

FRIDAY, 16.09.2016 – BERGEN

WELCOME ABOARD



OVERVIEW OF RESTAURANT TIMINGS: ENJOY!

WHALE WATCH SELF SERVICE: DINNER BUFFET OPEN SEATING:

From 13:00 Embarkation/Check-in: Cabins on deck 4 – deck 4 Cabins on deck 6 – deck 6 Cabins on deck 7 – deck 7 Suits cabins – deck 8

From 13:30 Expedition Check-in:

Meet some of the expedition team in the Expedition information area on forward Staircase Deck 7. Here you will receive more information about our journey

21:00 Optional Excursion deadline

We still have places left for some of the excursions in Amsterdam and Guernsey, if you are interested please see our expedition staff at the Expedition desk on deck 8.

15:30 ALL ABOARD



Ca. 15:30 Mandatory Safety drill Please follow the instructions given over the PA system

DECK 5

BAR ON DECK 8

Ca. 16:00 Departure Bergen MS Midnatsol will set sail from Bergen

21:00 Captains Welcome – English (English speaking Norwegians are welcome to join) Amphitheater Deck 5

Captain Kai Albrigtsen, would like to welcome you on board and present his Officers and Expedition team.

21:45 Captains Welcome – Norwegian Amphitheater Deck 5

Captain Kai Albrigtsen, would like to welcome you on board and present his officers and Expedition team.



GENERAL INFORMATION

A daily program will be delivered to your cabin every evening

Please note that due to weather conditions we may have the necessity for a flexible itinerary, mealtimes may change

The published exchange rate of EUR/USD to NOK is for orientation purposes only and should not be considered as fixed. Final exchange rate will correspond to the day of account settlement

Announcements will be in English, German and Norwegian. To hear the announcements in the cabins, press F1 on your telephone. Most announcements are made between 08:00- 22:00 hours





SATURDAY, 17.09.2016 - AT SEA



OVERVIEW OF RESTAURANT TIMINGS: ENJOY!

EARLY BIRD SELF SERVICE BREAKFAST BUFFET LUNCH BUFFET OPEN SEATING WHALE WATCH SELF SERVICE DINNER SEATING

05:00-08:00 07:00-10:00 12:00-14:30 15:00-17:00 MULTI SEATING Please check your mealtime DECK 5 DECK 5 BAR ON DECK 8 DECK 5 DECK 5

07:30 YOGA

Please meet Lise from the expedition team on deck 8 near the expedition desk. Yoga mats are provided.

08:00 - 10:00 Expedition Jackets

Please pick up your Expedition jacket on deck 5 in front of the Amphitheater

10:00 Amphitheater/English

Nautical know-how, facts and sayings with Chris Croxsen

11:15 Amphitheater/English

So many kinds of heritage with Fiona Jobling

14:30 Amphitheater/English

Photographer's Explorer Lecture by Stefan Dall

16:00 Amphitheater/English *Introduction to Amsterdam*

17:00 Amphitheater/Norwegian *Introduction to Amsterdam*

GENERAL INFORMATION

Excursions in Amsterdam Excursion lists for Amsterdam will be posted on deck 7 – please have a look and check if you are on the list.

PLEASE NOTE

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ENTERTAINMENT PROGRAM

MOVIE PROGRAM – in Norwegian Amphitheater 18:00 & 19:00 & 20:00 & 21:00 Kontiki: Billett til Paradis MOVIE PROGRAM - English Hamsun deck 8 18:00 & 19:00 & 20:00 & 21:00 Kontiki: Ticket to Paradise

MUSIC – BAR DECK 8 15:00-16:00 & 21:00-24:00 Miles the musician will play the piano



SUNDAY, 18.09.2016 - AMSTERDAM



OVERVIEW OF RESTAURANT TIMINGS: ENJOY!

EARLY BIRD SELF SERVICE BREAKFAST BUFFET LUNCH BUFFET OPEN SEATING WHALE WATCH SELF SERVICE DINNER BUFFET 05:00-08:00 06:30-10:00 12:00-14:30 15:00-17:00 18:00-22.00 DECK 9 DECK 5 DECK 5 DECK 8 DECK 5

From Ca.05:30 at the Ijmuiden Sea Lock and transit the Noordzeekanaal to Amsterdam

07:30 Yoga

Please meet Lise from the expedition team on deck 8 near the expedition desk. Yoga mats are provided.

Ca.09:00 Alongside at VCK Skandia Terminal

10:00 Shuttle busses start

10:30 Delft and the Hague Excursion Buses depart from the pier return ca.17:00

12:30 Embarkation Check in for passengers arriving in Amsterdam

13:15 Walking and Canal cruise Excursion Buses depart from the pier return ca.18.15 17:30 Canal cruise Excursion

Buses depart from the pier return ca. 20.00

Ca. 21:00 Muster Drill Mandatory drill for all those passengers joined in Amsterdam

23:30 All Passengers on board

24:00 Ship departs

Shuttle buses to City Centre, Public Coach Station, Marixstraat and return to the ship (approx 15 mins) Departing the ship from 10:00am LAST BUS from city to SHIP 22:00 SEE TIME TABLE

EXCURSIONS

Please be on the pier 10 minutes before departure time. We recommend wearing comfortable shoes and taking a bottle of water.

GENERAL INFORMATION

Pier Address VCK Skandia Terminal, Amsterdam Valreep 13 Ship telephone number: +47 994 87 277

Throughout the day we will have a number of visitors to the ship and taking on more stores and provisions.

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ENTERTAINMENT PROGRAM

MUSIC – BAR DECK 8 15:00-16:00 & 21:00-24:00 Miles the musician will play the piano



MS MIDNATSOL - SHUTTLE TIMETABLE

DEP SHIP	DEP CITY CENTER		
VCK TERMINAL	EUROPARK MARNIXSTR		
1000	1030		
1030	1100		
1100	1130		
1130	1200		
1200	1230		
1230	1300		
1300	1330		
1330	1400		
1400			
1530	1600		
1630	1700		
1730	1800		
1830	1900		
1930	2000		
2030	2100		
2130	2200		



MONDAY, 19.09.2016 - AT SEA







OVERVIEW OF RESTAURANT TIMINGS: ENJOY!

EARLY BIRD SELF SERVICE BREAKFAST BUFFET LUNCH BUFFET OPEN SEATING WHALE WATCH SELF SERVICE DINNER SEATING

Please meet Lise from the expedition

team on deck 8 near the expedition

08:00 - 10:00 Expedition Jackets

deck 5 in front of the Amphitheater

Expedition jacket yet, you can do so on

Thor Heyerdahls Ra Expeditions told by

the Expedition Navigator Norman Baker.

desk. Yoga mats are provided.

If you have not picked up your

10:00 Amphitheater/English

11:15 Amphitheater/English

14:30 Amphitheater/German

Andrea Klaussner

Photographer's Explorer Lecture by

Dame Sybile of Sark with Fiona

07:30 YOGA

Jobling

05:00-08:00 07:00-10:00 12:00-14:30 15:00-17:00 MULTI SEATING Please check your mealtime

16:00 Amphitheater/German *Introduction to Guernsey*

17:00 Amphitheater/Norwegian *Introduction to Guernsey*

17:00 Hamsun Lounge deck 8/English Introduction to Guernsey

18:00 Panorama Lounge deck 8/ Thor Heyerdahls Expedition. We are proud to introduce Team Heyerdahl. Reidar Solsvik – Curator at the Kon-Tiki museum Norman Baker Navigator on Ra, Ra II and Tigris Expedition. Madani Ait Ouhanni member of the Ra II Expedition

21:00 Panorama Lounge deck 8/ Thor Heyerdahls Expedition.

A repeat of the same session held at 18:00

DECK 5 DECK 5 BAR ON DECK 8 DECK 5 DECK 5

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ENTERTAINMENT PROGRAM

MUSIC – BAR DECK 8 15:00-16:00 & 21:00-24:00 Miles the musician will play the piano



TUESDAY, 20.09.2016 - GUERNSEY



OVERVIEW OF RESTAURANT TIMINGS: ENJOY!

EARLY BIRD SELF SERVICE BREAKFAST BUFFET LUNCH BUFFET OPEN SEATING WHALE WATCH SELF SERVICE DINNER BUFFET 05:00-08:00 06:30-10:00 12:00-14:30 15:00-17:00 18:00-22.00 Open seating DECK 8 DECK 5 DECK 5 DECK 8 DECK 5

Ca. 07:00 Arrival Guernsey

Tender operations deck 3

We will tender you ashore with our tender boats. Please listen to the announcements. Don't forget your life jacket! When called please go down to reception area where you will be shown the route to the tender pit on deck 3. Please don't come down before your excursion or deck is called!

For all guests joining excursions

Please wait to be called down to reception, ca. **30 - 45 min** before your excursion departs. Please listen to the announcements carefully.

For all other guests

We will call you by deck, starting by deck 4. This will be after we have sent off the excursions.

09:00 – 12:00 Guernsey Island Drive Meeting point ashore.

09:30 – 12:30 Guernsey cliff walk Meeting point ashore

09:45 -12:45 Castle Cornet Town Walk Meeting point ashore

09:45 – 17:00 Paradise Island Sark Meeting point ashore.

19:00 Last tender boat leaves the jetty

Please note:

We will have tender boats shuttling the entire day. So you can return to the MS Midnatsol at any time you want.

20:00 Excursion deadline for Porto

GENERAL INFORMATION

Excursion lists

Excursion lists are posted on deck 7. Please check in which group you are in. We recommend wearing comfortable shoes. We will provide you with a bottle of water

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ENTERTAINMENT PROGRAM

MUSIC – BAR DECK 8 20:30-00:00 Miles the musician will play the piano



WEDNESDAY, 21.09.2016 - AT SEA



OVERVIEW OF RESTAURANT TIMINGS: Bon appetit!

EARLY BIRD SELF SERVICE BREAKFAST BUFFET LUNCH BUFFET OPEN SEATING WHALE WATCH SELF SERVICE DINNER SEATING 05:00-08:00 07:00-10:00 12:00-14:30 15:00-17:00 MULTI SEATING Please check your mealtime DECK 5 DECK 5 DECK 5 DECK 8 DECK 5

10:00 Amphitheater/German *Moorish Art* with Katja

10:00 -11:00 Bridge visits/English & Norsk Please sign up at the Expedition desk to visit the bridge. Listen for announcements and meet Deck 7 expedition information area.

11:00-12:00 Bridge visits/German

Please sign up at the Expedition desk to visit the bridge. Listen for announcements and meet Deck 7 expedition information area.

11:15 Amphitheater/English

Young Thor Heyerdahl with Reidar Solsvik

14:30 Amphitheater/English *A whale of a time* with Chris Croxon

16:00 Amphitheater/German *Introduction to A Coruna*

17:00 Amphitheater/Norsk *Introduction to A Coruna*

17:00 Hamsun deck 8 /English Introduction to A Coruna

18:00 Panorama lounge Why go exploring/ English Informal discussion with Reidar Solsvik

21:00 Panorama lounge

Why go exploring/Norsk

Informal discussion with Reidar Solsvik

GENERAL INFORMATION

EXCURSIONS –Booking for all remaining excursions for this voyage will close at 1800 today.

YOGA – Unfortunately Lise has broken her toe, but if you would like to borrow Yoga mats at anytime then please ask at reception.

PLEASE NOTE

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MUSIC – BAR DECK 8 15:00-16:00 & 21:00-24:00 Miles the musician will play the piano

ENTERTAINMENT PROGRAM

MOVIE PROGRAM – in Norwegian Amphitheater 19:00 & 20:15 & 21:30 Aku-Aku MOVIE PROGRAM - English Hamsun deck 8 19:00 & 20:00 & 21:00 Mystery of Easter Island



THURSDAY, 22.09.2016 – A CORUNA



OVERVIEW OF RESTAURANT TIMINGS: ENJOY!

EARLY BIRD SELF SERVICE BREAKFAST BUFFET LUNCH BUFFET OPEN SEATING WHALE WATCH SELF SERVICE DINNER SEATING 05:00-08:00 06:30-10:00 12:00-14:30 15:00-17:00 MULTI SEATING Please check your mealtime DECK 8 DECK 5 DECK 5 DECK 8 DECK 5

08:00 Arrival A Coruna

08:30 Santiago de Compostella

Buses depart from the pier return ca.15:15. Lunch included

09:00 The Fortified City of Lugo

Buses depart from the pier return ca.14:00. Lunch box provided from the vessel

10:00 Walking and Tapas in A Coruna Departure from the pier return ca.13:00.

15:30 All Passengers on board 16:00 Ship departs

EXCURSIONS

Please be on the pier 10 minutes before departure time. Excursion lists are posted on deck 7. We recommend wearing comfortable shoes and we provide a bottle of water.

16:00 Amphitheater/German Introduction to Oporto/Lisboa
17:15 Amphitheater/Scandi Introduction to Oporto/Lisboa
17:15 Biblioteket/English Introduction to Oporto/Lisboa

GENERAL INFORMATION

Pier Address

Transatlantico Quay, walking distance to the city centre.

Ship telephone number:

+47 994 87 277

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ENTERTAINMENT PROGRAM:

MUSIC – BAR DECK 8 21:00-24:00 Miles the musician will play the piano MOVIE PROGRAM with English narrative Amphitheater 19:00 & 20:15 & 21:30 Kon Tiki (The Original)

FRIDAY, 23.09.2016 - LEIXOS (OPORTO)









OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE BREAKFAST BUFFET LUNCH BUFFET OPEN SEATING WHALE WATCHING SELF SERVICE DINNER SEATING 05:00 - 08:00 06:30 - 10:00 12:00 - 14:30 15:00 - 17:00 MULTI SEATING Please check your mealtime

DECK 5 DECK 5 DECK 5 DECK 8 DECK 5

08:00 SHIP ARRIVES

Please be patient we have to get clearance from the port officials before we can disembark.

Shuttle buses will run from the ship to town center through the day (approx 30mins journey time). From 8:30 -12:30 every 30 minutes. From 13:00 - 17:00 every hour. Buses depart from the city on the hour.

09:00 Oporto Sights and river

cruise. Buses depart from the pier. Return ca.14:30, lunch included.

09:00 The Douro Valley Winery

Tour. Buses depart from the pier. Return ca.17:00, lunch included.

09:15 Geres National Park

Buses depart from the pier. Return ca.16:15, lunch included.

09:15 Guimaraes, Birthplace

of a Nation. Buses depart from the pier. Return ca.13:15.

17:30 ALL PASSENGERS ON BOARD

18:00 SHIP DEPARTS

EXCURSIONS

Please be on the pier 10 minutes before departure time. Excursion lists are posted on deck 7. We recommend wearing comfortable shoes and we provide a bottle of water.

GENERAL INFORMATION

Pier Address Leça da Palmeira pier Ship telephone number: +47 994 87 277

PLEASE NOTE

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Music - Bar Deck 8 21:00 - 24:00 Miles the musician will play the piano

ENTERTAINMENT PROGRAM

Movie Program (Norwegian) Amphitheater 19:00, 20:15 & 21:30 Reeds in the wind

Movie Program (English) Library deck 8 19:00 & 20:30 KON-TIKI (1990's version)

SHUTTLE BUS SCHEDULE

FRIDAY, 23.09.2016 - LEIXOS (OPORTO)





	From Pier	From Cit	У
RARHAN AND HARANN	08:30	09:00	
Renex Q Manage de Hanor Bus stop	09:00	09:30	
C C C C C C C C C C C C C C C C C C C	09:30	10:00	
	10:00	10:30	
R de Acsunção	10:30	11:00	
General Portuguis	11:00	11:30	
Parmell amel	11:30	12:00	
de Souse Mando	12:00	12:30	
Monterro de Trav do 8 Bernon Isrea de	12:30	13:00	
a vana la vana o da vioria - Ala	13:30	14:00	
	14:30	15:00	
	15:30	16:00	

16:30 last one

17:00 last one



SATURDAY, 24.09.2016 - LISBON







OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE BREAKFAST BUFFET LUNCH BUFFET OPEN SEATING WHALE WATCHING SELF SERVICE DINNER SEATING 05:00 - 08:00 06:30 - 10:00 12:00 - 14:30 15:00 - 17:00 MULTI SEATING Please check your mealtime DECK 9 DECK 5 DECK 5 DECK 8 DECK 5

Ca. 08:00 Arrival Lisbon

We are alongside.

Ca. 09:00 Medieval Obidos.

Buses depart from the pier. Return ca.13:30.

Ca. 09:15 Lisbon City Tour.

Buses depart from the pier. Return ca.13:15.

14:30 All on board

15:00 Departure Lisbon.

EXCURSIONS

Please be on the pier 10 minutes before departure time. Excursion lists are posted on deck 7. We recommend wearing comfortable shoes and we provide a bottle of water.

16:00 Amphitheater/English

Anne Kristine with Norman Baker

17:15 Amphitheater/German

Introduction to Cadiz (English will be Sunday morning)

TIME CHANGES

Due to the nature of the itinerary we are crossing time zones multiple times. We will have to change time twice again. Night of 24th forward 1 hour Night of 25th back 1 hour

GENERAL INFORMATION

Pier Address Santa Apolonia pier, Lisbon (see map) Ship telephone number: +47 994 87 277

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ENTERTAINMENT PROGRAMM

Music - Bar Deck 8 16:00 - 17:00 20:30 - 24:00 Miles the musician will play the piano **Movie Program (English)** Amphitheater 19:00, 20:00 & 21:00 Original RA part 1

LOCATION MIDNATSOL

SATURDAY, 24.09.2016 - LISBON







SUNDAY, 25.09.2016 - CADIZ









OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE BREAKFAST BUFFET LUNCH BUFFET OPEN SEATING WHALE WATCHING SELF SERVICE DINNER BUFFET 05:00 - 08:00 07:00 - 10:00 11:00 - 14:30 15:00 - 17:00 18:00 - 22:00 DECK 9 DECK 5 DECK 5 DECK 8 DECK 5

09:30 Amphitheater/

Norwegian Introduction to Cadiz.

09:30 Library/English

Introduction to Cadiz

10:30 Amphitheater/English

An undersea world of sound with Chris

Ca. 12:00 Arrival Cadiz

Please wait for the announcement that we are cleared by the port authorities before proceeding to the reception.

15:00 Panoramic Cadiz and

Jerez. Buses depart from outside the cruise terminal. Return ca. 18:30

15:00 Los Albuieros Farm and

Country Estate. Buses depart from outside the cruise terminal. Return ca. 19:00

15:00 Flamenco and traditional Spanish Meal. Buses depart from outside the

cruise terminal. Return ca. 17:30

19:30 All on board

20:00 Departure Cadiz

EXCURSIONS

Please be at the departure point 10 minutes before. Excursion lists are posted on deck 7. We recommend wearing comfortable shoes and we provide a bottle of water.

TIME CHANGES

Due to the nature of the itinerary we are crossing time zones multiple times.

We will move forward 1 hour during the night at 02:00.

We will have to change back again the following night.

ENTERTAINMENT PROGRAM

Music - Bar Deck 8 20:30 - 24:00 Miles the musician will play the piano **Movie Program (English)** Amphitheater 19:00, 20:00& 21:00 Original RA part 2

GENERAL INFORMATION

Pier Address Pier 3, Muelle Ciudad, in front of the passenger terminal. (see map) Ship telephone number: +47 994 87 277

PLEASE NOTE

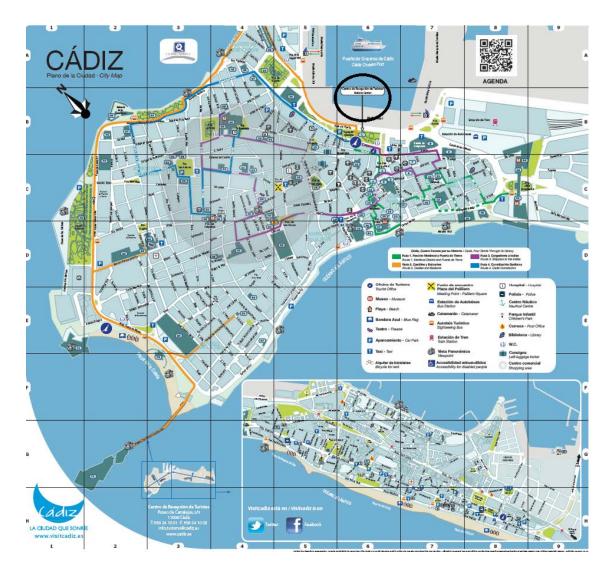
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LOCATION MIDNATSOL

SUNDAY, 25.09.2016 - CADIZ







MONDAY, 26.09.2016 - CASABLANCA





EARLY BIRD SELF SERVICE BREAKFAST BUFFET

OVERVIEW OF RESTAURANT TIMINGS 05:00 - 08:00 DE 06:30 - 10:00 DE

DECK 9 DECK 5

23:00 For all passengers.

We request to place your luggage by the nearest elevator at the latest 23:00,

Ca 09:00 Arrival

Casablanca Please wait for the announcement that we are cleared by the port authorities before proceeding to the reception.

We will be moored ca. 700m from the cruise terminal. We can assist with luggage transfer to the terminal from the ship. Please be aware you have to take your luggage through immigration yourself. Ca. 09:30 Transfer KLM Flight KL2694 to Amsterdam

Ca. 09:30 Departure Post Program "Imperial City of Marrakech"

Ca. 09:30 All Guests & Groups with individual arrangements can leave the ship. We would like to avoid queues at immigration and give priority to those with early flights.

Ca. 10:00Transfer Air France flight AF1597.

Ca. 12:30 Transfer to Kenzi Tower Hotel 12:30 Final disembarkation for all passengers.

TIME CHANGES

We will move backward 1 hour tonight at 02:00.

GENERAL INFORMATION

Pier Address: Casablanca port berth T5/T6

Ship telephone number: +47 994 87 277

The Captain and Crew of MS Midnatsol bid you farewell and a safe journey home.

Remember to follow the journeys of MS Midnatsol on Facebook. Facebook: https://www.facebook.com/pages/MSMidnatsol/