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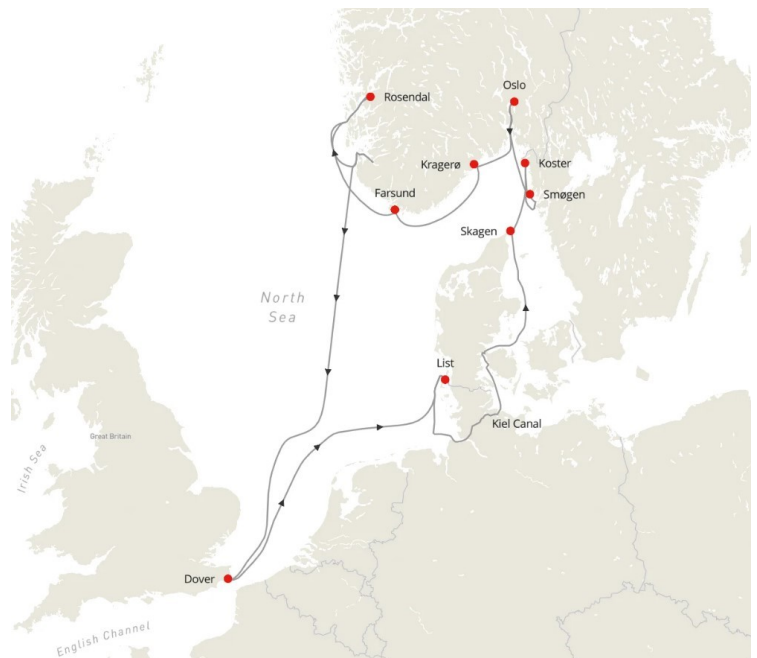


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SOUTHERN SCANDINAVIA ARCHIPELAGOS, FJORDS AND QUIANT FISHING TOWNS

Rugged nature, active adventure From Dover, you'll explore idyllic seaside towns, untouched fishing villages, stunning island archipelagos, marine life and beautiful waterways on a summer expedition cruise of Northern Europe's coastal hideaways. Norway's islands and fjords Oslo provides an interlude of city culture. Then on to Norway's dramatic southern coast and pristine fjords, where our Expedition Team will bring you closer to nature by bike, kayak or expedition boat – for a truly unforgettable experience.



ITINERARY

DAY 1 Depart from Dover

Your Southern Scandinavian adventure begins Your summer expedition cruise to southern Scandinavia starts in Dover. If you have time, take a short walk to Dover Castle, a huge fortress with dazzling views of the Channel. Then, it's time to board MS Maud. Pick up your complimentary expedition jacket, settle into your cabin and get to know your expedition ship, designed for exploring up close and in comfort. You'll also meet your expert Expedition Team, who'll be your knowledgeable lecturers, warm hosts and guides. Relax in the Explorer Lounge and Bar and watch the world go by from the panoramic windows. Your

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adventure is officially underway.

DAY 2 Relax and learn at sea

Enjoy the sea air as we head to the German coast. It's time to decompress from daily life, relax and really get into the mood for your summer expedition cruise. Brush up on Scandinavian life philosophies like Danish hygge, Swedish lagom 'not too little, not too much – just right' or Norwegian passion for nature called friluftsliv. Enjoy lectures hosted by the Expedition Team, who'll happily share their extensive knowledge of southern Scandinavia. Admire the views from MS Maud's expansive Observation Deck, meet fellow guests, take full advantage of the gym and hot tubs or get some top tips from our professional photographer.

DAY 3 Glamorous Sylt

Enjoy coastal nature in Germany's 'Martha's Vineyard'. Today, we arrive at the picture-perfect North Frisian island of Sylt. With 25 miles of pristine dunes, beaches and heathland, it attracts an upmarket crowd seeking sanctuary and solitude. Explore List's rustic charm, perhaps by bike, then sample the island's culinary speciality – Sylter Royal oysters – or enjoy a visit to the local ecological museum, powered by renewable energy. At low tide, a short walk along the mud flats will bring you to the biodiverse UNESCO-listed Wadden Sea, and the unspoiled Ellenbogen nature reserve – a haven of tranquil, unspoiled nature by the sea.

DAY 4 Navigating the Kiel Canal

Enjoy a scenic cruise through the world's busiest canal. We sail from the North Sea to the Baltic via the picturesque 61-mile Kiel Canal, also known as the Nord-Ostsee-Kanal, built in 1887 to help ships bypass Denmark's stormy Jutland Peninsula. Head

out on deck as you pass lush countryside, quaint villages and magnificent landscapes. You'll see daily life along the canal; grazing cattle, anglers patiently fishing, cyclists and, of course, many ships and boats. We'll traverse the impressive locks or schleusen at Holtenau, before making a brief stop in Kiel itself. If you're here in the last week of June, you'll also catch Kiel Week, the world's largest sailing regatta.

DAY 5 Sunny Skagen in Denmark

Rugged Skagen, a haven for artists and nature lovers. Your Scandinavian cruise continues to Denmark, as we arrive in Skagen, a popular beach town where the Baltic meets the North Sea. Inspired by its beauty, Hans Christian Andersen encouraged other artists to move here, and at Skagen Museum, you can see the works of their collective, which became hugely influential in Danish cultural history. After visiting the lively town centre, you can explore the wild landscapes along nearby walking trails. At Grenen, Denmark's northernmost point, visit the Sand-Covered Church with only the tower visible, or Råberg Mile, the closest thing Denmark has to a desert.

DAY 6 Lysekil and Smögen

Discover Sweden's scenic seaside resorts. Your expedition cruise continues to Sweden. Our first destination is the cosy seaside resort of Lysekil. With its beautiful archipelago setting, you'll have plenty of opportunities for outdoor adventure. The old town, Gamlestan, is a charming well-preserved neighbourhood, perfect for a summer walk. Stop by some of the local cafés and restaurants to enjoy the region's renowned seafood. In the afternoon, we head to Smögen to enjoy the evening. Here, you'll discover rows of fishermen's houses and beautifully restored cottages with lovingly tended gardens. And in the evening, Smögen's busy waterside boardwalk is the ideal place to enjoy

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the relaxed summer vibes.

DAY 7 Idyllic Fjällbacka

Explore scenic views in this pretty summer resort The tiny town of Fjällbacka, once the summer favourite for the Swedish movie star Ingrid Bergman, is a lively summer resort with brightly coloured houses. The area has several nature reserves that are great for coastal walks. While you're here, stroll along the quayside, explore the old part of town and stop at one of the lovely seaside restaurants. For stunning views of Fjällbacka, climb up the wooden steps to the cliffs of Vetteberget. A short drive away you'll find the Vitlycke Museum, which is located in the Tanum UNESCO World Heritage Centre, where over 600 rock carvings dating back almost 4,000 years are located.

DAY 8 Koster Islands

Explore Sweden's remarkable marine biosphere Over the next two days, we'll explore Bohuslän archipelago, cruising up close along Sweden's beautiful west coast past pretty fishing villages. We stop at the Koster Islands, in the centre of Kosterhavet Marine National Park – a haven for sea life. On North Koster, take in the rubble-stone fields at Valnäs and magnificent views from Högen on foot. On South Koster, explore the charming coastal meadows, ancient forests and sandy beaches on walks or by bike. If conditions allow, our Expedition Team will bring you up close to Kosterhavet's teeming marine life by expedition boat, kayak or on snorkelling trips.

DAY 9 Explore cosmopolitan Oslo

Enjoy the cultural and scenic delights of Oslo Your expedition cruise arrives in Oslo, Norway's fjord-side capital. With its rich history and fashionable art scene, Oslo is a fascinating place to explore. You'll find museums, galleries, and breathtaking

architecture all within easy reach – including the beautiful Opera House and the new Munch Museum. Take a stroll in the stunning Ekeberg Sculpture Park, visit Akershus Fortress or relax in a floating sauna. Explore modern Sørenga and enjoy urban beach life. Round it all off with a meal at one of Oslo's many traditional and New Nordic eateries.

DAY 10 Kragerø's natural beauty

Islets, reefs and coves set in an idyllic archipelago Our southern Scandinavian cruise continues as we visit the beautiful coastal town of Kragerø. Looking out over islets and reefs, this elegant resort bustles with activity in summer. Kragerø has inspired many artists, drawn to its incredible light and scenery. Edvard Munch spent six years here, and you can even enjoy a Munch walk ambling through Kragerø's charming narrow lanes, boutiques and eateries. You can also join the Expedition Team on an optional island-hopping bike tour, a swim or on nature walks. Or explore the Telemark Canal, one of the world's most beautiful waterways.

DAY 11 Lysefjorden and Pulpit Rock

Experience the highs of Preikestolen You'll be treated to views of Lysefjorden's striking vertical cliffs on your final expedition day in Norway. Sailing deep into this imposing fjord, we reach the world famous Preikestolen, or Pulpit Rock. Enjoy incredible views of the rock from below as we approach. Look out for the equally renowned Kjæragbolten, where a giant boulder seems precariously wedged in a mountain crevasse. If you're feeling adventurous, join our Expedition Team for an optional five-hour guided hike to the Preikestolen viewpoint, a dizzying 1,982 ft above Lysefjorden. After a scenic cruise of the fjord and collecting our tired but exhilarated hikers, we'll continue to Rosendal.

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DAY 12 Summery Hardangerfjorden

The beautiful orchards and gardens of Rosendal We sail on to Rosendal, a picturesque village at the heart of Hardangerfjorden, surrounded by mountains and waterfalls. Its pretty hillside apple orchards supply the fruit for the award-winning local cider. You can spend the day exploring with our Expedition Team, perhaps on optional kayaking and hiking trips, taking in the Bondhus Lake and Folgefonna Glacier. A notable attraction is Rosendal's magnificent 17th century Baronial manor, its interiors preserved since 1927. A path through the stunning rose garden – blooming in July – leads you to the dramatic Hatteberg Waterfall.

DAY 13 The Lista peninsula

Pretty beaches, Americana and rich birdlife MS Maud's smaller size allows us to explore Norway's southern coast up close as we cruise towards the fjords. With its sandy beaches, grassy dunes and wetlands, Farsund offers some of the area's best summer birdwatching. On arrival, look out for the Marina Watchman, welcoming boats and visitors. Then take a scenic beach walk, visit the German-built WWII Nordberg Fort, or climb the Lista Lighthouse for fantastic views. You may also spot a fascination with Americana in Farsund. Learn more from the Expedition Team on how emigration to the US last century created a strong bond, celebrated each June at the American Festival.

DAY 14 Relax and unwind

Enjoy your last day at sea It's our last full day as we cruise back to Dover. Be sure to make the most of this day at sea on board MS Maud. It's a good time to visit the Science Center and sate your curiosity about things you've seen and done. Enjoy the final daily lecture by the Expedition Team and enjoy their recap of the

expedition highlights. Relive your wonderful experiences of southern Scandinavia as you share stories with fellow guests over dinner or drinks in the Explorer Bar. Relax in the hot tub or sauna or head out on deck to spot seabirds and dolphins that like to follow the ship.

DAY 15 Arrival in Dover

Your Scandinavian discovery tour comes to a close After we sail past the white cliffs, there's time to enjoy a final breakfast on board before you dock. If you have time, why not explore a little more before returning home. Dover is the gateway to English countryside, so before you rush off, why not visit Dover Castle, or the Roman lighthouse that's reputedly the UK's oldest building. You can also tour the underground hospital and secret WWII tunnels beneath the castle. You'll depart with wonderful memories of your summer in Scandinavia – idyllic islands and archipelagos, picture-perfect fishing villages, wonderful fjords, impressive nature, and of course, all the people you've met along the way.

Please Note:

Itineraries are subject to change.

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YOUR SHIP: MAUD

YOUR SHIP: Maud

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

Equipped with battery packs and other green technology, Maud will operate year-round expedition cruises along the Norwegian coast from 2021. You will be able to explore Norway like never before, with all the comforts, facilities and expertise you need for creating a perfect adventure. Maud will also be equipped for shore power, to cut emissions to zero when docked in ports with shore power facilities, and she will be fitted with low-emission engines, complying with all known and upcoming regulations. Cabins and public areas Norway's stunning scenery is reflected in the ship's interior design. Comfortable cabins and suites feature natural Scandinavian materials, such as granite, oak, birch and wool. Our stylish and welcoming public areas create great places to watch the world's most beautiful coastline pass by. A specially designed Expedition Launch zone - the tender pit area where guests embark on their on their excursions and off-ship adventures - will be added, complete with tender boats and other expedition equipment. A new Science Center will be added. Packed with state-of-the-art technology and high-tech gadgets such as touch screens, science equipment and other interactive features, the edutainment area will also be the on-board HQ for the ship's Expedition Team. A wellness-area,

complete with gym, lounge and treatment rooms, will be built. There will be a range of restaurants : Restaurant Aune, an expedition cruise main restaurant concept. Aune will be social and informal with the use of natural elements in design and interiors, and serves breakfast, lunch and dinner based on a Scandinavian identity. Restaurant Lindstrøm, a specialty restaurant named after the favorite chef of the Norwegian polar heroes, will be added. Lindstrøm will be an upper premium fine dining restaurant with strong roots in traditional Norwegian cooking that are contrasted with modern cuisine. The informal eatery Fredheim, named after a legendary 1920s hunting station in Svalbard that sheltered adventurers from around the world. In addition, a new outdoor grill venue will be added outdoor on the top decks. Honouring explorer heritage MS Maud is named after one of the most famous polar vessels of all time, Roald Amundsen's "Maud" from 1917. The original "Maud" got her name from the first Queen of modern



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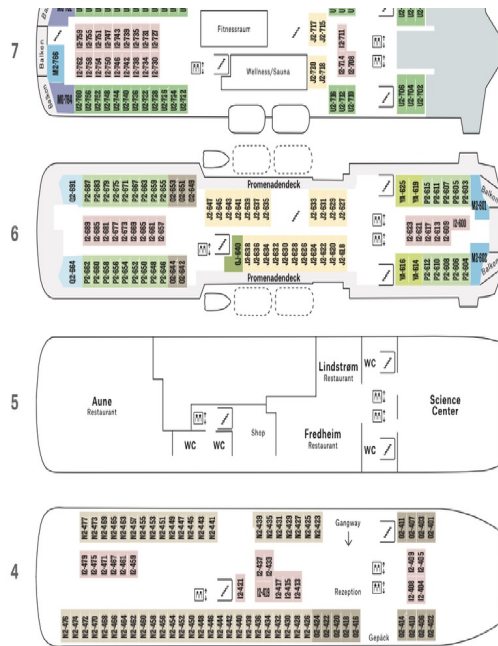
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