



Your expedition cruise in ICELAND

Dear guest

Thank you for choosing to travel with us. We are as excited as you are about your expedition to Iceland - the island of fire and ice. Exploring this geological marvel is an adventure like no other.

In this document, you will find important information about things you need to do before you go, what we recommend you pack, the experience when on board, and what to expect with wildlife and landings.

Clicking on the underlined links in the document will take you to our website, where you can find further details. Please make sure that you have an internet connection to do this.

You will receive one more mail from us approximately 2-4 weeks before your departure. This will contain your tickets for your itinerary and flights.

We very much look forward to welcoming you on board. Please feel free to contact us if you have any questions:

Reservations: +1 (866) 552-0371

Email: us.expeditions@hurtigruten.com

Web: hurtigruten.com/expeditions/

Kind regards
Your Hurtigruten team

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Frequently asked questions »

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BEFORE YOU GO

There are a few mandatory steps to complete before your expedition cruise in Iceland.

- 1 Fill in and return the Ship Manifest Information Form to Hurtigruten**
- 2 Check your passport**
Please ensure your passport has a minimum of 6 months remaining validity at the end of your cruise.*
- 3 Entry requirements (visa)**
Please make sure that you have the correct visa travel document that is required at the time of your expedition.
- 4 Check your travel insurance**
A comprehensive travel/health insurance policy that also covers medical evacuation is recommended.

For your convenience, we have gathered all required forms and important information about entry requirements on one web page.

[Entry requirements »](#)

Weather and packing

Definitely check the weather forecast at your destination before you leave to ensure you pack the appropriate clothes. Make sure to pack clothes suitable for the weather you're returning home to, as well.



Help protect the pristine Arctic Environment from the threat of non-native species and follow the [AECO biosecurity guidelines »](#) before packing.

We recommend you pack:

- Clothes for both warmer and cooler days
- Insect repellent
- Polarized sunglasses and sunscreen
- A camera (in a waterproof bag)
- A memory card with a large capacity
- Wind- and water-resistant pants
- A warm hat that covers your ears, and a scarf
- Worn-in walking boots to use outdoors
- Lip balm with UV protection
- Swimsuit to use in our on-deck pool and hot tubs
- A pair of casual shoes for onboard use

[What to bring on your trip to Iceland »](#)

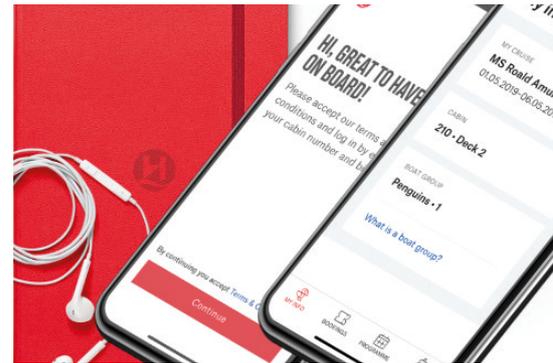
You will receive a complimentary Helly Hansen expedition jacket and a re-usable aluminum water bottle.



You can borrow boots, trekking poles, and all equipment needed for activities free of charge.

*In addition, passport validity must be in accordance with national requirements in the country/countries you are traveling to.

PRACTICAL INFORMATION



Hurtigruten App

is your digital travel companion on our expedition ships.

Everything you need to know about your cruise, including your bookings, daily programme, restaurants and services on board, essential information about available excursions is at hand at any time.

It will be possible to log in once you are on board with your date of birth and your cabin number.

[Download the app »](#)

Your adventure is safe with us



Wish to be more prepared?

From laundry and onboard Wi-Fi to prohibited items not allowed on board - here's everything you need to know before your expedition with us.

[Practical information »](#)

Hurtigruten ships have been a fixture on the Norwegian coast since 1893. Today, our ships sail to the Arctic and Antarctica, and many destinations in between. On each ship you will find modern facilities carefully blended with true character.

[Discover our fleet »](#)

We care deeply about your safety, health and wellbeing. This is as true now as it has always been ever since we first began sailing in 1893, perhaps even more so. We've introduced several new procedures throughout all our ships, designed to keep you safe.

[Our safety policy »](#)

YOUR HAVEN TO THE HORIZON

Your expedition ship is your home away from home; casual, comfortable, and complete with everything you need for your adventure and more.

If you pictured an expedition as being on a rusty old frigate with faded décor, prepare to have your expectations blown away. From the get-go, you'll see that life on the ship is relaxed and the atmosphere calm and informal. Each public area of the ship has been designed with your viewing pleasure in mind. As you set foot on exotic shores together, you'll naturally grow closer with your fellow explorers. Enjoy swapping stories in the various seating areas dotted around the ship which usually have great views.



© AGURTXANE CONCELLON

LOVING LOCAL FOOD

Prepare your tastebuds for mouth-watering meals on board.

These will often be inspired by the region's unique flavours and cooking styles. Then add in Signature Seafood Evenings and tastings that really showcase specialties of the local cuisine. Wherever possible, ingredients are sourced at local businesses in the ports we visit, reducing food miles and supporting coastal communities.

You'll also be spoilt for choice with sophisticated plant-based menus of gorgeous 'green' food, potentially healthier for you and for the planet too.



© ANDREAS KALVIG ANDERSON

YOUR ACTIVE ADVENTURE



Landings

Our small boats (RIBs) give us the flexibility to reach corners of Iceland that are off the beaten track. Explore small settlements and villages and meet the local communities that call them home. Our Expedition Team members will be on hand to help you make the most of each landing.

Hiking*

Hiking is one of the best ways to explore Iceland's rugged beauty. Our Expedition Team arranges optional and included guided walks, although most towns we visit have walking trails that you can take on your own. Take in fascinating rock formations, black-sand beaches, moss-covered lava fields, and waterfalls.

Lectures and talks

Your expert Expedition Team will deliver lectures on a range of topics,

such as the geology, marine biology, history, and ornithology. You'll also learn about Iceland's history, culture, and folklore. Lectures can take place in the ship's Science Center, on deck, or ashore during a landing.

Science Center »

During your expedition, you'll have access to the ship's Science Center, which contains information on the landscapes and ecosystems you'll encounter in Iceland. You can also participate in various Citizen Science projects, such as documenting wildlife and sending these findings to research institutes around the world to help augment their studies.

Kayaking*

Breathe in crisp, fresh air as you admire Iceland's scenery from the water. Kayaking is a great way to

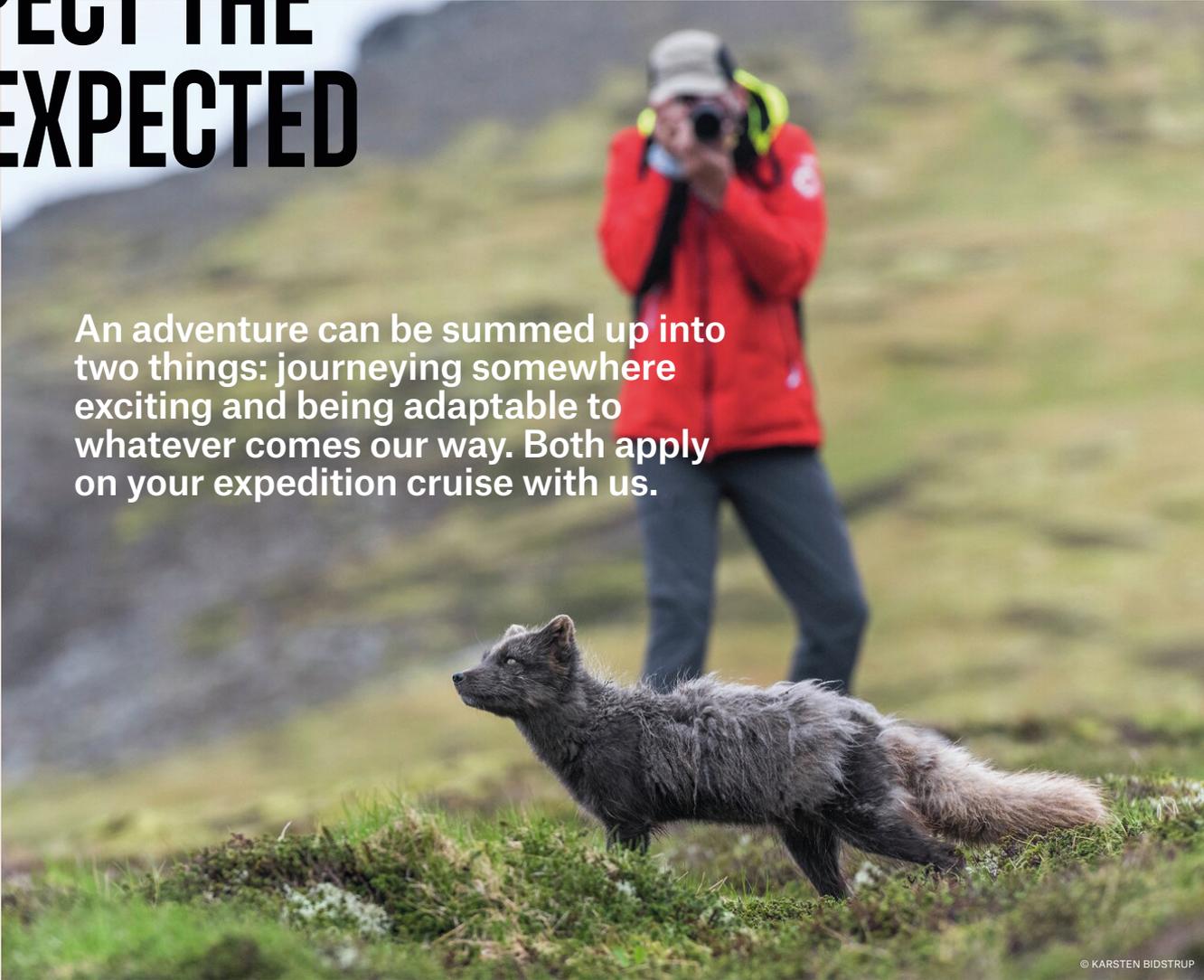
discover hidden gems that you can't reach otherwise. Paddle in the calm waters of sheltered fjords flanked by soaring mountains. Enjoy the feeling of gliding through its waters in serene silence, admiring coastal scenery.

Experts in exploration

Your Expedition Team are your passionate and knowledgeable hosts. They'll ensure you enjoy exciting and informative experiences safely and sustainably. Experts in their fields and adventurers in their own right, they deliver engaging lectures and talks, organise a variety of onboard activities, accompany you on landings, and take the lead on handpicked hikes.

[The Expedition Team »](#)

EXPECT THE UNEXPECTED



An adventure can be summed up into two things: journeying somewhere exciting and being adaptable to whatever comes our way. Both apply on your expedition cruise with us.

When you embark on an expedition with us, you'll be travelling to some of the most remote and pristine places on our planet. It's an adventure to beautiful coastal areas where nature is at its most raw, wildlife roam free, and where the elements rule. And we wouldn't have it any other way.

Open exploration

Itineraries on our expedition cruises are therefore not completely set in stone. This gives us the flexibility of responding to challenging elements and to grasp new opportunities for exploration as they arise. Whether wind or waves block our way or we see whales we want to observe for a while, the option to divert from our

course is an essential and exciting aspect of expedition cruises.

Our plans may sometimes need to be altered slightly or even changed completely, bringing us to places and surprises not originally on our route, but which will still be just as impressive. Certain days on several of our itineraries even have multiple possible sites we can visit. You can trust the ship Captain together with the Expedition Team to pick the best option, based on the conditions on the day.

It is this unpredictability and adaptability that are at the core of any expedition, and what makes it an adventure so different from

a standard cruise. Embark on a journey with us; a journey where you'll embrace pure adventure, become real explorers, and expect the unexpected. Together, we'll create unique and unforgettable experiences, working with nature, never against it.

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EXPLORE ICELAND

Discover some of the highlights and possible sites you might see on your expedition cruise in Iceland.*



Reykjavík

The northernmost capital in the world is packed full of art, culture, and history—and also the perfect size for a walking tour. You'll be just hours away from geysers, glaciers, hot springs, and waterfalls.



Heimaey

This island's intriguing history includes murder, revenge, pirates and powerful volcanic eruptions. It is also home to around 8 million puffins every summer.



Stykkishólmur

Most people come here as a gateway to see the fantastic Snæfellsnes Peninsula National Park, but there's beauty and fascination to be found in this small fishing town as well.



Húsavík

Widely considered Iceland's whale capital, the waters here regularly enjoy visits from humpback, minke, whitebeaked dolphin, harbour porpoise, and even the elusive blue whale.



Bakkagerði

Located in an area that's great for bird watching, including adorable puffins, this tiny hamlet offers peace, quiet, lovely views, and according to folklore, elves.

[Discover Iceland »](#)

Did you know?

Until **1989**, beer was banned in Iceland. Every March 1, the country celebrates "Beer Day", commemorating the end of a 74-year beer ban.

Iceland is one of only **two** places in the world where you can see two of the earth's tectonic plates meeting above the earth's surface.

Zero is the amount of mosquitoes in Iceland. Unfortunately, Iceland does still have biting midges (sand flies).

Zero is the amount of McDonald's restaurants in Iceland. Reykjavík is the only capital city in Western Europe without a McDonald's.

Roughly **10%** of the country's population will publish a book in their lifetimes, according to the BBC.

*Please check your itinerary for all stops and highlights, as they vary for our different expeditions.

DISCOVER WILDLIFE



Iceland's long summer days, mineral-rich waters and fertile coastal cliffs attract a wonderful mix of sea mammals and birdlife, all waiting to be encountered.

© SHUTTERSTOCK

Wildlife in the land of ice and fire

Iceland's incredible scenery steals all the headlines, and rightly so—but it wouldn't be the same without the sights and sounds of the wildlife that call it home. Marine mammals and birdlife in Iceland defy this unforgiving landscape where volcanoes and glaciers hold sway. Discover the wildlife that thrives in the land of fire and ice.

Birds

Roughly 413 bird species have been spotted in Iceland, with approximately 110 of them nesting here regularly. That's not bad for a remote island with a subpolar climate! While those numbers are noteworthy, it's the sheer number of birds that make Iceland such a bird lover's paradise. Species that are rare elsewhere can

be abundant here. Iceland is home to species such as Northern Gannets, guillemots, Black-legged Kittiwakes, Common Eider, and millions of Atlantic Puffins and razorbills in the summer months.

Whales

From May to August, Iceland's waters harbor whales that migrate here to feed and breed during the warmer months. Around 23 whale species have been spotted here, including humpback, minke, and even the elusive blue whale. Whale watching in Iceland is rewarding, given the prospect of seeing humpbacks' water-surface acrobatics like lobtailing and flipper-slapping.

Seals

Seals frequently feature in Icelandic folklore and music. It's easy to see

why. One look at those big, brown, beautiful eyes will transfix you. Although four species make the occasional visit, harbor seals and gray seals are the only ones that produce their young in Icelandic waters. If you're lucky, you might spot them loafing on a beach or frolicking in the sea.

Remember that these are natural habitats, so we cannot guarantee sightings of certain animals during your trip. Mother Nature will do as she pleases, and no sightings can be set in stone.

Wildlife in Iceland »

SUSTAINABILITY

Exploring our blue planet for more than a century has taught us the importance of being green.

Over decades, our Captains and crew, Expedition Teams and returning guests have witnessed the impact of climate change on vulnerable polar areas with their own eyes. We want the Arctic, Antarctica, and everywhere in between to remain places of pristine nature, pure water and clean air.

Sustainability is therefore at the heart of who we are and what we do. From the beautiful natural world to remote communities, we want to ensure our expedition cruises protect them both. In line with the UN's Sustainable Development Goals, we're able to offer you greener and more sustainable expedition cruises on and for the planet.

Want to know more?

Visit [our sustainability web page](#) »



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HURTIGRUTEN FOUNDATION

**Collaborating for change:
Creating a footprint we can be proud of.**

Hurtigruten Foundation is a platform for taking a stance and volunteering in worthwhile causes – together. Working closely with guests, partners and organizations, Hurtigruten believes we make a genuine difference, by minimizing our operational impact and maximizing the positive contribution we make to local communities. Since the Hurtigruten Foundation was established at the end of 2015, a total of 3,200 000 NOK has been donated to date for 34 projects in eight countries.

Hurtigruten Foundation is funded by direct donations and several onboard initiatives, including auctions, fund-raisers, and primarily the "Green stay" programme, where a donation is made for every day you ask us not to clean your cabin, thereby saving energy, detergents and water. We invite you to join us and leave a footprint we can be proud of!

Visit [the Hurtigruten Foundation web page](#) »

