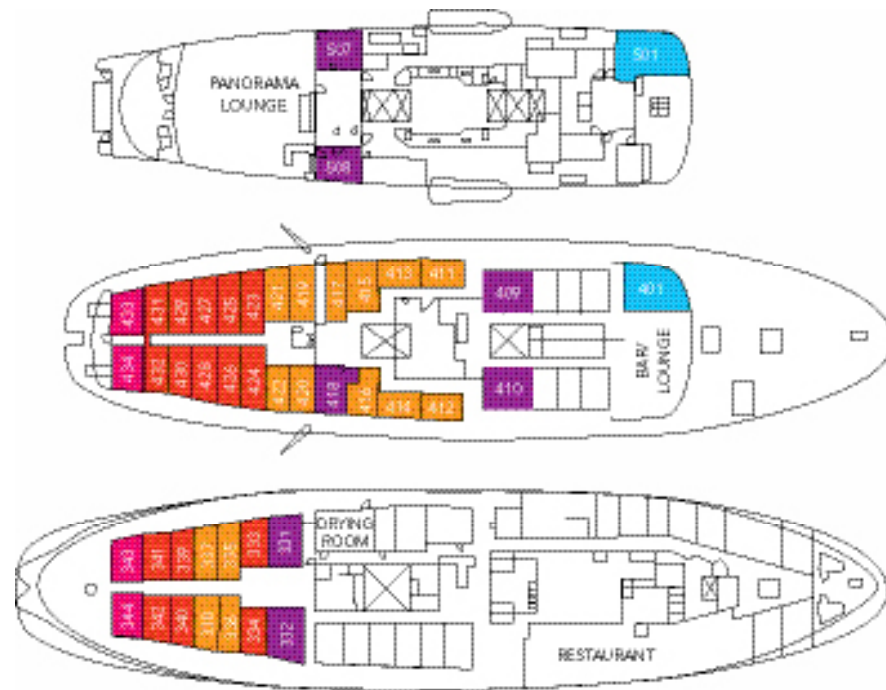




© Trym Ivar Bergsmo



## MV POLAR STAR

Built in 1969, MV Polar Star ranks highly among the small fleet of Arctic expedition cruise ships. It features a comfortable dining room, large panorama lounge, lecture theatre, library and bar. She is well equipped with a fleet of Zodiacs, available for excursions.

### Technical Specifications

**Flag** ..... Barbados  
**Built**.....1969  
**Converted**.....2001  
**Capacity** ..... 100 berths  
**Gross tonnage**.....4,998 tonnes  
**Length** .....86.50m  
**Width** .....21.2m  
**Speed**..... 11 knots  
**Ice class**.....Ice 1A\*

▶ <b>K7</b>	Suite
▶ <b>K6</b>	Mini suite
▶ <b>K5</b>	Outside cabin
▶ <b>K3</b>	Outside cabin
▶ <b>K2</b>	Outside cabin

Dates 2009	Cabin Grades	K2	K3	K5	K6	K7	
11, 18, 25 June, 2 July, 9 July	Twin	Brochure Price	3834	3929	4604	5224	6044
	Single Supp*	Brochure Price	2545	2610	3070	3495	4060
16, 23, 30 July, 6, 13, 20 Aug	Twin	Brochure Price	4054	4164	4824	5459	6269
	Single Supp*	Brochure Price	2695	2770	3220	3650	4195

\*Single supplement. Prices are in £ based on 2 people travelling together sharing a twin/cabin room.  
**Your voyage price includes:** Voyage in a cabin grade of your choice including full board and current voyage fuel surcharges, sightseeing in Longyearbyen, 1 night at the Spitsbergen Hotel (half board).  
**Not included:** Travel insurance, international flights, luggage handling, optional excursions, gratuities.

Flight Package (£s per person)	
All departures	655

**Your flight package includes:** Return economy class flights from London Heathrow to Longyearbyen (via Oslo), including applicable taxes and current fuel surcharges. Dinner at an Oslo airport hotel, transfers in Longyearbyen (for Hurtigruten group flights only). **Not included:** Optional carbon balancing fee (£5.00).

Departures and supplements from other UK airports are available on request.



© Nina Bailey

## GENERAL INFORMATION

### Transfers

Transfers in Longyearbyen between the ship and hotel as per itinerary are included in the voyage price. If booking Hurtigruten group flights, transfers to and from Longyearbyen airport are also included.

### Tipping

You will receive tipping guidelines on board the ship.

### Money

Euro and US Dollars are accepted on board (on board MV Polar Star Norwegian Kroner are also accepted). Visa, American Express and Master Card are all accepted as means of payment.

### On Board Prices

Breakfast, lunch and dinner, with coffee/tea after lunch are included. Beverages and other refreshments during the day are not included. Below is a list of sample prices of some items available. Please note prices shown are approximate only and based on the latest information available to us.

Tea/coffee.....free  
 Bottled Water.....£1.60  
 Soft drink.....£3.00  
 Draught beer (0,4liters).....£3.50  
 Glass of wine.....£4.00  
 Bottle of wine..... from £15.00

### Climate

Spitsbergen has a windy and changeable climate and you should be prepared for cold and wet weather. Spitsbergen's summer temperatures can range from minus 5°C right up to 21°C. Heading north the temperatures become noticeably cooler, especially at night and in the polar regions the average is 0°C. There will be daylight for 24 hours during our voyage.

### Visas

British citizens do not require visas to enter Norway. The majority of other visitors can enter without a visa if their stay is for less than three months but you should check with your local embassy or consulate to confirm this. Above information is correct at the time of going to print, however the responsibility of passengers to comply with the passport and visa requirements applicable at the time of travel.



### Luggage

The luggage allowance on flights is usually 44lbs / 20kgs per person. In addition you can take one piece of hand luggage weighing less than 5kg. It is advisable to bring a small waterproof rucksack for excursions.

### Clothing

A wind and water-proof jacket and trousers are recommended as are long/thermal underwear, a warm hat and woolen socks. It is also recommended you bring gloves, fleeces or woolen sweaters, comfortable hiking boots for excursions and rubber boots. Life on board the ship is a relaxed affair so formal clothing is not needed. Comfortable clothing is advised for relaxing in, although you may wish to pack a smart set of clothes for the final meal (not compulsory). During the day and for our on-shore excursions, clothing which can be layered is best.

### Equipment

A set of binoculars is recommended, as is sufficient film/memory cards for your camera and spare batteries. Sun-cream, sunglasses are also recommended, as even in the cooler northern climates the sun can still be strong. An alarm clock may also be useful, as will waterproof bags to protect your camera equipment and binoculars.

An adequate supply of any prescription medicine you may need is recommended. Should you feel it necessary you may also want to bring something for seasickness.

### Entertainment / Lectures on board

The emphasis is on relaxation and getting close to nature and wildlife of the areas visited. That being the case, there is little or no entertainment on board. Our experienced expedition team/guides will give lectures and information briefings on subjects such as wildlife, geology, local history and environmental aspects of the areas visited.

### Electrical supply on board

The sockets on board MV Polar Star are suitable for US and European plugs. On board MS Expedition they are European two pin plugs. Please bring a travel adaptor.

### Excursions by Zodiac

These sturdy inflatable 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 as long as you follow their instructions, after a few days it will become second nature.

### Landings

We normally do 1-2 landings per day (each landing lasts for about 2 hours). In Barentsburg and Ny-Ålesund the ship docks at the harbour, but outside the settlements the Zodiacs are used to go ashore. The participation of landings is not compulsory. On shore, we offer at



least one easy walk that allows you to experience the destination.

### Safety

The ship is fitted with the necessary safety equipment and passengers are required to take part in safety briefings when scheduled. In order to comply with maritime security requirements that apply to all ships and ports worldwide, passengers, crew and visitors to the ship may be subject to security screening. We appreciate your patience and understanding whenever such screenings are required.

### Medical staff on board

Both ships have a doctor on board throughout the voyage.

### Smoking

Smoking is only allowed in designated outside areas.

### Mobile phones/Internet access

Mobile phones will only work in Longyearbyen and Barentsburg as there is no network coverage whilst at sea. Both ships have at least one public computer which can be used to send e-mails. There is no internet access on board either ship.

### Valuables

The ships are not equipped with safety deposit boxes. We recommend that you leave jewellery and other valuables at home. Accordingly Hurtigruten Ltd cannot accept custody of or responsibility for guests' money or other valuables while on board.

### Environmental Matters

We are proud to announce that for every passenger travelling with us, we will make a monetary contribution towards the UK's national charity dedicated to the protection of the marine environment and its wildlife – the Marine Conservation Society (www.mcsuk.org).

One of the major environmental drawbacks of international travel is the greenhouse gas released into the atmosphere from air travel. Emissions from flights are widely recognised as a contributing factor to increased levels of carbon dioxide in the atmosphere, which is a key cause of climate change.

We would like to invite you to contribute a small amount per passenger, which will be used by Climate Care on projects designed to offset emissions generated by your air travel.

Spitsbergen ..... £5.00

# KINGDOM OF THE POLAR BEAR

9 days / 8 nights • Departs June – August 2009



© DVA Polar Bear

**Aboard some of the finest ice class vessels available, this captivating itinerary travels to the remote regions of the spectacular Svalbard archipelago, following the Midnight Sun through landscapes ruled by the magnificent 'Lords of the Arctic'.**



© Trym Ivar Bergsmo

Due to the increased demand of our Spitsbergen voyages we have introduced a second ship for our popular Spitsbergen itinerary, the Kingdom of the Polar Bear. So join MV Polar Star or alternatively the newly chartered MS Expedition for a range of departures in summer 2009 to explore the spectacular landscapes and wildlife of the high Arctic. The dramatic and remote regions of Spitsbergen are best explored by ship and our vessels, MV Polar Star and MS Expedition are some of the most comfortable ice class vessels available for polar expeditions. They can safely explore areas that many others simply cannot reach. This expedition cruise to Svalbard's remote northern and eastern regions takes place throughout the northern summer months, when the sun never sets. Our team of



on board experts and regular landings will allow you to experience at close hand the unique wildlife, awesome landscape and overwhelming silence of the Arctic. Starting in Longyearbyen, the largest town on the archipelago, we embark and sail through Icefjord to the Russian mining community of Barentsburg before we head for the tiny settlement of Ny-Ålesund, home to the world's northernmost post office. Visiting the glacier-fed Magdalenefjord, one of the island's most beautiful fjords, and Smeerenburgfjord – meaning “Blubbertownfjord” – the site of a former whaling station, our specialist guides will ensure you get the most out of the experience. Informal lectures by expert guides will complement shore visits, most of which will be by Zodiac. If conditions permit there will be one or two landings each day. On rounding the northwest corner of Spitsbergen, you will cross the 80th parallel, just under 1000 km from the North Pole.

Our aim is to sail to the remote polar regions in order to experience the Arctic wilderness, drift ice, flora and fauna. Deep within the Polar Circle, we see the lonely Nordaustlandet, the second-largest island in the archipelago, before heading down Hinlopen Strait, lined by fjords and tundra. We may also visit Vibebukta and the 200km-wide ice sheet of the Austfonna Glacier. The final itinerary is dependant on weather and ice conditions, which have to be assessed during the voyage but the aim is to explore the remote northern and eastern regions of Spitsbergen - perhaps even circumnavigating the whole island. Some years it is possible to sail through the Hinlopen Strait early in the season, while other years the amount of ice makes it hard to navigate. We recommend the early tours for those who are keen to see large ice floes and the richest bird life, while for those who would rather travel further east and perhaps sail around Spitsbergen, a tour later in the season is more advisable.



## Spitsbergen - Into the realm of the polar bear



Remote, mysterious, extreme, the Norwegian island of Spitsbergen is the European doorway into the high Arctic. Part of the Svalbard archipelago, it is a land forged by ice and wind, ocean and snow and by the endless days and endless nights of the polar seasons. Sparsely populated and bereft of roads, the only way to experience the mysterious majesty of Spitsbergen is from the sea and on foot. Sixty percent of the archipelago is covered in glaciers and snowfields – the rest is jagged peak, Arctic desert and bitter tundra. Treeless and exposed, the island provides a sanctuary for some of the rarest and hardest flora and fauna on Earth. During the months of high summer, polar bears can be seen at close hand as they roam the wastes in search of food. This supreme, solitary predator covers vast distances and females can be observed sheltering their young in caves and coves along the coast. Ursus

maritimus shares Spitsbergen with other stunning species, including Arctic fox, reindeer, seal and walrus. At 78° north, the tiny capital Longyearbyen is far closer to the North Pole than any coastal base in Antarctica is to the South Pole. Yet the Gulf Stream manages to warm the local people as well as the breezes off the Greenland Sea and the town has a buzzing, ski-town feel. There are schools, shops, restaurants, coal mines, even a post office dotted around Spitsbergen, as well as dozens of fascinating historic sites. Visits to Ny-Ålesund, Barentsburg and at Lonely Mofen Island allow passengers to relive the rich narrative of human endeavour and settlement – from the exploits of whalers, sealers and walrus-hunters in the 17th and 18th centuries to the more recent explorations and achievements of indomitable polar heroes such as Salomon Andrée and Roald Amundsen, Walter Wellman and Umberto Nobile.



### DAY BY DAY ITINERARY

**DAY 1**  
Arrive in Longyearbyen and stay overnight. Free time to explore Longyearbyen.

**DAY 2**  
**Embark MV Polar Star or MS Expedition, sail north**  
After breakfast we join a sightseeing tour of Longyearbyen, the largest settlement in the Svalbard Peninsula. Join MV Polar Star or MS Expedition later in the day and start our voyage, gliding out into the Icefjord and on to the Russian settlement of Barentsburg. Following the stunning north-western coastline we pass ice fields and hidden fjords and a landscape rich in wildlife, where isolated settlements still struggle to survive in this most remote and harsh of lands.

**DAY 3**  
**Visit Ny-Ålesund, continue north**  
Ny-Ålesund, once the base for polar expeditions, is now a centre for scientific research. This tiny coastal village has the proud boast of being the most northerly, permanently inhabited settlement on Earth where you can send postcards from the world's most northerly post office. After a guided walk you continue north passing the 'seven icebergs', heading for Magdalenefjord and Smeerenburgfjord. Passing breathtaking fjords and majestic glaciers you continue on our voyage through the icy dark waters, hopefully catching a glimpse of one of these ice giants calving great chunks of ice into the pristine waters below.

**DAY 4**  
**The northern reaches**  
Passing the northwest corner of Spitsbergen we continue to bask in the glory of the magnificent settings around us. Our on board experts will be able to answer any questions you might have about the wildlife we meet or the landscape we pass. The beautiful Svalbard Archipelago is host to over 170 species of plants, 110 types of migratory birds and a mammal population that includes reindeer, walrus, seal, Arctic fox, whale and the majestic polar bear. If conditions permit, we cross the 80th parallel and sail into the Woodfjord, where you will hopefully get a glimpse of Nordaustlandet and also sail past Mofen Island.

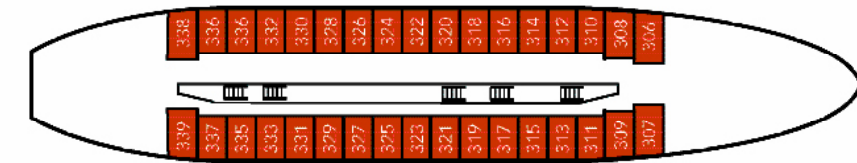
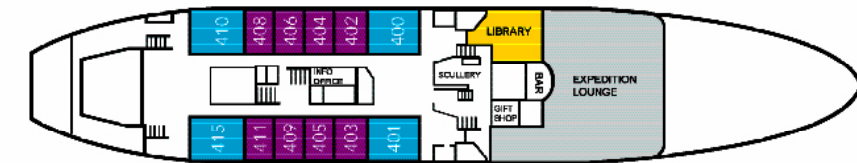
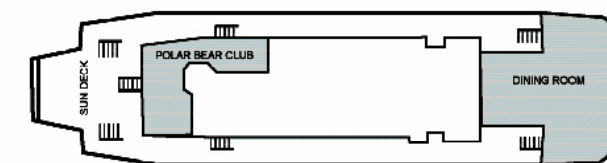
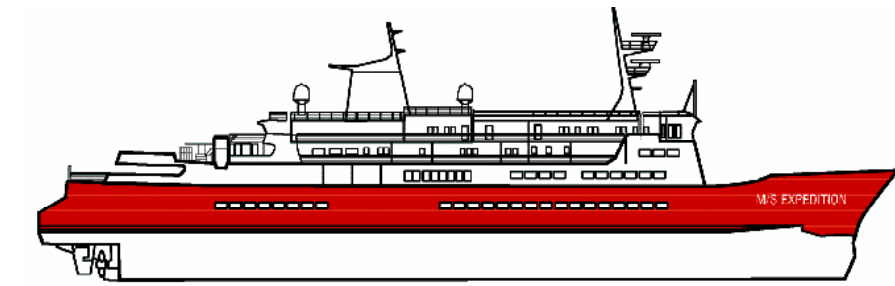
**DAY 5**  
**Straits and glaciers**  
Continue through the tranquil Hinlopen Strait, hemmed in by the impressive fjord landscape on either side. We hope to visit Vibebukta, near the Austfonna Glacier with its massive ice sheet some 200 kilometers wide. We will continue to make regular excursions in our versatile Zodiacs, exploring more closely the incredible landscapes and learning more about the diverse flora and fauna of the area.

**DAYS 6-7**  
**The remote east**  
Today we enter 'the Realm of the Polar Bear' and everyone on board will be alerted to the possibility of a sighting. With an estimated 3,000 polar bears in Svalbard, Spitsbergen is the only place in Europe where these formidable and magnificent beasts can be seen in their natural habitat. There is a very good chance of seeing large

males, as well as mothers and their cubs, either on the hillsides or on the many spits and fjords that lie round the islands.

**DAY 8**  
**Return to Icefjord**  
Returning to the Icefjord in the afternoon we hope to make landings, conditions permitting, in the Billefjord and Skansebukta, before continuing our final day's sailing. In the evening you will enjoy a farewell dinner on board, with a chance to review the incredible experiences of the past week.

**DAY 9**  
Disembark in Longyearbyen where your voyage ends.



## MS EXPEDITION

MS Expedition has been chartered by Hurtigruten for summer 2009 voyages. Built in 1972, MS Expedition has recently undergone major modernisation and rebuilding. The ship has spacious and comfortable public rooms including a panorama lounge, an expedition lounge, restaurant, library, bar, fitness room and sauna. All cabins feature a window or porthole and come with private facilities. A fleet of ten Zodiacs is available for landings and excursions and stabilisers ensure a smooth journey.

### Technical Specifications

Flag ..... Liberia  
Built ..... 1972  
Converted ..... 2008/9  
No of cabins ..... 58  
No of berths ..... 120  
Gross tonnage ..... 6336 grt  
Length ..... 105 m  
Width ..... 18.63 m  
Draft ..... 4.71 m  
Speed ..... 16 knots  
Ice class ..... 1 B

- ▶ K7 Suite (queen size bed), seating area, window
- ▶ K6 Junior Suite, twin beds, window
- ▶ K3 Twin cabin, window
- ▶ K2 Twin cabin, porthole

**Save up to 10% off the below MS Expedition departures when you book before 28 Feb 09**

Dates 2009	Cabin Grades	K2	K3	K6	K7
8, 15, 22, 29 June; 6 July	Twin	Early Booking Price 3456	3541	4706	5444
	Brochure Price	3834	3929	5224	6044
13, 20, 27 Jul; 3, 10, 17, 24, 31 Aug	Single Supp*	Early Booking Price 2291	2349	3146	3654
	Brochure Price	2545	2610	3495	4060
	Twin	Early Booking Price 3654	3753	4918	5647
	Brochure Price	4054	4164	5459	6269
	Single Supp*	Early Booking Price 2426	2493	3285	3776
	Brochure Price	2695	2770	3650	4195

\*Single supplement. Prices are in £s per person based on two people travelling together sharing a twin cabin. Your voyage price includes: voyage in a cabin grade of your choice including full board and current voyage fuel surcharges, sight seeing in Longyearbyen, 1 night at the Spitsbergen Hotel (half board). Not included: International flights, travel insurance, luggage handling and gratuities.

Flight Package (£s per person)	
All departures	655
Your flight package includes: Return economy class flights from London Heathrow to Longyearbyen (via Oslo), including applicable taxes and current fuel surcharges. Dinner at an Oslo airport hotel, transfers in Longyearbyen (for Hurtigruten group flights only). <b>Not included:</b> Optional carbon balancing fee (£5.00).	
Departures and supplements from other UK airports are available on request.	