Dear adventurer

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

— 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
Explore the European coastline, from the captivating ports on the Atlantic coast to remote islands in the North Atlantic Ocean. Old civilizations, magnificent cities and hidden gems - prepare to be amazed on voyages sailing along historical coastlines. From the remote islands in the North Atlantic Ocean to the scenic region along the south coast of Spain and Portugal, our voyages let you explore iconic and picturesque destinations in an active way, giving you rare insight into European history and culture. Our itineraries include both well-known sights and hidden gems, and our Expedition team will prepare lectures to enhance your experience and create a better understanding of each place we visit. We are proud to be your choice for your experience of a lifetime.

CLIMATE Europe lies mainly in the temperate climate zone. The climate is milder in comparison to other areas of the same latitude due to the influence of the Gulf Stream, nicknamed "Europe's central heating", because it makes Europe's climate warmer and wetter. During spring and autumn months, temperatures in this area will normally be around 10–15 degrees Celsius (50-59 F).

CURRENCY Please note that there is no currency exchange service available on board. The Euro is the most prevalent currency in Europe, but there are still a few countries that use their own currency. Small notes (€1/€2 and £1/£2) have been replaced by coins. There are ATMs everywhere in Europe (airports, train stations, scattered across cities, etc). Most ATMs have an English language option. You will also be given the current exchange rate. Most European businesses take credit/debit cards, Visa and MasterCard are the most widely accepted.

HISTORY Europe was the birthplace of Western culture, playing an important role in global affairs by the 16th century. Between the 16th and 20th centuries, European nations had colonies all over the world, and European explorers searched for new lands and trading routes. Both World Wars were largely focused upon Europe, and post-war there was a decline in Western European dominance in world affairs from the mid-20th century on when the United States and the Soviet Union became very powerful. During the Cold War, Europe was divided along the Iron Curtain between NATO in the west and the Warsaw Pact in the east. European integration led to the formation of the European Union which has expanded eastward since the fall of the Soviet Union in 1991. Today 28 nations are members.

LANGUAGE The languages of the places we visit include Portuguese, Spanish, French and German.

MOBILE PHONES ASHORE Using your mobile phone with roaming can be very expensive. Please check with your mobile provider before travelling. Access to wi-fi varies from destination to destination and changes rapidly.

POPULATION The archipelago of the Azores has a population of around 250,000 people unevenly distributed across the islands with the majority living on Sao Miguel. Spain has over 46 million people living there and with less than 92 inhabitants per square km it is lower than that of most Western European countries. France’s current population is over 65 million and continues to grow.

SHOPPING ASHORE Sales and import taxes have already been figured into the price displayed at most stores and shops.
Norway is a unique country and continuously impresses with its enourmous contrasts. 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 deep fjords and thousands of islets creating a remarkable coastline. Inland Norway is dominated by the Scandes mountain range with vast countryside and unoccupied areas as most Norwegians live along the coast.

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 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 (800-1050BC) 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 15th 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 1580 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 ASHORE Using your mobile phone with roaming can be very expensive. Please check with your mobile provider before travelling. Access to wi-fi 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 Norway’s 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.
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.

CLIMATE Despite its northerly location (74º to 81º 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 6º C and the coldest winter month of March has an average temperature of minus 14º C. There is little rain, but the moist air from the sea can cause 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 available on board.

ENVIRONMENT Hurtigruten’s MS Roald Amundsen 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 goes above and beyond legal requirements. Our compliance rests on a good cooperation with you as a traveller and we will spend some time early in our voyages briefing you about the guidelines applicable to your specific trip.

HISTORY Since Willem Barentz’ 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 the area around Longyearbyen and Barentsburg. There is no cellular reception during
most of the sailing. The ship uses satellite phones. If someone back home need 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, and in the Russian settlement Barentsburg. Credit cards are accepted in Longyearbyen as well as on board MS Roald Amundsen (Visa, American Express, Diners and MasterCard). Please note credit card payments will all be processed in NOK on MS Roald Amundsen. Credit cards that are used to make payments on board have to be valid for at least three months after your journey has ended. There is 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.
Greenland is a land of contrasts and offers unique encounters with isolated Inuit communities.

— Colossal icebergs calve from the inland ice sheet against a backdrop of green mountains, long fjords and beautiful wild flowers. A rich variety of animal life add to its splendour; including sea mammals, and birds by the million. Still, the best description of what Greenland is all about is the Greenlandic name of the world’s biggest island: Kalaallit Nunaat – the “Land of the people”.

A green and white oasis in the middle of the rough sea, with exceptional interaction between man and nature

Greenland is in a little world of its own. Probably best known for the icecap, the glaciers, and the icebergs, Greenland is also about alpine mountains, beautiful Arctic flowers, deep fjords, and dramatic cliffs. Wildlife thrives here, both at sea and on land; whales, seals, reindeer, Musk ox, and a rich variety of birds. And in the northern part the king of the Arctic rules – the polar bear. You may leave your watch in your cabin. North of the arctic Circle the day has no beginning or end. The Midnight Sun gives magical colours to the icebergs and surrounding landscape. The soft rays of the low-hanging sun bathe it all in wonderful palette of pink, purple, yellow, and orange and create unforgettable memories. Greenland’s culture is shaped by the extreme conditions people are living in and the rich resources provided by nature. Traditional life as sealers and hunters in small isolated communities is reflected in today’s language, music, myths, clothing, food, and homes. The cultural roots are strong and alive, and easily visible for the visitor to Greenland.

CLIMATE
The average temperature in summer is 5 to 10 Celsius. It varies between sun, fog, and low clouds. There is usually little rain.

CURRENCY
The currency on shore is Danish kroner (DKK). Foreign currencies may be exchanged into local currency at banks but few banks are to be found during our voyages. It is advisable to bring cash to Greenland in DKK for use ashore. Credit cards are accepted in some places, but not international bank cards (i.e. German EC Karte). Please note that there is no money exchange service on board.

ENVIRONMENT
It is prohibited to pick Arctic flowers as the environment is very vulnerable and the flowering season is 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
Greenland’s history is of a life under extreme Arctic conditions and has an ice cap covering approximately 80 percent of the island which restricts human activity mostly to the coastal areas. The Vikings settled on the world’s largest island at the end of the 10th century, and the ancestors of the Inuit Greenlanders, who live there now appear to have migrated around 1200AD.
LANGUAGE Greenland is bilingual with Greenlandic being the main language and Danish the second.

LOCALS Please respect the locals by asking them before taking their photographs. Some do not like to have their photo taken. Please do not give candy, gifts or money to the local children unless permission is given by their parents.

MEDICAL EMERGENCIES AND MEDICATION In case of a medical emergency in Greenland the only means of evacuation is by airplane/helicopter to the nearest town with a hospital and if they are not able to handle the situation, the patient is sent to Nuuk. This is very expensive and dependent on favourable weather conditions. Therefore, comprehensive travel/health insurance policy that also covers medical evacuation is obligatory. Please note that there is a limited number of hospitals in Greenland – only the larger towns have a hospital and the settlements might only have a nurse. It is not possible to have regular visits to the hospital – only for emergencies, as there is a lack of doctors in Greenland.

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 majority of Greenland is covered by ice caps which make it inhospitable to most forms of life but the terrain and waters manage to support a wide variety of plant and animal species. Some familiar land mammals include the Arctic hare and fox, musk ox and the caribou. There are nearly two million seals inhabiting the coast with numerous whale species forming part of the rich marine life. The world’s largest national park is in the northeastern part of the country.

POPULATION The population of Greenland is approx 57,000 with almost 15,000 inhabitants living in the capital Nuuk. The second largest city is Sisimiut (approx. 5000 inhabitants) followed by Ilulissat and Qaqortoq, all situated on the west coast. There are 18 towns and 120 villages in which the rest of the population lives. Greenlandic settlements have between 50 – 500 inhabitants.

TIME ZONE GMT - 4 hours / Iceland GMT - 2 hours. Example: Norway 12:00 - Greenland 8:00
Being at the top of the world means sailing in the midst of ice. On this voyage, like the voyages of the explorers before us, we will go where the ice allows. No matter where we sail or what we will see, we can promise a safe and thrilling expedition. After all, we sail into the Northwest Passage, something few ships even attempt today. The perfect destination for explorers searching for the unexpected. This is an expedition where the elements rule, and the weather, wind and ice conditions will determine our final schedule. Safety is paramount and the captain will decide the sailing itinerary during the voyage. Therefore, this itinerary is just an indication of what you can experience, and why every expedition with Hurtigruten is unique.

CLIMATE We can expect around 0 Degree Celsius when we are sailing in the Northwest Passage.

CURRENCY The currency in Canada is Canadian dollar ($). Credit cards might be accepted in some places. We do recommend you to bring some cash in smaller notes. Please note that there is no money Exchange service on board.

ENVIRONMENT It is prohibited to pick Arctic flowers as the environment is very vulnerable and the flowering season is 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 Connecting the Pacific and Atlantic Oceans, the Northwest Passage is a beautiful and unforgiving route, having claimed the lives of many explorers over the years. Since the late 15th century, the search for this fabled seaway through the Canadian Arctic was a holy grail for hardy adventurers. There are records of almost 40 expeditions that sailed these waters, either to explore this unknown territory or to find the sea route to Asia. The first recorded attempt was the voyage of John Cabot in 1497. The most famous journey here was James Cook’s failed attempt to sail the Passage in 1776, and of course the ill-fated Franklin expedition of 1845. The first to conquer the Northwest Passage by ship was Norwegian explorer Roald Amundsen on an expedition that lasted from 1903 to 1906, aboard the converted herring boat Gjøa.

LANGUAGE Canada has two official languages - being English and French.

MEDICAL EMERGENCIES AND MEDICATION In case of a medical emergency in the Northwest Passage the only method of evacuation is by airplane or 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 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 An area rich in wildlife with hopeful sightings of polar bears, narwhal and beluga whales.

POPULATION Cambridge Bay is the largest stop for passenger and research vessels trying to traverse the Northwest Passage. In 2016 Cambridge Bay had 1766 inhabitants.

TIME ZONE The ship will operate according to the local time during the voyage. Information will be given on board.
The name "Alaska" is derived from the Aleut word "Alyeska" meaning "great land", some also refer to it as "The Last Frontier". It is the largest state with dense forests, vast national parks teeming with wildlife and a coastline that is home to magnificent marine animals. Alaska offers diverse towns and cities, such as Ketchikan with its collection of Native American totem poles, Sitka with its strong Russian colonial influence and Petersburg, an Alaska fishing town, known as "Little Norway" since it was founded by Norwegian fishermen over 100 years ago.
Chile, Peru, Ecuador and Colombia – the immense west coast of South America is marked by fjords, the Andean mountains, lively metropoles, sunny beaches and an enormous amount of species.

**CLIMATE** The climate of South America’s west coast is greatly influenced by the Humboldt ocean current which keeps the Pacific refreshingly cold even in summer.

**CURRENCY** Except for Ecuador, which uses the US dollar, all other countries have their own currency. Exchange rates can differ from day to day. In general, it is recommended to use the local currency for each country. ATMs are common. The Cirrus (Mastercard) and Plus (Visa) network work here. Look at the back of your card to see which network you are on. Be sure to know your PIN-number and daily withdrawal limit before you depart. Check with your bank for possible fees. In addition, US dollar notes in small denominations are accepted in all South American countries. Traveller’s cheques are difficult to exchange and not recommended. German EC-Karten are not accepted. Note that most vendors prefer small bills and exact change.

**ENVIRONMENT** According to international laws trading endangered wildlife is prohibited. Please remember, any kind of purchase of sea-turtle products, snake or cat skin, corals, orchids etc. contributes to the further hunting and exploitation of endangered species and is therefore strictly forbidden.

**HISTORY** South American history is still relatively unknown. Scientists found evidence of life dating back to 8000 BC. The settlement Caral in Peru is, with approx. 4600 years, one of the oldest towns of the continent. The Inca civilization dominated the Andes region from 1438 to 1533 with their capital being Cusco in Peru. This highly developed empire of approx. 14 million people left precise and unmatched stonework as can be seen in Macchu Picchu and in the Sacred Valley.

The Spanish and Portuguese were the first who founded colonies in South America, followed by the British and Dutch. The tensions between colonial countries in Europe, indigenous peoples, and escaped slaves shaped South America from the 16th to the 19th century. Revolutionary movements and right-wing military dictatorships became common after WWII, however since the 1980s, a wave of democratization came through the continent and the democratic rule is widespread now.

**LANGUAGE** Spanish in various dialects is the main spoken language in Chile, Peru, Ecuador and Colombia. The South American Spanish differs from the European Spanish as other words are often used. English is spoken in touristic areas. In Southern Chile German and Mapuche is spoken in some areas. Quechua and Aymara are official languages in several regions of Peru. In Ecuador Kichwa is spoken widely and also Colombia officially recognizes all indigenous languages.

**MEDICAL EMERGENCIES AND MEDICATION** The following list is only a recommendation for vaccines when travelling to South America. We recommend: Hepatitis A/B, Typhoid, Diphtheria, Tetanus, Polio. Malaria risk varies by region and season. Please note that for some countries and regions, such as Colombia and the Peruvian jungle, Yellow Fever is required and you must have your vaccination card with you. Please consult your doctor and/or visit a travel clinic at least 6-8 weeks before you travel. We recommend using a good insect repellent in tropical regions. If your pre- or post-voyage program includes the Andes, please inform yourself about altitude...
sickness which can be felt from an altitude of 2400 m above sea level.

MOBILE PHONES ASHORE Using your mobile phone with roaming can be very expensive. Please check with your mobile provider before traveling. Access to wi-fi varies from destination to destination and changes rapidly.

NATURE AND WILDLIFE The nature and wildlife of western South America is as diverse as its landscapes, geography and people. In all four countries with its coastlines, Andean Mountains and jungle regions, there are many opportunities to experience unique flora and fauna. Colombia alone is home to over 1800 species of birds, which is more than Europe and North America have combined.

Chile is home to a variety of ecosystems due to its enormous long, stretched out shape. The country’s coast provides the perfect habitat for Rockhopper and Magellanic penguins, sea lions, six species of seals, Chilean dolphins and an abundant whale population. A staggering 19% of the country are conservation areas. One of the largest and most important national parks is Torres del Paine in Patagonia.

Peru hosts approx. 500 mammal species of which a staggering 70 are endemic. Scientists continue to catalogue new species every year, mainly birds. Its coastline is home to many marine mammals, such as sea lions, fur seals, dolphins and whales.

As a country of tropical rainforests, Andean mountains, dry forests and mangroves, Ecuador is one of the most species-rich countries in the world with one example being the approx. 120 hummingbird species.

POPULATION With almost 400 million inhabitants South America is home to 6% of the world’s population. With an increasing urbanisation, metropoles, mostly close to the coast, have developed rapidly.

SHOPPING ASHORE Sales and import taxes have already been figured into the display price at most stores and shops. Bargaining is not accepted in shops, but might be accepted on markets.

TIME ZONE Mainland Chile is divided into two time zones. The Southern part including Magallanes and Patagonia are on UTC -3 the whole year, whereas continental Chile, which is most of the country use UTC -4 in winter and -3 in summer. Peru and Colombia are year around on UTC -5 and Ecuador on UTC -6.
Antarctica contains 90% of the world’s ice

Most of this ice is part of the ice sheet that covers the land mass, which is approximately 14 million square kilometres (~4 million sq miles) – the combined area of France, Spain, and Germany is only a tenth of this. Every winter parts of the Southern Ocean freeze over and effectively double the ice-covered area. This freeze is the largest seasonal natural phenomenon on the planet. The cold water current circling the continent cuts it off from warmer climatic zones.

Antarctica is in all aspects isolated from the outside world and travelers will understand what means when they experience "the windiest, the coldest, the driest, and the highest continent". Someone once said: "The person who is able to express the feeling of being in Antarctica in words who is able to express the feeling of being in Antarctica in words has probably not been there." Antarctica has no permanent human inhabitants, is home to millions of penguins, is the feeding area for thousands of whales in the Austral summer, and is a continent dedicated to science and peace. The continent is protected by the Antarctic Treaty of 1959 – however, pre-treaty, eight nations made claims to portions of Antarctica – Norway has the second largest claim, second only to Australia. On the return we always have two full sea days. You have time to think and learn about what lies ahead. The giant tabular icebergs broken off the edge of the Antarctic mainland, the shoals of penguins swimming out to sea to hunt for krill, the torpedo-like leopard seal patrolling the shorelines, keeping a sharp eye on all movements, the breath of the humpback whale that is heard in the distance followed by frantic turning of heads trying to locate it. We are proud to be your choice for your experience of a lifetime.

Buenos Aires

Buenos Aires is a beautiful mix of European style city and cosmopolitan metropolis. It’s an elegant city with a ragged edge. Buenos Aires is somehow strangely familiar, but at the same time unlike any other city in the world. In between designer boutiques, smart neighbourhoods and grand parks you will find buzzing street life. The classic Buenos Aires is very much alive: the old-world cafés, colonial architecture, fun outdoor markets and diverse communities. Buenos Aires is all about steaks, antiques, tango and shopping... and so much more. We highly recommend you join an excursion that will take you around the city to enjoy the most attractive sights and authentic experiences of the metropolis.

CLIMATE

Antarctica is the windiest, coldest, driest and highest continent on Earth. On the Antarctic Peninsula, which is the area we sail in, the temperatures average 0-5 degrees Celsius during summer (November – March). During your journey temperatures will vary from warm summer (30°C/86°F) in Buenos Aires to winter (around 0°C/32°F) in Antarctica. Expect periods of high winds when in Antarctica – cold air travels down the glaciers and ice-shelves. These are called katabatic winds and can occur when you least expect it.

CLOTHING

According to IAAOTO regulations and to avoid any transmission of diseases to the vulnerable eco-system in Antarctica, we ask our travellers to bring clean clothes to wear ashore.

ENVIRONMENT

Given its isolation, the Antarctic environment is probably the most pristine natural environment on the planet. For visitors this fact comes with a set of obligations - the most important and general is to leave no traces behind. The Antarctic Treaty and IAATO prohibit more than 100 people to be ashore simultaneously strictly regulate human traffic in Antarctica. All guests will be given instructions on how to behave when on shore in Antarctica. Antarctic Treaty Recommendation XVIII-1 and IAATO guidelines are mandatory and must be followed. Please see "PROTECT THE ANTARCTIC ENVIRONMENT FROM INVASIVE SPECIES" section of this handbook for details.

EXCURSIONS

On the Falkland Islands local suppliers provide excursions with local guides. optional excursions can be booked in advance and on board the ship subject to availability.
The first International Geophysical Year IGY was 1957–1958 when 12 nations built more than 60 research stations in Antarctica and formed the beginning of an international cooperation. In 1961 the Antarctic Treaty came into effect.

IAATO MEDICAL QUESTIONNAIRE To comply with IAATO and Hurtigruten AS regulations all guests must have completed the IAATO medical questionnaire including a confirmation of fitness to travel from your doctor. You must take the completed questionnaire on board and deliver it to the ship’s doctor. Guests without the completed questionnaire will be refused embarkation.

IMMIGRATION Please ensure that your passport is valid for more than six months after you return to your home country. Remember to check if you require a visa.

LANDING & ACTIVITIES All landings in Antarctica, South Georgia and the Falkland Islands are included. Additionally we offer activities which can vary from voyage to voyage depending on the weather and ice conditions. These activities include kayaking, small boat cruising, camping and snowshoeing. Kayaking can be pre-booked or booked on board. All other activities are only bookable on board. Please note that space is limited.

MEDICAL EMERGENCIES In case of a medical emergency in Antarctica the only method of evacuation is by plane to the city of Punta Arenas, Chile, as there are no hospital facilities in Antarctica. This is very expensive and dependent on favourable weather conditions. Therefore, comprehensive travel/health insurance policy that also covers medical evacuation is obligatory.

MONTEVERDE Monteverde is Uruguay’s capital and biggest city, a vibrant and multifaceted place with a rich cultural life. Located at the north shore of the Río de la Plata estuary, the city wears many faces; from its industrial port, over the colonial homes and landmarks to the exclusive beachside suburb of Carrasco near the airport. The Plaza Independencia (Independence Square) is the heart of Montevideo and separates the city’s downtown from the Ciudad Vieja (old town). Most touristic places are located in the Ciudad Vieja area. It offers several museums, art galleries, art deco buildings, the famous Palacio Salvo, the neoclassical Solís Theatre and the Mercado del Puerto (Harbour Market), a former stall market now filled with steakhouses.

NATURE AND WILDLIFE Being the coldest place on Earth, Antarctica supports no terrestrial mammals – there are no trees or shrubs, and only two species of flowering plants: Antarctic hair grass (Deschampsia antarctica) and Antarctic pearlwort (Colobanthus quitensis). The sea is what supports most creatures, such as penguins and seals. In Antarctica you will see thousands of penguins eagerly nesting and feeding during the short summer months. There is a rich variety of mammals. As they have not been hunted for decades, most species are more curious than afraid of tourists. There is also an abundance of birds, with the mighty Albatross as the king of the sky.

POPULATION There are neither permanent residents nor native inhabitants in Antarctica. However, about 4,000 people stay on scientific bases in the short summer period and around 1,000 in total during the winter months.

In addition, around 30,000 tourists visit the area during summer.

TIME ZONE Antarctica sits on every line of longitude, due to the South Pole being situated near the middle of the continent. Theoretically Antarctica would be located in all time zones; however, areas south of the Antarctic Circle experience extreme day-night cycles during the June and December solstices, making it difficult to determine which time zone would be appropriate. For practical purposes time zones are based on territorial claims; however, many stations use the time of the country they are owned by or the time zone of their supply base. Nearby stations can have different time zones, due to them belonging to different countries. Many areas have no time zone since nothing is decided and there are not even any temporary settlements that have any clocks. They are simply labelled with UTC time. For the most part, daylight saving time is not observed in Antarctica because 95 percent of the continent is located south of the Antarctic Circle and the midnight sun phenomenon renders the use of it unnecessary. However, a few regions observe the time and use of daylight saving time of the countries they are supplied from, Chile and New Zealand. The areas have daylight saving time during the southern summer, when there is the northern winter, including January.

USHUAIA Ushuaia is the southernmost town in the world, on the shores of the Beagle Channel and surrounded by the Martial Mountains, the capital of the Tierra del Fuego, Antarctica and Southern Atlantic Islands Province. This charming small town offers views to the sea, forests and mountains. Its 6,000 inhabitants live mostly from fishing, natural oil and gas extraction, sheep farming and tourism. The streets have colourful houses, good seafood restaurants and tax-free shopping. Here you will find excellent souvenirs, locally produced chocolate and excellent sports/leisure wear at reasonable prices.
The Antarctic remains as one of the most pristine natural environments in the world. Non-native species represent a threat to biodiversity globally as they can cause serious negative impacts to the natural environment. These are species that are introduced to regions where they are not normally found as a result of human activity. Increasing visitor numbers means a greater chance of more non-native species being introduced.

The following guidelines aim to minimize the risk of future introduction of non-native species to the Antarctic

**BE A RESPONSIBLE VISITOR**

One of the main ways non-native species can spread to the Antarctic is by our activities there. Seeds, microorganisms, and even insects can hitchhike to the polar regions on footwear, attached to clothing, or in bags that have been used previously. By following a few simple steps, you can ensure that your visit won’t lead to non-native species being introduced to these sensitive areas.

**BEFORE LEAVING HOME**

Examine and clean all clothing, including pockets, seams, Velcro fasteners, and footwear soles for dirt and organic material. Use a vacuum cleaner, brushes, and water where necessary to ensure all seeds and dirt have been removed. This is especially important if you have used your clothing and equipment previously in parklands or rural settings, or other polar regions.

**UPON ARRIVAL**

1. Follow the biosecurity procedures on your expedition. This is especially important if you are moving between distinct geographic regions, but also when moving between distinct landing sites.
2. Watch your step. If you notice organic matter on boots, clothing or gear, make sure to clean it off before leaving a site and use the disinfectant wash between visits. Leave disinfectant to dry between landings.
3. Spread the word. Share this information with others and help protect the Antarctic environment.

**MORE INFORMATION:**

http://iaato.org/protecting-the-environment

**ENVIRONMENTAL COMMITMENT**

Hurtigruten’s Ship skilled crew offer life-affirming experiences in Antarctica’s most spectacular landscapes and in close proximity to its 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 International Association of Antarctica Tour Operators (www.iaato.org), which promotes safe and environmentally responsible travel to Antarctica. In addition, 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.
Hurtigruten has been operating and exploring in some of the most challenging waters in the world since 1893, tracing our roots back to the Norwegian polar heroes. We are now facing one of the greatest and most difficult challenges in our 125-year history. Climate change, plastic waste, and unsustainable mass tourism are altering vulnerable ecosystems and threatening wildlife.

We will leave behind a footprint we are proud of

Building on our passion, competence, and heritage, Hurtigruten—with our dedicated crew and staff—is determined to make a difference. We will leave behind a footprint we are proud of, contribute to sustainable development, and create positive change through our operations.

Hurtigruten’s MS Midnatsol 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.

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As members in these organizations we comply to guidelines that often go above and beyond legal requirements. Our compliance rests on a good cooperation with you as a traveler and we will spend some time early in our voyages briefing you about the guidelines applicable to your specific trip.

MORE INFORMATION about Hurtigruten’s environmental commitment: www.hurtigruten.com/about-hurtigruten/our-corporate-social-responsibility/

Hurtigruten is the world leader in exploration travel, and the world’s largest expedition cruise company. This comes with a responsibility. — With UN Sustainable Development Goals as a framework — and a mission focused on innovation, technology, and concrete measures — sustainability is a part of every detail of the Hurtigruten operation.
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, means that wind, weather and ice – changing sea/floor 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, German, Chinese or French).

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.

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 on snow, 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.

IMPORTANT INFORMATION

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The airfares offered are special package tour fares that cannot be altered or cancelled without charge. All flight package prices are based on economy class; if economy class is not available, a supplement may apply. In economy 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 can carry one piece of hand baggage weighing approx. 5-7kg (dimensions and weight depend on the respective airline) on board. Your baggage allowance is set to one piece 22kg, 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 are Delta, American Airlines, United, Lufthansa, British Airways, KLM/Air France, Norwegian Air Shuttle, Scandinavian Airlines, LATAM, Iberia, and Iceland Air.

Please note that rebooking an already issued ticket will be charged before departure. A transfer or refund of a ticket after travel is not possible. Any flight times advised at the time of booking are provisional and subject to change; please verify before you travel.

INCLUDED FLIGHT FROM COPENHAGEN-KANGERLUSSUAG

The flights between Copenhagen to Kangerlussuaq and vice versa are operated by Air Greenland and usually depart Copenhagen in the late evening, and arrive in Copenhagen early in the morning upon return from Kangerlussuaq.

On these flights, we offer seats in coach class, but an upgrade to business class is possible on request and for a supplement, subject to availability. A meal and non-alcoholic drinks will be served during the flight.

You can travel with checked baggage with a maximum weight of 50 lbs (business class 66 lbs), and bring one carry-on bag on board with a maximum weight of 7kg.

Please note that this baggage allowance may differ from the airline used for your connecting flight to/from Buenos Aires. Please check the weight of your baggage to ensure you adhere with airline requirements.

INCLUDED FLIGHT FROM OSLO-LONGYEARBYEN

Only coach class is available on these flights, no upgrades to higher air travel classes of service is possible. A light meal and non-alcoholic drinks will be served during the flight. You can travel with checked baggage with a maximum weight of 22 kg, and bring one carry-on bag on board with a maximum weight of 7kg.

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 airline requirements.

We are unable to accept responsibility if you miss your own booked connecting flight to/from Oslo. Please check the weight of your baggage to ensure you adhere with airline requirements.

Additionally, included flights are only bookable as part of a specified package or cruise. Baggage allowances and light meals are subject to the specific airline service. Please verify baggage allowances and light meal service before travel.
INCLUDED FLIGHT FROM VANCOUVER-NOME (2019)
The flights between Vancouver and Nome and vice versa are operated by different airline partners such as Canadian North, Chrono Jet, or Nolinor, and usually operate early in the morning, and arrive in Vancouver in the evening upon return from Nome.

Only coach class is available on these flights, no upgrades to higher air travel classes of service is possible. A light meal and non-alcoholic drinks will be served during the flight. You can travel with checked baggage with a maximum weight of 22 kg, and bring one carry-on bag on board with a maximum weight of 7 kg.

Please note that this baggage allowance may differ from the airline used for your connecting flight to/from Vancouver. Please check the weight of your baggage to ensure you adhere with airline requirements.

We are unable to accept responsibility if you miss your own booked connecting flight to/from Montreal in the event of a delay of the flight between Vancouver and Nome.

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 overnight hotel stays contains 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. 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 familiarise 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. A passport is the only valid identification. For some destinations your passport must be valid for more than six months after you return to your home country. At check-in on board passports will be collected on board the vessel, in order to clear immigrations and customs. They will be kept throughout the whole voyage.

We regret that 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 documentation. It is the responsibility of each passenger to ensure they comply with any visa travel document requirements at the time of travel.

See Entry Requirements for updated travel information, visa requirements and vaccination requirements.

VACCINATIONS On some voyages vaccinations are required. All passengers are responsible for ensuring they comply with any requirements at the time of travel.
LIFE ON BOARD MS ROALD AMUNDSEN

SHIP CONTACT INFORMATION
Phone: +47 51005300
E-mail: reception.ra@hurtigruten.com

ALCOHOL POLICY
Guests are respectfully reminded that only beverages purchased from the ships’ restaurants and bars can be consumed on board. Alcoholic drinks purchased in ports-of-call and from our on-board shops will be stored by the ship and delivered to your cabin on the last day of the sailing.

BAR SERVICE
All ships have a bar with an excellent selection of spirits, wines, beers and soft drinks and a lounge with coffee service.

CABINS
There is a wide range of comfortable cabins on board. All Explorer ships have cabins with private facilities. Please note that check-in at reception may open before your cabin is ready for use. You will be informed at check-in when your cabin is ready for use. You may expect some noise and vibration in some cabins. This varies depending on the location of your cabin.

CELL PHONE
Check with your carrier for details. Guests may use their own GSM telephones on board as long as we have connection at an international price level. Please check with your carrier for rates and if your subscription is valid on the MCP Satellite System on board.

CHANGES TO THE ITINERARY AND EXCURSIONS
Every voyage is unique. All routes and excursions are provisional and subject to change as weather, sea and ice conditions may affect the itinerary. Excursions may also be subject to minimum/maximum numbers. Hurtigruten AS reserves the right to change the itinerary and the content of excursions without prior notice (see terms and conditions).

CHILDREN
Hurtigruten AS cannot allow children under the age of 5 to travel with us to Antarctica. There is no age restriction on our other destinations. For safety reasons, children under 12 years of age will be considered for participation on each landing. It is entirely at the Captain’s discretion to allow children on shore landings.

COMMUNICATION TO THE SHIP
All cabins on the MS Roald Amundsen have a telephone. Buy a phone card in the reception to call from the ship. Wi-Fi is available in most areas at additional cost. Both Wi-Fi and telephone lines will from time to time be out of range due to the vessel’s location.

CRUISE CARD
A cruise card will be issued upon arrival on board as part of the check-in procedure in accordance with ISPS regulations. The card serves as a control system on the gangway. This card, in addition to being the key card for your cabin, is also your payment card on board. To activate the cruise card account you must have a Visa, American Express, Diners or Mastercard. The credit card must be valid for more than three months after your stay on board. 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 you. We regret that our system does not support Maestro Cards.

DISABLED CABINS/MOBILITY
The MS Roald Amundsen is suitable for wheelchairs. Persons in need of special assistance must travel with a companion. Please note that the gangway must be used in order to embark/disembark wheelchairs. In embark/disembark wheelchairs. In

GRATUITY POLICY
Many of our guests wish to give special thanks to our service crew on board. Of course, how you wish to reward the service given by the crew in bars, restaurants and cabins is at your discretion. In order to provide some guidelines, we recommend 10% of NOK (approx a 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 from your cruise card account.

FITNESS ROOM, SAUNA, POOL & HOT TUB
On MS Roald Amundsen deck 7 you can find a modern fitness room and comfortable sauna with a fantastic view of the landscape passing by. There are two outdoor hot tubs on all Explorer ships. On MS Roald Amundsen the sauna, hot tub and pool are located on deck 10.

GREEN NAVIGATION
Our Captains take pride in route planning that minimises the load of the engines and reduces emissions. All waste is stored on board until it is deposited for treatment ashore. We never deposit waste in the sea and we ask you not to leave any waste when you are on shore excursions. In populated areas there are containers for depositing litter, please use them. We ask you to respect the saying: “Leave nothing but footprints, take nothing but pictures.”

EXPEDITION TEAM
The on board Expedition Team is composed of an Expedition Leader, an Assistant Expedition Leader, an Expedition Coordinator and 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 close to their information desk. At the Expedition Desk you will be able to find information regarding the trip and book optional excursions.

INFORMATION & SERVICES
There are Reception and Expedition desks, where our staff are available to answer your questions.

LAUNDRY
A laundry service is available on board the MS Roald Amundsen, for an additional cost. No dry cleaning is possible on any ship.

LECTURES
The ships’ experienced lecturers command in-depth knowledge of the areas in which we sail. They will conduct, on a regular basis, lectures on topics such as biology,
historical and geological insights throughout the voyage. The lecture schedule will be announced every day in the on-board daily programme.

**Library** The ship has a small selection of books that are available to guests while on board.

**Mail** You can hand in your mail at reception, and, for a service fee and stamp costs, we will forward the post to every port where it is possible. The time from sending the postcard to when it gets to the recipient may be relatively long. Hurtigruten has no responsibility for lost mail.

**Mandatory Medical Questionnaire**
In accordance with Hurtigruten AS requirements, all travellers to Antarctica, North East Greenland, and on all voyages crossing the Atlantic Ocean + NWP must complete a confidential medical declaration form, signed by a doctor, stating that they are fit to travel. This form will be sent to you in advance of travel, and the form must be filled out, brought on board and personally delivered to the doctor upon embarkation. Boarding may be denied if these forms are not presented at the time of embarkation.

**Medical Facilities** There is an English-speaking physician and nurse on board the MS Roald Amundsen at all times. The ships have a small medical facility with the necessary equipment and medication to handle small emergencies. In the event of a serious emergency, the nearest hospital will be contacted. Medical consultations as well as medication will be charged to the relevant traveler's insurance. 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.

**Observation Lounge** The Observation lounges offer large panoramic windows with ample and comfortable seats.

**Outdoor Decks** Enjoy the views from the front or back of the ship. Both are perfect vantage points to sit back, relax and watch the world go by.

**Resident Photographer** Our resident photographer on board MS Roald Amundsen will invite you to photography workshops and practical sessions out on deck to enable you to take the best possible pictures on your voyage.

**Restaurant & Cuisine** Your voyage includes breakfast, lunch and dinner. The open seating for the breakfast and lunch buffet creates a relaxed atmosphere. Dinner varies between buffets, set meals and barbecues. The type of dinner is announced in the daily programme. Our headwaiter will assign tables prior to arrival. Information about special requests for seating arrangements on some voyages we may serve the dinner divided into boat groups. Where possible, we plan our menus around seasonal ingredients, taking advantage of local produce to satisfy healthy appetites stimulated by the fresh sea air. Regular coffee/tea is complimentary throughout the whole voyage. Still and sparkling water by carafe is complimentary. Fresh citrus fruits and cold water are available at all meals. Regular coffee/tea and tea is complimentary throughout the voyage.

**Seasickness**
Seasickness pills are available to buy in the reception. If you are prone to seasickness it is recommended that you bring pills that you are familiar with.

**Shore Excursions** A wide selection of optional shore excursions are 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.

**Smoking**
E-Cigarettes, according to Norwegian law, are the equivalent of tobacco cigarettes. On board, smoking is only permitted in designated areas on deck. All cabins are non-smoking. To show respect for the environment, please use the provided ashtrays when smoking. Throwing cigarette ends overboard is strictly prohibited. A cleaning charge of 1,500 NOK will be applied for smoking in your cabin, to cover the cost of cleaning linen and curtains to return it to a non-smoking standard.

**Special Requests**
If you have special requests please inform us at time of booking. We will do our best to meet such requests but can not guarantee to do so and under no circumstances will any such request be accepted by us so as to form part of a contractual agreement.

**Ship's Security**
Hurtigruten complies with the ISPS-regulations (International Ship and Port Facility Security Code) where all luggage is subject to X-ray/metal detector inspection at a facility or ship. The ISPS regulations also include hand baggage scans in all ports of call throughout the course of the voyage.

**Shop**
In our on-board shop you may buy clothing 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 range of both warm and practical clothing, using fabrics with natural fibres. We also offer souvenirs, handicrafts, and postcards. In addition, we also stock a small selection of soap, toothpaste and other personal effects.

**Tender Boat Landings**
These sturdy boats enable water based exploration and safe landings in other inaccessible areas. On all landings in PolarCirkel boats guests are required to wear proper footwear. In Antarctica it is mandatory to use provided rubber boots for all landings. For all other destinations boots will be happy to give you expert advice on how to dress properly in polar areas. We offer a range of both warm and practical clothing, using fabrics with natural fibres. We also offer souvenirs, handicrafts, and postcards. In addition, we also stock a small selection of soap, toothpaste and other personal effects.
the carafe is available at your table during meals, while bottled water is available for purchase. There are water dispensers available for guests to refill their water bottles.

**WALKING ON BOARD** We kindly remind you to be careful walking on board while at sea, especially venturing out on deck. Be aware that some doors leading to the outer decks are difficult to manage 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 doorframes 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, along with an opportunity to meet some of the crew and be introduced to the key personnel on board.

**WHAT TO WEAR** On board dress is informal. Although some passengers choose to change for dinner the dress code is casual rather than formal. The weather can vary during the course of each voyage or even during the day. To cater for these variations we recommend the layered dress approach that enables you to adapt to changes in temperature and weather conditions easily. For all voyages we advise you to bring breathable rain and windproof clothing. A warm hat, gloves, scarf and thermal clothing can be useful, together with thermal underwear, during the winter months. Sturdy shoes are important for some shore excursions and a walking stick/trekking pole may be useful.
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 …

- Wind and water resistant trousers and Long thermal underwear & top
- Warm hat or headband
- Swimwear
- Scarf or scarf tube
- Warm woolen jumper and warm jacket
- 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 Roald Amundsen.
LANDING BY 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 motordriven 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

- The boat drivers are responsible for the boats and their landings. You must always follow their instructions.
- All travelers must always wear appropriate life jackets regardless of weather and sea conditions.
- 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. We advise you to keep your belongings in a small backpack.
- 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.
- 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: February 2019.
**MS ROALD AMUNDSEN**

**Expedition team**

- Stylish Scandinavian interiors with elegant furnishings and comfortable cabins
- 3 different restaurants
- Amundsen Science Center
- Explorer lounge & bar

**SHIP YARD:** Kleven Verft (N)

**FLAG:** Norway

**YEAR OF CONSTRUCTION:** 2018

**GROSS TONNAGE:** 20,889 t

**CABINS:** 264

**OVERALL LENGTH:** 459 ft

**CATEGORY DECK SIZE / DESCRIPTION**

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>DECK</th>
<th>SIZE (sq ft)</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>MA</td>
<td>9</td>
<td>495-517</td>
<td>Extra-large corner suites with a private balcony. The ship’s most spacious cabins, with large windows, flexible sleeping arrangements, sofa bed, mini-bar, amenity kit, bathtube, kettle, tea and coffee, espresso maker.</td>
</tr>
<tr>
<td>MB</td>
<td>5</td>
<td>474</td>
<td>Extra-large corner suites without a balcony. All corner suites with sofa bed, flexible sleeping arrangements, large windows, mini-bar, amenity kit, bathtube, kettle, tea and coffee, espresso maker.</td>
</tr>
<tr>
<td>ME</td>
<td>8</td>
<td>215-301</td>
<td>Corner suites with a private balcony, flexible sleeping arrangements, sofa bed, mini-bar, amenity kit, bathtube, kettle, tea and coffee, espresso maker. Accessible to guests with limited mobility.</td>
</tr>
<tr>
<td>MC</td>
<td>9</td>
<td>215</td>
<td>Corner suites with a private balcony, flexible sleeping arrangements, sofa bed, mini-bar, amenity kit, bathtube, kettle, tea and coffee, espresso maker.</td>
</tr>
<tr>
<td>MD</td>
<td>7</td>
<td>237</td>
<td>Corner suites with a large window, without a balcony, with flexible sleeping arrangements, mini-bar, amenity kit, bathtube, kettle, tea and coffee, espresso maker.</td>
</tr>
<tr>
<td>MF</td>
<td>7</td>
<td>237</td>
<td>Corner suites with large windows, without a balcony, with flexible sleeping arrangements, mini-bar, amenity kit, bathtube, kettle, tea and coffee, espresso maker.</td>
</tr>
<tr>
<td>XT</td>
<td>7</td>
<td>161-205</td>
<td>High-deck cabins with a balcony, queen bed or flexible sleeping arrangements, some with sofa bed, amenity kit, kettle, tea and coffee.</td>
</tr>
<tr>
<td>STD</td>
<td>7</td>
<td>161-205</td>
<td>High-deck cabins with a balcony, queen bed, some with sofa bed, amenity kit, kettle, tea and coffee.</td>
</tr>
<tr>
<td>XY</td>
<td>7</td>
<td>205</td>
<td>High-deck cabins with a wide balcony, queen bed, amenity kit, kettle, tea and coffee. Accessible to guests with limited mobility.</td>
</tr>
<tr>
<td>TT</td>
<td>4, 5</td>
<td>205</td>
<td>Large cabins without a balcony. On middle decks, with flexible sleeping arrangements, sofa bed, amenity kit, kettle, tea and coffee.</td>
</tr>
<tr>
<td>TY</td>
<td>4, 5</td>
<td>205</td>
<td>Large middle-deck cabins without a balcony, with flexible sleeping arrangements, amenity kit, kettle, tea and coffee. Accessible to guests with limited mobility.</td>
</tr>
<tr>
<td>RR</td>
<td>4, 5</td>
<td>205-248</td>
<td>Larger cabins on middle decks with flexible sleeping arrangements, some with sofa bed. Most are 215 sq ft.</td>
</tr>
<tr>
<td>RS</td>
<td>4, 5</td>
<td>183</td>
<td>Cabins on middle decks with queen bed.</td>
</tr>
</tbody>
</table>

All cabins have TV and a telephone with internet. Cabins 401-411, X7-98, Y7-98, Y7-24, and 47-48 are accessible to guests with limited mobility. These cabins may also be available for general booking. Please note: Cabins with flexible sleeping arrangements have queen beds by default. To order twin beds, you must notify Hurtigruten at the time of booking. Subject to change.

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**Stylish Scandinavian interiors with elegant furnishings and comfortable cabins**

**Expedition team**

- Stylish Scandinavian interiors with elegant furnishings and comfortable cabins
- 3 different restaurants
- Amundsen Science Center
- Explorer lounge & bar

**SHIP YARD:** Kleven Verft (N)

**FLAG:** Norway

**YEAR OF CONSTRUCTION:** 2018

**GROSS TONNAGE:** 20,889 t

**CABINS:** 264

**OVERALL LENGTH:** 459 ft

**CATEGORY DECK SIZE / DESCRIPTION**

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>DECK</th>
<th>SIZE (sq ft)</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>MA</td>
<td>9</td>
<td>495-517</td>
<td>Extra-large corner suites with a private balcony. The ship’s most spacious cabins, with large windows, flexible sleeping arrangements, sofa bed, mini-bar, amenity kit, bathtube, kettle, tea and coffee, espresso maker.</td>
</tr>
<tr>
<td>MB</td>
<td>5</td>
<td>474</td>
<td>Extra-large corner suites without a balcony. All corner suites with sofa bed, flexible sleeping arrangements, large windows, mini-bar, amenity kit, bathtube, kettle, tea and coffee, espresso maker.</td>
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Hurtigruten AS: P.O. Box 6144, N-9291 Tromsø
Booking: uk.sales@hurtigruten.com

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