



ICELAND, GREENLAND AND NORTHWEST PASSAGE – GREAT EXPLORER TRAIL

Majestic and wild East Greenland From Reykjavik, we sail across the Denmark Strait to the spectacular east coast of Greenland. Our destination is Scoresbysund, the world's largest fjord system. In total, this vast pristine region fans out over 14,000 square miles. Under the expert guidance of our Expedition Team, you'll get an intimate look at this precious ecosystem on landings, nature walks, and kayaking tours. Wildlife abounds in this peaceful haven. As we glide through dark, placid waters beneath soaring mountains, you'll be watching out for whales and other marine wildlife. Birding enthusiasts will be on the lookout for species including Brünnich's Guillemots, Snowy Owls and Greenlandic Gyrfalcons. Southern Greenland and onto the Northwest Passage From here, you'll sail south to Prince Christian Sound, a remarkable maze of granite rock channels filled with ice floes and glaciers. We'll spend four days exploring the fjords and settlements, including the capital Nuuk and the stunning UNESCO-listed Ilulissat Icefjord. The next part of your voyage takes us across the Davis Strait to cruise into Canada's Northwest Passage. Only passable a few weeks of the year, navigating this icy waterway safely involves challenging the elements, some flexibility and a sense of adventure. All routes include breathtaking scenery and abundant wildlife, with Thule and Inuit settlements. Your adventure ends in cosmopolitan Montréal.



ITINERARY

DAY 1 The start of the adventure

Start your expedition cruise in Iceland's capital city, a centre for art, culture, history and pleasure Your expedition cruise begins at Reykjavík, where MS Fram awaits you at the harbour.



Reykjavík means 'Smoky Inlet' and was so named because of the steam rising from its hot springs. Today, the hot water from geothermal energy supplies numerous pools and hot tubs. The world's northernmost capital city is simultaneously traditional and cosmopolitan, with plenty to do and see. Explore busy Laugarvegur with its delightful boutiques, outdoor shops and pubs, and drink in knowledge to your heart's content in the wonderful museums of art, culture and history. After that, it's time to go aboard, meet your Expedition Team and start the adventure!

DAY 2 Crossing the Denmark Strait

Relax and learn all about the Arctic as we follow in the wake of Viking explorers. Voyaging westward, MS Fram enters the Denmark Strait, waters once sailed by Erik the Red and other Viking explorers on their way to Greenland. As we sail, the ship has plenty of onboard facilities that you can use. In the Science Center, you can learn all about the Arctic, its wildlife and its inhabitants. Get to know your Expedition Team. They'll be giving lectures about upcoming destinations and will also inform you how you can help protect wildlife habitats, and the best ways to keep a safe distance from animals. Later, chat with other guests as you enjoy a drink in the Explorer Lounge & Bar.

DAY 3-11 Largest fjord system on Earth

Spend over a week exploring the most immense fjord system on the planet. This enormous fjord system is renowned for its spectacular scenery. Amid mountains towering to 6,500 feet, glistening white and blue icebergs float on the mirror-like waters, and the serenity is broken only by the cries of sea birds, such as little auks, puffins, fulmars and gulls. The waters are also home to various species of whales and seals. Your Captain and Expedition Team will seek out opportunities to go ashore for

nature walks or to explore the fjords by kayak. On land, you may well spot musk oxen, Arctic foxes, Greenlandic Gyrfalcons and mountain hares, so keep your eyes open!

DAY 12 Heading back to Iceland

Heading back to Iceland – time to relax at sea. After exploring the remote beauty of east Greenland, we set our course back for Iceland. Spend your time at sea recapping your experiences with new friends, studying nature in the Science Center, or just relaxing on deck. Look out for the seabirds which follow the ship, or maybe see if you can spot some whales. As you reflect on your expedition cruise so far, you may now appreciate what a precious place Greenland is. From the delicate ecology of the fjord systems, and the ethereal elegance of the floating ice and glaciers, we hope that the beauty you encountered has made its mark on you – there's plenty more to come!

DAY 13 The start of your next adventure

Take a trip to the Blue Lagoon for an unforgettable outdoor spa experience. Returning to Reykjavík, you now have another opportunity to explore the delights you may have missed on your first visit. Don't forget, this is a city of art, culture, galleries and museums. Or if you simply wish to relax, why not take a trip to the famous Blue Lagoon. Here you can relax in geothermally heated water of a bright blue colour that's derived from silica and many other minerals carried down from the volcanic landscape. As you soak, you can also enjoy a drink and chat with locals and fellow guests as you look forward to the next step on your adventure – the wondrous west coast of Greenland and the Northwest Passage!

DAY 14-15 The Denmark Strait revisited



Onwards we go, heading towards Greenland and the Northwest Passage Continuing the adventure, we'll spend today at sea. The Denmark Strait is actually the site of the world's largest waterfall ... underwater! The mixture of warm and cold currents, plus strong winds means that the waters are sometimes a bit choppy. If you feel like getting active, you can hit the gym and get your pulse up. You'll also have access to a sauna, an infinity pool, and two outdoor hot tubs. Enjoy a drink in the panoramic Explorer Lounge & Bar while settling into a sofa and watching the rhythmic ocean waves roll by outside.

DAY 16 A river of melted ice

Follow in the footsteps of explorer John Cabot among jagged mountain peaks Expect to see some of the most incredible panoramas on the planet as we cruise into Prince Christian Sound. The explorer John Cabot compared the view, with its bergs and floes, to a 'river of melted ice'. Jagged mountain peaks rise to 7,200 ft, their muted grey and green hues contrasting sharply with the brilliant white glaciers. The only signs of human presence here are the weather station, installed by the US in WW II, and the small hunting and fishing village Aappilattoq. If our passage is blocked by sea ice, we have an alternative trip planned to Cape Farewell, the southernmost point of Greenland.

DAY 17 Expedition day in an icy place

Enjoy an expedition day in one of Greenland's most picturesque fjords Unspoilt Kvanefjord is a 30-mile-long inlet in Sermersooq, the 'Place of Much Ice'. As we sail along the fjord, past icebergs and floes in pristine white with shades of blue, you can be among the few visitors to admire the majestic scenery of this almost unexplored place. Depending on the weather and the ice conditions, your Captain and the Expedition Team will look for

opportunities to set out in the ship's expedition boats, and perhaps even go ashore to stretch your legs and view the local wildlife. Make sure to have your camera ready to record this true adventure!

DAY 18 The capital of Greenland

Explore Greenland's capital and take a scenic hike in Paradise Valley Located at the mouth of a fjord system, Greenland's capital offers a cheery and fascinating prospect with its colourful houses and mix of old and ultra-modern architecture. Founded in 1728, Nuuk is Greenland's oldest modern-day settlement, but still has fewer than 18,000 citizens. This picturesque city has a cathedral, museums, and several restaurants and cafés to suit all tastes. Make sure to visit Hans Egede's house; once the home of Nuuk's founder, it dates to 1721 and is the oldest building in Greenland. You could also take a long nature walk through Paradise Valley, with its splendid views and small lake.

DAY 19 Fur, fox holes and outdoor fun

Musk oxen, Arctic foxes, and a popular venue for adventurous activities Situated in a spectacular location 25 miles north of the Arctic Circle, Sisimiut is a modern town. However, human settlement dates back 4,500 years, and the small museum houses many local artefacts. The people are proud of their traditions and still maintain these today. The name Sisimiut translates as 'The People at the Fox Holes', a reference to the burrows of the Arctic foxes which live here. Another local animal is the musk ox, whose thick fur provides the material for qiviut fabric. The town is a regional hub and is a popular venue for back-country activities such as skiing and dog sledding.

DAY 20 Icefjord - UNESCO World Heritage Site



Enjoy a beautiful hike to an Inuit settlement from this colourful World Heritage Site. Our journey now comes to Disko Bay, one of Greenland's major attractions. The nutrient-rich waters of Ilulissat's bay once supported huge populations of whales, walrus and seals. Erik the Red is credited as the first European to enter the bay, in 985 CE. Today, the area is a World Heritage Site and a vibrant hub for those seeking adventure on Greenland's icecap. From the colourful houses by the water, you can take a short but beautiful hike to the old Inuit settlement of Sermermiut, or simply relax and watch the icebergs change hue as they slowly drift by.

DAY 21-22 Crossing the Davis Strait

Sailing away from Greenland and heading towards Canada. Leaving Greenland and setting course for Canada, we cross the Davis Strait and enter the Labrador Sea. The strait is named after the English explorer John Davis, who led expeditions in search of the Northwest Passage from 1585 to 1587. As the ship carries us further, you can enjoy onboard presentations from your Expedition Team. Topics could include wildlife of northern Labrador, Inuit culture, expedition photography, and explorers of the Canadian Arctic. Via the Citizen Science and Globe Observer projects, you can also make your own contribution to science and our knowledge of this region.

DAY 23-29 The heart of the Northwest Passage

Sailing into the heart of the fabled Northwest Passage in the wake of some famed explorers. Now, as we sail into the heart of the Northwest Passage, we follow the trail of historic explorers. Many tried and failed to discover the Northwest Passage between the Atlantic and the Pacific, but the route was finally established by Roald Amundsen from 1903 to 1906. The sea ice varies from year to year, but we'll try to show you some of

the Inuit and European settlements which mark the history of exploration in this territory, such as Pond Inlet (Mittimatalik) traditional Inuit community and the abandoned settlement of Dundas Harbour, which has several archaeological sites. Furthermore, the scenery is stunning, and there are ample opportunities to observe local wildlife.

DAY 30 A fitting place to end the expedition

The end of your expedition cruise is a place famed for its legendary explorers. It's only fitting that your expedition cruise draws to a close here, where Arctic explorers of old seeking the Northwest Passage often sheltered. You can add your name to an illustrious list which includes the legendary Roald Amundsen. Cambridge Bay is a hamlet with fewer than 2,000 residents. The biggest clue of the region's hunting and fishing heritage is in its name. In Inuinnaqtun, Cambridge Bay is called 'Iqaluktuuttiaq', meaning a 'good fishing place'. The abundant wildlife, including musk oxen and caribou, is an obvious pull for explorers to these parts. From here, you'll be transferred to the airport for your flight to Montréal.

DAY 31 Say au revoir in Quebec's premier city

The perfect city to cap off your expedition cruise. Your adventure concludes in Montréal, the largest city in the beautiful province of Quebec, and second most populous city in Canada. The city is a hub for Canadian history and culture with a modern cosmopolitan feel, brought about by both French and British influences. Montréal is famed for its year-round festive atmosphere, with a variety of events and festivals. Unwind after a day's exploration at one of the pubs and bars along Downtown's Crescent Street, renowned for their welcoming social atmosphere. Enjoy a cocktail on the terraces and perhaps share memories of your epic month-long expedition cruise with



some of your new-found friends! Post-Programme Why not add a bit of extra time and join our optional half-day Montréal Sightseeing & Savoir-Vivre Tour. You'll see how culturally diverse Montréal is and visit landmarks that make it such a unique and wonderful city! Strolling through a maze of narrow lanes and old buildings you'll discover Montréal's architecture, rich heritage and charm. We'll also stop to pick up some of Montréal's famous bagels and visit Little Italy to enjoy a tasting of local produce at the popular Jean-Talon market.

Please Note:

Itineraries are subject to change.



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MS Fram is designed for sailing in polar waters, holds the highest safety standards and is the perfect size for optimum nautical manoeuvrability and guests' comfort. With space for only 276 guests, you are sure to get to know many of your fellow travellers. You will share stunning sights and memories of a lifetime long after returning home. The Norwegian word Fram means 'forward' - lifting expectations of the voyage at hand. MS Fram was built in 2007 with one mission in mind - to bring her guests closer to nature, wildlife and unforgettable experiences. As well as offering numerous lounges in which to relax, our more active guests can use our well-equipped gym. Meanwhile, on deck, our Jacuzzis guarantee you surreal memories when passing the towering icebergs of Antarctica or Greenland.



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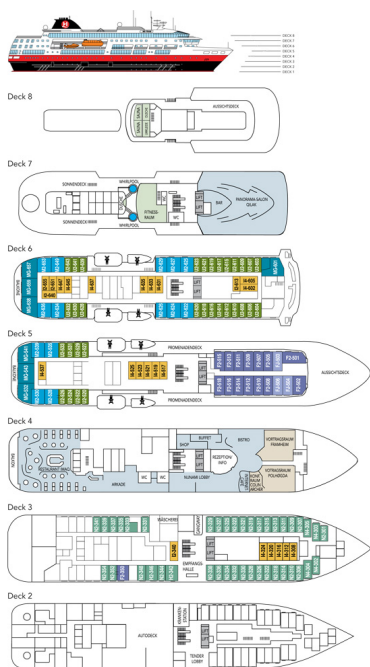
A group of people in a zodiac boat on a glacier-filled sea. The boat is filled with people wearing winter gear, some waving. The water is dark with many small ice floes. In the background, large, jagged ice formations rise from the water under a cloudy sky. A blue banner is overlaid on the left side of the image, containing the text 'The Small Cruise Ship Collection' and the website 'www.small-cruise-ships.com'. A small globe icon is also present in the banner. The right edge of the image has a vertical orange stripe.

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