



Itinerary

15 Day Arctic Island Odyssey – Svalbard, Greenland And Iceland

***IMPORTANT NOTE:** Any extra nights, optional tours or other amendments, will not be visible on this itinerary.

Day 1: Oslo ~ Longyearbyen

Your adventure begins with a flight from Oslo to Longyearbyen, the northernmost town in the world and your gateway to the High Arctic. Nestled on the edge of the wilderness, Longyearbyen is a colourful frontier town where snowmobiles outnumber people and rugged peaks frame the horizon.

Take some time to explore this fascinating outpost, where Arctic charm meets modern resilience. Wander the small streets, visit local galleries and shops, or simply soak in the crisp polar air before settling in for a relaxing evening at your leisure.

MEALS: Dinner

OVERNIGHT: 4 Star Hotel, Longyearbyen

Day 2: Longyearbyen

After breakfast, enjoy more time to explore Longyearbyen, a town unlike any other. Stroll through its colourful streets surrounded by dramatic Arctic scenery, and you may even spot a Svalbard reindeer wandering by—wild, yet calm and curious. The compact town is easily walkable, offering plenty of charm and photo opportunities.

Later in the day, take part in an included excursion that gives you a deeper insight into this polar bear-inspired region and the unique lifestyle of those who live at the top of the world. In the afternoon, you'll board the MS Fram and continue your Arctic adventure surrounded by icy landscapes and endless sky.

MEALS: Breakfast, Dinner

OVERNIGHT: MS Fram

Day 3: Peaceful Ny-Ålesund

settlements in the world, located at the mouth of the stunning Kongsfjord. Once a thriving coal mining town, Ny-Ålesund now serves as a vital international research hub, dedicated to climate and environmental science.

As you explore the area, you'll see traces of its fascinating past—from early mining activity to its link with legendary explorer Roald Amundsen and the airship *Norge*. You'll also find modern research stations,

including China's Yellow River facility.

In this remote and peaceful place, you'll enjoy a rare opportunity to unplug completely—Wi-Fi and Bluetooth are switched off due to the nearby geodetic station, allowing for a day of true digital detox amid the serenity of the Arctic.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: MS Fram

Days 4-5: At Sea

As we sail across the Greenland Sea towards the world's largest island, take this day to relax and settle into the rhythm of life at sea. It's the perfect time to explore the ship's comfortable facilities, unwind with a hot drink, or simply enjoy the ever-changing views from the deck.

Throughout the day, the Expedition Team will host informative talks about the incredible places ahead, including East Greenland National Park and the majestic fjords of Scoresby Sund. You'll also learn how to respectfully visit wildlife habitats and Indigenous Arctic communities during your journey.

Stay active with a visit to the gym, soak in a hot tub, or enjoy a peaceful moment in the sauna. For curious minds, take part in one of our Citizen Science projects and contribute to meaningful global research from the middle of the ocean.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: MS Fram

Day 6-13: Northeast Greenland

For the next eight days, we immerse ourselves in the wild beauty of Greenland's remote east coast. Stretching more than 1,700 miles, this icy, untouched region is shaped by the powerful East Greenland Current, bringing sea ice directly from the Arctic Ocean. While inhospitable to most human life, this isolation creates the perfect environment for Arctic wildlife, including seals and polar bears.

Our planned route begins with the spectacular Scoresby Sund, the world's largest fjord system. Here, icebergs drift silently through glassy waters flanked by towering mountains. Weather and ice conditions permitting, we'll also visit the remote community of Ittoqqortoormiit – one of the most isolated settlements on Earth.

If sea ice allows, we'll venture further north to explore the breathtaking Northeast Greenland National Park. Covering over 375,000 square miles, this is the world's largest and least visited national park—a truly pristine Arctic wilderness where nature reigns supreme.

Each day, the Captain and Expedition Team will determine the best possible landing sites and activities based on conditions. Whether it's a nature walk, kayak paddle, small boat cruise or a memorable wildlife encounter, every moment will bring us closer to the heart of the Arctic.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: MS Fram

Day 14: Denmark Strait

After days of unforgettable exploration along Greenland's remote east coast, we set our course back toward Iceland. This is your time to unwind at sea—share stories with fellow travellers, join engaging lectures, or spend a quiet moment in the Science Center reflecting on all you've experienced.

Keep watch from the deck for seabirds soaring alongside the ship or the possibility of spotting whales in the deep waters. As you reflect on the towering icebergs, serene fjords, and rare glimpses of Arctic wildlife, the untouched beauty of East Greenland will surely remain with you long after the journey ends.

MEALS: Breakfast, Lunch, Dinner

p>**OVERNIGHT:** MS Fram

Day 15: Reykjavík

This morning, we say farewell to MS Fram as our expedition cruise comes to an end in the charming city of Reykjavík. Iceland's capital is a vibrant blend of culture and nature, with fascinating museums, cosy cafés, art galleries, and soothing geothermal pools waiting to be explored.

If you're not quite ready to head home, why not extend your adventure with an optional Post-Programme or spend a little more time enjoying Reykjavík's unique atmosphere and nearby natural wonders? It's the perfect place to conclude an unforgettable Arctic journey.

MEALS: Breakfast