



Your expedition cruise in ICELAND

Dear guest

Thank you for choosing to travel with us. We are as excited as you are about your expedition to Iceland - the island of fire and ice. Exploring this geological marvel is an adventure like no other.

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

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Frequently asked questions »

FOLLOW US



BEFORE YOU GO

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

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 »](#)

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.

Association of Arctic Expedition Cruise Operators **AECO** 

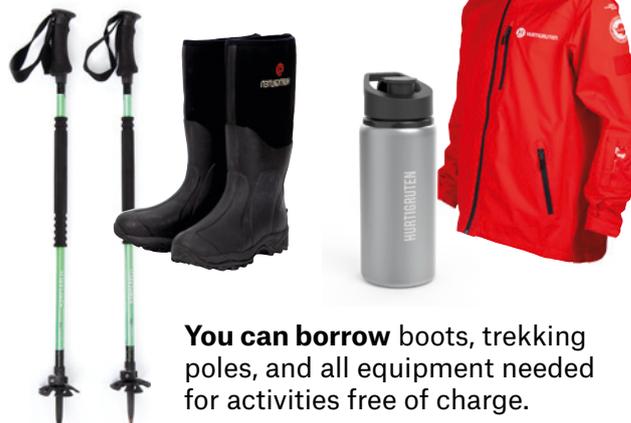
Help protect the pristine Arctic Environment from the threat of non-native species and follow the [AECO biosecurity guidelines](#) before packing.

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 to Iceland »](#)

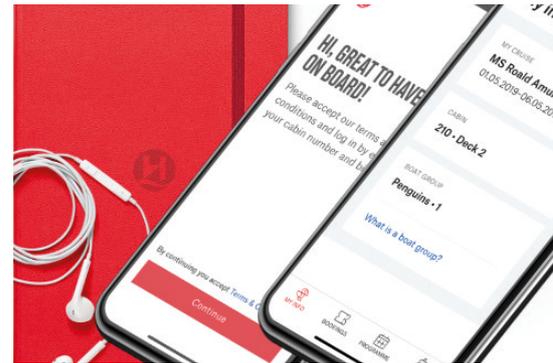
You will receive a complimentary Helly Hansen expedition jacket and a re-usable aluminum water bottle.



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.

PRACTICAL INFORMATION



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



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 HAVEN TO THE HORIZON

Your expedition ship is your home away from home; casual, comfortable, and complete with everything you need for your adventure and more.

If you pictured an expedition as being on a rusty old frigate with faded décor, prepare to have your expectations blown away. From the get-go, you'll see that life on the ship is relaxed and the atmosphere calm and informal. Each public area of the ship has been designed with your viewing pleasure in mind. As you set foot on exotic shores together, you'll naturally grow closer with your fellow explorers. Enjoy swapping stories in the various seating areas dotted around the ship which usually have great views.



© AGURTXANE CONCELLON

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.



© ANDREAS KALVIG ANDERSON

YOUR ACTIVE ADVENTURE



Landings

Our small expedition boats give us the flexibility to reach pockets of Iceland that are off the beaten track. Look forward to exploring smaller settlements and villages and meeting the local communities that call them home. Our expedition team will be on hand to help you make the most of each landing.

Hiking*

Hiking is one of the best ways of exploring Iceland's rugged beauty. Our expedition team will arrange optional and included guided walks, although most towns we visit will also have walking trails for unguided hiking. Prepare to take in fascinating rock formations, black sandy beaches, moss-covered lava fields and waterfalls.

Lectures and talks

Your expert Expedition Team will be delivering lectures on a range

of topics, such as geology, marine biology, history, photography, and ornithology. As a result, you'll learn more about Iceland's history, culture and folklore. Lectures may occur in the ship's onboard Science Center, out on deck or ashore during a landing.

[Science Center »](#)

During your expedition, you'll have access to the ship's Science Center with information on the landscapes and ecosystems you'll encounter in Iceland. You can also get involved in various Citizen Science projects that ask you to document wildlife and to send your observations to research institutes to help in their studies.

Kayaking*

Breathe in the crisp, clean, fresh air as you admire Iceland's scenery from the water. Kayaking is a great way to discover hidden gems that you can't reach otherwise. Paddle in the calm

waters of sheltered fjords flanked by soaring mountains. Enjoy the feeling of gliding through Iceland's waters in serene silence, admiring coastal scenery.

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 »](#)

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.



© KARSTEN BIDSTRUP

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.

EXPLORE ICELAND

Discover some of the highlights and possible sites you might see on your expedition cruise in Iceland.*

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Reykjavik

The northernmost capital in the world is perfectly sized for a walking tour, packed full of art, culture, and history. You'll be just hours away from geysers, glaciers, hot springs, and waterfalls.



Heimaey

This island's intriguing history includes murder, revenge, pirates and powerful volcanic eruptions. It is also home to around 8 million puffins every summer.



Stykkishólmur

Most people come here as a gateway to see the fantastic Snæfellsnes Peninsula National Park, but there's beauty and fascination to be found in this small fishing town as well.



Húsavík

Widely considered Iceland's whale capital, the waters here regularly enjoy visits from humpback, minke, whitebeaked dolphin, harbour porpoise, and even the elusive blue whale.



Bakkagerði

Located in an area that's great for bird watching, including adorable puffins, this tiny hamlet offers peace, quiet, lovely views, and according to folklore, elves.

Did you know?

Until **1989**, beer was banned in Iceland. Every March 1st, the country celebrates "Beer Day" commemorating the end of a 74-year beer ban.

Iceland is one of only **2** places in the world where you can see two of the earth's tectonic plates meeting above the earth's surface.

0 is the amount of mosquitoes in Iceland. Unfortunately, Iceland does still have biting midges (sand flies).

0 is the amount of McDonald's restaurants in Iceland. Reykjavik is the only capital city in Western Europe without a McDonald's.

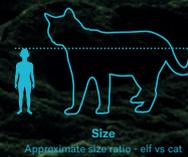
Roughly **10%** of the country's population will publish a book in their lifetimes, according to the BBC.

*Please check your itinerary for all stops and highlights, as they vary for our different expeditions.

THE HIDDEN PEOPLE OF ICELAND

DISCOVER
with us

Even in Iceland's modern society, more than half of its population have some belief in the existence of a hidden people living unnoticed with humans on the island: elves.



© NATIONAL MUSEUM OF DENMARK, TH. N. KRABBE / HURTIGRUTEN

Fuelling the imagination

Icelandic culture is inspired by a curious mixture of paganism, Irish lore, and Christian religion. Traditional tales of ghosts, elves, and trolls have been told to children from generation to generation, even as far back as the Vikings.

The Huldúfólk

The most iconic creatures from Icelandic and Faroese folklore are probably Huldúfólk, or "hidden people". The term Huldúfólk is a synonym to the word Álfar, which means "elf". According to Icelandic folklore, it was bad luck to call elves by their real name, so Huldúfólk was created as a euphemism.

It's difficult to trace the exact time at which the first elf stories originated, but they are described in the Prose Edda, an Old Norse textbook, compiled by Snorri Sturluson in 1220.

Iceland's invisible communities

Either way, they are thought to be very protective of their homes and

prefer to stay invisible to humans, only showing themselves when they feel like it. When they do reveal themselves, descriptions of their appearance vary.

In many tales, they're said to have magical powers that can be used for both good and evil, and that the way they use these powers will depend on how you treat them. The general advice is to leave them well alone and let them go about their day, and they will do the same to you.

Real residents

These stories and their unique characters are an intrinsic part of Icelandic culture, and centuries of imagination have brought them to life, making them real in the minds of many modern-day Icelanders. One example of this is that many are cautious of throwing rocks, just in case they hit the hidden people or their dwellings and cause trouble.

There are also a number of urban legends about rumoured construction work that has had to be shut down after several strange

accidents which occurred when trying to clear or build upon land that is said to belong to the elves. These unusual happenings are so common that the Icelandic Road and Coastal Administration has created a five-page "standard reply" for press inquiries about elves.

Exploring the land of the elves

When hiking in the Icelandic countryside or visiting local communities, you'll see tiny elf houses (álfhól) in several places. Whether or not you'll meet any elves, we can't guarantee, but we can promise you a unique landscape that'll certainly give you the feeling of magic and mystique. You may also visit several hot spots where elves are said to reside. Perhaps you'll even catch a glimpse of one...

DISCOVER WILDLIFE



Iceland's long summer days, mineral-rich waters and fertile coastal cliffs attract a wonderful mix of sea mammals and birdlife, all waiting to be encountered.

© SHUTTERSTOCK

Wildlife in the land of ice and fire

Iceland's incredible scenery rightly steals all the headlines, but it wouldn't be the same without the sights and sounds of the wildlife that call it home. Marine mammals and birdlife in Iceland defy a sometimes-unforgiving landscape where volcanoes and glaciers hold sway. Discover the wildlife thriving in the land of ice and fire.

Birds

Roughly 413 bird species have been spotted in Iceland, with approximately 110 nesting regularly – not bad for a remote island with a subpolar climate. But it's the sheer number of birds that make Iceland such a bird lover's paradise. Species that are rare elsewhere can be abundant here. Iceland is home to species such as Northern Gannets,

guillemots, Black-legged Kittiwakes, Common Eider and millions of Atlantic Puffins and Razorbills in the summer months.

Whales

From May to August, the waters around Iceland harbour whales that migrate here to feed and breed during the warmer months. Around twenty-three whale species have been spotted here, including humpback, white-beaked dolphin, minke, harbour porpoise and even the elusive blue whale. The prospect of seeing the water-surface acrobatics of humpbacks such as lob-tailing and flipper-slapping makes whale watching in Iceland such a rewarding activity.

Seals

Seals frequently feature in Icelandic folklore and music. It's easy to see

why – one look at those big, brown, beautiful eyes and you're transfixed. Although four species visit occasionally, harbour seals and grey seals are the only ones that produce their young in Icelandic waters. If you're fortunate, you might spot them lazing on a beach or frolicking in the sea.

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.

Wildlife in Iceland »

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](#) »



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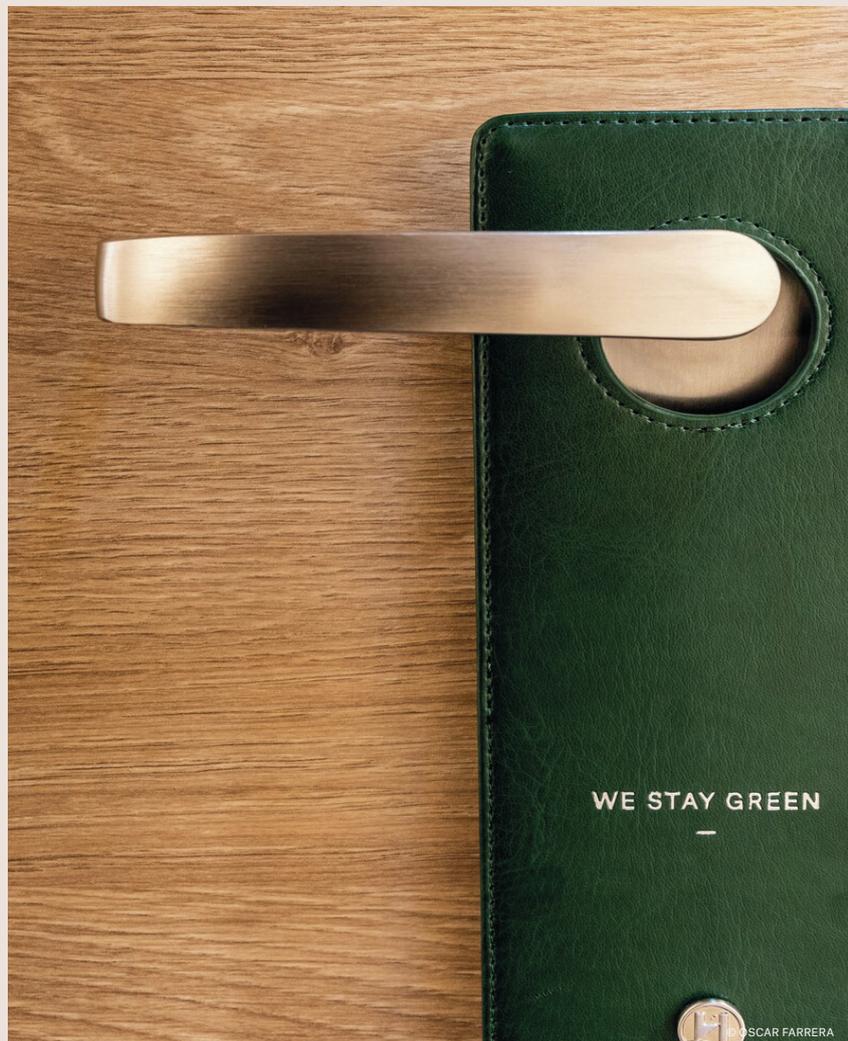
HURTIGRUTEN FOUNDATION

**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](#) »



WE STAY GREEN

SCAR FARRERA