

# Your expedition cruise in NORWAY



## Dear guest

Thank you for choosing to travel with us. We are as excited as you are about your expedition cruise in Norway. This will be a grand adventure of discovery to handpicked pearls of the Norwegian coast.

In this document, you will find important information about things you need to do before you go, what we recommend you pack, the experience when on board, and what to expect with wildlife and landings.

Clicking on the underlined links in the document will take you to our website, where you can find further details. Please make sure that you have an internet connection to do this.

You will receive one more mail from us approximately 2-4 weeks before your departure. This will contain your tickets for your itinerary and flights.

We very much look forward to welcoming you on board. Please feel free to contact us if you have any questions:

**Reservations:** +1300-322-062 (AUS), +0800-005-201 (NZ)

**Email:** [au.info@hurtigruten.com](mailto:au.info@hurtigruten.com)

**Web:** [hurtigruten.com.au/expeditions/](http://hurtigruten.com.au/expeditions/)

Kind regards  
Your Hurtigruten team

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Frequently asked questions »

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# BEFORE YOU GO

**There are a few mandatory steps to complete before your expedition cruise.**

## 1

**Fill in and return the Ship Manifest Information Form to Hurtigruten**

## 2

**Check your passport**

Please ensure your passport has a minimum of 6 months remaining validity at the end of your cruise.\*

## 3

**Entry requirements (visa)**

Please make sure that you have the correct visa travel document that is required at the time of your expedition.

## 4

**Check your travel insurance**

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

**For your convenience** we have gathered all required forms and important information about entry requirements on one web page.

[Entry requirements »](#)

**We recommend you pack:**

- Clothes for warm days and clothes for cooler days
- Insect repellent
- Polarized sunglasses and sunscreen
- A camera (in a waterproof bag)
- A memory card with a large capacity
- Wind and water-resistant trousers
- A warm hat that covers your ears, and a scarf
- Worn-in walking boots to use outdoors
- Lip salve with UV protection
- Swimwear for use in our on-deck pool and hot tubs
- A pair of casual shoes for use onboard

**You will receive** a complimentary Helly Hansen expedition jacket and a re-usable aluminum water bottle.



[What to bring on your trip to Norway »](#)

## Packing tips for each season in Norway:

### WINTER

#### Wrap up warm

It can get very cold along the coast during winter, so we recommend you pack base and mid layers, as well as a thick winter jacket, hat, gloves, woolly jumper, scarf, winter boots, and pull-on spikes (for sale on board).

### SPRING

#### Cover all bases

As you are likely to encounter three seasons during one sailing in spring, it's important to pack well and layer up. We advise bringing a woollen jumper, warm socks, a thick scarf, winter boots, warm, waterproof trousers and jacket, a hat and gloves.

### SUMMER

#### Summer attire

Summer weather along the coast can be changeable, so in addition to t-shirt, shorts and sandals, it's wise to pack a warm jumper, light jacket (water-resistant), thin hat and gloves, and hiking shoes.

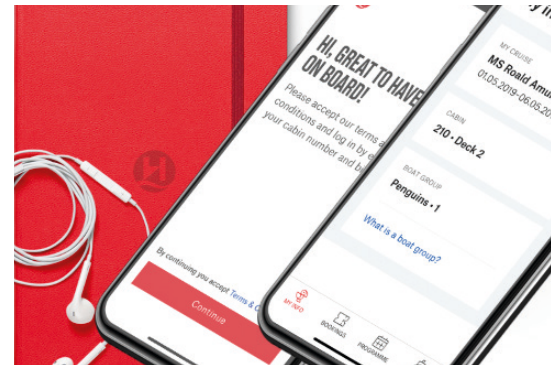
### AUTUMN

#### Lots of layers

While the sun may be shining, you can also expect cooler weather during the autumn months. Make sure to pack thin layers and some warm clothes – a woolly jumper, wind and waterproof trousers, a hat, gloves and light hiking boots.

\* In addition, passport validity must be in accordance with national requirements in the country/countries you are traveling to.

# PRACTICAL INFORMATION



## Hurtigruten App

is your digital travel companion on MS Roald Amundsen and MS Fridtjof Nansen.

Everything you need to know about your cruise, including your bookings, daily programme, restaurants and services on board, essential information about available excursions is at hand at any time.

It will be possible to log in once you are on board with your date of birth and your cabin number.

[Download the app »](#)

## Your adventure is safe with us



We care deeply about your safety, health and wellbeing. This is as true now as it has always been ever since we first began sailing in 1893, perhaps even more so. We've introduced several new procedures throughout all our ships, designed to keep you safe.

## Wish to be more prepared?

We have collected a variety of practical information you might want to know before your expedition with Hurtigruten.

[Practical information »](#)

Hurtigruten ships have been a fixture on the Norwegian coast since 1893. Today, our ships sail to the Arctic and Antarctica, and many destinations in between. On each ship you will find modern facilities carefully blended with true character.

[Discover our fleet »](#)

[Our safety policy »](#)

# YOUR ACTIVE ADVENTURE



## Landings via expedition boat

Even though our ships sail close to the coast and go where the big ships can't, there are many hard-to-reach, hidden gems to explore. Our small expedition boats can take you to remote settlements deep in the fjords or to rarely visited island communities.

## Lectures

Your Expedition Team share their deep knowledge of local culture, history and nature through daily onboard lectures and workshops.

## Science Center

During your expedition, you'll have access to the ship's Science Center. You can dabble in scientific analysis of rock and biological matter, or learn more about Norway's climate and geology.

## Citizen Science

Get involved with our Citizen Science projects such as Happy-whale, where your photos can help identify and track whales across the planet. Your contribution to any of our science projects will help the wider scientific community with important research.

## Hiking\*

Given Norway's stunning landscapes, it's no surprise that hiking is a national pastime. Choose from scenic nature rambles, alpine mountain trails, hikes in the tundra wilderness above the Polar Circle, or walks deep in the fjords. We offer hikes to suit all fitness levels, led by either the Expedition Team or a local guide.

## Kayaking\*

Glide through tranquil waters surrounded by incredible nature or historical architecture. You can

enjoy kayaking in the fjords, along city waterways, or out on the open sea paddling between islets. Get a fresh sightseeing perspective and maybe see whales or seals swim up alongside you.

## Photography

Norway provides a wealth of subjects, backdrops and beautiful lighting for keen photographers to experiment with. Our professional onboard photographer will be available to give tips to enhance your landscape and wildlife photos.

## Experts by your side

The Expedition Team will be there to guide you as you discover the beauty and charm of the Norwegian coast.

[The Expedition Team »](#)

# EXPLORE WITH US

Discover some of the highlights and possible sites you might experience on your expedition cruise.\*



## Bergen

From the UNESCO-listed Bryggen district and Bergenhus fortress to the famous fish market, the aquarium and the Fløibanen funicular, Bergen has something for everyone.



## Ålesund

This charming coastal city of cobblestone streets and Art Deco architecture also offers a nice hike to great view over the city and a visit to Norway's first marine science center.



## Reine

This picture-perfect fishing village of red-painted cottages beneath sharp, grey granite mountain ranges is one of the most photographed landscapes in all of Norway.



## Senja

Listed by CNN as one of the 10 most beautiful islands in the world, Senja is sometimes referred to as 'Norway in miniature' because of its beautiful and diverse landscapes.



## North Cape

At 71°10'21"N, the North Cape plateau is just 2,100 kilometres away from the Geographic North Pole, and the closest you may ever be to the top of the world.

## Did you know?

**2008** was the year Norway awarded a knighthood to a king penguin Brigadier Sir Nils Olav III.

**X** is the length of Norway's coastline. It's impossible to measure how long it really is.

**9** miles from the Russian border is the town of Kirkenes. Kirkenes is actually as far east as Cairo.

**2** is the number of official forms of written Norwegian: bokmål and nynorsk.

**In 1980's** Norway introduced the use of salmon as a sushi ingredient to Japan.

# DISCOVER WILDLIFE



Outside the cities and towns of Norway, a vast wilderness exists where animals live as they've done for thousands of years.

## Go wild in Norway

Add some of the world's most magnificent wildlife to Norway's stunning landscape, and you can easily see why it's one of the best destinations in the world. From the predatory white-tailed eagles that rule the sky to the whales along the coast – Norway is a wilderness of peerless beauty.

## A whale of a time

On your Norwegian expedition, you'll have a chance to see the exotic wildlife of the far north from whales to king crab in pristine surroundings. The plankton blooms caused by long summer days attract various whale species, including pilot, minke, orca, humpback, and sperm whales. Seeing these creatures heave their huge frames acrobatically out of the water is always a highlight.

## Iconic animals

You might see one of Norway's most beloved animals, the majestic reindeer. As long as their surroundings are calm and still, they will happily graze around you and even pose for photos if their Sámi owners are nearby. Norway also has a spectacular array of bird species including adorable puffins, nicknamed the 'clowns of the sea'. Fifteen different bird of prey species are found here including the mighty white-tailed eagle.

## The fish that built Norway

For more than a thousand years, Vikings produced and ate dried cod, even using it for trade. This makes it Norway's oldest export. The word skrei comes from the Norse word skreið which means 'fish that wanders'. And wander it does.

Every winter and spring, cod migrate in large numbers to the Norwegian coast, sustaining important livelihoods for locals. Dry fish production and trade still thrives in Norway today, such as in the Lofoten Islands.

Remember that these are natural habitats, so we can't guarantee that certain animals will appear during your trip. Mother Nature will do as she pleases, and no sightings can be set in stone.



# LOVING LOCAL FOOD

**Prepare your tastebuds for mouth-watering meals on board.**

These will often be inspired by the region's unique flavours and cooking styles. Then add in Signature Seafood Evenings and tastings that really showcase specialties of the local cuisine. Wherever possible, ingredients are sourced at local businesses in the ports we visit, reducing food miles and supporting coastal communities.

You'll also be spoilt for choice with sophisticated plant-based menus of gorgeous 'green' food, potentially healthier for you and for the planet too.

# SUSTAINABILITY

**Using the UN Sustainable Development Goals as a framework, Hurtigruten has integrated sustainability across all of its operation.**

Building on over 125 years of exploration experience, Hurtigruten is committed to protecting the wildlife habitats and remote communities that you visit with us. We are taking the lead in preventing degradation by mass tourism and providing experiences without leaving permanent impacts.

We work side by side with local residents to trade, create jobs, and fund conservation initiatives such as beach clean-ups. Using innovative hybrid technology, we are building the world's greenest fleet of expedition vessels. We were also the first exploration company to ban heavy fuel oil and single-use plastic from all our ships.

[Our sustainability goals »](#)



PHOTOS: SHUTTERSTOCK/HURTIGRUTEN/CHELSEA CLAUS/ ØRJAN BERTELSEN/OSCAR FARRERA/ANDREAS KALVIG ANDERSON/STEFAN DALL