HURTIGRUTEN EXPEDITIONS

Your GRAND EXPEDITION cruise

Dear guest

Thank you for choosing to travel with us. We are as excited as you are about your expedition. This will be a once-in-a-lifetime journey of discovery - an immersive experience of nature, wildlife and culture of the places many only dream about.

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: 020 8846 2666
Email: uk.sales@hurtigruten.com
Web: hurtigruten.co.uk/expeditions/

Kind regards
Your Hurtigruten team

Contents

Before you go	2
Practical information	3
Your basecamp at sea/ Loving local food	4
Your active adventure	5
Expect the unexpected	6
Birds of the seas	7
Sustainability/ Hurtigruten foundation	8

Frequently asked questions »

FOLLOW US

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.

5 **Complete the Medical Screening form**
Our Grand Expedition cruises require a Medical Screening form for boarding.**

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

Entry requirements »

Weather and packing

Checking the weather forecast for your destination before you leave is essential to ensuring you are packing appropriate clothes. Make sure you pack suitable clothes for the weather you're returning home to as well.

Help protect the pristine Antarctic and Arctic environments from the threat of non-native species and follow the IAATO » and AECO » biosecurity guidelines before packing.

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

What to bring on your trip »

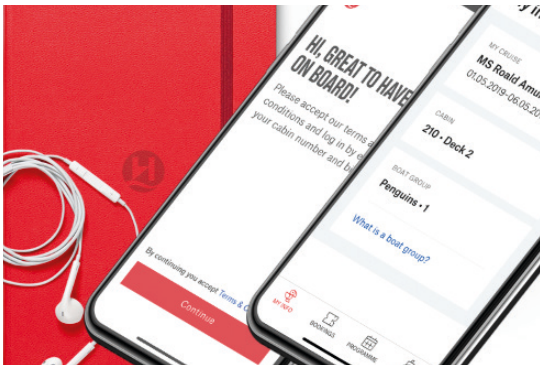
You will receive a complimentary Helly Hansen expedition jacket and a re-usable aluminium water bottle.

You can borrow boots, trekking poles, and all equipment needed for activities free of charge.

* In addition, passport validity must be in accordance with national requirements in the country/countries you are traveling to.
** Reykjavik-Reykjavik Grand expedition cruises do not require a Medical Screening Form.

PRACTICAL INFORMATION

© CHELSEA CLAUS



Hurtigruten App

is your digital travel companion on our expedition ships.

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

© KRISTIAN DALE

Wish to be more prepared?

From laundry and onboard Wi-Fi to prohibited items not allowed on board - here's everything you need to know before your expedition with us.

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 »

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.

Our safety policy »

YOUR BASECAMP AT SEA

Your expedition ship is your home away from home.

The countries, scenery and even the seasons will change along your extended cruise, but your comfortable and sustainability focused expedition ship will remain your home throughout. Wherever you are in the world, spend time relaxing in a sauna or an outdoor hot tub, or head to the gym and book a wellness therapy in the spa. With an informal atmosphere, top restaurants serving regionally inspired local dishes, and high-quality service always, you'll develop a strong bond to your basecamp at sea. And after a day on expedition, your stylish cabin or suite is the perfect place to rest and unwind.

© AGURTXANE CONCELLON

© ANDREAS KALVIG ANDERSON

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.

EXPECT THE UNEXPECTED

An adventure can be summed up into two things: journeying somewhere exciting and being adaptable to whatever comes our way. Both apply on your expedition cruise with us.

© GETTY IMAGES/HURTIGRUTEN EXPEDITIONS

When you embark on an expedition with us, you'll be travelling to some of the most remote and pristine places on our planet. It's an adventure to beautiful coastal areas where nature is at its most raw, wildlife roam free, and where the elements rule. And we wouldn't have it any other way.

Open exploration

Itineraries on our expedition cruises are therefore not completely set in stone. This gives us the flexibility of responding to challenging elements and to grasp new opportunities for exploration as they arise. Whether wind or waves block our way or we see whales we want to observe for a while, the option to divert from our course is an essential and exciting aspect of expedition cruises.

Our plans may sometimes need to be altered slightly or even changed completely, bringing us to places and surprises not originally on our route, but which will still be just as impressive. Certain days on several of our itineraries even have multiple possible sites we can visit. You can trust the ship Captain together with the Expedition Team to pick the best option, based on the conditions on the day.

It is this unpredictability and adaptability that are at the core of any expedition, and what makes it an adventure so different from a standard cruise. Embark on a journey with us; a journey where you'll embrace pure adventure, become real explorers, and expect the unexpected. Together, we'll create unique and unforgettable experiences, working with nature, never against it.

YOUR ACTIVE ADVENTURE

Be a modern-day explorer

A Grand Expedition Cruise is an experience that's truly deserving of the epithet 'once in a lifetime'. Unleash your inner explorer, expect the unexpected, and go on a globe-trotting adventure the likes of which you've never experienced before.

Inspired by the Arctic and Antarctic explorers of yesteryear, our Pole-to-Pole Grand Expedition Cruises last several months at a time, while others focus on a particular region. Following a flexible itinerary, you'll enjoy a truly unique experience in sustainable style aboard our comfortable and fully equipped expeditions ships.

A journey of scientific discovery

There's a science focus on every Grand Expedition Cruise, and each ship features a Science Center » outfitted with cutting-edge observation equipment such as powerful microscopes and underwater drones. Every onboard Expedition Team includes research scientists who'll be there to open your eyes to the natural wonders around you, and you can contribute to important global research with our Citizen Science projects and listen in on riveting informal lectures by our top experts.

Wildlife

Travelling to a kaleidoscope of countries, you'll encounter some of the planet's most amazing wildlife and ecosystems, from penguins huddled on the frozen tundra to monkeys swinging from trees in steamy equatorial rainforests. Be on the lookout for diverse marine fauna such as whales, seals, and seabirds, and a rich variety of other wildlife.

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.

Experts in exploration

Your Expedition Team are your passionate and knowledgeable hosts. They'll ensure you enjoy exciting and informative experiences safely and sustainably. Experts in their fields and adventurers in their own right, they deliver engaging lectures and talks, organise a variety of onboard activities, accompany you on landings, and take the lead on handpicked hikes.

The Expedition Team »

BIRDS OF THE SEAS

DISCOVER with us

Seabirds live their life on the ocean waves. They are true marine organisms, feeding at sea and only coming to land to breed. Ornithologist John Chardine tells us more about them.

© GETTY IMAGES / HURTIGRUTEN EXPEDITIONS

As you sail aboard our expedition ship, seabirds are our constant companions, some following us all day. Even thousands of kilometres from land, they are never lost but are where they want and need to be – where the food is.

Finding food among the waves

Food on the open ocean is spread out over vast distances and concentrated in areas of high ocean productivity where algae grow profusely. To find enough food to sustain them, many seabirds cover vast distances using the energy of the wind to effortlessly glide over the waves. Seabirds are at the top of marine food chains and eat crustacea like krill, small fish like herring, and squid.

Nothing to drink at sea

Living things need water and a big problem with the sea is that it's all salt water. Seabirds have evolved a special gland - the salt gland - which strips the salt from their blood. The gland is located at the top of the head just under the skin, and exudes a highly saline solution which drips from the seabird's bill or from the nose of tube-noses.

The cycle of life

Building a nest on the ocean is not possible so seabirds have to come to land to breed. Many seabirds return annually to exactly the same place in the colony, and pair with their mate from previous years. Typically, seabirds only lay one egg per year. This is because the parents are unable to bring back enough food from far at sea to feed more than one chick.

Helping our seabirds survive

Sustaining populations into the future is a big concern. One problem amongst the issues facing seabirds is floating plastic, which they mistake for food and bring back to their chicks to feed. The plastic takes up space in the chick's stomach, and the bird eventually dies. We at Hurtigruten are very aware of this problem and have eliminated single-use plastics from our ships.

An expedition cruise with us is the best way to see a range of seabirds and to learn more about each of them from the expert Expedition Team on board the ship.

© OLE MARTIN WOLD

SUSTAINABILITY

Exploring our blue planet for more than a century has taught us the importance of being green.

Over decades, our Captains and crew, Expedition Teams and returning guests have witnessed the impact of climate change on vulnerable polar areas with their own eyes. We want the Arctic, Antarctica, and everywhere in between to remain places of pristine nature, pure water and clean air.

Sustainability is therefore at the heart of who we are and what we do. From the beautiful natural world to remote communities, we want to ensure our expedition cruises protect them both. In line with the UN's Sustainable Development Goals, we're able to offer you greener and more sustainable expedition cruises on and for the planet.

Want to know more?
Visit our sustainability web page »

HURTIGRUTEN FOUNDATION

Collaborating for change:
Creating a footprint we can be proud of.

Hurtigruten Foundation is a platform for taking a stance and volunteering in worthwhile causes – together. Working closely with guests, partners and organizations, Hurtigruten believes we make a genuine difference, by minimizing our operational impact and maximizing the positive contribution we make to local communities. Since the Hurtigruten Foundation was established at the end of 2015, a total of 3,200 000 NOK has been donated to date for 34 projects in eight countries.

Hurtigruten Foundation is funded by direct donations and several onboard initiatives, including auctions, fund-raisers, and primarily the "Green stay" programme, where a donation is made for every day you ask us not to clean your cabin, thereby saving energy, detergents and water. We invite you to join us and leave a footprint we can be proud of!

Visit the Hurtigruten Foundation web page »

© OSCAR FARRERA