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YOGA IN SVALBARD - COMBINE AMAZING NATURE EXPERIENCES WITH YOGA

Are you looking for a unique trip where you can combine amazing nature experiences with yoga? Then this adventure might be perfect for you! In May, you have the chance to join PolarQuest and yoga teacher Isabel Holmquist on an unforgettable expedition cruise in the realm of the midnight sun and the polar bear - Svalbard. Here we experience exciting Zodiac cruises and explore the magnificent nature up close. As an added value to the trip, Isabel will lead yoga and meditation sessions whenever an opportunity arises. Practicing yoga in this awe-inspiring environment, far from the constant noise of civilization and the demands of everyday life, is an unparalleled experience. During the month of May, Svalbard is characterised by a wonderful purity and offers spectacular sceneries. The fairytale winter landscape is dominated by sparkling ice formations, snow covered mountains, fjord ice and pastel coloured skies. It is spring in the Arctic and it is an indescribable experience to be there and witness the archipelago come to life. The Arctic foxes and the Svalbard reindeers still wear their winter fur and walrus can often be seen resting on the fjord ice and if we are lucky we might see a polar bear hunting for seals.



ITINERARY

Day 1: Longyearbyen, Svalbard

We arrive in Longyearbyen and transfer to our hotel.

Day 2 - 8: Expedition cruising

We start our Svalbard adventure by exploring Longyearbyen. In the afternoon we embark our expedition ship M/S Quest and



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head out through Isfjorden - our Arctic adventure has started. Perhaps we could make a first outing before we continue either south or north - all depending on the weather and the current ice situation. Here are some examples of places we may visit:

****Alkhornet****

At the entrance of Isfjorden is the characteristic cliff Alkhornet. We go ashore to enjoy the beautiful tundra and its birdlife with barnacle geese, Brunnich's guillemots, glaucous gulls, snow buntings and tens of thousands of kittiwakes. Arctic foxes are sometimes seen in the rock crevices around the mountain and with some luck we might see these lovely little animals scurrying around, frantically looking for food.

****Prins Karls Forland****

This narrow strip of land is covered by a magnificent and snow-covered mountain chain. The island is also home to many seabirds and harbour seals

****Kongsfjorden and Krossfjorden****

The scientific village of Ny-Ålesund is situated in Kongsfjorden. It was from here that Amundsen and Nobile started their heroic expeditions to the North Pole. In the nearby Krossfjorden we revel in the beautifully sculptured front of the 14th of July Glacier to the raucous greeting of the large number of kittiwakes and Brunnich's guillemots nesting on the nearby cliffs.

****Raudfjorden****

Raudfjorden is an area of immense natural beauty - dominated by beautiful glaciers. It is also a favourite spot for seals and the bird cliffs are bursting with activity.

****Virgohamna, Dansk øya****

Two of the most courageous attempts to reach the North Pole started on the island of Danskøya. Swedish explorer Andree made an attempt with a hydrogen balloon and American journalist Wellman started with an airship. There are still interesting remnants from these Arctic expeditions left on this site.

****Bellsund****

At the beautiful Varsolbukta in Bellsund little auks nest by the tens of thousands. We go ashore and walk across the tundra to take a closer look at these charming birds.

****Hornsund****

The majestic Hornsund consists of several magnificent fjords along the west coast of Spitsbergen, where enormous glaciers calve out shimmering blue ice. This is one of the favourite haunts for some of Svalbard's polar bears and if lucky we can spot one of them on the fjord ice.

Day 9: Longyearbyen

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In the morning we leave the ship in Longyearbyen and begin our journey home.

Please Note:

All itineraries are for guidance only. Our exact route will depend on ice, weather conditions, wildlife and government regulations. The places mentioned are just examples of some of the many sites Svalbard has to offer. We always strive to maximise your experience. Please remember that flexibility is the key to a successful expedition!

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YOUR SHIP: QUEST

YOUR SHIP:

Quest

VESSEL TYPE:

Expedition

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

M/S Quest was built in Denmark in 1992 to serve as a ferry on Greenland`s west-coast. In 2004/2005 she was redesigned as an expedition ship and has now a career as a small and comfortable expedition vessel. She was extensively renovated in 2018. Quest takes 53 passengers in 26 cabins, all with sea-view and private facilities. The triple cabins on deck 3 have upper and lower berths. All other cabins have two lower berths or a double bed. In your cabin you also find a desk with chair and ample storage space for clothes and equipment. The superior cabins on deck 3 and 4 are spacious and have a separate sitting area and TV/DVD. The Owner`s cabin, next to the Captain`s cabin, on deck 4 has a double bed, two large picture windows, a sitting area and TV/DVD. In the dining room you are treated to delicious meals in between landings and in the panorama lounge you can enjoy a breathtaking view of the surrounding polar landscape. Here you can listen to entertaining lectures on the area`s flora, fauna, history and glaciology. In the lounge you also find a well-stocked bar and a small library. The ship has spacious observation decks where you can enjoy the beautiful vistas and search for seabirds, whales and polar bears. The ship has a European Captain and there is a friendly

and informal atmosphere on board. Travelling with this small expedition ship offers an entirely different experience and perspective than you get on a larger and more conventional cruise ship. It is always possible to share a cabin on board M/S Quest. All cabins have windows and private



facilities.



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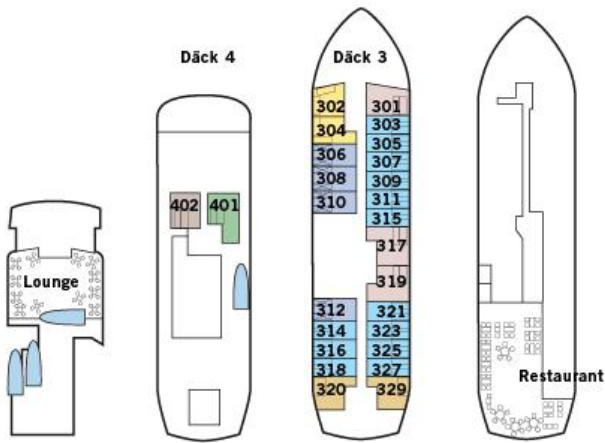
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