



Discovering Our Planet Together



# Norwegian Discovery: Svalbard and the Northern Fjords

*Combine the Best of Coastal Norway with Europe's Polar Bear Capital of Svalbard*



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## Table of Contents:

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<b>Trip Overview .....</b>	<b>3</b>
<b>Trip Itinerary .....</b>	<b>4</b>
<b>Trip Accommodations .....</b>	<b>9</b>
<b>What Makes Nat Hab Different? .....</b>	<b>10</b>
<b>Dates &amp; Pricing Information .....</b>	<b>13</b>



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## Trip Details:

### Days

16 Days / May–Jun

### Price

From \$19978  
(+Air)

### Physical

### Requirements

Easy to  
Moderate

# Norwegian Discovery: Svalbard and the Northern Fjords

Combine the Best of Coastal Norway with Europe's Polar Bear Capital of Svalbard

Follow Norway's fjord-carved coast from Bergen's colorful harbor past the North Cape to the Svalbard archipelago, an icebound wilderness that's home to Europe's largest concentration of polar bears. Our nimble expedition ship is the ideal vessel to trace the rugged coastline, cruising in and out of remote fjords hemmed in on either side by near-vertical walls of rock. Waterfalls plummet from on high, nourishing lush valleys where cows graze peacefully among turf-topped huts. Cross the Arctic Circle to reach the Lofoten Islands, whose razor-sharp peaks rise behind tiny villages like a scene from a Norse fairy tale. Continue to lively Tromsø, the largest city in Arctic Norway, and watch myriad seabirds nesting on Bear Island before crossing the Barents Sea to Svalbard, where polar bears prowl and walrus haul out on rocky shores.

## Trip Highlights

Explore a cross-section of Norway's stunning fjords as our expedition ship cruises past towering rock walls, waterfalls and glacial valleys dotted with jade-green lakes

Look for polar bears and Arctic wildlife as we navigate the icebound wilderness of Svalbard—one of the world's best places to see polar bears in their native sea ice habitat

Visit Bear Island, a remote nature reserve in the Barents Sea where tall columnar cliffs are home to some of the largest colonies of nesting seabirds in Europe





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## Itinerary At A Glance

**Day 1**  
Bergen, Norway / Embark Ship

**Day 2**  
Nordfjord—Briksdal Glacier

**Days 3 - 5**  
Exploring the Wild Fjords of Norway

**Day 6**  
Lofoten Islands

**Day 7**  
Tysfjorden

**Day 8**  
Tromsø

**Day 9**  
Bear Island

## Norwegian Discovery: Svalbard and the Northern Fjords Itinerary

Combine the Best of Coastal Norway with Europe's Polar Bear Capital of Svalbard

### Day 1: Bergen, Norway / Embark Ship

Arrive in Bergen, Norway's second-largest city and the gateway to the fjordlands. Founded more than 900 years ago, Bergen's roots date to the Viking Age and beyond. As one of the main trading centers of the Hanseatic League, Bergen was for several centuries a prosperous hub of commerce among Norway and the rest of Europe. Bryggen, the Hanseatic Wharf, is the most evident remnant from this era and has been designated a UNESCO World Heritage Site. Today Bryggen bustles with many of the city's restaurants, pubs, craft shops, art galleries and museums. The city's downtown fish market is also a famous hub of activity. Bergen enjoys a scenic location at the base of seven mountains, with its brightly colored houses climbing the slopes behind the harbor. This afternoon, embark ship and prepare to sail north through the Norwegian fjords.





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### Itinerary At A Glance

**Days 10 - 14**

Exploring High Arctic Svalbard

**Day 15**

Longyearbyen / Oslo

**Day 16**

Oslo / Depart

### Day 2: Nordfjord—Briksdal Glacier

Today our ship enters Nordfjord, a deep indentation reaching 66 miles into coastal Norway's imposing mountains and fed by Jostedalsgreen, Europe's largest mainland glacier. Reaching the end of the fjord this morning, we disembark to drive up the Loen Valley by coach, surrounded by some of the most idyllic scenery on Earth. As we skirt glassy turquoise Lake Lovatnet, steep peaks flank either side, their slopes sliced by waterfalls coursing down from the ice cap above. In the adjacent Olden Valley, we pass through green pastures dotted with cows and sod-roofed wooden huts to reach Briksdal Glacier at the valley's head. A walk along a roaring creek to the tongue of the glacier offers a closer view of its rough surface and blue crevasses. Several gentle trails in the region offer enticing hiking through the glacier-carved valleys filled with lakes, with more strenuous hikes also an option. This afternoon, you'll want to be out on deck for the voyage out of Nordfjord, with ice-capped peaks rising in all directions.

### Days 3 - 5: Exploring the Wild Fjords of Norway

The fjord-rent coast of central Norway is as dramatic a landscape as exists on Earth. Mountainous islands rise from the deep-blue Atlantic, and steep-walled inlets bring the saltwater far inland. Our ship's Captain and Expedition Leader will discuss with local Norwegian pilots the many landing possibilities that are options: We may cruise by Zodiac along vertical rock faces, paddle kayaks in a deep teal fjord while dodging spray from cascading waterfalls, or step ashore for a hike with the ship's naturalist staff to a stunning overlook. Over the years, Lindblad's staff have discovered a number of special places to share with our guests, including Melfjord. This narrow channel is surrounded by high granite cliffs polished smooth by the scouring motion of massive glaciers, and it is one of the most scenic spots on our voyage.



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### Day 6: Lofoten Islands

The Lofoten archipelago is an enchanting area of brightly colored fishing villages backed by jagged peaks that rear straight up from the sea. Though the islands lie north of the Arctic Circle, the climate is much milder than other parts of the world at the same latitude, due to the effects of the warming Gulf Stream. Clear, turquoise waters and white sandy beaches look deceptively tropical, though the mountains that define Lofoten assure travelers otherwise. We explore the coastline by Zodiac, viewing nesting seabirds that are abundant in these islands in summer—we're likely to see razorbills, guillemots and everyone's favorite, the Atlantic puffin, beloved for its whimsical, clown-like face and bright orange bill.

We go ashore on Vaeroy, the most southerly island in the chain, where cod fishing is still the foundation of the economy. Cod stocks have supported Lofoten for centuries, and the harbors are dotted with red-painted *rorbuer*, or fishermen's cottages, that are a hallmark of the islands. Be sure you're on deck as we cruise into one of the most famous fjords in Norway, the short yet dramatic Trollfjord, where we'll search the cliffs for the namesake creatures of Norse mythology. The scenery is stupendous: the fjord's narrow entrance is just 300 feet wide, while the mountains that rise vertically on either side soar as high as 3,000 feet, with waterfalls plummeting to the sea from on high.

### Day 7: Tysfjorden

As our ship weaves its way through the maze of channels, inlets and islands that fracture Norway's western coast, the fjords continue to wow us with every new turn. Today we enter Tysfjorden, the deepest fjord in northern Norway, reaching nearly 3,000 feet below sea level near Hulloya. Mile after mile of vertical walls tower over us, with just a few tiny villages clinging to the rocky shores. Tysfjorden is exceptionally remote; no tunnel or bridge spans its narrow breadth, and no road rounds the end of the fjord, which lies just 4 miles from the boundary with Sweden. By Zodiac and kayak, we get a closer look at the steep walls of the fjord, finding inspiration in the birch forests and tumbling waterfalls. Be sure to look up for views of 4,564-foot Stetind, the grand peak that rises like a pointed obelisk over the fjord below. No doubt due to its dramatic shape and challenge to climbers, Stetind holds the status of Norway's "national peak." We'll go ashore at fjord's end to explore the U-shaped valley of Hellemobotn—evidence of its glacial-carved origins—via a trail that leads nearly to the Swedish border.



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### Day 8: Tromso

Tromso is the largest city in the Scandinavian Arctic, with 72,000 residents. A vibrant university town, Tromso is a major cultural hub in North Norway, drawing visitors to an array of festivals each summer celebrating everything from Viking heritage to jazz. The city's historic center, located on the island of Tromso, is known for its centuries-old wooden houses, the oldest dating to 1789. A more contemporary architectural landmark is the Arctic Cathedral, built in 1965. Its modernist profile, which evokes an iceberg with its distinctive peaked roof and soaring stained glass windows, dominates the skyline today. We'll visit the cathedral on a city tour, and also the Polar Museum. Located in the former Customs House on the quayside dating from 1830, the museum tells the stories of the many polar seafaring expeditions that have departed from Tromso, including journeys by legendary explorers Fridtjof Nansen and Roald Amundsen. In the dark winter months, Tromso is famed as a top location for viewing the northern lights. Tonight, we cast off for Svalbard, cruising ever northward.

### Day 9: Bear Island

After setting out from Tromso into the open waters of the Barents Sea, we reach Bear Island, the southernmost island in the Svalbard archipelago. Its documented history begins in 1596, when Dutch explorer Willem Barents first sighted the island. Since 2002, it has been protected in its entirety as a nature reserve. Bear Island is uninhabited except for a manned weather station, though past centuries saw efforts to develop commercial enterprises such as coal mining, fishing, walrus hunting and whaling. Contrary to its name, you won't find bears here, though some polar bears do arrive for a temporary visit once the pack ice freezes. The only indigenous land mammals on the island are a few Arctic foxes.

At the southernmost tip of the island, vertical cliffs rise in angular columns from the sea. Perched on narrow ledges on the rock faces, we find some of the largest seabird colonies in Europe, earning Bear Island status as an Important Bird Area (IBA) by BirdLife International. The Norwegian Polar Institute conducts annual expeditions here for ornithological research, and we get our own close-up view via Zodiac, listening to the squawk of tens of thousands of northern fulmars, black-legged kittiwakes, little auks, guillemots and gulls. The island is often shrouded in mist, making for an evocative experience of the senses.



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### Days 10 - 14: Exploring High Arctic Svalbard

We spend five full days exploring the wild wonders of Svalbard, Norway's most northerly terrain. This island group lies well north of the Arctic Circle, between 74 and 81 degrees north latitude, where the midnight sun never sets in summer. In true expedition style, we let nature dictate our day-to-day movements as we explore this region, and this, by the way, is one of the great attractions of our Svalbard tour. Our flexible itinerary and years of experience here allow us to take the best advantage of ice and weather conditions in pursuit of Svalbard's abundant wildlife. With our fully stabilized, ice-class expedition ship, we are able to probe deep into the pack ice where polar bears hunt. Head up to the bridge to join our spotters, scanning the ice and islands for huge walrus, bearded and ringed seals, Arctic foxes, reindeer, enormous whales, and, of course, polar bears. Svalbard is one of the best places on the planet to see the King of the Arctic in its native sea ice habitat, and our team of naturalists does all it can to provide close-up sightings.

Various excursions get us off the ship and immersed in nature daily. Depending on conditions, we may go ashore to hike on the tundra, blooming with summer wildflowers. We often sail deep into Hornsund, where even first-time kayakers can paddle in a quiet cove surrounded by glittering icebergs. We may drift before the face of Monacobreen Glacier, waiting for a chunk of ice to calve with a thunderous crash, or cruise by Zodiac for close-up views of seals floating by on rafts of ice. Back on board, view underwater video from our ROV taken 1,000 feet below the surface, or spend time on deck with a National Geographic photographer for tips on getting the best shots of this magnificent landscape and its wild inhabitants. Every day is different, every day is a new adventure.

### Day 15: Longyearbyen / Oslo

Returning to civilization, we reach Svalbard's main town and administrative center of Longyearbyen, where we disembark this morning. We'll visit the Svalbard Art Gallery and Museum for a look at the cultural and natural history of the region, including antique maps, contemporary art and the impacts of whaling, mining and World War II. We then proceed to the airport for our charter flight to Oslo. Check in to the SAS Radisson Blu Airport Hotel on arrival, for a final night in Norway.

### Day 16: Oslo / Depart

A transfer to the airport is included this morning for departing flights.





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## Accommodation Details:

**National Geographic Endurance**

**National Geographic Resolution**

For detailed descriptions, visit [nathab.com/adventure-cruises/arctic-svalbard-norway-fjords-cruise/ships](http://nathab.com/adventure-cruises/arctic-svalbard-norway-fjords-cruise/ships)

# Norwegian Discovery: Svalbard and the Northern Fjords Accommodations

Combine the Best of Coastal Norway with Europe's Polar Bear Capital of Svalbard



## National Geographic Endurance

This new expedition ship is a next-generation ice-class vessel that's purpose-built for year-round polar navigation, designed for 138 guests in 76 staterooms to safely explore uncharted waters in exceptional comfort.



## National Geographic Resolution

This new, next-generation ice-class vessel accommodates 138 guests in 76 staterooms and is purpose-built for year-round polar expeditions, exploring remote and icy waters in utmost comfort.



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## Sail with the World Leader in Conservation-Focused Small-Ship Cruising

We're proud to offer a worldwide slate of Adventure Cruises through our partner Lindblad Expeditions. Nat Hab joined forces with Lindblad in 2016 to expand our mutual collection of nature adventures. Founded in 1958 by Lars-Eric Lindblad, the company pioneered eco-conscious expeditions for "citizen explorers" and today is the world leader in conservation-focused small-ship cruises.

### 1 Small Ships Mean Closer Nature Encounters

Lindblad's expedition ships offer an exhilarating, up-close experience of Norway's fjords and High Arctic Svalbard in a personalized setting. The relatively small size of our National Geographic ships makes them nimble enough to access narrow fjords and protected bays that bigger ships can't reach, while full stabilization and state-of-the-art technology provide exceptionally safe passage. Guests can also count on personal access to naturalists, guides and crew.

### 2 Benefit from More than a Half-Century of Expertise

This adventure cruise offers a genuine expedition-style experience with a seasoned polar crew and staff. As pioneers in commercial polar cruising, Lindblad draws upon more than 50 years of experience navigating polar seas, assuring safe passage and an immersive adventure in one of the planet's wildest landscapes. You'll sail on a state-of-the-art expedition ship with a veteran Expedition Leader, assistant Expedition Leader and a team of naturalists with diverse specialties. Lindblad's expert mariners have produced their own soundings and maps of areas that otherwise are not well charted, allowing its seasoned bridge officers to take you to lesser-known places in the Arctic that most travelers don't see. A National Geographic-certified photo instructor will help you capture outstanding photos of scenery and wildlife. In addition, Explorer travelers are accompanied by a Global Perspectives guest speaker for added advice and insight.

### 3 A Broad Range of Amenities & Activities Makes Every Day Exciting

Choose from a host of adventures that immerse you in the raw beauty and wildlife of coastal Norway and the Arctic wilderness, led by expert naturalists. Sturdy motorized Zodiacs grant access to cliffside bird rookeries and shore landings, while a large fleet of tandem kayaks offers close-up exploration of icebergs and marine life. Kayaks are chosen for their stability in polar waters, and since they're virtually untippable, no prior kayaking experience is necessary. A custom-designed floating platform allows kayaks to be launched from most any location.



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### **4 A Flexible Itinerary Enhances Your Adventure**

The expeditionary nature of this journey allows for daily flexibility and spontaneity that are the cornerstone for genuine adventure. Our itinerary is focused on delivering a genuine immersion in nature and exhilarating wildlife encounters, with plenty of leeway built in to permit that. The Expedition team has the freedom to follow wildlife, linger longer in places of lively animal activity, or change directions in search of better weather and wildlife-viewing conditions, especially when we reach Svalbard. Whether it's polar bear and walrus sightings from Zodiacs, a foray in search of Arctic fox and caribou, or watching for whales under the midnight sun, every day will expand your knowledge and appreciation for Arctic wildlife, natural history and native cultures.

### **5 Observe the World Beneath the Sea**

An undersea diving specialist travels aboard every voyage. Outfitted for polar waters and carrying nearly 200 pounds of gear, this special member of the expedition team shoots high-definition footage of a deep, frigid sea teeming with life, which is then shared on plasma screens in the ship's lounge—it's a whole new way to appreciate the marine environment! Plus, the ship's remotely operated vehicle (ROV) dives up to 1,000 feet to view areas below the surface that are as unexplored as the moon. By sharing videos of potentially new species with scientists, such as a large worm our specialist captured imagery of in Antarctica's Weddell Sea, Lindblad voyages actively contribute to scientific research.

### **6 Custom Tools Maximize Your Perspective**

A video microscope helps naturalists show and explain a multitude of elements in the Arctic environment, including tiny organisms in the marine ecosystem's building blocks—like a krill's body, at 80x magnification. High atop the ship's mast, a crow's nest camera provides a continual view on your surroundings that you can watch on your cabin TV. And underwater microphones are deployed to listen in on the Arctic's marine mammals, offering real-time sounds of nearby whales and other life below the sea.

### **7 Sail with Experts Who Specialize in the Far North**

Explore Norway's fjords and the High Arctic wilderness of Svalbard with a passionate team of experts whose knowledge will enhance your adventure and your comprehension of these northern environments. Travel with an Expedition Leader, a team of veteran naturalists, a National Geographic photographer, an undersea specialist, knowledgeable guest speakers, a video chronicler and a wellness specialist. Your naturalist guides specialize in the Arctic, from wildlife biologists to ornithologists, marine scientists and polar historians.



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### 8 **We're Committed to the Planet**

Natural Habitat Adventures is a standard-setter in eco-conscious travel. We were the world's first 100-percent carbon-neutral travel company. And we continue to break innovative ground in adopting practices that help to protect our global environment. Because of our concern for the environment, we are pleased to partner with Lindblad Expeditions for our Adventure Cruises, a company that shares our values and commitment to the planet.

### 9 **Natural Habitat Adventures is WWF's Travel Partner**

Because of our environmental commitment and the outstanding quality of our adventures, World Wildlife Fund has chosen Natural Habitat Adventures as its worldwide travel partner, a designation we're very proud of! When you book your Lindblad Expeditions cruise with us, a portion of your trip fee supports WWF.





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## Dates & Pricing Summary:

### Prices:

From \$19978  
(+Air)

### Group Size:

Limited to 138  
Travelers

### Physical

### Requirements:

Easy to Moderate

# Norwegian Discovery: Svalbard and the Northern Fjords Dates, Pricing & Info

Combine the Best of Coastal Norway with Europe's Polar Bear Capital of Svalbard





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### Pricing

See <https://nathab.com/adventure-cruises/arctic-svalbard-norway-fjords-cruise/dates-fees> for the latest pricing details.

### Included

One night hotel in Oslo; shipboard accommodations; meals indicated; alcoholic beverages (except premium brands); excursions; services of Lindblad's Expedition Leader, naturalist staff and expert guides; use of kayaks; entrance fees; all port charges and service taxes; gratuities to ship's crew.

### Not Included

Air transportation; personal items such as emails, laundry, voyage DVD, etc.; optional travel and/or medical evacuation insurance.

### Recommended Insurance

Since the areas we travel to are remote and wild (that's why we go there!), we strongly recommend that all guests have, at minimum, medical evacuation insurance for this program. While this is not required, we make this strong suggestion in the interest of our guests' safety. We recommend that your chosen independent insurance plan includes at least \$250,000 in medical evacuation coverage.

To protect your investment and to provide peace of mind while you travel, we also strongly recommend purchasing comprehensive travel insurance. Plans may cover everything from medical treatment to trip cancellations and delays and lost luggage. Please contact our office if you would like more information about the medical evacuation and comprehensive travel insurance policies we offer by calling 800-543-8917.

### Physical Requirements

#### *Easy to Moderate*

This is an active expedition that requires mobility and good health. In order to participate, you must be able to walk unassisted for a minimum of one mile over rough and uneven terrain including rocky trails, rocky beaches, ice and snow. To participate in excursions ashore, you must walk down a steep gangway (steel ramp with stairs) and climb into and out of rigid inflatable Zodiac rafts, which can sometimes be unstable, depending on water and wind conditions. Travel via Zodiac occurs over variable conditions and can sometimes be quite bumpy. If it's windy, you may get wet from sea spray. Travelers with back problems or other health issues that could be exacerbated by such conditions should take this into consideration and consult with your physician beforehand. Travelers must be prepared for any type of weather, including extreme conditions that may involve high winds, rain and snow. While seas are generally calm on this itinerary, it's possible we could encounter rough conditions, which may cause issues for travelers prone to motion sickness. Our ships are fully stabilized, but we recommend that you discuss preventive medication with your physician if you are susceptible to motion sickness. The ship carries a qualified physician who is available at any time in case of emergency, and whose services are provided free of charge; however, the limited infirmary carries only basic medicines and equipment. This voyage is not advisable for guests using wheel chairs, crutches, etc. There are no jetways in Longyearbyen and guests must be able to climb the stairs via the jet bridge to board the aircraft and deplane from the aircraft.



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## Getting There & Getting Home

Please note the start date of this trip is the date you leave your home airport. You will need to arrive in Bergen or Oslo (depending on trip direction) on Day 2 of the itinerary and depart Oslo or Bergen on the final day.

We can best serve you by having Lindblad Expeditions' air department book your flights, since Lindblad is most familiar with the special requirements of each trip. Please call Lindblad directly at 800-397-3348. Note that while Lindblad Expeditions' air department will offer you its best available rates on airfare, you may find better fares online.



**Natural Habitat & WWF: Discovering Our Planet Together**

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WWF's membership travel program is operated by Natural Habitat Adventures (Nat Hab). To date, Nat Hab has provided more than \$6 million in support of WWF's mission and will continue to give 1% of gross sales plus \$175,000 annually through 2028. WWF® and ©1986 Panda Symbol are owned by WWF. All rights reserved.