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THE NORTHWEST PASSAGE - IN THE WAKE OF GREAT EXPLORERS (ITINERARY 1)

Navigate ice floes and glaciers From Reykjavik, we cruise around Greenland's south coast, taking in the UNESCO World Heritage Site of Ilulissat Icefjord. We'll then navigate the icy channels of the Northwest Passage like the great explorers before us. We'll sail the famous waterways of Prins Christian Sund, Baffin Bay, the Davis Strait all the way to Cambridge Bay. Extraordinary wildlife Admire Arctic animals and birdlife in their natural habitat. Look out for polar bears, muskoxen, caribou and ringed seals. You may even spot minke and humpback whales. Scan the skies above you too for soaring Glaucous Gulls and Black Guillemots among the seabirds.



ITINERARY

DAY 1 Cosmopolitan Reykjavik

Explore the world's northernmost capital, Reykjavik Packed full of art, culture and history, delightful Reykjavik is well worth spending time discovering before you begin your cruise to the Northwest Passage. Take a stroll along Laugavegur with its boutiques and outdoor shops, head to the striking Hallgrimskirkja Cathedral or fascinating Reykjavik Art Museum. MS Fram awaits you in Reykjavik Harbour. After collecting your complimentary expedition jacket, it's time to settle into your

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cabin and meet your Expedition Team. Your exciting adventure is just beginning.

DAY 2-3 Crossing the Denmark Strait

In the wake of Vikings We sail toward Greenland across the Denmark Strait, the route taken by Erik the Red, supposedly the first European to have settled there. Your Expedition Team will share the protocols of respectfully visiting wildlife habitats and indigenous Arctic communities. In the Science Center, you can learn more about Greenland's geology, or join one of our Citizen Science projects. You can relax in comfort onboard the ship. Hit the gym, soak in our open air hot tubs – or enjoy a delicious meal in one of our onboard restaurants.

DAY 4 Prins Christian Sund

Breathtaking panoramas and abundant wildlife We aim to explore the incredible waters of the 60-mile-long Prins Christian Sund on your included excursion today. Sharp-peaked granite mountains provide a stunning contrast to the bright white glaciers. Look out for calving icebergs and colourful houses in the village of Aappilattoq. Nature is abundant here. You'll see ringed and bearded seals resting on the ice, and Glaucous Gulls and Black Guillemots soaring down from above. You may even spot minke and humpback whales. If sea ice prevents us entering the sound, we'll head to craggy Cape Farewell, the southernmost point of Greenland.

DAY 5 Exploring Kvanefjorden

Discover the glacial beauty of the west coast fjords Experience your first sight of Greenland's sublime west coast fjords as we reach Kvanefjorden in Sermersooq, meaning 'Place of Much Ice'. Have your camera ready for glistening icebergs and semi-submerged glacial ice – pure white with undertones of

crystalline blue. These sculpted ice blocks are some of Arctic nature's finest creations. Few people venture into this remote fjord, making it even more special to spend the day exploring here. The Expedition Team will select places to head ashore to enjoy the beautiful scenery on nature walks, or head out in boats to scout for wildlife.

DAY 6 Nuuk, Greenland's capital

Experience Greenlandic culture, old and new, in Nuuk After several days exploring remote, idyllic icescapes, you'll cruise into Nuuk, Greenland's colourful capital. With a population of 18,000, it has a striking mix of old and new buildings. Compare the old buildings – Hans Egede's House and Nuuk Cathedral – with the ultra-modern architecture of Greenland's Parliament. Visit Katuaq Cultural Centre, where you'll experience a Greenlandic mask dance, enjoy some local delicacies, and listen to the local choir on an included activity. Visit the National Museum to see six Qilakitsoq mummies, offering a fascinating insight to life here 500 years ago. Join us for an optional nature walk around Mount Lille Malene and explore the pristine nature around Nuuk.

DAY 7 Spectacular Sisimiut

Enjoy a warm welcome in Arctic Greenland We reach Sisimiut, Greenland's second city. It sits in a spectacular location just 25 miles north of the Arctic Circle. This area has history spanning more than 4,500 years. Old traditions are alive and well here. You can learn more about the ancient Saqqaq artefacts in the local museum and Taseralik Cultural Centre. Pick up a special souvenir – a qiviut scarf, hat or mittens – made from a local fabric said to be 10 times warmer than sheep wool. One of the best things you'll experience on your expedition cruise in Greenland with us is meeting the local communities – real

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interactions that make for fantastic memories.

DAY 8 UNESCO-listed Ilulissat

The town where you can see and hear the ice flow Our expedition cruise reaches Disko Bay – a haven for walrus, whales and seals. You're in for a unique experience. Nestled in magnificent Ilulissat Icefjorden, a UNESCO World Heritage Site, is Ilulissat. Against a backdrop of colourful houses is an ever-changing gallery of passing icebergs. Marvel at these giants as they float past the town, taking on different hues of white, grey and blue. You won't just see them, you'll hear them too. As they bump into one another, the cracks, creaks and rumbles echo all around. Even amateur photographers will return to ship with the most enviable images.

DAY 9-10 Crossing the Davis Strait

Watch for wildlife and get involved in Citizen Science Leaving Greenland behind, we'll set a course for Canada across the Labrador Sea. Soon we'll enter the Davis Strait, named after the English explorer John Davis, and known for its abundance of seals, whales and cod. The Expedition Team will continue their onboard lectures on topics from the wildlife of Northern Labrador to Inuit culture and the history of Arctic exploration. You can also take part in one of our Citizen Science programmes, helping photograph and track whales or contributing to the GLOBE Observer project.

DAY 11-17 The Northwest Passage

Crossing a historical sea corridor through Canada's Arctic archipelago Like pioneering explorers who've come before you, we won't have an exact itinerary as we attempt to sail from the Atlantic to the Pacific via the famed sea route, the Northwest Passage. We plan to stop at Pond Inlet, Dundas Harbour, Fort

Ross and Gjoa Haven if conditions are in our favour. As we explore, we'll land at sites linked to early exploration history, visit Inuit communities, and look out for Arctic wildlife such as polar bears, whales, narwhals, seals and seabirds. You'll go expedition boat cruising between ice floes, and go ashore to experience the pristine wilderness first hand. Your Expedition Team will adapt activities to ice and weather conditions, giving you the best experience possible. We'll try to reach Pond Inlet and the Inuit community of Mittimatalik on Baffin Island. On Devon Island - the largest uninhabited island on Earth – we'll visit Dundas Harbour and learn about its Thule heritage. We may pay our respects at the graves of three Franklin expedition team members on Beechey Island. We'll continue west to Fort Ross, a former Hudson Bay Trading post before sailing to Gjoa Haven, where Roald Amundsen learned polar survival tips from the Netsilik Inuit. If we are able, we'll take a walking tour to learn more.

DAY 18 Wildlife of Cambridge Bay

Wildlife and conservation in this fish-rich bay Our expedition cruise continues onto wildlife-rich Cambridge Bay where you'll disembark. Here, you might see Arctic char, muskoxen, and caribou. You'll also find the Canadian High Arctic Research Station, an important centre for climate change research, here too. Home to 2,000 residents, Cambridge Bay is popular with fly-fishers, keen to net giant char or lake trout. Its local name 'Iqaluktuuttiaq' even means 'a good fishing place'. Walk around and explore before we take our evening flight to Montreal, where we'll spend the night.

DAY 19 Arrive in lively Montréal

A blend of Canadian cultures in Québec's premier city Your adventure ends in Montréal, the largest city in Québec. It's a

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hub of Canadian history and culture with a cosmopolitan feel and a year-round calendar of events. There's plenty to see and do, from shopping, cuisine and culture to the Basilica of Notre Dame in the historic streets of Old Montréal. You'll find a kaleidoscope of colour in the city's Plateau district, and a lively atmosphere in the downtown social hub of Crescent Street. If you'd like to extend your adventure, join our optional Post-Programme for a sightseeing tour of this vibrant city in all its glorious diversity.

Please Note:
Itineraries are subject to change.



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YOUR SHIP: FRAM

YOUR SHIP:

Fram

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

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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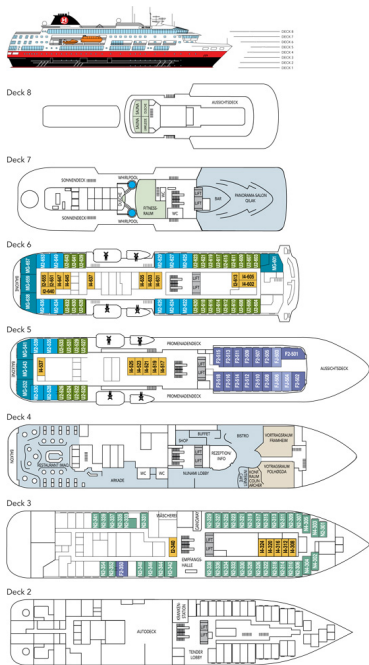
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