Dear adventurer

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

— 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.

— And yes – we promise to provide some adventure – in the positive sense of the word.

— Welcome aboard for an adventure of a lifetime.

Your Hurtigruten Team

Dear Adventurer

Norway

Iceland

Svalbard

The Faroe Islands

Orkney Islands

Shetland Islands

Franz Josef Land

Important information

Frequently asked questions

Life on board MS Spitsbergen

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Pack like an explorer

Our team on board

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MS Spitsbergen deck plan

© KARSTEN BIDSTRUP / HURTIGRUTEN

COVER FRONT PHOTO: © ANDREA KLAUSSNER / HURTIGRUTEN

COVER BACK PHOTO: © DOMINIC BARRINGTON / HURTIGRUTEN
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 vast countryside and unoccupied areas as most Norwegians live along the coast. Inland Norway is dominated by the Scandes mountain range with vast fjords and thousands of islets creating a remarkable coastline. Inland Norway is particularly rich in natural resources and 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.

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-Finnmark 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. Credit cards are accepted in most places. Please note that there is no currency exchange service on board.

HISTORY “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 (800-1050 BC) with strong trade relations and colonies in Greenland, Ireland, England, Scotland and 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 ABOARD 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 still live 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 live 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 coal-fish.

POPULATION Norways 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.
Iceland, where the ground is so hot it ventilates through hot springs, volcano eruptions and fiery saga tales. 

--- Mythical Iceland is the land of ice and fire, with glaciers and volcanos side by side. The nature offers stunning landscapes, geysers and impressive waterfalls.

**The perfect destination for explorers searching for the unexpected.**

**CLIMATE** The average temperature in spring is 8 to 10 Celsius. Weather is very changeable and visitors should be prepared for the unexpected.

**CURRENCY** The currency on shore is Icelandic kroner (ISK). Foreign currencies may be exchanged into local currency at banks. Credit cards are accepted in most places, but not international bank cards (i.e. German EC Karte). We recommend having some cash available for use at the small villages. Please note that there is no currency exchange service on board.

**ENVIRONMENT** It is prohibited to pick Arctic flowers as the environment is very vulnerable and the flowering season very short. Please be aware of where you step and remember to follow the paths. It is strictly prohibited to walk into cultural/historical remains. Please follow the instructions of the guide/expedition team. Hurtigruten, as a full member, adheres to the AECO (Association of Arctic expedition Cruise Operators) guidelines.

**HISTORY** A rich and interesting past, Iceland’s recorded history is of the settlement of Viking explorers with their slaves. It was mostly Norsemen from Scandinavia and Celts from the British Isles in the 9th and 10th centuries - long after the rest of Western Europe was settled.

**LANGUAGE** The Icelandic language is believed to have changed little from the original tongue spoken by the Norse settlers. English and Danish is widely spoken and understood.

**MEDICAL EMERGENCIES AND MEDICATION** In case of a medical emergency in Iceland the only means of evacuation is by ambulance/airplane/helicopter to the nearest town with a hospital. This is very expensive and dependent on favourable weather conditions. Therefore, comprehensive travel/health insurance policy that also covers medical evacuation is obligatory.

**MOBILE PHONES ASHORE** There is GSM coverage on most of Iceland including all towns and villages with more than 200 inhabitants.

**NATURE AND WILDLIFE** Iceland is renowned for its bird habitat and its diverse species of which the most sought after are the Icelandic Gyrfalcon, the Red-necked Phalarope and of course the Puffin. There are many species of whales due to the rich food of the North Atlantic Ocean - these include minke whales and killer whales.

**POPULATION** Iceland is the most sparsely populated country in Europe, with a pure, unpolluted, and truly magical landscape. The population of Iceland is approx. 320,000 with almost 120,000 inhabitants living in the capital Reykjavik. The second largest city outside the capital region is Akureyri with approx. 17,500 inhabitants.

**SHOPPING ASHORE** Local specialties include woollen knitwear, handmade ceramics, glassware and Silver jewellery. A refund of local Value-Added Tax (VAT) is available to all visitors in Iceland. Special rules apply, please check upon arrival in Iceland.

**TIME ZONE** Iceland is on Greenwich Mean Time (GMT) throughout the year, and does not change to daylight saving time.
Located on the southern fringe of the frozen Arctic Ocean, Svalbard offers Expedition landings, hikes, kayaking and other activities in the largest Arctic wilderness in Europe.

CLIMATE Despite its northerly location (74° to 81° north) Svalbard has a relatively mild climate. Due to the Gulf Stream, Spitsbergen’s west coast is the world’s most northerly ice-free area. The average summer temperature is 6° C and the coldest winter month of March has an average temperature of minus 14° C. There is little rain, but the moist air from the sea can cause a light drizzle and fog during the summer.

CURRENCY The currency in Svalbard is Norwegian Kroner (NOK). We suggest you bring local currency. Credit cards are accepted in most places. Please note that there is no currency exchange service on board.

ENVIRONMENT Hurtigruten’s MS Spitsbergen 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 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. In addition, Hurtigruten is a full member of the International Association of Antarctica Tour Operators (www.iaato.org), which promotes safe and environmentally responsible travel to Antarctica.

As members in these organizations we comply to guidelines that often go above and beyond legal requirements.

HISTORY Since Willem Barents’ discovery of Svalbard in 1596, several nationalities have explored, hunted and managed industries in this Arctic Archipelago. The Svalbard treaty dated 1920, signed by 43 member countries, gives Norway sovereignty over Svalbard.

MEDICAL EMERGENCIES AND MEDICATION
In case of a medical emergency outside Longyearbyen, the only means of evacuation is by helicopter to Longyearbyen Hospital. If any condition cannot be treated here, the patient is sent to the Norwegian mainland. This is very expensive and dependent on favourable weather conditions, therefore, comprehensive travel/health insurance policy that also covers medical evacuation is obligatory.

MOBILE PHONES ASHORE Mobile phones can only be used in area around Longyearbyen and Barentsburg. There is no cellular reception during most of the sailing. The ship

Svalbard has more than 3000 Polar bears and fewer than 3000 people. Remote, mysterious, and extreme, the island of Spitsbergen is the crown of Arctic Norway; a land forged by ice and wind, ocean, and snow that presents us with a spectacular range of unforgettable adventures. With its location right on the edges of the ever frozen Arctic Ocean, the warmer currents of the Gulf Stream meet the cold air and water from the north. This Archipelago holds fascinating histories of the polar heroes of the north, and cultural heritage from the coal mining era as well as the history of exploration, hunting and whaling. Wildlife is rich, both at sea and on land: whales, seals, reindeer, polar fox, and a rich variety of birds. And of course the king of the Arctic – the polar bear. You can leave your watch in your cabin. North of the Arctic Circle the day has no beginning or end. The Midnight Sun brings out magical colours in the surrounding landscape. The soft rays of the low-hanging sun bathe it all in a wonderful palette of pink, purple, yellow, and orange and create unforgettable memories.
uses satellite phones. If someone back home needs to reach you in an emergency, we kindly ask you to give out the emergency numbers listed in your travel information that you have received additionally. We will from there be able to give messages to the ship. Note that these numbers only are to be used in case of an emergency.

**NATURE AND WILDLIFE**

In order to preserve nature and wildlife on Svalbard, 65% of the Archipelago is protected through national parks, nature reserves and bird sanctuaries. There are only three land mammals on Svalbard: polar bear, Svalbard reindeer and the Arctic fox. In the sea however there are walrus, ringed seals, bearded seals, Greenland seals, hooded seals, white-nose dolphins, narwhals, white whales and killer whales. There is a rich bird life on the island and more than 100 species have been registered. Surprisingly the flora is very diverse for somewhere this far north.

**POPULATION**

The population of Svalbard is approximately 2800. Longyearbyen is the largest settlement in the islands and also the seat of the governor. The town has a hospital, primary and secondary schools, university, sports centre with a swimming pool, library, cultural centre, cinema, bus transport, hotels, a bank and several museums. The newspaper Svalbardposten is published weekly. Svalbard is among the safest places on Earth, with virtually no crime. Barentsburg is the second largest settlement in Svalbard with about 500 inhabitants, almost entirely Russian and Ukrainian. The Russian-owned Arktikugol has been mining coal here since 1932, and during the cold war Barentsburg was a hotbed of activity. Ny-Ålesund is one of the world’s northernmost settlements, inhabited by a permanent population of approximately 30–35 people who work for one of the research stations or the logistics and supply company “Kings Bay AS”, which ‘owns’ and runs the research village. In the summer the activity in Ny-Ålesund is greatly increased by the arrival of up to 120 researchers, technicians, and field assistants.

**SHOPPING ASHORE**

Svalbard is a tax-free area which means that many commodities are cheaper here than on the Norwegian mainland. Longyearbyen has a variety of shops selling everything from perfumes to outdoor- and sports equipment, gifts and souvenirs. Norwegian Kroner (NOK) is used all over Svalbard, also in the Russian settlement Barentsburg. Credit cards are accepted in Longyearbyen as well as on board MS Spitsbergen (Visa, American Express, Diners and MasterCard). Please note credit cards payments will all be processed in NOK on MS Spitsbergen. Credit cards that are used to make payments on board have to be valid for at least three months after the journey has ended. There is also a cash dispenser in the centre of Longyearbyen. In Barentsburg and Pyramiden they only accept cash in Norwegian Kroner (NOK), USD, or Euro. We recommend our guests bring cash in NOK for use ashore.
Situated halfway between Norway and Iceland and north of Scotland, the Faroe Islands are an archipelago of 18 small, rocky and volcanic islands. Spread over an area of approximately 1399km in the North Atlantic Ocean, the islands are connected by road tunnels, ferroes, causeways and bridges.

**CLIMATE** The climate on the Faroe Islands is, thanks to the Gulf-stream, quite moderate with less frost and snow in wintertime and an average temperature of 12°C in the summer with light, nearly never-ending days. The winter is very wet and if you compare the climate with the climate on the Faroe Islands you can say the climate is a bit rougher on the Shetlands.

**CURRENCY** There are two currencies of equal value in the Faroe Islands: the Faroese króna and the Danish krone. While the Faroese government prints its own bank notes, only Danish coins are used. Most shops, restaurants, petrol stations, hotels and taxis accept credit cards, mainly VISA, but other credit cards, such as MasterCard, Eurocard, Maestro and JCB, are also accepted in large stores, shopping centres and restaurants. Most places DO NOT accept American Express.

**HISTORY** It is thought that Irish monks were the first settlers on the islands in the 6th century after spotting an ‘Island of Sheep’ and a ‘Paradise of Birds’. However, this indicates there were sailors there prior to this due to the sighting of the sheep. Vikings settled here in the 9th century before the islands were officially converted to Christianity and joined the Kingdom of Norway in 1013. The islands were under the rule of Norway until 1380 when they became part of the dual Denmark-Norway kingdom. In 1814 the Treaty of Kiel ended this kingdom and the Faroe Islands remained under the administration of Denmark. However, when Denmark was occupied by Nazi Germany during World War II, the British liberated and occupied the islands until the end of the war. After an independence referendum in 1946 they received extended self-governance with the signing of the “Home Rule Act of the Faroe Islands” with the Danish Realm.

**LANGUAGE** The official language of the Faroe Islands is Faroese which is Germanic and descends from Old Norse. It is similar in grammar to Icelandic and Old Norse, but closer in pronunciation to Norwegian.

**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.

**TIME ZONE** The time zone is GMT during the winter months and GMT+1 during the summer months.
The Orkney Islands are an archipelago with an area of 990km North of Scotland, separated from the mainland by the Perthland Firth. Only 20 of the 70 are inhabited.
Consisting of 100 islands, this archipelago is spread over approximately 1426km and is located in the far north of Scotland.

**CURRENCY** The currency in Scotland is the pound (£). Credit cards are accepted at most restaurants and shops. Please note that there is no money exchange service on board.

**HISTORY** The Shetlands have a quite similar history like the Orkneys. Picts and later the Vikings settled on the islands until the Scottish Kings came into power in the 13th century. A typical building for the Iron Age are the “brochs”, drystone hollow-walled structures, looking a bit like a round tower. These buildings can only be found in Scotland and the best preserved is the Broch on the island Mousa on the Shetland Islands. These buildings are extremely impressive and their original use is still discussed by archaeologists.

The Shetlands were also part of the bailment by the Norwegian King as a guaranty for the marriage portion for his daughter, with the Norwegian influence is still evident, not only in the language spoken on the islands. The islands played an important role during World War II. The so-called “Shetland Bus” was an undercover mission that took weapons and supplies to Norway from Shetland. On their way back, they often took refugees from Norway to the Shetlands to keep them safe from the Germans. Many of these refugees stayed after the war. The principal source of income was the opposite to the Orkneys the fishery and the breeding of cows and sheep.

**LANGUAGE** Scots (English derivative) is widely spoken across the Shetland Islands along with their own distinctive dialect (of which they are very proud).

**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** The Shetlands form the northernmost part of the Caledonian Mountain range. Very hard sandstones, granites and gneisses form the surface of the islands which have been over formed by glaciers during the last ice age. In the opposite to The wildlife is very like the Orkney islands with steep cliffs also being important breeding places for different kind of sea birds. But the Shetland islands are also an important place for the bird migration in spring and autumn when thousands of birds rest on the islands on their flight to the south or to the north. The islands are a paradise for birders and Ornithologists. The Shetland Pony and the Shetland Sheepdog are special breeds from the islands and can still be seen all over the islands.

**TIME ZONE** Shetland Islands have the same time zone as United Kingdom and in summer is GMT+1
Franz Josef Land has been a nature sanctuary since 1994 and became part of the Russian Arctic National Park in 2012. It consists of 191 islands, which cover an area of 16,134 square kilometres. The island is located between 79°46’ and 81°52’ north and 44°52’ and 62°25’ east and it is only 900 kilometres left if you want to go to the North Pole.

The perfect destination for explorers searching for unexpected

CLIMATE The average temperature in September is -2.7 Celsius on Franz Josef Land.

CURRENCY The currency in Russia is the Russian ruble. It is always good to have some cash in smaller notes (Ruble, USD or Euro) when you are travelling.

ENVIRONMENT Franz Josef Land is a part of the Russian Arctic National Park. It is prohibited to pick Arctic flowers as the environment is very vulnerable and the flowering season very short. Please be aware of where you step and remember to follow the paths. It is strictly prohibited to walk into cultural/historical remains. Please follow the instructions of the guide/expedition team. Hurtigruten, as a full member, adheres to the AECO (Association of Arctic expedition Cruise Operators) guidelines.

HISTORY Franz Josef Land was officially first discovered in 1872 by the Austro-Hungarian North Pole Expedition led by Julius von Payer and Karl Weyprecht. They gave the island the name Franz Josef Land to honour Franz Joseph, the Emperor of Austria. The island was probably first seen by Nils Captain Fredrik Rønnbeck and harpooner Johan Petter Aaljärvi in 1865. They worked on a Norwegian sealing vessel called Spitsbergen.

LANGUAGE Russian is the official language in Russia. There are approx. 144 million people who speak Russian and it is the seventh most spoken language in the world.

MEDICAL EMERGENCIES AND MEDICATION In case of a medical emergency in Franz Josef Land the only means of evacuation is for the ship to return to Murmansk, or by helicopter to Longyearbyen or Murmansk. This is very expensive and dependent on favourable weather conditions. Therefore, comprehensive travel/health insurance policy that also covers medical evacuation is obligatory.

MOBILE PHONES ASHORE There is no cellular reception during the sailing to Franz Josef Land. The ship uses satellite phones. If someone back home needs to reach you in an emergency, we kindly ask you to give out the emergency numbers listed in your travel information that you have received additionally. We will from there be able to give messages to the ship. Note that these numbers only are to be used in case of an emergency.

NATURE AND WILDLIFE Part of the Russian Arctic National Park, Franz Josef Land is a nature sanctuary and an archipelago of uninhabited islands which sit in the north-eastern part of the Barents Sea. The Arctic wildlife includes polar bears, walrus, endangered bowhead whales. The steep cliffs are home to numerous seabirds, including rare ivory gulls, dovekies and guillemots.

POPULATION There are no permanent inhabitants on Franz Josef Land. In Murmansk there are approx. 307,000 inhabitants.

SHOPPING ASHORE Local specialties include handmade wooden and silver jewellery, Matryoshka doll, jewellery of amber, khokhloma hand-craft, birch bark craft, bogorodsk wooden toys and not least Russian chocolate and sweets. The only place we expect you to be able to go shopping is in Murmansk.
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.

SAFETY Safety is always the priority and the ship’s Captain will decide the final itinerary during the voyage, therefore every voyage is unique and all published routes are only indicative.

DAILY PROGRAMME The DP is available on the TVs and in public areas. There is a DP channel for each language (usually English and German).

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.

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

IMPORTANT INFORMATION

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.

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LIFE ON BOARD MS SPITZBERGEN

SHIP CONTACT INFORMATION
Phone: +47 97491000
E-mail: reception@sb.hurtigruten.com

All cabins have a telephone. Wi-Fi is available almost everywhere on the vessel. Please note that there 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.

ALCOHOL POLICY
Guests are required to prove their age and in some cases to pay for their alcohol purchases. All alcohol purchased from the ship is consumed on the ship and cannot be brought ashore.

ARTWORKS
The name MS Spitsbergen has been chosen to honor the Norwegian archipelago Spitsbergen. The fresh, Scandinavian design on board is inspired by the wide colour spectrum of the sea, a motif also reflected in the many pieces of Norwegian modern art on display.

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. Please note that cabins on deck 6 with passenger access to outside areas may sometimes have an obstructed view due to other passengers walking past.

EXCURSIONS
Cruise card operators reserve the right 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
There is no age restriction on MS Spitsbergen. Cruise card A CRUISE CARD will be issued upon arrival on board as part of the check in procedure in accordance with ISPS regulations. 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 onboard 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.

We regret that our system does not support Maestro Card. 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. In the morning 24 hours before your voyage ends, you will receive a draft copy of your account. The evening before the voyage ends the account will be totalled and settled on board, and a receipt, will be emailed to you. We regret that our system does not support Maestro Card.

CURRENCY
Please note there is no currency exchange service available on board.

DISABLED CABINS / 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 to embark/disembark wheelchairs.

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

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

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 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 by removing this 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 and kill nothing but time”.

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 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 travelers. Occasionally there may be some musical entertainment on board in the evenings.

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 will be kept on your cabin during the whole voyage. We also offer walking sticks.

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 bar. You will be able to find information regarding the trip and book optional excursions at the Expedition desk.

FITness ROOM AND SAuna The fitness room is located at deck 7 aft. The sauna is located next to the fitness room. Available for all guest. Please use your cabin card to enter the fitness room.

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 honor service rendered by the crew in bars, restaurant and cabins. 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.

JAcuzzi (Whirlpool) Outside on deck 7 you will find our Jacuzzi (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.

LAUnDRY A laundry service is available on board at a low cost. No self-service or dry-cleaning is possible.

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 program. Do not hesitate to contact our Expedition Team for any questions or concerns you might have.

LIFESAVIng EQUIPMENT, LIFEVESTS AND 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 passengers 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 ships safety plan. Special safety regulations will apply on landings with the tender 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 passengers before first landing. A mandatory briefing regarding the safety guidelines will also be given.

MEDICAL EMERGENCIES AND MEDICATION There is an English-speaking physician and nurse on board always. 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. 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 always as long as we have connection, at an International price level. The price will vary depending on which mo-
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If you have special dietary requirements to your sales office or port facility or ship. You may also buy “sea bands” on board.

RESTAURANT SERVICES We serve a buffet breakfast and lunch on board. Dinner varies between buffets and set meals. The type of dinner is an optional sparkling and still water to be served for lunch and dinner.

ROOM SERVICE For suite guests we will offer a room service menu. Sealsickness 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 Spitsbergen 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.

SHOP In our on board shop you can buy modern clothes 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 fibers. 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.

SHORE EXCURSIONS A selection of shore excursions is available to pre-Book. Where available we will supply you with excursion information in advance, otherwise you will receive full details and prices on board. Excursions and their contents are subject to maximum/minimum numbers and local and weather conditions.

SMALL BOAT LANDINGS The sturdy rubber 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 if 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. Rubber boats can be useful for many landings. You are welcome to bring private boots, or you can borrow a pair on board free of charge. Landing operations depend on favorable conditions. The ISPS regulations also include band baggage scan in all ports of call throughout the course of the voyage.

SMOKING On board MS Spitsbergen, smoking is only permitted in designated areas on deck 6 and 8 starboard side. 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.

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 as to form part of a contractual agreement.

ON BOARD Your voyage includes breakfast, lunch and dinner. Regular coffee/tea is complimentary throughout 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 Spitsbergen has spacious outdoor areas. They are perfect vantage points to sit back, relax and watch the world go by.

WEATHER CONDITIONS The planned itinerary may change and landings may be cancelled due to changeable weather conditions. Hurtigruten AS reserves the right to change the itinerary due to weather conditions and other unforeseen events.

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 5, 7 and 8 are potentially dangerous in windy conditions. 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.

WELCOME MEETING Upon arrival on board, there will be a mandatory passenger 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 be introduced to the key personnel on board.
The airfares offered are special package prices 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. Baggage allowance varies between airlines and charges may apply if you exceed baggage weight, or carriage may be refused. As a general rule, each guest is allowed to carry one piece of hand baggage weighing approx. 13-17 lbs (dimensions and weight depend on the respective airline) on board. Your baggage allowance is set to one piece (30 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 transfers or layovers. Time and/or route changes and change of type of aircraft are possible. Our common flight partners include Delta, American Airlines, United, Lufthansa, British Airways, KLM/Air France, Norwegian Air Shuttle, Scandinavian Airlines, LATAM, Iberia, and Iceland Air. Please note that booking are provisional and subject to change; please verify before you travel. airline requirements. We are unable to accept responsibility if you miss your own booked connecting flight to/from Oslo in the event of a delay of the flight between Oslo and Longyearbyen.

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 flights between Oslo and Longyearbyen. The flights between Oslo and Longyearbyen and vice versa are operated by Scandinavian Airlines or Enter Air (2018) and usually depart Oslo in the late evening, and arrive in Oslo early in the morning upon return from Longyearbyen. Only coach class is available on these flights, no upgrades to higher air travel classes of service is possible. You can travel with checked baggage with a maximum weight of 30 lbs, and bring one carry-on bag on board with a maximum weight of 17 lbs. Please note that this baggage allowance may differ from the airline used for your connecting flight to/from Oslo. Please check the weight of your baggage to ensure you adhere with our voyages aboard MS Spitsbergen. ID-cards are not accepted. The passport needs to be valid for more than six months after you return to your home country. Passports will be collected by the crew on board the vessel at check-in, in order to clear immigration and customs. Passports will be kept throughout the whole voyage and returned at the end of the trip. Please bring a photocopy of your passport with you. 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.

VACCINATIONS Check with your General Practitioner regarding the recommended vaccinations for your journey.
Pack like an explorer

The dress code aboard the ship is informal. Bring casual and comfortable indoor clothing.

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 ...

- Warm jacket
- Wind and water resistant trousers and Long thermal underwear & top
- Warm hat or headband
- Swimwear
- Scarf or scarf tube
- Warm woolen jumper
- Sunglasses with uv-filter lenses
- Warm gloves and mittens
- Warm socks
- Extra batteries for your camera
- Shoes with good soles are recommended for outdoor use
- Good shoes to wear on board
- Memory card for your camera
- The dress code on board the ship is relaxed and casual, and you are not expected to dress formally for meals
- Extra shoelaces
- A pair of good binoculars
- A small waterproof backpack
- Please remember to bring your passport and a copy of it
- Sun protection (Factor 30 +)
- Sunglasses with UV-filter
- Lip salve with UV protection
- Money in the correct currency. Remember, our ships also accept several credit cards
- Remember to bring sufficient medication to last through any unforeseen delays

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.
— 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 Spitsbergen.
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 times 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. 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.
4. 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.
5. 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.

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

Date: March 2019.
**MS SPITSBERGEN**

- Expedition Team
- Modern and fresh Scandinavian design reflecting the colours of the sea
- 1 restaurant
- Spitsbergen Science Center
- Fitness room, sauna
- 2 hot tubs

**SHIP YARD:** Estaleiros Navais de Viana do Castelo (POR)  
**FLAG:** Norway  
**YEAR OF CONSTRUCTION:** 2009, rebuilt 2016  
**GROSS TONNAGE:** 7 344

**CABINS:** 100  
**OVERALL LENGTH:** 105.54 m  
**BEAM:** 18 m  
**ICE CLASS:** 1C  
**SERVICE SPEED:** 17.5 knots

**CATEGORY DECK SIZE (m²) DESCRIPTION**

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>DECK</th>
<th>SIZE (m²)</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EXPEREDITION SUITE</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>6</td>
<td>32-33 m²</td>
<td>Two rooms, with double bed, seating area, TV, minibar, kettle, seating area, private balcony or bay window.</td>
</tr>
<tr>
<td>N</td>
<td>4</td>
<td>28-29 m²</td>
<td>One room, seating area and double bed, TV, minibar, private balcony.</td>
</tr>
<tr>
<td>Q</td>
<td>10-23 m²</td>
<td>One room with double bed, TV, kettle.</td>
<td></td>
</tr>
<tr>
<td><strong>ARCTIC SUPERIOR</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>G</td>
<td>14-18 m²</td>
<td>Double bed, kettle, TV, limited/no view.</td>
<td></td>
</tr>
<tr>
<td>Y</td>
<td>14-15 m²</td>
<td>Double bed and TV, partly obstructed view.</td>
<td></td>
</tr>
<tr>
<td>X</td>
<td>15-17 m²</td>
<td>Double bed and TV, table, kettle.</td>
<td></td>
</tr>
<tr>
<td>P</td>
<td>6, 7</td>
<td>11-14 m²</td>
<td>Double bed and TV.</td>
</tr>
<tr>
<td>U</td>
<td>11-12 m²</td>
<td>Double bed, TV, limited/no view.</td>
<td></td>
</tr>
<tr>
<td><strong>POLAR OUTSIDE</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>O</td>
<td>13-14 m²</td>
<td>Double bed and TV.</td>
<td></td>
</tr>
<tr>
<td>N</td>
<td>13 m²</td>
<td>One bed, two pullman, TV.</td>
<td></td>
</tr>
<tr>
<td>A</td>
<td>9-11 m²</td>
<td>Upper and lower berths, TV.</td>
<td></td>
</tr>
<tr>
<td>J</td>
<td>11-12 m²</td>
<td>Double bed, TV, limited/no view.</td>
<td></td>
</tr>
<tr>
<td><strong>POLAR INSIDE</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>K</td>
<td>15-20 m²</td>
<td>Double bed, TV.</td>
<td></td>
</tr>
<tr>
<td>I</td>
<td>9-14 m²</td>
<td>Separate beds, one bed can be turned into a sofa.</td>
<td></td>
</tr>
</tbody>
</table>

Cabin 614 and 632 are adapted for guests with disabilities. Subject to change.
Hurtigruten AS: P.O. Box 6144, N-9291 Tromsø

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