 is known as the "Heroic Age" of Antarctic exploration. There is a saying: "For scientific discovery give me Scott, for speed and efficiency of travel give me Amundsen, but

when your back is against the wall and there's no hope left, get down on your knees and pray for Shackleton". Amundsen won the race to the South Pole December 14th 1911. The first International Geophysical Year IGY was 1957-1958 when 12 nations built more than 60 research stations in Antarctica and formed the beginning of an international cooperation. In 1961 the Antarctic Treaty came into effect.

IAATO MEDICAL QUESTIONNAIRE To comply with IAATO and Hurtigruten AS regulations all guests must have completed the IAATO medical questionnaire including a confirmation of fitness to travel from your doctor. You must take the completed questionnaire on board and deliver it to the ship's doctor. **Guests without the completed questionnaire will be refused embarkation.**

IMMIGRATION Please ensure that your passport is valid for more than six months after you return to your home country. Remember to check if you require a visa.

LANDINGS AND ACTIVITIES All landings in Antarctica, South Georgia and the Falkland Islands are included. Additionally we offer activities which can vary from voyage to voyage depending on the weather and ice conditions. These activities include kayaking, small boat cruising, camping and snowshoeing. Kayaking can be pre-booked or booked on board. All other activities are only bookable on board. Please note that space is limited.

MEDICAL EMERGENCIES In case of a medical emergency in Antarctica the only method of evacuation is by plane to the city of Punta Arenas, Chile, as there are no hospital facilities in Antarctica. This is very expensive and dependent on favourable weather conditions. Therefore, comprehensive

travel/health insurance policy that also covers medical evacuation is obligatory.

MONTEVIDEO Montevideo is Uruguay's capital and biggest city, a vibrant and multifaceted place with rich cultural life. Located at the north shore of the Río de la Plata estuary, the city wears many faces; from its industrial port, over the colonial homes and landmarks to the exclusive beachside suburb of Carrasco near the airport.

The Plaza Independencia (Independence Square) is the heart of Montevideo and separates the city's downtown from the Ciudad Vieja (old town). Most touristic places are located in the Ciudad Vieja area. It offers several museums, art galleries, art deco buildings, the famous Palacio Salvo, the neoclassical Solís Theatre and the Mercado del Puerto (Harbour Market), a former stall market now filled with steakhouses.

NATURE AND WILDLIFE Being the coldest place on Earth, Antarctica supports no terrestrial mammals - there are no trees or shrubs, and only two species of flowering plants: Antarctic hair grass (*Deschampsia Antarctica*) and Antarctic pearlwort (*Colobanthus quitensis*). The sea is what supports most creatures, such as penguins and seals.

In Antarctica you will see thousands of penguins eagerly nesting and feeding during the short summer months. There is a rich variety of mammals. As they have not been hunted for decades, most species are more curious than afraid of tourists. There is also an abundance of birds, with the mighty Albatross as the king of the sky.

POPULATION There are neither permanent residents nor native inhabitants in Antarctica. However, about 4,000 people stay



on scientific bases in the short summer period and around 1,000 in total during the winter months. In addition, around 30,000 tourists visit the area during summer.

TIME ZONE Antarctica sits on every line of longitude, due to the South Pole being situated near the middle of the continent. Theoretically Antarctica would be located in all time zones; however, areas south of the Antarctic Circle experience extreme day-night cycles during the June and December solstices, making it difficult to determine which time zone would be appropriate. For practical purposes time zones are usually based on territorial claims; however, many stations use the time of the country they are owned by or the time zone of their supply base. Nearby stations can have different time zones, due to them belonging to different countries. Many areas have no time zone since nothing is decided and there are not even any temporary settlements that have any clocks. They are simply labelled with UTC time.

For the most part, daylight saving time is not observed in Antarctica because 95 percent of the continent is located south of the Antarctic Circle and the midnight sun phenomenon renders the use of it unnecessary. However, a few regions observe the time and use of daylight saving time of the countries they are supplied from, Chile and New Zealand. The areas have daylight saving time during the southern summer, when there is the northern winter, including January.

USHUAIA Ushuaia is the southernmost town in the world, on the shores of the Beagle Channel and surrounded by the Martial Mounts. It is the capital of the Tierra del Fuego, Antarctica and Southern Atlantic Islands Province. This charming small town offers views to the sea, forests and mountains. Its 65,000 inhabitants live mostly from fishing, natural oil and gas extraction, sheep farming and tourism. The streets have colourful houses, good seafood restaurants and tax free shopping. Here you will find excellent souvenirs, locally produced chocolate and excellent sports/leisure wear at reasonable prices.

PROTECT THE ANTARCTIC ENVIRONMENT FROM INVASIVE SPECIES



The Antarctic remains one of the most pristine natural environments in the world. Non-native species represent a threat to biodiversity globally as they can cause serious negative impacts to the natural environment.

These are species that are introduced to regions where they are not normally found as a result of human activity. Increasing visitor numbers means a greater chance of more non-native species being introduced.

The following guidelines aim to minimize the risk of future introduction of non-native species to the Antarctic

BE A RESPONSIBLE VISITOR

One of the main ways non-native species can spread to the Antarctic is by our activities there. Seeds, microorganisms, and even insects can hitchhike to the polar regions on footwear, attached to clothing, or in bags that have been used previously. By following a few simple steps, you can ensure that your visit won't lead to non-native species being introduced to these sensitive areas.

BEFORE LEAVING HOME

Examine and clean all clothing, including pockets, seams, Velcro fasteners, and footwear soles for dirt and organic material. Use a vacuum cleaner, brushes, and water where necessary to ensure all seeds and dirt have been removed. This is especially important if you have used your clothing and equipment previously in parklands or rural settings, or other polar regions.

UPON ARRIVAL

1. Follow the biosecurity procedures on your expedition. This is especially important if you are moving between distinct geographic regions, but also when moving between distinct landing sites.
2. Watch your step. If you notice organic matter on boots, clothing or gear, make sure to clean it off before leaving a site and use the disinfectant wash between visits. Leave disinfectant to dry between landings.
3. Spread the word. Share this information with others and help protect the Antarctic environment.

MORE INFORMATION:

<http://iaato.org/protecting-the-environment>



ENVIRONMENTAL COMMITMENT

Hurtigruten is the world leader in exploration travel, and the world's largest expedition cruise company. This comes with a responsibility. — With UN Sustainable Development Goals as a framework – and a mission focused on innovation, technology and concrete measures – sustainability is a part of every detail of the Hurtigruten operation.



Hurtigruten has been operating and exploring some of the most challenging waters in the world since 1893, tracing our roots back to the Norwegian polar heroes. We are now facing one of the greatest and most difficult challenges in our 125-year history. Climate change, plastic waste and unsustainable mass tourism are altering vulnerable ecosystems and threatening wildlife.

We will leave behind a footprint we are proud of

Building on our passion, competence and heritage, Hurtigruten – with our dedicated crew and staff - is determined to make a difference. We will leave behind a footprint we are proud of, contribute to sustainable development and create positive change through our operations.

• This is why we are building the first ever hybrid-powered expedition cruise ships.

• This is why we – as the first major travel company in the world to do so – have removed single-use plastic from all our ships and hotels.

• This is why we invite our guests to explore the planet on a safer, greener and more advanced expedition fleet.

• And this is why we aim to educate guests and create ambassadors for every destination on every voyage through actively engaging guests in the culture, ecosystems and the consequences of climate change – wherever we explore.

Hurtigruten's MS Midnatsol and her skilled crew offer life-affirming experiences close to nature's most spectacular landscapes, genuine cultures, exceptional people, and amazing wildlife. Preserving these resources in their natural, unspoiled condition is our priority - you will always experience the highest environmental awareness on board and ashore.

IAATO AND AECO Hurtigruten is a full member of the International Association of Antarctica Tour Operators (www.iaato.org), which pro-

motes safe and environmentally responsible travel to Antarctica. In addition, Hurtigruten is a full member of the Association of Arctic Expedition Cruise Operators (www.aeco.no) which is an international organization ensuring that tourism in the Arctic is carried out with the utmost consideration for the vulnerable natural environment, local cultures and cultural remains, as well as the challenging environment at sea and on land.

As members in these organizations we comply to guidelines that often goes above and beyond legal requirements. Our compliance rests on a good cooperation with you as a traveller and we will spend some time early in our voyages briefing you about the guidelines applicable to your specific trip.

MORE INFORMATION about Hurtigruten's environmental commitment: global.hurtigruten.com/about-us/csr/

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FREQUENTLY ASKED QUESTIONS

— **Do I have to be in good health to participate in this journey?** It is important you are in good health as the journey can be long and tiring. Please note that in remote areas there is no immediate access to modern medical facilities. An Explorer voyage is not recommended if you have a life-threatening disease or illness that requires frequent medical care. To be able to participate in landings you must be able to walk on uneven or slippery surfaces and to climb on and off the small boats used for landings.

— **How much time do you spend on land?** All landings depend on factors such as the weather, the distance between the landing sites, and the operational conditions. The Expedition Leader and the Captain will arrange the daily route to ensure the best possible experience.

— **Are there any restrictions on activities on land?** As environmental protection is a concern there are regulations for the protection of wildlife, the environment and the cultures we encounter, which must be followed.

Your Expedition Leader will provide necessary information on how to behave on land.

— **Will there be rough seas on the trip?** It is not possible to predict exact weather conditions. The Captain will do everything he can to make the voyage as comfortable as possible. If you are prone to seasickness, we suggest you bring your preferred medication.

IMPORTANT INFORMATION

DAILY PROGRAMME The daily programme is shown on the on board TV system with a list of port calls, landings, lectures, meals and activities on board. The printed copies of the daily programme are available in reception. All our published plans are subject to change.

ITINERARY CHANGES Some of our itineraries are to areas without, or with very limited infrastructure. This, combined with some of the most extreme

(polar) conditions on Earth we have to appreciate that wind, weather and ice-changing seafloor conditions and other things may and will determine our detailed programme.

NOTE We are also subject to written and unwritten laws like assisting vessels or people in need.

SAFETY Safety is always the priority and the ship's Captain will decide the final itinerary during the voyage, there-

fore every voyage is unique and all published routes are only indicative.

WEATHER CONDITIONS Weather conditions can make landings and tender cruises with small boats more difficult or sometimes impossible. Remember that unforeseen twists often turn out to be the highlight of a trip. We invite you to be open to the unexpected and flexibility is important on our Explorer cruises.



LIFE ON BOARD MS MIDNATSOL



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AMPHITHEATRE A small amphitheatre is located on Deck 5. There are interesting lectures, port presentations, and movie screenings (Blue Planet, Shackleton) in the amphitheatre.

ARRANGEMENTS ON BOARD In some of the ports, we will invite agents, press and the public on board for a ship visit. Some of the conference rooms and parts of the restaurant (when available) will be used for these guests.

ARTWORKS The name Midnatsol (Midnight Sun) is something to live up to, and this ship, dedicated to the Norwegian summer, does just that. The interior is bright, its colourful décor is inspired by the warm sunny climate, a motif also reflected in the many pieces of Norwegian modern art on display.

BAR SERVICE The ship has two bars, on decks 8 and 9, with a wide selection of spirits, wines, beers and soft drinks and a lounge with coffee service.

On deck 5, there is a café where guests can get coffee, tea and water at all times. Soft drinks, wine, beer, sweets and snacks are available for purchase within the displayed opening hours.

CABINS Please note that check in hours in reception may open before the cabin is ready for use. You will be informed at check-in when your cabin is ready for you. You may expect some noise and vibration in some cabins. This varies depending on the location of your cabin. Also, noise affects people differently and what may be a problem for one person may not be a problem for others.

Please note that cabins on deck 6 with guest access to outside areas may sometimes have an obstructed view due to other guests walking past. Please ask our reservation team for advice on the best cabin location for you.

ELECTRICITY The electrical outlets in your cabin are all 220V/50hz and of the type euro plug (Type C & F). Suites have 110V for Shavers. The plugs are continental two pin plugs. (check:

power-plugs-sockets.com/norway/) Adapters are available for purchase in the shop.

ENTERTAINMENT An explorer voyage with Hurtigruten is rigged towards maximizing your experiences of the places we are going to. On days when we are not landing we encourage you to spend as much time as possible out on deck. Join our educational talks and lectures at different locations on board. A travel experience is often much richer if you have knowledge and understanding about the nature, wildlife, culture and history of your destination. Our Expedition team will make sure you are well prepared for the experiences ahead of you. They will also re-capitulate and answer questions in hindsight.

You will not find bingo, arcade games and entertainment theatres often found on conventional cruise ships. Our aim is to get you closer to unique environments and to allow you to share the experience with your fellow travellers. Occasionally there may be some light entertainment on board in the evenings.

FITNESS ROOM AND SAUNA The fitness room with panorama view is located at deck 9. The equipment includes free weights, a bench press, and an all purpose weight machine. Cardio equipment includes two stationary bikes, a stairmaster, and a treadmill. The sauna is located next to the fitness room. Available for all guests. Please use your cabin card to enter the fitness room. The opening hours for the sauna and the fitness room are posted on the doors.

INFORMATION AND SERVICES There are Reception and Expedition desks, where our staff are available to answer your questions.

JACUZZI (WHIRLPOOL) Outside on deck 9 you will find our Jacuzzis (whirlpools). Bring your swimsuit and enjoy the beautiful scenery we pass by. Swim suits and bathing clothes can be purchased in the shop at deck 5.

LECTURES The ship's experienced lecturers command an in-depth knowledge of the areas in which we sail. They will conduct, on a regular basis, lectures on topics such as biology, history and geology throughout the course of the trip. The lecturing schedule will be announced every day in the on board daily programme. Do not hesitate to contact our Expedition Team for any questions or concerns you might have.

LIBRARY There is a small library on deck 8. There is a multilingual selection of fiction and nonfiction (including travel guides, science books, explorer stories, bird watching books), and guests can sign out books while on board.

OBSERVATION LOUNGE A two-floor lounge is located on Decks 8/9. The Observation lounges offer large panoramic windows with ample and comfortable seats. On all MS Midnatsol sailings there will be binoculars for sale in the on board shop.

ON BOARD Your voyage includes breakfast, lunch and dinner. Regular coffee/tea is complimentary through-

out the whole voyage. Other beverages and refreshments during the day are not included but can be purchased on board in the restaurant, cafeteria and bar. Sparkling and still water available for all meals.

OUTDOOR DECKS MS Midnatsol has spacious outdoor areas, on decks 6, and 9. On deck 6 you can walk the circumference of the ship and enjoy great views from all sides. On deck 9, there are two outdoor jacuzzis (whirlpools), as well as some lounge chairs, a barbecue, cafe tables and chairs, and an area specifically for smokers. The outdoor decks are perfect vantage points to sit back, relax and watch the world go by.

RESTAURANT & CUISINE The restaurant is located on deck 5. The open seating for the breakfast and lunch creates a relaxed atmosphere and gives you an opportunity to adjust the meals according to your activities during the day. Where possible, we plan our menus around seasonal ingredients, taking advantage of local produce to satisfy healthy appetites stimulated by the fresh sea air. Also some dinners might be with open seating /buffet when the expedition programme dictates.

On board we serve a buffet breakfast and lunch. Dinner varies between buffets and set meals. Dinner times and type will be announced in the daily programme. Our Head Waiter will assign tables prior to arrival. Information about table number and meal times will be in your cabin upon arrival. Please provide information regarding special requests for seating arrangements to your sales office/travel agent. On some voyages we might serve dinner divided into Boat groups. If you have special dietary requirements, such as vegetarian, diabetic or gluten free, please inform your sales office/travel agent as early as possible, and contact the Head Waiter when on board. The Chefs will do their best to meet your dietary requirements. Beer, wine and soft drinks are sold in the restaurant during lunch and dinner. Complimentary sparkling and still water to be served for lunch and dinner.

An a la carte restaurant *Pampas Grill*, also located on Deck 5, provides a premium dining experience, and is available for guests at an additional cost. It has an excellent choice of wines, and offers a combination of locally sourced, and Norwegian produce, which is served in sharing style (Asado).

SCIENCE LAB Next to the library, on deck 8, there is a science lab with posters, photos, books, and microscopes to learn more about wildlife and investigate samples collected during landings.

SHOP In our on board shop you can buy modern clothing suitable for Explorer voyages. Our Expedition Team will be happy to give you expert advice on how to dress properly in polar areas. We offer a great range of both warm and practical clothing, and we focus fabrics with natural fibres. We also offer souvenirs, handicrafts, and postcards at good prices. In addition, we also stock a small selection of soap, toothpaste and other personal effects.

SUITE SERVICE As a suite guest on MS Midnatsol, we offer you an exclusive suite check-in area at deck 8 with a chilled glass of Sparkling wine to begin your voyage. Special amenities come with our magnificent suites including a welcome on board gift, complimentary beverages for lunch and dinner inclusive sodas, soft drinks, beer and a selection of wine by the glass. We also offer our suite guests an opportunity to have breakfast in our a la carte restaurant – a nice, calm environment, where you can order your preferred breakfast to be served to your table.

In the suite, you will find a kettle for your convenience with coffee, teas, sweeteners and cream, and the mini bar has a complimentary selection upon your arrival. Replenishment of the mini bar is chargeable. Suite guests can enjoy free laundry service, complimentary on-demand movies, series and content, and free internet.



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PRACTICAL INFORMATION

MS MIDNATSOL IN EXPEDITION

SHIP CONTACT INFORMATION

Phone: +47 994 87 277

E-mail :

reception.ms@hurtigruten.com

ALCOHOL POLICY For your own and your fellow Hurtigruten guest's safety, it is not allowed to consume alcohol that has not been purchased on board, either in the public areas or in your cabin. Please note, it is permitted to transport alcohol from port to port, as long as it remains un-opened. According to

Norwegian law, persons over the age of 18 are allowed to purchase beer and wine. Spirits are only available to persons over the age of 20 years.

ANNOUNCEMENTS To hear announcements in the cabin, press F1 on the telephone in your cabin. Important updates to our programme and emergency information will be announced to the cabins via separate speakers overriding all other audio in the cabin.

CHANGES TO THE ITINERARY AND THE EXCURSIONS

All routes and excursions are provisional and subject to change - weather, sea and ice conditions may affect the itinerary. Excursions may also be subject to minimum/maximum numbers. The operators reserve the right to change the content of excursions without prior notice.

CHILDREN Hurtigruten AS cannot accept children under the age of 5 to travel with us to Antarctica. There is no age

restriction on our other destinations. For safety reasons, children under 12 years of age will be considered on each landing. It is entirely at the Captain's discretion to allow children on shore landings.

CRUISE CARD AND CURRENCY

The currency on board is Norwegian Kroner (NOK). Credit cards that are used to make payments on board must be valid for at least three months after the journey has ended. Please note that when using your credit card on board the ship, your account will be debited in NOK. The rate of exchange will be the one validated by your credit card company. Please note that there is no money exchange service or facility for cash withdrawals on board.

A cruise card will be issued upon arrival on board as part of the check in procedure in accordance with ISPS reg-

ulations. All our guests are requested to wear this card when disembarking the ship in all ports of call and landings. The card serves as a control system on the gangway enabling the ship to know which of our guests are on board and ashore at any time.

This card, in addition to being the key card for your cabin, is also your payment card on board. The card is the only means of payment for the on board facilities. To activate the cruise card account, you must have a Visa, American Express, Diners or MasterCard. The credit card must be valid more than 3 months after your stay on board. Other credit cards can be used to pay for the final invoice, but not for activating the cruise card account. Due to the ships registry in Norway please ensure that your credit card is activated for use in Norway. The evening before the voyage ends

the account will be totalled and settled on board, and a receipt brought to your cabin.

DRONES Please note the use of guest-operated drones is not permitted during your voyage. This is for general safety as well as the protection of the vulnerable wildlife and other guests' personal security.

ENVIRONMENT AND GREEN NAVIGATION

Our Captains take pride in route planning that minimizes the load of the engines and reduces emissions. All waste is stored on board until it is deposited for treatment ashore. We never deposit waste in the sea and we ask you not to leave any waste when you are on shore excursions. In populated areas there are containers for depositing waste, please use them. If you find plastic waste on beaches where we land, we will gladly help removing this



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from the ecosystem if you bring it back to the ship. We ask you to respect the saying. "Leave nothing but footprints, take nothing but pictures".

EQUIPMENT RENTALS On board, you may borrow a pair of warm rubber boots to wear during the landings and hikes free of charge. These boots can be stored in your cabin, and you will have your private pair during the whole voyage. We also offer walking sticks.

EXCURSIONS ASHORE We offer a selection of excursions that can be pre-booked with only remaining places sold on board. We do advise that you book well in advance in order to avoid disappointment due to the excursion being fully booked. Please note that registration is binding and once on board the Expedition team will advise you of booking deadlines for excursions still available. Our excursions have English speaking guides unless otherwise indicated and other languages cannot be guaranteed. Excursions are subject to cancellation due to weather conditions and dependent on number of participants. All expedition shore landings and small boat cruising during our call in Antarctica are included in the programme. Land adventures in Buenos Aires and Ushuaia can also be purchased at the hospitality desk of our offered hotels. All excursions are subject to availability.

EXPEDITION TEAM The on board Expedition Team is composed of the Expedition Leader, the Assistant Expedition Leader, the expedition coordinator plus several lecturers and experts. Your Expedition Leader will regularly update you on the progress of the trip as well as the different points of interest and wildlife sightings that may occur. Biographies of the Expedition Team can be found on the Information bulletin board located close to the Information desk. At the Expedition desk you will be able to find information regarding the trip and book optional excursions.

GRATUITY POLICY We at Hurtigruten AS have learned that many of our guests wish to give a special thanks to our service crew on board. It is at your discretion to honour service rendered by the crew in bars, restaurant and cabins. In order to give you some guidelines, we recommend 80 NOK (approx. 9 Euro, 12 USD) per guest per day as an average gratuity. Whatever amount you decide to give, please fill in the form you will find in your cabin and give it to the receptionist two nights before the end of the cruise. The amount will then be debited to your cruise account.

INTERNET USAGE Wi-Fi is available almost everywhere on the vessel for a nominal fee. The guests staying in the suites can use Wifi free of charge. Please contact the reception for more information. Please note that it is limited connectivity, and that both internet and telephones from time to time will be out of range due to the vessel's location. Due to the limited capacity we kindly ask you not to use live casting / live streaming websites.

LANGUAGE The primary language spoken on board is English, however, announcements and written information are also provided in German. On select departures, announcements may also be given in French and Chinese. We have a translator on board, and lectures and briefings are often translated simultaneously. While we do provide a receiver and in-ear headphones, please feel free to bring your own headphones (standard small 3,5 mm jack), if you prefer.

LAUNDRY A laundry service is available on board at a low cost. Dry-cleaning services are not available on Midnatsol.

MEDICAL DECLARATION FORM/ MEDICAL CERTIFICATE In accordance with IAATO and Hurtigruten AS requirements, all travelers to Antarctica and on board the Trans-Atlantic Crossing must complete a



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confidential medical declaration form, signed by a doctor, stating that they are fit to travel. This form will be sent to you well in advance. The form must be filled out, brought on board the ship and personally delivered to the doctor upon embarkation. Boarding will be denied if these forms are not presented at time of embarkation.

MEDICAL EMERGENCIES AND MEDICATION There is an English-speaking physician and nurse on board at all times. The ship has a small medical facility with the necessary equipment and drugs to handle small emergencies. In the event of a serious emergency, the nearest hospital will be contacted. Medical consultations as well as medicines will be charged to the passenger affected.

All guests must have personal travel/health insurance. If you depend on medication, remember to bring sufficient supplies to last through any unforeseen delays. We also recommend that you keep your medication in your hand luggage properly labelled and with clear instructions for its use. It is recommended that the instructions are in English should you not be able to communicate them to the doctor in an emergency. If you depend on vital drugs, please inform the ship's doctor upon arrival. Illness on board can lead to quarantine and orders from the ship's physician and captain, must be followed.

MOBILE PHONES Depending on the operator with whom you have a contract, mobile phones will function in some places on shore. Check with your carrier company for details. Guests may use their own telephones on board the ship at all times as long as we have connection, at an international price level. The price will vary depending on which mobile operator you use. Please check with your carrier company for rates and if your subscription is valid on the MCP Satellite System on board.

POST You can hand in your post at the reception, and for a limited amount covering service fee and stamps we will forward the post in every port where it is possible. The time used from sending the postcard to when it gets to the receiver may be relatively long. Hurtigruten AS has no responsibility for lost post.

RESIDENT PHOTOGRAPHERS The resident photographer will invite you to lectures to enable you to take the best possible pictures from your voyage.

SAFETY ON BOARD The ship complies with all safety requirements and is a modern vessel suitable for sailing in icy waters. Upon arrival on board all guests will be instructed in safety procedures, and the use and location of the safety equipment. There is a safety plan situated on the inside of the cabin door. We stress the importance of becoming acquainted with the ship's safety plan. Special safety regulations will apply on landings with small boats. Please follow the instructions given by the Expedition Leader and crew/staff. Special lifejackets for use during landings will be handed out to all guests before first landing. A mandatory briefing regarding the safety guidelines will also be given.

SEASICKNESS Seasickness pills are available for purchase in the reception. If you are prone to seasickness it is recommended that you bring pills that you are familiar with. You may also buy "sea bands" on board.

SHIP'S SECURITY MS Midnatsol complies with the ISPS-regulations (International Ship and Port Security System) where all luggage is subject to X-ray/metal detector inspection upon arrival port facility or ship. You are kindly asked to keep this in mind packing your luggage for the voyage. The ISPS regulations also include hand luggage scan in all ports of call throughout the course of the voyage.



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SMALL BOAT LANDINGS The sturdy boats enable both water-based exploration and safe landings in otherwise inaccessible areas. You will need to be fairly agile to board these but there is otherwise no need to worry about travelling in them. The crew will show you what to do and as long as you follow their instructions, after a few times it will become second nature. On all landings in small boats guests are expected to wear proper footwear.

In Antarctica it is mandatory to use rubber boots for all landings. For all other destinations boots can be useful. You are welcome to bring private rub-

ber boots, or you can borrow a pair on board free of charge. See separate point "Equipment rentals". Landing operations depend on favourable conditions.

SMOKING On board MS Midnatsol, smoking is only permitted in designated areas on outside decks. Do not smoke in your cabin. To show respect for the environment, please use the provided ashtrays when smoking. Throwing cigarette butts overboard is strictly prohibited. A cleaning charge of 1 500 NOK will be applied for smoking in your non-smoking cabin, to cover for the cost of cleaning linen and curtains to return it to a non-smoking standard.

E-Cigarettes, according to Norwegian law, are the equivalent of tobacco cigarettes.

TELEPHONE USAGE All cabins have a telephone. Phone cards for outside calls may be purchased on board in the reception, (dial 9 for reception).

WALKING ON BOARD We kindly remind you to be careful walking on board the ship while at sea, especially venturing out on deck, mind the signs for warning of wet and slippery decks. Be aware the doors toward the outer decks on 6 and 9 are potentially dangerous in windy conditions. Keep your

fingers away from door jambs. Please adhere to the signs and announcements when it is not advised to go outside. While walking inside, hold on to railings but not to door frames to avoid injury.

WATER The tap water in your cabin is potable, we serve self-produced potable water by the carafe in the restaurant. Complimentary sparkling and still water for all meals. We recommend you bring a refillable water bottle on board, because in line with our campaign against single-use plastic, we do not offer bottled water on board. Water fountains are placed around the vessel, where you can re-fill your water bottle.

WELCOME MEETING Upon arrival on board, there will be a mandatory pas-

senger safety drill before departure. There will also be a welcome meeting where security information as well as practical information about the cruise will be given, and an opportunity to meet some of the crew and the key personnel on board.

WHEELCHAIRS & LIMITED MOBILITY The ship is suitable for wheelchairs. Persons in need of special assistance must travel with a companion. Please note that the ship's gangway must be used in order to embark/disembark wheelchairs. In ports where tidal conditions or other circumstances require use of a portable gangway, or during landings with tender boats, there is no possibility to use/take wheelchairs.



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PRACTICAL INFORMATION BEFORE AND AFTER YOUR VOYAGE

SCHEDULED FLIGHTS The airfares offered are special package tour fares that cannot be altered or cancelled without charge. All flight package prices are based on coach class; if coach class is not available, a supplement may apply. In coach class, you will be served snacks or sandwiches, depending on the airline. If these are not included in the airline's service, you can purchase drinks and snacks for a fee. On international flights, these are usually included. We can offer upgrades to business class on some routes. Depending on the airline, this may also include seats with more legroom. Please note that upgrading may not apply to all flights.

Luggage allowance varies between airlines and charges may apply if you

exceed luggage weight, or carriage may be refused. As a general rule, each guest can carry one piece of hand luggage weighing approx. 13-17 lbs (dimensions and weight depend on the respective airline) on board. Your luggage allowance is set to one piece (50 lbs), but may vary depending on the flight connection; please check with your airline.

Additional transport guidelines can be found in the respective terms and conditions of our flight partners. If you are planning to take a wheelchair or need assistance at the airport, please advise us at the time of booking.

Please note that some flights may be transfer or layovers. Time and/

or route changes and change of type of aircraft are possible. Our common flight partners are Delta, American Airlines, United, Lufthansa, British Airways, KLM/Air France, Norwegian Air Shuttle, Scandinavian Airlines, LATAM, Iberia, and Iceland Air. Please note that rebooking an already issued ticket will be charged before departure. A transfer or refund of a ticket after travel is not possible. Any flight times advised at the time of booking are provisional and subject to change; please verify before you travel.

INCLUDED FLIGHT FROM BUENOS AIRES-USHUAIA The flights between Buenos Aires to Ushuaia and vice versa are operated by LATAM airlines and usually depart Buenos Aires early

in the morning, and arrive in Buenos Aires in the afternoon or early evening upon return from Ushuaia. Please note that the airline will confirm the final flight times between Buenos Aires and Ushuaia only a few days prior to the day of departure. For final flight times and your boarding pass, please contact our hospitality desk at the hotel in Buenos Aires one day prior to departure.

Only coach class is available on these flights, no upgrades to higher air travel classes of service is possible. A light meal and non-alcoholic drinks will be served during the flight. You can travel with checked luggage with a maximum weight of 50 lbs, and bring one carry-on bag on board with a maximum weight of 17 lbs. Please note that this luggage allowance may differ from the airline used for your flight to/from Buenos Aires. Please check the weight of your luggage to ensure you adhere with airline requirements.

We do recommend planning an overnight stay in Buenos Aires at the end of your cruise due to connecting flights. We are unable to accept responsibility if you miss your booked return flight in the event of a delay of the flight between Buenos Aires and Ushuaia.

Please note that the flight to/from Ushuaia is planned to depart/arrive at the Jorge Newberry National Airport, the national airport of Buenos Aires. You need at least 4 hours to change airports in Buenos Aires for your connecting flight from Ezeiza, the international airport of Buenos Aires. The airport set-up is subject to change; your travel documents will provide you with the latest information.

HOTEL The standard of the hotels we use is equivalent to 4-stars, centrally located, or if more convenient for your booked arrangement, close to the airport. There is no official hotel rating and local hotel categories apply. All rooms have private bathrooms. Single rooms may be smaller and less conveniently situated, and may be double rooms for solo occupancy or purpose-built single rooms. Hotels may charge for some facilities, such as

saunas, for example. The price for the overnight hotel stay includes breakfast, if not stated differently on your confirmation.

TRANSFERS Transfers are included as shown in your personal itinerary. Hurtigruten offers bus transfers from the airport to the pier and some hotels. Transfer times coincide with the ship's arrival and departure times and your flight arrival and departure times. Waiting at the airport is possible. The duration of the airport transfer can vary depending on the destination, but it usually takes between 20 and 45 minutes. Exceptions are possible where a longer transfer time is needed due to a greater distance between airport and port. You will receive further information on your transfer with your travel documents.

For guests who are not fully mobile, wheelchair-accessible transfers are available upon request.

LAND ADVENTURES Hurtigruten offers a selection of optional Land Adventures that can be added to your Hurtigruten journey. This can be a half-day or full-day Land Adventure, or an overnight tour. A minimum number of participants applies. For guests who are not fully mobile, Land Adventures are available upon request.

PASSPORT AND VISA REQUIREMENTS Please take a few minutes to familiarize yourself with the required travel documents you will be asked to provide prior to boarding the ship.

It is the sole responsibility of the guest to identify and obtain all required travel documents and have them available when necessary. Passport is the only valid identification for all of our voyages aboard MS Midnatsol. ID-cards are not accepted.

The passport needs to be valid for more than six months after you return to your home country. At check-in passports will be collected by the crew on board the vessel, in order to clear immigration and customs. Passports will be kept throughout the whole voy-

age and returned at the end of the trip. Please bring a photocopy of your passport with you.

If a guest loses their passport while traveling before arriving on board it is imperative that their embassy is contacted and that the loss is reported to local police. A guest who has lost their passport may not be able to travel.

It is the guests' responsibility to identify and to obtain the necessary visas before commencing their cruise. Based on nationality, many countries still require an entry visa. We regret we are unable to accept any liability if you are denied access to a flight or entry into a country or are otherwise affected by difficulties or costs resulting from your passport not being approved or if you have not obtained the required visa or other documentation.

SPECIAL REQUESTS If you have special requests (e.g. dietary or medical) please inform us as soon as possible. We will do our best to meet such requests but cannot guarantee to do so and under no circumstance will any such request be accepted by us so as to form part of a contractual agreement.

VACCINATIONS Check with your General Practitioner regarding the recommended vaccinations for your journey.

Pack like an explorer

The dress code on board the ship is relaxed and casual, and you are not expected to dress formally for meals.

For a perfect experience, however, there are several things to remember to bring along when you are coming on a voyage with Hurtigruten.

To make packing a bit easier, we have drawn up a pack list.

If you should forget something, don't worry! On board all of our ships you will find a shop with a wide range of clothes and practical items.



REMEMBER TO BRING...

- A warm jacket
- Wind and water resistant trousers and Long thermal underwear & top
- A warm hat or headband
- Swimwear
- A scarf or a tube scarf
- A warm woolen jumper
- Sunglasses with uv-filter lenses
- Warm gloves and mittens
- Warm socks
- Extra batteries for your camera, and cables
- Shoes with good soles are recommended for outdoor use
- Good shoes to wear inside
- A memory card for your camera
- A refillable water bottle
- A pair of good binoculars
- A small waterproof backpack
- Passport and a copy of it
- Sun protection (Factor 30 +)
- Lip salve with UV protection
- Money in the correct currency. Remember, our ships also accept several credit cards
- Sufficient medication to last through any unforeseen delays. This should be placed in your hand luggage.

Please note that you may borrow a pair of warm rubber boots on board, to wear during the landings and hikes free of charge, and you will receive a light waterproof jacket to keep, after check-in. The jacket is a top layer, good to wear over base/mid layers.

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OUR TEAM ON BOARD



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— The experience of a place is based on a combination of things. Our Expedition Team is carefully picked for their local knowledge, specific expertise in fields of relevance and most important of all, their enthusiasm, curiosity and love for the areas we choose to spend time in on any one of our expeditions. Some of our team members are like animals of the Arctic, they migrate towards summertime at both poles, north and south. The role of the Expedition Team is to interpret observations of wildlife and landscapes, point out things of interest, give educational lectures on topics such as biology, geology and history – in addition to being hosts together with the rest of the crew aboard MS Midnatsol.



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LANDING BY SMALL BOATS



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IMPORTANT PHONE NUMBERS

MS MIDNATSOL PHONE: +47 994 87 277

MS MIDNATSOL E-MAIL: reception.ms@hurtigruten.com

LANDINGS IN SMALL BOATS

Please see more information about landings in small boats below.

The crew will show you what to do and as long as you follow their instructions after a few days it will become second nature.

Much of the success depends on correct handling and proper use of the motor-driven Small boats. These are ideal for landings as they can land in otherwise inaccessible places. They have a shallow draft and are extremely stable and sustainable. For each landing with Small boats special safety measures are taken.

PAY SPECIAL ATTENTION FOR THE FOLLOWING GUIDELINES

- 1** The boat drivers are responsible for the boats and their landings. You must always follow their instructions.
- 2** All travelers must always wear appropriate life jackets regardless of weather and sea conditions.
- 3** When disembarking you should always accept help offered by the driver or the crew. The “sailors grip”, in which one holds each other’s forearms, is the strongest and most secure grip.
- 4** Always keep both hands free when embarking and disembarking. Give hand luggage to the helper for him to

place it on board for you. Keep your hands inside the boat at all times.

- 5** Please limit your personal equipment on board the Small boats. Small backpacks and belt bags are ideal for transporting cameras, binoculars and for rain protection. Backpacks can be purchased in the on board shop.
- 6** Always wait for instructions from the driver before embarking or disembarking. Use waterproof bags to protect binoculars or cameras. You should also wear waterproof clothing to protect against spray. The Small boats are equipped with fire extinguisher, chart plotter, extra fuel, communications and first-aid kit.

MARITIME EXPRESSIONS

STERN	BACK OF THE SHIP
BOW	FRONT OF THE SHIP
STARBOARD	THE RIGHT SIDE OF THE SHIP
PORT	THE LEFT SIDE OF THE SHIP
BRIDGE	THE AREA FROM WHICH THE SHIP IS NAVIGATED
REFUEL	REPLENISH FUEL AT PORTS
CRUISE CARD	ON BOARD PAYMENT CARD
GANGWAY	WALKWAY BETWEEN LAND AND SEA
TO HOIST	TO RAISE FLAG OR BANNER
BALLAST	WATER SYSTEM USED TO MAINTAIN SHIP STABILITY
CLEARING	RULES WHEN ENTERING AND DEPARTING FROM THE SHIP
KNOT	SPEED OF THE SHIP, NAUTICAL MILE (1.852 KM) PER HOUR
GALLEY	SHIPS KITCHEN
LEEWARD SIDE	DOWNWIND
WINDWARD SIDE	UPWIND
PIER	DOCK FROM WHICH THE SHIP WILL LEAVE
NAUTICAL MILE	DISTANCE MEASURE: 1 NAUTICAL MILE = 1.852 KM
STABILISERS	SHIP EQUIPMENT TO COUNTERACT ROLL CAUSED BY WIND OR WAVES

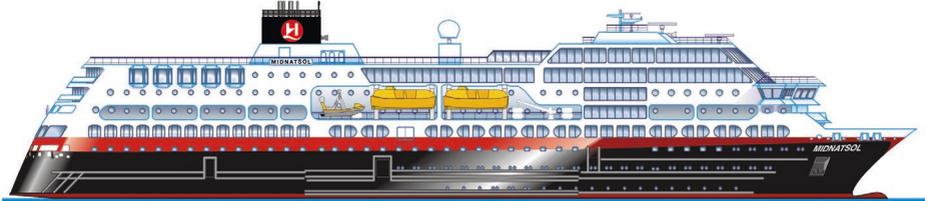
*Hurtigruten reserves the right to make changes. This information is correct at the time of printing but may change at any time.
Date: January 2019*

MS MIDNATSOL - DECK PLAN

MS Midnatsol (Midnight Sun) has a strong environmental profile and a modern design. On deck 9 you find the sun deck and a Jacuzzi. Key qualities of the MS Midnatsol include the large, two-story panorama lounge above the bow, and the large glass expanses that allow natural light to enter, while

providing extraordinary views. MS Midnatsol is an ice class 1C ship and equipped with advanced technology, making her very well suited for expedition voyages in Antarctica. As our "Discovery ship" she fully equipped with an Explorer deck with a science centre and a photo and optics test cen-

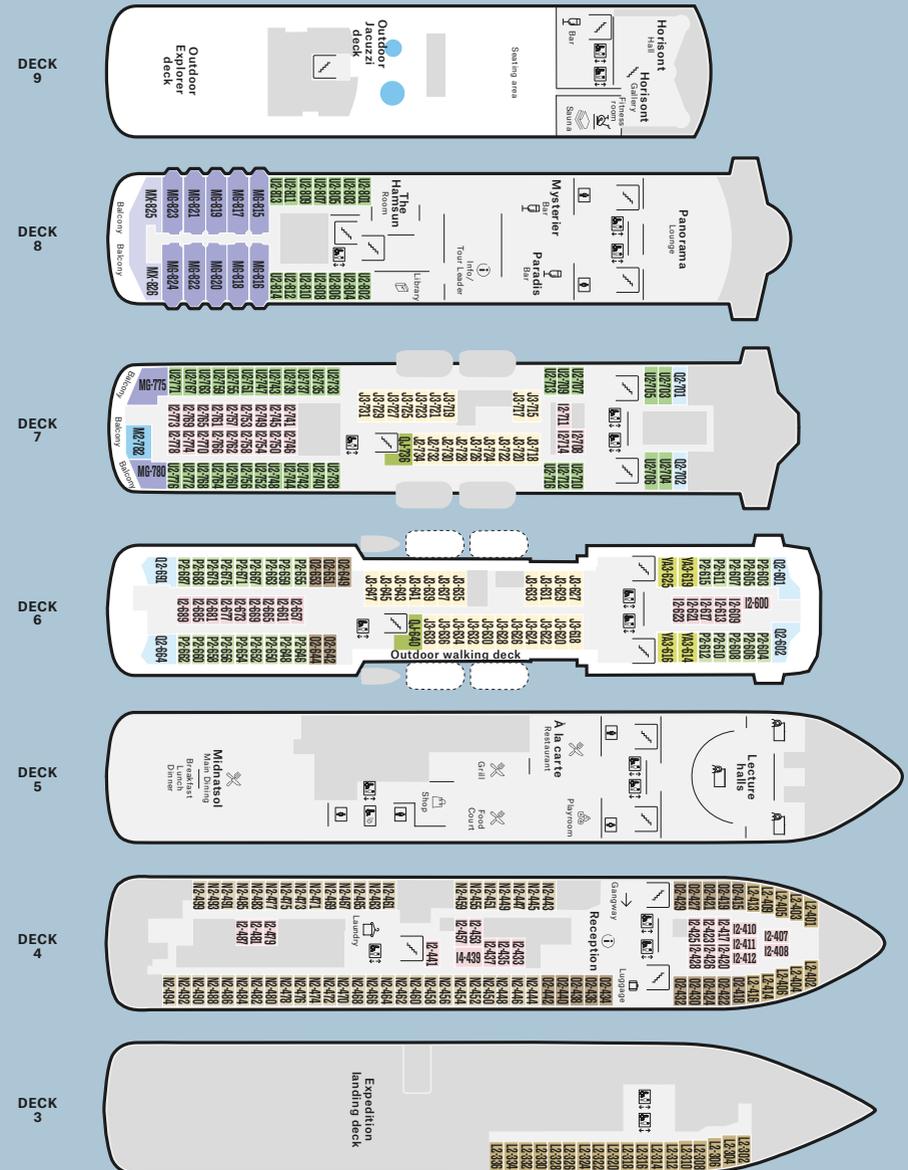
tre. The tender deck is also where we embark, fully dressed in suitable expedition and excursion gear, on our small boats that will take you safely from ship to shore.



POLAR INSIDE **POLAR OUTSIDE** **ARCTIC SUPERIOR** **EXPEDITION SUITES**

I Inside cabin **J L N** Outside cabin **P U QJ** Outside cabin **Q M MG MX** Suite/Mini suite

MS MIDNATSOL





Hurtigruten AS: P.O. Box 6144, N-9291 Tromsø
Booking: info.au@hurtigruten.com



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