

Your expedition cruise in

NORTH AMERICA



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Dear guest

Thank you for choosing to travel with us. We are as excited as you are about your expedition to North America. This will be a grand adventure to this striking continent, featuring gorgeous scenery, wildlife, and local culture and history.

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 North America.

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.

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

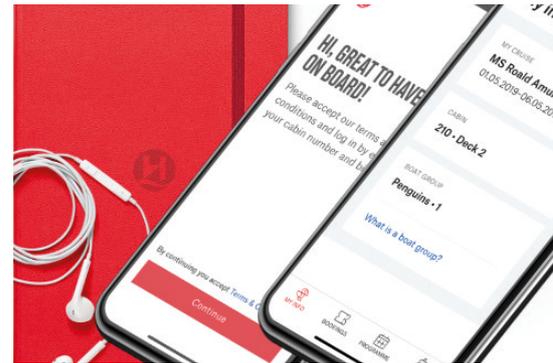
[What to bring on your trip »](#)

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.

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.



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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



Nature walks and community visits

Each expedition cruise has a range of interesting places and communities to visit. Highlights will certainly be exploring the national parks.

[Science Center »](#)

During your expedition, you'll have access to the ship's Science Center with information on the landscapes and ecosystems you'll encounter in North America. You can also participate in various Citizen Science projects by documenting wildlife and sending your observations to research institutes.

Lectures and talks

You'll be sailing with a knowledgeable Expedition Team, who are

experts in a variety of fields. They give fascinating lectures on relevant topics that include history, geology, and wildlife biology. They may also give informal talks and offer impromptu guiding on deck or ashore.

Hiking*

Local guides run guided hikes to sites of interest and viewpoints, based on different activity levels. Prepare to be dwarfed by the giant redwoods in Redwood National Park. Choose from guided or unguided hiking trails in Acadia National Park, which take you past wildflowers, and through meadows and towering forests.

Food and wine tasting*

Food and wine experiences abound in the coastal towns and cities we visit. Eating on the West Coast means fresh seafood and juicy lobster. There are numerous wineries along the West Coast.

Kayaking*

The views aren't the only great things about kayaking—if you're really lucky, playful dolphins or gentle whales will surface next to you when you least expect it.

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.

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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

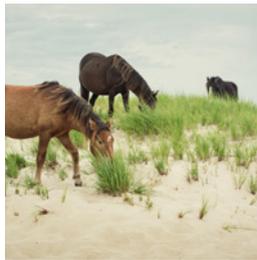
a standard cruise. Embark on a journey with us; a journey where you'll embrace pure adventure, become real explorers, and expect the unexpected. Together, we'll create unique and unforgettable experiences, working with nature, never against it.

EXPLORE NORTH AMERICA

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



Redwood National Park
Surround yourself with nature's skyscrapers in this International Biosphere Reserve, where some trees are over 1,500 years old and reach more than 328 feet above ground.



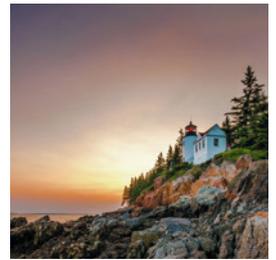
Sable Island
More than 500 wild horses, descended from the ones originally released here in the late 18th century, roam this long crescent-shaped island, which is a National Park Reserve.



Olympic National Park
Both an International Biosphere Reserve and World Heritage Site, this park comprises three distinct ecosystems: the Pacific coast, a temperate forest and a sub-alpine forest.



Cape Cod
The laidback culture and artistic vibe, along with the sandy beaches, great restaurants, art galleries and progressive atmosphere have made Provincetown a popular destination.



Acadia
Bar Harbor is your gateway to Acadia National Park and has some of the finest seafood restaurants in New England.

[The highlights »](#)

Did you know?

About **10,000** years ago, North America was first populated when people moved across the Bering Sea from Siberia to Alaska.

North America hosts **965** of the 5,416 known and named species of mammals in the world.

Monarch butterflies fly **2,485** miles across North America, from Mexico to Canada and back every year.

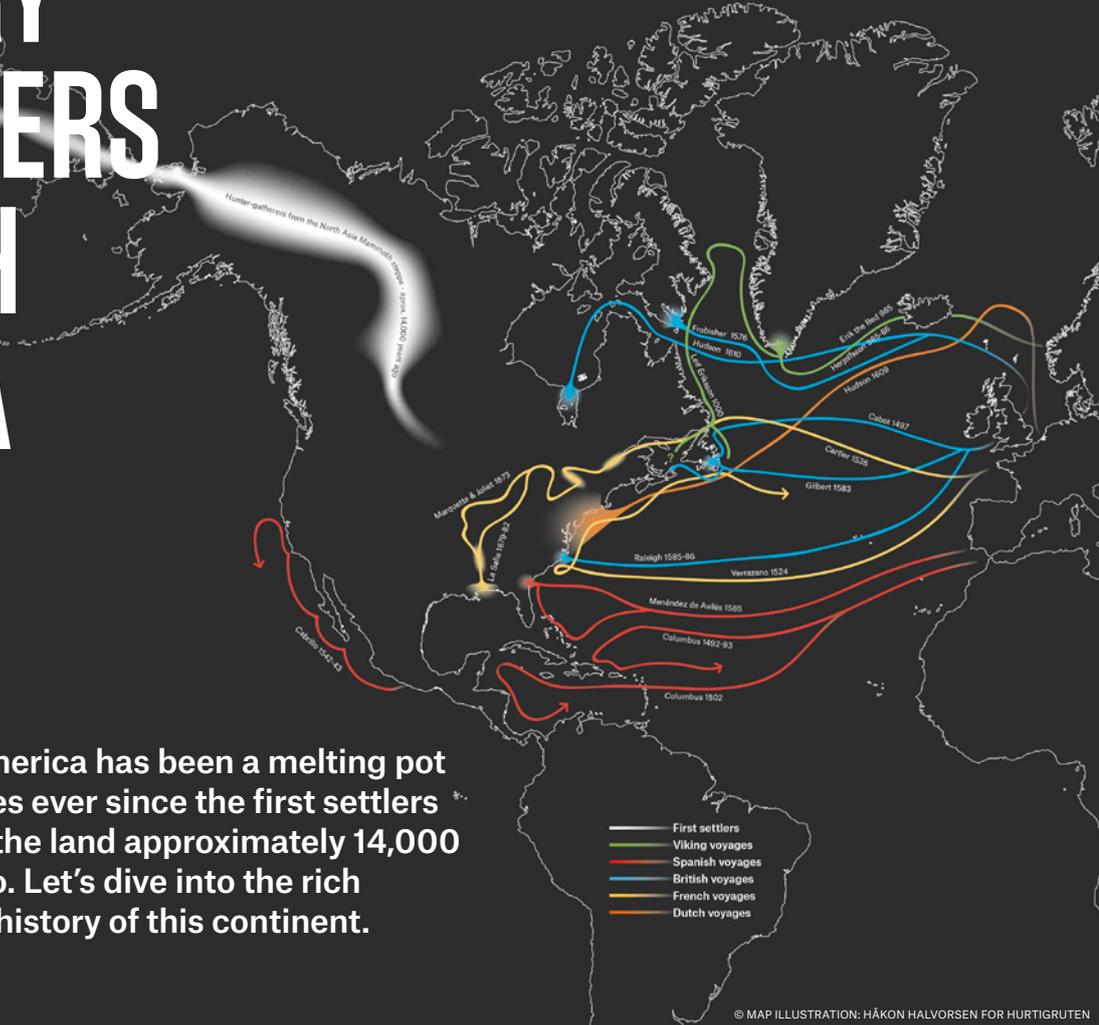
Of the 23 countries in North America, **zero** are landlocked.

At **5,525** miles long, Canada and the United States have the longest land border in the world.

A HISTORY OF SETTLERS IN NORTH AMERICA

DISCOVER with us

North America has been a melting pot of cultures ever since the first settlers came to the land approximately 14,000 years ago. Let's dive into the rich explorer history of this continent.



The Age of Discovery

North American exploration history dates back more than a millennium and involves people from all over the world. The non-indigenous people, originally European settlers, came to the continent to map out and explore the vast land and advance their economic interests. As with most exploring, seeking profit was one of the main motivators.

But the very first people to ever settle on American land weren't from Europe. It's widely accepted that the first settlers were hunter-gatherers that came to North America from the North Asia Mammuth steppe via the Bering land bridge between north-eastern Siberia and western Alaska during the Last Glacial Maximum. These settlers spread throughout both North and South America approximately 14,000 years ago.

A lot has happened since then, to say the least. The timeline for the Age of Discovery presumably starts with the Vikings. Several timelines assume that Scandinavian Vikings discovered the continent during their maritime explorations of the late 10th century, which later resulted in the Norse colonisation of Greenland and of L'Anse aux Meadows in Newfoundland. This puts the Vikings in America around 500 years before Columbus. But their voyages did not become widespread knowledge, so the continent was still open for a historic discovery.

The Age of Exploration

You can't talk about the explorer history of North America without mentioning Christopher Columbus. Traditionally speaking, the Age of Exploration starts with Columbus reaching the American continent in 1492. When Amerigo Vespucci

realised that this was a new continent in 1501, numerous ships from Europe were sent there to explore, conquer, and permanently settle in America.

The Age of Exploration typically refers to the time between the 1500s and the 1800s. During this period of time, major colonisation programs were launched in the Americas by several European empires, including Spain, France, Portugal, the Netherlands and Britain. While cruising with us, you'll get the chance to actually sail the famous routes that these brave explorers sailed all those years ago. Join us on an adventure into the "Land of the Free"!

DISCOVER WILDLIFE



Most of North America's wildlife is concentrated and protected in various, sizeable national parks. Each is home to rare and iconic animals.

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North America's wild side

Wildlife flourishes across varied landscapes on both the East and West Coasts of North America. Birds and animals thrive in temperate and subalpine forests, as well as coastal, Arctic, and even urban environments. The wildlife is as diverse as the habitats, ranging from adorable puffins to caribou, black bears to sea lions and mighty whales.

Birds

Avid birdwatchers can ooh and ahh at a wide range of birds on both the East and West Coasts of North America. On the West Coast, spot seabirds and sea ducks like the Tufted Puffin and the Harlequin Duck, or the iconic Brown Pelican in California. Just as many abound

on the East Coast, such as Northern Gannets and sandpipers.

Whales

One of the benefits of cruising the Pacific and Atlantic coasts is that wildlife is never too hard to find. When you least expect it, marine life might surface near the ship. Gray and humpback whales roam the waters beneath you. There are also occasional sightings of the mighty blue whale—the largest animal on the planet.

Black bears

Black bears are the smallest and most common bear found in North America. Scattered across the region, black bears live in forests, preferring wooded areas and swamps.

Black bears are omnivores, meaning they eat both plants and animals. If you are visiting one of the great northern national parks, you might spot a black bear or two roaming the woods for berries.

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

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](#) »

