

The Svalbard Express



© HURTIGRUTEN

Dear guest

Thank you for choosing to travel with us. We are as excited as you are about your voyage to the northernmost reaches of the world. Join us and experience pristine Arctic wilderness that's scarcely changed since we first sailed this summer voyage to Svalbard in 1968.

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.

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/the-svalbard-express

Kind regards
Your Hurtigruten team

Contents

Welcome to our home	2
Before you go	3
What to pack	4
Lounging in style	5
To the edge of the world	6
Experience the Svalbard Express	7
Cuisine that brings you closer	8
Discover wildlife	9
Beneath the Midnight Sun	10
Sustainability/ Hurtigruten Foundation	11

Contact us »

FOLLOW US



Welcome to our home



Norway is our home. We have sailed its magnificent coast since our pioneering founder, Captain Richard With, established Norway's first reliable coastal link in 1893. With us, you can see Norway the Norwegian way.

Norway's best-kept travel secrets

We'll take you on a voyage that encapsulates our pioneering heritage and heralds a future of authentic, sustainable, and meaningful travel that would make our founding father proud. You'll follow the path less travelled and reach locations others can't, discovering hidden gems and exclusive experiences.

These include some of our personal favourite places along

the coast, taking you to special spots few know about let alone visit.

All year round

Along the Norwegian coast, every season has something unique to offer. Whichever season you've selected to sail in, you're sure to fall in love with Norway's magnificent landscapes and unique culture.

Whether it's the Northern Lights of winter, the Midnight Sun of summer, the first blooms of spring or the kaleidoscopic colour of autumn, our voyages showcase the best of Norway, in every season.

All the wonders of the coast

Our voyages venture deep into the Arctic Circle to immerse you in the lives and flavours of Norway's coast, deliver vital supplies to coastal villages, and create memories to last a lifetime. You'll go to the top of the European continent at North Cape or perhaps all the way to the high Arctic

Archipelago of Svalbard. And of course, there's the light. In winter, between October and March, the Northern Lights colour Norway's night skies. Come summer, Norway above the Arctic Circle becomes the land of eternal daylight, even at midnight, granting you extra sunlight hours to explore even more.

More to explore

At each stage of your voyage around our stunning homeland, you'll have plenty of time to explore. Instead of short visits to lots of ports, we spend several hours to really get to know each area, giving you ample time in the magnificent scenery. You can explore the most scenic spots the coastline has to offer and enjoy included excursions to experience even more. And in our onboard Science Center, you can delve deeper into the ecosystems you visit.

We know Norway, we are Norway

With breath-taking fjords and picturesque coastal villages,

Norway is our home. Our knowledgeable team will enhance your experience with insights that can only come from intimate, local knowledge.

As you discover the beauty and charm of the Norwegian coast with us, you'll explore Norwegian culture, history, food, wildlife, geology, and much more. You'll enjoy inspiring interactions with iconic wildlife and local communities. This is our Norway, the real Norway - *velkommen*.

Before you go



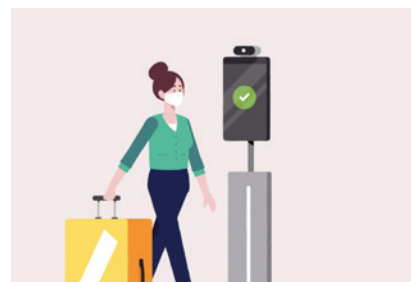
©HURTIGRUTEN

Your ship

Flagship of The Svalbard Express and The North Cape Express, MS Trollfjord takes its name from a small but spectacular fjord in the Vesterålen archipelago.

[Discover MS Trollfjord »](#)

Your adventure is safe with us



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.

Wish to be more prepared?

We have collected a variety of practical information you might want to know before your travels along the Norwegian coast with Hurtigruten.

[Practical information »](#)

Home of Hurtigruten

Go on a journey through history and magnificent scenery in our homeland - Norway, and learn more about the truly unique Hurtigruten experience in this pre-recorded webinar.

[Explore from home »](#)

[Our safety policy »](#)

What to pack



©RAYMOND ENGMARK

There are several things to remember to bring along with you on your trip with us.



You can help protect the pristine Arctic environment from the threat of non-native species if you follow [the AECO biosecurity guidelines](#) » before packing.

Spring – cover all bases

As you are likely to encounter three seasons during one sailing in spring, it's important to pack well and layer up. We advise bringing a woollen jumper, warm socks, a thick scarf, winter boots, warm, waterproof trousers and jacket, a hat and gloves.

Summer – Summer attire

Summer weather along the coast can be changeable, so in addition to t-shirt, shorts and sandals, it's wise to pack a warm jumper, light jacket (water-resistant), thin hat and gloves, and hiking shoes.

Autumn – lots of layers

While the sun may be shining, you can also expect cooler weather during the autumn months. Make sure to pack thin layers and some warm clothes – a woolly jumper, wind and waterproof jacket and trousers, a hat, gloves and light hiking boots.

In addition to your “ordinary” packing list (toiletries and necessary basic clothes), we recommend these items for your voyage:

- Binoculars
- Warm underlayers and mid layers
- Polarized sunglasses and sunscreen
- A camera (in a waterproof bag)
- A memory card with a large capacity
- Wind and water-resistant trousers
- Passport and/or ID card (also applies to Scandinavian citizens)
- Worn-in walking boots to use outdoors
- 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 »



Lounging in style

© ESPEN MILLS

We care about you and your visit to our home. That's why we do everything we can to make your experience as smooth and as enjoyable as possible, even before you set foot on the ship.

If you're starting your voyage with us from the city of Bergen, we have a treat in store for you: our new guest lounge.

Before boarding your ship, you'll be able to relax in this beautifully furnished area, decorated in the same style as our ships for a seamless experience from land to sea.

Take a load off in the many comfortable chairs and sofas. Meet and chat to your fellow travellers. Connect to free Wi-Fi and plug into USB chargers and sockets.

A large interactive touchscreen table at the entrance will show detailed information about any bookable optional excursions, while short

films of the voyage highlights play on screens throughout the lounge.

We know you might also get a bit peckish before boarding, so we're taking care of your tummy in the lounge with a complimentary buffet of hot drinks and light refreshments that will whet your appetite for the meals you'll be savouring on the ship.

To the edge of the world

Discover some of the highlights you might experience as we resume the Svalbard Express route from 1968 - the iconic route that back in time connected Norway and Svalbard.

© NINA BAILEY/SHUTTERSTOCK/HURTIGRUTEN



Hjørundfjord

Along Norway's second longest fjord are glaciers, quiet villages, and picturesque apple orchards used in making delicious cider that the region is famous for.



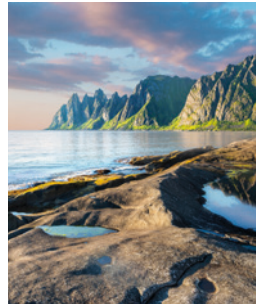
Longyearbyen

Named after the American businessman John Munro Longyear, whose company started coal-mining here in 1906, this is the administrative centre of Svalbard with 2,400 residents from more than 50 different countries.



North Cape

At 71°10'21 N, the North Cape plateau is just 2,100 kilometres away from the Geographic North Pole, and the closest you may ever be to the top of the world.



Senja

Listed by CNN as one of the 10 most beautiful islands in the world, Senja is sometimes referred to as Norway in miniature because of its beautiful and diverse landscapes.



Bergen

From the UNESCO-listed Bryggen district and Bergenhus fortress to the famous fish market, the aquarium and the Fløibanen funicular, Bergen has something for everyone.

[Discover Svalbard »](#)

Did you know?

2008 was the year Norway awarded a knighthood to a king penguin Brigadier Sir Nils Olav III.

X is the length of Norway's coastline. It's impossible to measure how long it really is.

Less than **10%** of land-mass in Svalbard has vegetation, and there are no trees.

2 is the number of official forms of written Norwegian: bokmål and nynorsk.

In 2008, The Global Seed Vault was opened in Svalbard. It holds copies of most of the world's seeds.

Experience The Svalbard Express



© AGURTXANE CONCELLON

The Return of The Svalbard Express

We founded the first regular summer sailing to the remote Arctic archipelago of Svalbard in 1968, becoming a lifeline for its community until 1982. Back then, the route was one of the most reliable links the remote settlements on Svalbard had to mainland Norway.

Now, The Svalbard Express is your chance to experience the far-flung feel of the High Arctic, aglow in the magical midnight sun.

In the wake of pioneers

As you follow in the footsteps of the pioneering explorers, scientists, and sailors who have made the voyage to Svalbard over the centuries, you'll see some of the most magnificent scenery and wildlife in the world. The 15-day voyage takes in UNESCO

World Heritage sites, hip city centres, tiny fishing villages, and inaccessible islands surrounded by towering sea cliffs teeming with birds. You cross the Arctic Circle into the realm of the midnight sun, have the chance to visit the northernmost point of Europe, and sail across the Barents Sea to the polar barrens of Svalbard.

Food and beverage

The ship has been newly refurbished for 2023. Upgraded restaurants and bars and a brand-new show kitchen put the produce and culinary heritage of Norway's coast at the heart of your experience. Choose from three restaurants, a cocktail bar, and the food centre with another small bar. We reimagine iconic dishes from 1968 to 1982 and use age-old preservation techniques to give you a flavour of the past.

Extraordinary experiences

The Svalbard Express wholly immerses you in Norway's coastline and islands. Expect excursions led by passionate locals, contemporary twists on cabin décor and menus inspired by the 1960s, and expert-led on-board workshops rooted in the heritage and places of The Svalbard Express. We're keen to share our knowledge of the Norwegian coast with you. To make that even easier, you can now stream lectures from the ship's updated lecture and conference rooms straight to your refreshed cabin or suite.

If that sounds like a lot to do, relax. The summer days are long up here so there's plenty of time to fit it all in!

[Learn more »](#)



Cuisine that brings you closer

The dining options aboard exquisitely designed MS Trollfjord proudly present Norwegian cuisine at its finest, most classic, and most sustainable.

© CHRISTIAN HOUSE

Connecting you to the coast through cuisine

Our chefs source the best local ingredients along our route to reimagine dishes of the past. Using short-travelled, homegrown produce, our food is fresh and flavoursome, doing good for both local suppliers and nature. With us, you won't just see Norway; you'll taste it too.

Show kitchen

MS Trollfjord has its very own show kitchen located on the top deck. There, our talented chefs take you from fjord to fork with in-depth demonstrations, such as fish filleting and curing masterclasses.

These mini-cooking courses are all set against a backdrop of the Norwegian landscape that produced the very ingredients we use. You'll learn about local delicacies and find out how they taste. There are plenty of delights to sample, from wine tasting to a flaming barbecue to traditional Norwegian *lefse* hot off the griddle.

Main restaurant

Norway is famed for the age-old food preservation techniques developed by our forefathers to survive the hard Arctic winters. Our main restaurant is a celebration of these traditional methods but with added modern flair in a menu that adapts according to what ingredients are fresh for that season.

Whether it's breakfast, lunch, or dinner, you'll find some of Norway's most cherished coastal dishes here.

Brasseri

In the mood for hearty, traditional food bursting with local ingredients and flavours? Head to Brasseri bistro, for all-day dining. In a relaxed and rustic ambience, you can enjoy retro favourites like whole roasted *kje* legs (kid goat), *boknalam* or Arctic char from Finnmark. And if you'd prefer to grab and go, there are a range of satisfying takeaway sandwiches and burgers that you can eat where you please.

À la carte - fine dining restaurant

At our à la carte restaurant, savour a sublime fine dining experience where

top-quality local, seasonal ingredients are harnessed to present you with the finest flavours of the Norwegian coast. Craft your own five-course meal from the wide selection of dishes on offer, including recipes born from the gastronomic genius of our Culinary Ambassadors - award-winning local Head Chefs Astrid Næsslander and Halvar Ellingsen. Our resident sommeliers are also on hand to help pair the perfect wine with each dish.

Panorama bar

On board MS Trollfjord, you can also relish local beverages and afternoon tea in the bar. Situated in the two-story observation deck, it's a great place to unwind and marvel at the outstanding views. You'll find signature cocktails made with berries picked along the coast, beer brewed with water from Trollfjord, gin crafted in the clear fjords of Troms, and a wide selection of Norwegian aquavit.

[Learn more »](#)

The wildlife along the Norwegian coast is as varied as the coast itself.



Discover wildlife

© SHUTTERSTOCK/HURTIGUTEN

Go wild in Norway

Add some of the world's most magnificent wildlife to Norway's stunning landscape, and you can easily see why it's one of the best destinations in the world. From the predatory white-tailed eagles that rule the sky to the whales along the coast – Norway is a wilderness of peerless beauty.

A whale of a time

On your voyage, you'll have a chance to see the exotic wildlife of the far north from whales to king crab in pristine surroundings. The plankton blooms caused by long summer days attract various whale species, including pilot, minke, orca, humpback, beluga, and sperm whales. Seeing these creatures heave their huge frames acrobatically out of the water is always a highlight.

Iconic animals

You might see one of Norway's most beloved animals, the majestic reindeer. They're easily identified by their majestic antlers, and during much of the summer, you can see these antlers in different stages of growth.

Above and on land

One of the few mammals in Svalbard, Arctic foxes forage anywhere from the mountain ridges to the coast. You might even spot walrus basking in the sun, or a polar bear hunting for seals.

Svalbard also provides prime annual breeding spots for 41 species of seabird.

Norwegian coastline also has a spectacular array of bird species including adorable puffins,

nicknamed the 'clowns of the sea'. Fifteen different bird of prey species are found here including the mighty white-tailed eagle.

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.



Beneath the Midnight Sun

Imagine that the sun never set, that night never came, and that days were endless. This is a real phenomenon, and if you're lucky, you'll see it for yourself while exploring the beautiful wilderness of Northern Norway.

Endless days

The Midnight Sun occurs every summer in places south of the Antarctic Circle, and north of the Arctic Circle.

It is at its most prominent around the summer solstice when the sun doesn't go below the horizon at all for 24 hours, including at midnight. Due to the earth's tilted axis, during the summer months in the Arctic,

the region is angled towards the sun. The same applies to the Antarctic summer and the southernmost seventh continent.

As a side note, the opposite of the Midnight Sun is the Polar Night which happens every winter in the Arctic and Antarctic. During this time, the sun doesn't rise above the horizon throughout the day but creates the perfect backdrop for the magical aurora borealis or australis to appear at any moment, more than making up for the lack of sunlight.

The number of summer days the Midnight Sun reigns supreme for reduces the further away from the poles you are. At the South and the North Pole, the Midnight Sun can be visible for up to six whole months each year. In the Svalbard Archipelago, the northernmost inhabited region in Europe, the sun doesn't set for four months from approximately April to August.

South of Svalbard, the North Cape on the Norwegian coast enjoys 24 hours of sunlight for about three months from May to July.

Eternal sunshine in Northern Norway

If you want to experience the Midnight Sun phenomenon, Northern Norway is your best bet. Some of the most popular places to see the never-setting sun are Bodø, Lofoten, Tromsø, Hammerfest, North Cape, and Longyearbyen in Svalbard.

The Midnight Sun is just as much a feeling as it is something to see. You will find warmer places pretty much all over the world, but the warm feeling of the Midnight Sun is something special – a feeling that will stay with you for a long time.

[Sailing under the Midnight Sun »](#)

Committed to the future of the coast

True sustainability is the balance between the environmental, the economic, and the social. Everything we've done for the past 130 years has been to serve, nurture, and care for Norway's coast. Our mission: to preserve our beautiful home for generations to come.

In 2018, we banned all unnecessary single-use plastic, and are proud to be the first cruise line in the world to do so. Our Norway's Coastal Kitchen concept draws from sustainable producers along the coast, meaning minimal food miles and energy used on refrigeration.

All our ships on the Norwegian coast can plug into ports for emission-free power. We've also begun the process of phasing in biofuel use, produced from organic waste. By 2023, we'll implement new green tech upgrades, which together with biofuels will cut CO₂ emissions by up to 25% and NO_x emissions by 80%. We'll continue to implement pioneering solutions with the aim of bringing emissions from our ships on the coast down to zero.

Our tireless service on the Norwegian coast is a lifeline for the 34 coastal communities we connect. We provide employment for people along the coast, and our partnership with local businesses leaves lasting benefits to the economy here. This is sustainable, small-scale tourism at its best.

Visit [our sustainability web page](#) »



© OLE MARTIN WOLD



© GENNA ROLAND

Hurtigruten foundation

We established the Hurtigruten Foundation in 2015 to make a difference to important projects around the world, including the Norwegian coast.

The total funds we've donated so far sit well over four million Norwegian Kroner across 34 initiatives in ten countries.

You can do your part by hanging a Green Stay tag on your cabin door during your voyage to tell us that your cabin doesn't need cleaning that day. This helps us save on water, cleaning products, and energy. For every day you hang a Green Stay tag during your voyage, we give 5 NOK to the Hurtigruten Foundation. The Foundation then funds various projects along the coast, such as beach clean-ups, hiking paths, and art programmes.