Dear adventurer,

Congratulations on booking an extraordinary cruise aboard MS Spitsbergen.

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, historical context, practical information, and inspiring information that will make your voyage even more enjoyable.

This handbook includes information on your chosen destination, as well as other destinations this ship visits during the 2019-2020 sailing season. We hope you will find this information inspiring.

We promise you an amazing adventure!

Welcome aboard for the adventure of a lifetime!

Your Hurtigruten Team

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Norway, officially the ‘Kingdom of Norway,’ is Europe’s most northwestern country. It is a sovereign and unitary monarchy whose territories include 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, which belong to the Caledonian mountain range, characterize the Norwegian landscape. The climate differences create a variation in the vegetation, from the northern European deciduous forests in the south to the Boreal and Fjellbirke forests to the tundra vegetation in the north and on the mountain plateaus (‘fjell’). Approximately 200,000 elk ramble through the Norwegian forests, and most reindeer are half domesticated and belong to the Sámi population, but several thousand wild reindeer still live in the Hardangervidda and the Dovrefjell regions. The wolf was on the verge of extinction, but there are now various projects in place to protect them. 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.

Norway is a unique country that continuously impresses with its enormous contrasts.

CLIMATE The climate shows a high range of variation due to the 1,000 miles from the south to the north and the vast differences in altitude. The North Atlantic drift means the possibility of a vast expense of agriculture, even in North Finnmark at a latitude of 70° North. The height of the Scandes causes the enormous rainfall at the windward side of the mountain range. For example, the city of Bergen is famous for its rain, while 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 – Norway - has a very long, eventful, and colorful history. Settled by nomadic hunter as far back as 6600 B.C., Norway came to prominence during the Viking era (800-1050 B.C.), 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. It is believed that Norway’s Golden Age was the late 13th and early 14th century, when it enjoyed substantial international trade with Britain and Germany. Norway suffered the Black Death (also known as the Great Plague and the Black Plague) in 1349, when many communities were entirely wiped out. This ended Norway’s Golden Age. From 1380 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 traveling. Access to Wi-Fi varies from destination to destination, and coverage changes from place to place.

SHOPPING ASHORE In Norway, sales tax/VAT is included in the retail price. Norway is a great place to shop for traditional Norwegian clothes, and the sweaters are of great quality.

Population The population in 2018 exceeded 5.2 million.
Iceland, where the ground is so hot it ventilates through hot springs, volcanic eruptions, and fiery saga tales.

--- Iceland is the land of ice and fire, with glaciers and volcanoes sitting side by side. Icelandic nature offers stunning landscapes, powerful geysers, and impressive waterfalls.
Remote, mysterious, and extreme, the Svalbard archipelago boasts a fascinating history of polar heroes and the heritage of polar exploration, hunting, and whaling. The wildlife is rich, both at sea and on land: whales, seals, reindeer, Arctic fox, a rich variety of birds, and, of course, the ‘King of the Arctic’ – the polar bear.

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The island of Spitsbergen, the largest island of the Svalbard archipelago, is the crown of Arctic Norway, a land forged by ice and wind, the ocean, and snow, which presents us with a spectacular range of unforgettable adventures. And you can leave your watch in your cabin! North of the Arctic Circle, the day has no beginning and no end. The midnight sun brings out the magical colors of the surrounding landscape. The soft rays of the low-hanging sun bathe the magnificent landscape in a wonderful palette of pink, purple, yellow, and orange.
MEDICAL EMERGENCIES AND MEDICATION In case of a medical emergency outside Longyearbyen, the only means of evacuation is by helicopter to Longyearbyen Hospital. If a condition cannot be treated here, the patient is sent to the Norwegian mainland. This is very expensive and dependent on favorable weather conditions, therefore, comprehensive travel protection/health insurance that also covers medical evacuation is highly recommended.

MOBILE PHONES ASHORE Mobile phones can only be used in the areas around Longyearbyen and Barentsburg. There is no cell phone reception during most of the sailing.

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: the polar bear, the Svalbard reindeer, and the Arctic fox. In the sea, however, there are walrus, ringed seals, bearded seals, Greenlandic seals, hooded seals, white-nose dolphins, narwhals, white whales, and orca whales. There is rich birdlife on the islands, where more than 500 species have been registered. Surprisingly, the flora is very diverse for somewhere this far north.

POPULATION The population of Svalbard is approximately 2,800. Longyearbyen is the largest settlement on the islands and also the seat of the governor. The town has a hospital, primary and secondary schools, a university, an athletic center with a swimming pool, a library, a cultural center, a cinema, bus transportation, 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, including the Russian settlement of Barentsburg. Credit cards are accepted in Longyearbyen as well as on board MS Fram (Visa, American Express, Diners Club, and MasterCard). There is also an ATM in the center of Longyearbyen. In Barentsburg and Pyramiden, only cash in Norwegian Kroner (NOK), USD, or Euro is accepted. We recommend our guests bring cash in NOK for use ashore.

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 stores selling everything from perfume to outdoor and athletic equipment, gifts, and souvenirs. Norwegian Kroner (NOK) is used all over Svalbard, including the Russian settlement of Barentsburg. Credit cards are accepted in Longyearbyen as well as on board MS Fram (Visa, American Express, Diners Club, and MasterCard). There is also an ATM in the center of Longyearbyen. In Barentsburg and Pyramiden, only cash in Norwegian Kroner (NOK), USD, or Euro is accepted. We recommend our guests bring cash in NOK for use ashore.
Situated halfway between Norway and Iceland, to the north of Scotland, the Faroe Islands are an archipelago of 18 small, rocky volcanic islands. Spread over an area of approximately 869 miles in the North Atlantic Ocean, the islands are connected by road tunnels, ferries, causeways, and bridges.

**CLIMATE**

The climate on the Faroe Islands is quite moderate, thanks to the Gulf Stream, with some frost and snow in wintertime, and an average temperature of 12° Celsius (54° Fahrenheit) in the summer, with light, nearly never-ending days. Winters are very wet, but milder when compared with the climate on the Shetlands.

**CURRENCY**

There are two currencies of equal value in the Faroe Islands: the Faroese króna and the Danish krone. While the Faroese government prints its own bills, only Danish coins are used. Most stores, restaurants, gas stations, hotels, and taxis accept credit cards, mainly VISA, but others, such as MasterCard, Eurocard, Maestro, and JCB, are also accepted in large stores, shopping centers, and restaurants. Most places DO NOT accept American Express.

**HISTORY**

It is thought that Irish monks were the first settlers on the islands in the 6th century after spotting an ‘Island of Sheep’ and a ‘Paradise of Birds’. However, this indicates that there were settlers prior to this due to the sighting of sheep. Vikings settled here in the 9th century, before the islands were officially converted to Christianity and joined the Kingdom of Norway in 1035. The islands were under Norway’s rule until 1380, when they became part of the dual Denmark-Norway kingdom. In 1814, the Treaty of Kiel ended this kingdom, and the Faroe Islands remained under the administration of Denmark. However, when Denmark was occupied by Nazi Germany during World War II, the British invaded and occupied the islands until the end of the war. After an independence referendum in 1946, the Faroe Islands received extended self-governance with the signing of the ‘Home Rule Act of the Faroe Islands’ with the Danish Realm. The term ‘Danish Realm’ refers to the relationship between Denmark proper, the Faroe Islands, and Greenland—the three countries which constitute the Kingdom of Denmark.

**LANGUAGE**

The official language of the Faroe Islands is Faroese, which is Germanic and descends from Old Norse. It is similar in grammar to Icelandic and Old Norse, but closer in pronunciation to Norwegian.

**MOBILE PHONES ASHORE**

Using your cell phone with roaming can be very expensive. Please check with your cell phone provider before traveling. Access to Wi-Fi varies from destination to destination and coverage changes from place to place.

**POPULATION**

With the archipelago consisting of 18 mainly rocky, volcanic islands, the population of the Faroe Islands is around 50,000.

**NATURE AND WILDLIFE**

Built up of layers of volcanic basalt, these islands seem to be set at an angle, as the eastern coastline slants into the sea, and the western coastline rises up in towering cliffs. The natural vegetation, dominated by Arctic-alpine plants, wildflowers, grasses, moss, and lichen, creates a setting of wild and untamed beauty. These treeless islands are rich in birdlife attracted to open land, such as the common eider, common starling, and black guillemot. With dramatic towering cliffs providing safe nesting for many birds such as puffins, guillemots, and kittiwakes, these islands are an ornithologist’s dream. Along the abundant coastline, gray seals can be found with several types of whales visiting these waters regularly, such as pilot whales and orcas. As a result of over 1,200 years of isolated breeding, many of the islands’ domestic animals are unique to the area. These include the Faroe pony, Faroe cow, and Faroe sheep, as well as the Faroese goose and duck.
The Orkney Islands are an archipelago spread over an area of 615 miles and located only 20 miles north of the Scottish mainland, and separated from the mainland by the Pentland Firth. Only 20 of the 70 islands are inhabited.

**Climate** The climate on the Orkney Islands is quite moderate, thanks to the Gulf Stream, with some frost and snow in wintertime and an average temperature of 12° Celsius (54° Fahrenheit) in the summer, with light, nearly never-ending days. Wind can occur when you least expect it.

**Currency** The currency on the Orkney Islands is the British pound (£). Credit cards are accepted at most restaurants and stores. Please note that there is no money exchange service on board.

**History** The islands have been settled for at least 5,000 years, with the best evidence being displayed at the two UNESCO World Heritage Sites of Skara Brae. These sites represent Europe’s only near-complete surviving Neolithic settlements, and they’re older than Stonehenge and the Great Pyramids in Egypt. Another impressive site is the 2,500-year-old Ring of Brodgar, a stone setting, like Stonehenge, with a diameter of 341 feet. Vikings settled on the Orkney Islands from the 8th century, with Scottish kings gaining more and more influence beginning in the middle of the 13th century. Their influence peaked with the Treaty of the Orkney and Shetland Islands between the king of Norway and Denmark and the king of Scotland, when the marriage of the king’s daughter, Margaret of Denmark, was arranged to pay the king’s debt to Scotland, making Margaret of Denmark the Queen of Scots.

**Language** From the late 1500s to the early 1700s, most Orkneyians were probably bilingual - speaking both Norn (a now-extinct North Germanic language) and Scots English (an English derivative). Although the grammar and intricacies of Norn are now lost, a huge number of Norn words have survived in the spoken dialect of Orkney - Scots English.

**Mobile Phones Ashore** Using your cell phone with roaming can be very expensive. Please check with your cell phone provider before traveling. Access to Wi-Fi varies from destination to destination and coverage changes from place to place.

**Nature and Wildlife** Old Red Sandstone, mostly of Middle Devonian age, forms nearly the whole surface of the islands. The gradual alteration of these soft stone layers formed fertile soil – a prerequisite for future agriculture on the islands. The islands benefit from soft, hilly agricultural land, but steep cliffs are also a famous feature of the Orkneys. Hoy, at a height of 1,138 feet, is the highest cliff in all of Great Britain. The cliffs are important breeding grounds for many seabirds, such as gulls, cormorants, black guillemots, and puffins. Gray and common seals have their rookeries on the beaches, while whales and dolphins can often be seen quite close to the coastline. Flowers such as the rare Scottish primrose, sea aster, sea thrift, sea-lavender, and bell and common heather create a colorful coastline.

**Population** The Orkney Islands have a population of around 21,000 – with the majority living on the largest island – the mainland. The capital, Kirkwall, is home to around 9,000 people.
––– Consisting of 100 islands, this archipelago is spread over approximately 886 miles and is located 100 miles off the coast of the Scottish mainland.

CLIMATE The climate on the Shetland Islands is, thanks to the Gulf Stream, quite moderate, with less frost and snow in wintertime, and an average temperature of 12° Celsius (54° Fahrenheit) in the summer, with light, nearly never-ending days. Winters are very wet and, in comparison with the climate on the Orkney Islands, the climate is a bit harsher on the Shetlands.

CURRENCY The currency on the Shetland Islands is the pound (£). Credit cards are accepted at most restaurants and shops. Please note that there is no money exchange service on board.

HISTORY The Shetland Islands have a similar history to the Orkney Islands. Picts, and later the Vikings, settled on the islands until the Scottish Kings came into power in the 13th century. A typical building from the Iron Age is the ‘broch,’ a drystone, hollow-walled structure that looks like a round tower. These buildings can only be found in Scotland, with the best preserved being the Broch on the island of Mousa on the Shetland Islands. These buildings are extremely impressive, and their original use is still being discussed and debated by archaeologists. The Shetlands were also part of the Treaty of the Orkney and Shetland Islands between the king of Norway and Denmark and the king of Scotland, when the marriage of the king’s daughter, Margaret of Denmark, was arranged to pay the king’s debt to Scotland, making Margaret of Denmark the Queen of Scots. Norwegian influence is still evident on the islands. The islands played an important role during World War II. The so-called ‘Shetland Bus’ was an undercover mission that took weapons and supplies to Norway from the Shetlands. On their way back, they often took refugees from Norway to the Shetlands to keep them safe from the Germans. Many of the refugees stayed on after the war. The main source of income of the people of the Shetland Islands is similar to the Orkney Islands: fishing and the breeding of cows and sheep.

LANGUAGE Scots (an English derivative) is widely spoken across the Shetland Islands, along with their own distinctive dialect (of which they are very proud).

MOBILE PHONES ASHORE Using your cell phone with roaming can be very expensive.

Please check with your cell phone provider before traveling. Access to Wi-Fi varies from destination to destination and coverage changes from place to place.

NATURE AND WILDLIFE The Shetlands form the northernmost part of the Caledonian mountain range. Very hard sandstone, granite, and gneiss form the surface of the islands, which were formed by glaciers during the last ice age. The wildlife of the Shetland Islands is very similar to the Orkneys, with its steep cliffs also being important breeding grounds for different species of seabirds. But the Shetland islands are also an important place for bird migration in spring and autumn, when thousands of birds rest on the islands during their flights south or north. The islands are a paradise for birders and ornithologists. The Shetland pony and the Shetland sheepdog are special, local breeds that can still be seen all over the islands.

POPULATION The Shetland Islands has a population of around 25,000, around half of which live within 10 miles of Lerwick, Shetland’s capital.
Franz Josef Land has been a nature sanctuary since 1994 and became part of the Russian Arctic National Park in 2012. It consists of 191 islands, which cover an area of over 6,000 square miles. The islands are located between 79°46’ and 81°52’ North and 44°52’ and 62°25’ East, and they are only about 560 miles from the North Pole.

**Climate** The average temperature in September is -2.7° Celsius (27.14° Fahrenheit) on Franz Josef Land.

**Currency** The currency in Russia is Russian ruble. It is always helpful to have some cash in smaller denominations (Ruble, USD, or Euro) when you are travelling.

**Environment** Franz Josef Land is a part of the Russian Arctic National Park. It is prohibited to pick Arctic flowers as the environment is very vulnerable and the flowering season 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 is a member of AECO (Association of Arctic expedition cruise operators) and adheres to its guidelines.

**History** Franz Josef Land was officially first discovered in 1872 by the Austro-Hungarian North Pole Expedition led by Julius von Payer and Karl Weyprecht. They gave the island the name Franz Josef Land to honor Franz Joseph, the Emperor of Austria. The island was probably first seen by Nils Captain Fredrik Rønnebeck and harpooner Johan Petter Aidijärvi in 1865. They worked on a Norwegian sealing vessel called Spidsbergen.

**Language** Russian is the official language in Russia. There are approximately 144 million people who speak Russian and it is the seventh most spoken language in the world.

**Medical Emergencies and Medication** In case of a medical emergency in Franz Josef Land, the only means of evacuation is for the ship to return to Murmansk, or by helicopter to Longyearbyen or Murmansk. This is very expensive and dependent on favorable weather conditions. Therefore, comprehensive travel/health insurance policy that also covers medical evacuation is highly recommended.

**Mobile Phones Ashore** There is no cellular reception during the sailing to Franz Josef Land. The ship uses satellite phones. In case someone needs to reach you in an emergency, please give out the emergency numbers listed in the travel information you received in your other travel information documents. Messages will be passed along to the ship.

**Nature and Wildlife** Part of the Russian Arctic National Park, Franz Josef Land is a nature sanctuary and an archipelago of uninhabited islands that sit in the northeastern part of the Barents Sea. The Arctic wildlife includes polar bears, walrus, and endangered bowhead whales. The steep cliffs are home to numerous seabirds, including rare ivory gulls, dovekies, and guillemots.

**Population** There are no permanent inhabitants on Franz Josef Land. In Murmansk there are approximately 307,000 inhabitants.

**Shopping Ashore** Local specialties include handmade wooden, amber, and silver jewelry; Matryoshka dolls (Russian nesting dolls); khokhroma (Russian wood painting) handicrafts; birch bark handicrafts; bogorodsk wooden toys; and last but not least, Russian chocolate and sweets. The only place we expect you to be able to go shopping is in Murmansk.
FREQUENTLY ASKED QUESTIONS

— Do I have to be in good health to participate in a journey on MS Spitsbergen? It is important that you are in good health as a journey aboard MS Spitsbergen can be long and tiring. Please note that in remote areas there is no immediate access to modern medical facilities. An expedition voyage is not recommended if you have a life-threatening disease or an illness that requires frequent medical care. To be able to participate in landings you must be able to walk on uneven and/or slippery surfaces 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 our guests 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 that must be followed. Your expedition leader will provide the necessary information on how to behave appropriately 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 cruise as comfortable as possible. If you are prone to seasickness, we suggest you bring your preferred medication.

IMPORTANT INFORMATION

ITINERARY CHANGES Some of our itineraries are to areas without any infrastructure, or with very limited infrastructure. This, combined with some of the most extreme (polar) conditions on Earth, and changing wind, weather, and ice conditions, as well as changing seafloor conditions and other things outside of our control, will determine our final itinerary.

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 PROGRAM The daily program is available on the TVs and in public areas. There is a daily program channel for each language (usually English, German, Chinese, and French).

WEATHER CONDITIONS Weather conditions can make landings and cruising in small boats difficult or even impossible. Unforeseen twists often turn out to be the highlight of a trip! Please be open to the unexpected; flexibility is important on our expedition cruises.

NOTE We are also subject to written and unwritten laws, such as assisting vessels or people in need.

ITINERARY CHANGES

SAFETY

DAILY PROGRAM

WEATHER CONDITIONS

NOTE
ALCOHOL POLICY

Guests are respectfully reminded that only beverages purchased from the ship’s restaurants and bars can be consumed on board. Alcoholic beverages purchased from the ship’s stores or stowed in your cabin can only be consumed in your cabin or in your allocated seating area. A beverage may not be consumed in another person’s cabin or seating area. A container of alcoholic beverages brought aboard the ship may only be consumed in your cabin or in your allocated seating area. Alcoholic beverages brought aboard the ship are not available for purchase in the store.

CABINS

Please note that check-in at reception may occur before the cabin is ready for use. You will be informed at check-in when your cabin will be ready for you. You may experience some noise and vibration in some cabins. This varies depending on the location of your cabin. Please note that cabins on deck 6 with guest access to outside areas may sometimes have an obstructed view due to other guests walking by.

CHANGES TO THE ITINERARY AND EXCURSIONS

All routes and excursions are provisional and subject to change – weather, sea, and ice conditions may affect the final itinerary. Excursions may also be subject to minimum/maximum number of participants. The operators reserve the right to change the content of excursions without prior notice.

CHILDREN

There is no age restriction on MS Spitsbergen.

CRUISE CARD

A cruise card will be issued upon your arrival on board as part of the check-in procedure in accordance with ISPS regulations. All our guests are requested to wear this card when disembarking the ship in all ports of call and landings. The card serves as a control system on the gangway, enabling the ship to know which of our guests are on board and ashore at any given time. This card, in addition to being the key card for your cabin, is also your payment card on board. The card is the only means of payment for the onboard facilities. To activate the cruise card account, you must have a Visa, American Express, Diners Card, or MasterCard. Your credit card must be valid for more than 3 months after your stay on board. Our system does not support Maestro Card. Please note that when using your credit card on board the ship, your account will be debited in NOK. The exchange rate will be determined by your credit card company. Your account will be tallied and settled on board, and a receipt brought to your cabin the evening before the cruise ends. Please note that there is no facility for currency withdrawal or currency exchange on board.

CURRENCY

Please note there is no currency exchange service available on board.

DRONES

Please note that the use of guest-operated drones is not permitted during the cruise. This is for general safety as well as the protection of the vulnerable wildlife and other guests’ personal security.

ELECTRICAL OUTLETS

The electrical outlets in your cabin are 220V/50Hz and of the Euro plug type (types C & F). Suites have 110V for shavers. The plugs are continental two-pin plugs. (See: http://www.powerplugs-sockets.com/norway/). Adaptors are available for purchase in the store.

ENVIRONMENT AND GREEN NAVIGATION

Our captains take pride in route planning that minimizes the load on the engines and reduces emissions. All waste is stored on board until it is deposited for treatment ashore. We ask you not to leave any waste behind when you are on a shore excursion. In populated areas, there are containers for depositing waste; please use them. If you find any plastic waste on the beaches we land on, we will gladly help remove it from the ecosystem if you bring it back to the ship. We ask you to respect the saying, “Leave nothing but footprints, take nothing but pictures, and kill nothing but time.”

ENTERTAINMENT

An expedition cruise with Hurtigruten is geared toward maximizing your experience of the places we visit. On days when we are not landing, we encourage you to spend as much time as possible on deck. You are also encouraged to join our educational talks and lectures at different locations on board. A travel experience is often much richer if you have knowledge and understanding about the nature, wildlife, culture, and history of your destination. Our expedition team will make sure you are well prepared for the experiences ahead of you. They will also answer any questions you may have. You will not find bingo, arcade games, and entertainment theaters as found on conventional cruise ships. Our aim is to get you as close to unique environments as possible and allow you to share the experience with your fellow travelers. Occasionally, there may be conventional “in-cabin” entertainment to allow you to enjoy the places we visit. Our aim is to get you as close to unique environments as possible and allow you to share the experience with your fellow travelers. Occasionally, there may
be some musical entertainment on board in the evenings.

EQUIPMENT RENTALS You may borrow a pair of warm rubber boots to wear during the landings and hikes free of charge. You can keep these boots in your cabin during the entire cruise. We also offer walking sticks.

EXPEDITION TEAM The onboard expedition team is comprised of the expedition leader, the assistant expedition leader, and the expedition coordinator, plus several lecturers and experts. Your expedition leader will give you regular updates on the progress of the trip, as well as the different places of interest and wildlife you may see. Biographies of the expedition team can be found on the Information bulletin board located close to the Information desk. You will be able to find information regarding the trip and book optional excursions at the Expedition desk.

FITNESS ROOM AND SAUNA The fitness room is located on deck 7 aft. The sauna is located next to the fitness room. These facilities are available to all guests. Please use your cabin card to enter the fitness room.

FULL BOARD Your cruise includes breakfast, lunch, and dinner. Regular coffee/tea is complimentary throughout the cruise. Other beverages and refreshments during the day are not included, but can be purchased on board in the restaurant, cafeteria, and bar. Sparkling and still water are available during all meals.

GRATUITY POLICY We at Hurtigruten AS have learned that many of our guests wish to give a special thanks to our service crew on board. It is at your discretion whether to honor services rendered by the crew in the bars, restaurant or cabins. To give you some guidelines, we recommend 80 NOK (approx. 9 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 to your cruise account.

HOT TUBS Outside on deck 7 you will find our hot tubs. Bring your swimsuit and enjoy the beautiful scenery we pass by. Swimsuit can also be purchased in the store on deck 5.

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

LANGUAGE The language on board is English. Announcements and written information are also provided in German. To be able to accommodate lectures in a language other than English, we will offer the chance for an ‘in ear’ translation to German.

LAUNDRY A laundry service is available on board at a low cost. No self-service or dry-cleaning is possible.

LECTURES The ship’s experienced lecturers command an in-depth knowledge of the areas in which we sail. Throughout the course of the trip, they will hold lectures on topics such as biology, history, and geology. The lecture schedule will be announced every day in the onboard daily program. Do not hesitate to contact our expedition team with any questions or concerns you might have.

LIFESAVING EQUIPMENT, LIFE PREServers, AND SAFETY ON BOARD The ship complies with all safety requirements and is a modern vessel suitable for sailing in icy waters. Upon arrival on board, all guests will be instructed in safety procedures and the use and location of the safety equipment. There is a safety plan situated on the inside of the cabin door. We stress the importance of becoming acquainted with the ship’s safety plan. Special safety regulations will apply on landings with the small boats. Please follow the instructions given by the expedition leader and crew/staff. Special life jackets for use during landings will be handed out to all guests before the first landing. A mandatory briefing regarding the safety guidelines will also be given.

MAIL You can send your mail by postcard to arrive to its destination in the event of a serious emergency. Personal postcard to arrive to its destination may be relatively long. Hurtigruten AS takes no responsibility for lost mail.

MEDICAL EMERGENCIES AND MEDICATION There is an English-speaking physician and nurse on board at all times. The ship has a small medical facility with the necessary equipment and medication to handle minor emergencies. In the event of a serious emergency, the nearest hospital will be contacted. Medical consultations as well as medicines will be charged to the guest affected. Guests are strongly recommended to have personal travel protection/health insurance. If you depend on any medication, remember to bring sufficient supplies to last through any unforeseen delays. We also recommend that you keep your medication in your carry-on bag, properly labeled and with clear instructions for its use. 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.

MOBILE PHONES Depending on the operator you have a contract with, cell phones will function in some places on shore. Check with your providing company for details. Guests may use their own telephone on board the ship whenever we have a connection, at an International price rate. The price will vary depending on which cellphone opera-
**SEASICKNESS**

Seasickness pills are available for purchase in the reception. If you are prone to seasickness, it is recommended that you bring seasickness pills that you are familiar with. You may also buy seasickness pills on board. If you are prone to seasickness, it is recommended that you bring seasickness pills on board. We recommend you to X-ray/metal detector inspection upon arrival at a port facility or ship. Please keep this in mind when packing your luggage for the cruise.

**SMALL-BOAT LANDINGS**

These sturdy rubber boats enable both water-based exploration and safe landings in otherwise inaccessible areas. You will need to be fairly agile to board these small boats. The crew will show you what to do and, if you follow their instructions, you will have no difficulties. On all landings in small boats, guests are expected to wear proper footwear. Rubber boots can be useful for many landings. You are welcome to bring your own boots, or you can borrow a pair on board free of charge. Landing operations depend on favorable conditions. ISPS regulations also include a bag baggage scan in all ports of call throughout the course of the cruise. If you are prone to seasickness, it is recommended that you bring seasickness pills that you are familiar with. You may also buy seasickness pills on board.

**SMOKING**

On board MS Spitsbergen, smoking is only permitted in designated areas on deck 6 and 8’s starboard side. Do not smoke in your cabin. To show respect for the environment, please use the ashtrays provided when smoking. Throwing cigarette butts overboard is strictly prohibited. A cleaning charge of 1,500 NOK will be applied to the key personnel on board. We do not offer bottled water on board because of our environmental policy against single-use plastic aboard our ships. Water fountains are placed around the vessel where you can refill your water bottle. Filtered water is complimentary at breakfast, lunch, and dinner.

**RESTAURANT SERVICES**

We serve a buffet breakfast and lunch on board. Dinner varies between buffets and set meals. Dinner is announced in the daily program. Our restaurant manager will assign tables prior to arrival. Information about your table number and meal times will be in your cabin upon arrival. Please provide information regarding special requests for seating arrangements to the sales office or your travel agent. If you have any dietary requests but cannot guarantee to do so. Please be careful when walking on board the ship while at sea, especially when venturing out on deck. Please take note of warning signs for wet and slippery decks. Be aware that the doors on the outer decks on 5, 7, and 8 are potentially dangerous 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 (not to door frames!) to avoid injury.

**WEATHER CONDITIONS**

The planned itinerary may change and landings may be cancelled due to changeable weather conditions. Hurtigruten AS reserves the right to change the itinerary due to weather conditions and other unforeseen events.

**Welcome Meeting**

Upon arrival on board, there will be a mandatory guest safety drill before departure. There will also be a welcome meeting where security information will be given, as well as practical information about the cruise. Guests will have the opportunity to meet some of the crew and be introduced to the key personnel on board.

**Wheelchair Access**

The ship is suitable for wheelchairs. Those in need of special assistance must travel with a companion. Please note that the ship’s gangway must be used to embark/disembark with wheelchairs.
HOTEL The standard of the hotels we use is equivalent to 4-stars, centrally located, and 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 the overnight hotel stay includes breakfast, if not stated differently on your confirmation.

INCLUDED FLIGHT FROM OSLO-LONGYEARBYEN The flights between Oslo and Longyearbyen and vice versa are operated by Scandinavian Airlines or Enter Air evening, and arrive in Oslo early in the morning upon return from Longyearbyen. Only coach class is available on these flights, no upgrades to higher air travel classes of service is possible. You can travel with checked baggage with a maximum weight of 50 lbs, and bring one carry-on bag on board with a maximum weight of 17 lbs. Please note that this baggage allowance may differ from 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. 15-17 lbs (dimensions and weight depend on the respective airline) on board. Your baggage allowance is set to one piece (50 lbs), 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.

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 and your flight 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.

VACCINATIONS Check with your general practitioner regarding the recommended vaccinations for your journey.

PASSPORT AND VISA REQUIREMENTS Please take a few minutes to familiarize 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 whenever necessary. A passport is the only valid identification for all our cruises on board MS Spitsbergen. ID cards are not accepted. Your passport needs to be valid for more than six months after you return to your home country. Passports will be collected by the crew on board the vessel at check-in, in order to clear Immigration and Customs. Passports will be kept throughout the cruise and returned at the end of the trip. Please bring a photocopy of your passport with you. It is guests’ responsibility to identify and obtain the necessary visas before commencing their cruise. Depending on your nationality, many countries still require an entry visa. 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 visa or other documentation.

SCHEDULED FLIGHTS The airfares offered are special package tour fares that cannot be altered or cancelled without charge. All flight package prices are based on coach class; if coach class is not available, a supplement may apply. In coach 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 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.
The dress code aboard the ship is informal, relaxed, and casual. You are not expected to dress formally at dinner. 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 packing list.

If you 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 TO PACK...**

- Warm jacket
- Wind- and water-resistant pants and thermal underwear (top and bottoms)
- Warm hat or headband
- Swimwear
- Scarf or scarf tube
- Warm wool sweater
- Sunglasses with UV-filter lenses
- Warm gloves and/or mittens
- Warm socks
- Extra batteries for your camera
- Shoes with good grip/traction are recommended for outdoor use
- Shoes to wear on board
- Memory card for your camera
- Extra shoelaces
- A pair of good binoculars
- A small waterproof backpack
- Your passport, and an additional copy of your passport
- Sunscreen (SPF 30+)
- Sunglasses with UV-filter
- Lip balm with UV protection
- Money in the appropriate currency (Our ships also accept several credit cards)
- Sufficient medication to last through any unforeseen delays

Please note that you may borrow a pair of warm rubber boots to wear during the landings and hikes free of charge, and you will receive a light wind- and waterproof jacket that is yours 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.

The role of the expedition team is to interpret observations of wildlife and landscapes; point out things of interest; and give educational lectures on topics such as biology, geology, and history; in addition to being your hosts with the rest of the crew aboard MS Spitsbergen.
LANDINGS IN SMALL BOATS

The crew will show you how to get in and out of the small boats safely. Follow their instructions. After one or two times it will become second nature!

Success depends on the correct handling and proper use of the small motor-driven boats. They 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 TO THE FOLLOWING GUIDELINES

1. The boat drivers are responsible for the boats and their landings. You must always follow their instructions.
2. All travelers must always wear appropriate life jackets, regardless of the weather and sea conditions.
3. Always keep both hands free when embarking and disembarking the small boat. Give your carry-on bag to the helper for he or she 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.
4. Please limit your personal equipment on board the small boats. Small backpacks and belt bags are ideal for transporting cameras and binoculars, and for carrying additional rain protection. Backpacks can be purchased in the onboard store.
5. Always wait for instructions from the driver before embarking or disembarking. Use waterproof bags to protect your binoculars and camera(s). You should also wear waterproof clothing to protect against water spray. The small boats are equipped with a fire extinguisher, chart plotter, extra fuel, communications equipment, and a 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: March 2019.
MS SPITSBERGEN

MS Spitsbergen’s size and agility bring its guests close to nature and cultural wonders on expeditions enhanced by our onboard lecture and science programs. MS Spitsbergen is the true specialist in Arctic waters and the circumnavigation of Svalbard, and is the ideal ship to help you maximize your Arctic experience. MS Spitsbergen’s interior is characterized by a modern and fresh Scandinavian design, with visions that reflect the palettes of the era.

SERVICE SPEED: 17.1 knots
ICE CLASS: 1C
YEAR BUILT: 2010, refurbished 2016
GROSS TONNAGE: 1244
CABINS: 100
OVERALL LENGTH: 130 ft
BEAM: 57 ft
ICE CLASS: 1C

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Cabin MX-632 and YA-614 are accessible to guests with limited mobility. These cabins may also be available for general booking.

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<tr>
<th>CATEGORIES</th>
<th>SIZE</th>
<th>DESCRIPTION</th>
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<tbody>
<tr>
<td>MX</td>
<td>356 sq ft</td>
<td>One room, with reading area, queen bed, mini-bar, kettle, streets, private balcony.</td>
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<tr>
<td>MG</td>
<td>300 sq ft</td>
<td>One room, with reading area, queen bed, mini-bar, kettle, balcony.</td>
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<tr>
<td>O2</td>
<td>178-242 sq ft</td>
<td>Cabin Q2-433 with queen bed. Cabin Q3-438 with an extra sofa bed to accommodate three guests. Cabin Q4-402 with one extra sofa bed and one extra upper berth to accommodate four guests. Kettle.</td>
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<tr>
<td>YA</td>
<td>193 sq ft</td>
<td>Queen bed, kettle. Accessible to guests with limited mobility. Limited view.</td>
</tr>
<tr>
<td>UD2</td>
<td>120-144 sq ft</td>
<td>Queen bed, table, kettle.</td>
</tr>
<tr>
<td>PD2</td>
<td>154 sq ft</td>
<td>Queen bed. Partly obstructed view.</td>
</tr>
<tr>
<td>UK1</td>
<td>151-156 sq ft</td>
<td>Queen bed, small balcony. Limited view.</td>
</tr>
<tr>
<td>J3D1</td>
<td>145-148 sq ft</td>
<td>Queen bed.</td>
</tr>
<tr>
<td>N2D4</td>
<td>140 sq ft</td>
<td>Two lower twin beds and one upper berth.</td>
</tr>
<tr>
<td>A4D3</td>
<td>105-106 sq ft</td>
<td>Two lower twin beds and one upper berth.</td>
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<tr>
<td>J5D2</td>
<td>125 sq ft</td>
<td>Queen bed, 5D cabin with two lower twin beds and one upper berth. Limited view.</td>
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<tr>
<td>A1J4</td>
<td>95 sq ft</td>
<td>Upper and lower berths. Limited view.</td>
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<tr>
<td>K2D2</td>
<td>107-115 sq ft</td>
<td>Queen bed, K2D2 cabin with a lower berth and one upper berth.</td>
</tr>
<tr>
<td>L2D2</td>
<td>104-110 sq ft</td>
<td>Queen bed, L2D2 cabin with two lower twin beds and one upper berth.</td>
</tr>
</tbody>
</table>

Cabin K4-635 and YA-614 are accessible to guests with limited mobility. These cabins may also be available for general booking.
Hurtigruten AS: P.O. Box 6144, N-9291 Tromsø
Booking: us.explorer@hurtigruten.com

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