

# EUROPE

Atlantic Coast, Norway, and Southern Scandinavia





One region, many countries, endless variety





The numerous diverse countries along Europe's coastlines provide an abundance of history, culture, and nature. Take in the highlights of the Atlantic coast on an expedition cruise from Lisbon to Hamburg or Portsmouth, sailing to Portugal, Spain, France, the Netherlands, and Germany.

Or, join an expedition cruise in Europe that starts above the Arctic Circle in Norway, and then sails down along the European coastline. Tantalize your senses as you explore the lively ports of Lisbon and Porto, medieval towns along the Bay of Biscay and Brittany, and canal ports in the North Sea.

You can also choose to discover Southern Scandinavia's coastal gems on a roundtrip sailing from Dover, where you can experience tranquil bliss at Germany's prettiest coastal resort, followed by wild island archipelagos, incredible nature, and beautiful beaches of the Nordic nations.

#### Journey through the ages

Europe's coastal nations are steeped in history, each with their own story to tell. The buildings and landmarks you'll visit on our Atlantic Highlights Expedition will take you on a fascinating journey through Europe's complex past, going as far back as the Neolithic period. Discover the charming seaports with great strategic importance, and historic UNESCO Treasures. Compare local fishing traditions in Spain and Holland or the wine cultures of Porto and Bordeaux. Learn about how the port towns of Ferrol and Gijón have been influenced by conquering forces. Admire the influence of the Moors on Lisbon. And, be sure to sample the famously delicious cuisine of the Basque Country!

#### A Nordic-style summer

On our expeditions to Southern Scandinavia, you'll experience the relaxed atmosphere of summer in Scandinavia, where the main attraction is active adventure in nature. Explore remote fishing villages where traditions have stayed largely the same since their heyday in the 19th century. Discover the picturesque coastal towns that inspired some of Scandinavia's greatest artists. Taste the region's best seafood, such as German oysters, Swedish crayfish, and Norwegian shrimp.

#### Scandinavia's waterways

The waterways of Southern Scandinavia feature freshwater canals, pristine fjords, and expansive archipelagos. Admire the impressive engineering of the locks and bridges along the Kiel Canal before experiencing the natural wonders of Norway's glacier-carved fjords and the towering rock formations overhead. Spot seabirds, watch for seals, or swim in crystalclear waters as you island hop in southern Sweden, where the elements and the wildlife call the shots.

#### Stunning coastal landscapes

Europe is home to some of the world's most beautiful coastal environments, with plenty of paths and nature trails to explore. Coastal Norway is renown for its rugged, craggy coastline, while Galica and Brittany offer some of the region's most spectacular coastal scenery. You can also experience the lush, verdant, and serene landscapes of French islands and villages. Along Southern Scandinavia, encounter fine-sand beaches juxtaposed against stretches of wild, rugged, and glorious coastline.



April - September 2022

Discover European history and culture along the Atlantic coast of southern Europe or in the idyllic seaside towns and beautiful nature of Southern Scandinavia. Or, embark above the Arctic Circle and sail coastal Norway before exploring Europe's Atlantic coast.

Atlantic Ocean

#### Porto

Famous for its port wine and UNESCO-listed historic center, Porto will win you over with its interesting history and surprise you with its modernity.

#### Rosendal

Hike the mountains around this quaint fjord-side village and visit the 17th-century baronial manor, famous for its beautiful gardens and path to Hatteberg Waterfall.

#### Harlingen

Discover this city of canals, warehouses, and pretty harbors on foot or by bike, or rent a boat to explore it from the water.

#### **Portsmouth**

This vibrant town has a long and proud naval heritage, showcased at its historic dockyard through fascinating exhibitions, museums, and world-famous ships on display.

#### Saint-Malo

Enjoy a walk along the city walls for the best view of the walled city and the surrounding islands. Then, learn about the city's pirate heritage at the Château de Saint-Malo museum.

#### Finistère

We'll explore the old fishing seaside town of Douarnenez or the maritime city of Brest. Admire the sweeping coastal landscape and medieval forts, and sample tasty Breton culinary specialties.

#### Île-d'Aix

Let the many fortifications, castles, and artillery batteries fascinate you on this island that measures just under two miles long and under a half a mile wide—or, unwind on one of the island's five white-sand beaches.

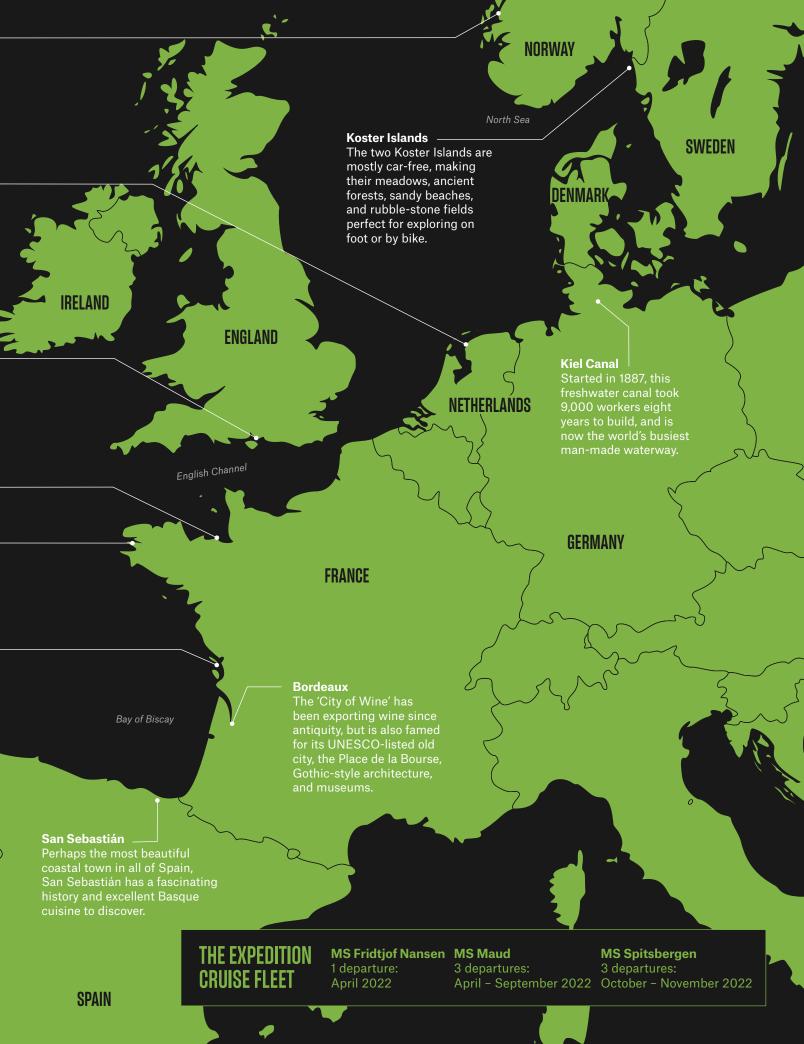
#### **Ferrol**

This former fishing village is full of architectural highlights and also offers maritime museums, street art, and delicious seafood.

#### Lisbon

Having been occupied by the Celts, Romans, Visigoths, and Moors, who all left their mark on the city, there's plenty of fascinating history and architecture here.







### **Coastal wildlife**

Observe the incredible variety of birdlife, animal life, and marine life along Europe's shores, sheltered islands, reefs, and coves, attracted by the cold waters, sand banks, mud plains, and coastal habitats.

Birdwatchers will be thrilled by the numerous seabirds and wading birds found along Europe's coastlines on an expedition cruise. Keep an eye out overhead from the observation deck or watch for birds along nature trails in the mudflats, creeks, grass-covered dunes, salt marshes, and cliffs where many seabirds nest.







#### Sociable and fun

The coastal bottlenose dolphin is most commonly seen along the Atlantic coast of Europe, from Scotland down to Spain. Their combined population in this region is estimated to be between 3,000 and 4,000. Much larger than other dolphin species, they can reach up to 13 feet in length. The bottlenose is gray with a pale underbelly, and has a curved head and stubby beak. These fast swimmers are sociable and fond of acrobatics. You can often observe them leaping out of the water.



#### **Snout-nosed seals**

Harbor seals live in temperate and polar waters along the east and west coasts of the North Atlantic Ocean. Their population in this area numbers around 200,000. Adults average around 5 feet in length and weigh about 150–220 pounds—about half the size of gray seals. With a rounded head and short snout, they are distinguishable from gray seals, which have an elongated snout.



#### **Seafood lover**

The Eurasian Oystercatcher, with its elegant black and white plumage and long, orange-red bill and legs, is very distinctive from other waders. These noisy birds are recognizable by their shrill call. Eurasian Oystercatchers feed mainly on mollusks, crabs, earthworms, and insect larvae. A Eurasian Oystercatcher uses its bill to smash open shells for foraging, and can also slip its laterally thin bill into a mollusk shell to easily access the flesh inside.

The remote islands of Southern Scandinavia are home to many seal colonies. In fact, you can find some of Europe's largest harbor seal colonies in the Koster and Wadden Seas.

There's also plenty of marine life to discover between the open ocean, inland channels, and Kosterhavet National Park, from small crustaceans to large cetaceans.

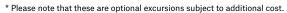
As we cruise along Europe's Atlantic coast past Brittany and into the Channel, you might spot fin and minke whales, or bottlenose, common, and striped dolphins, swimming playfully behind the ship. Dolphins and harbor porpoises are a regular sight in Southern Scandinavian waters in summer.





#### Nature walks and guided hikes\*

Europe's coastal regions offer a diverse array of nature and wildlife, from rugged, windswept expanses of beach, to sheltered coves and charming, well-preserved villages. Gambol among sand dunes and heathland along coastal paths, or join guided hikes with our Expedition Team.





#### Town and city walks\*

Many of Europe's most beautiful and captivating towns and cities are ideal for exploring on foot. You can soak up the culture and atmosphere of UNESCO-listed historical centers such as Porto and Hamburg, the charming capitals of Lisbon and Oslo, or scenic coastal towns such as Gijón, Skagen, and Kragerø, on your own or on guided walks.

#### Lectures and talks

The Expedition Team brings European destinations to life through a series of daily, in-depth lectures specific to your itinerary. Learn about the maritime history of Ferrol, Breton culture, and the pirates of Saint-Malo, or the marine biosphere of the Kosterhavet National Park.





#### Kayaking\*

Southern Scandinavia has incredible kayaking opportunities, if conditions allow. Glide through the crystal-clear waters around the skerries and islets of the Bohuslän Archipelago in Sweden. Or, kayak in the pristine glacial waters of the Norwegian fjords.



#### Biking\*

We visit some of Europe's most fascinating and rarely visited islands, such as Île-d'Aix in France and the Koster Islands of Sweden. Small in size with flat terrain, you can easily explore these islands by bike at your own pace for an intimate, personal experience.



#### Small-boat (RIB) cruising

In Denmark and Sweden, we'll sail to remote islands and along pristine waterways that are off the beaten path, where our small boats (RIBs) take over. Discover beautiful, hard-to-reach spots and undisturbed natural wonders.



#### Shore excursions\*

Optional shore excursions further immerse you in the destinations you'll visit. Visit the pilgrimage town of Santiago de Compostela, enjoy wine tasting at a Bordeaux vineyard, or take a guided hike to the famous Preikestolen viewpoint ('Pulpit Rock') in the Norwegian fjords.



#### Science Center

Participate in hands-on demonstrations and workshops in our onboard Science Center, where you'll have access to the ship's extensive library, advanced microscopes, and other high-tech learning tools and equipment. Or, collect data for Citizen Science projects, where your contributions help the scientific community with important research.



#### Wildlife watching

The European coastlines from the Atlantic Ocean to the Wadden Sea and the shores of Southern Scandinavia are home to an abundance of wildlife. You'll have the chance to spot 200 species of birds on the Île-d'Aix or watch for seal colonies and seabirds in the Bohuslän Archipelago.

#### Photography program\*

Our professional onboard photographer will be on hand to help you get the most out of the incredible photo opportunities on your European adventure. For those looking for a more comprehensive photography learning experience, join our optional Photography program.



Departure: April 23, 2022

# FROM LISBON TO PORTSMOUTH -EUROPE'S ATLANTIC HIGHLIGHTS

History and culture abound on this fascinating cruise from Lisbon to Portsmouth along Europe's Atlantic coast, including Northern Spain and Brittany.



This Atlantic coast adventure begins in fascinating Lisbon, Europe's second-oldest capital with lots of old-world charm. Observe the strong maritime influence along the Iberian Peninsula and the Bay of Biscay, from explorers and naval fortifications to fishing. Then, sail to beautiful Porto and explore its UNESCO-listed historic center.

In Galicia, you'll visit historical landmarks from the Romans to the Crusades, with many paths pointing to Santiago de Compostela. Then, see the unique port city of Ferrol, discover Old Gijón, and delight in the gastronomy of San Sebastián.

#### French connection

Leaving behind the Bay of Biscay, we'll venture from grand Bordeaux, the City of Wine, to Île-d'Aix, and then, to Brittany. You'll marvel at the wild coastal landscapes, picturesque fishing villages, charming medieval towns, and rich maritime history. And, of course, you'll experience Breton culture in Finistère and Saint-Malo, from the corsairs to the cuisine.

#### Canal cities

You'll discover the pretty canals of charming Harlingen and the rugged coast of Friesland. Then, we'll visit cosmopolitan Hamburg. Perhaps visit a UNESCO-listed warehouse complex, marvel at the stunning Elbphilharmonie, or simply enjoy the shopping and culture found here.

This incredible expedition cruise ends in Portsmouth, a proud beacon of English naval heritage.











Day 1: Lisbon

Day 2: Porto

Day 3: Ferrol

Day 4: Gijón

Day 5: San Sebastián

Day 6: Bordeaux

Day 7: Île-d'Aix

Day 8: Morbihan

Day 9: Douarnenez

Day 10: Saint-Malo

Day 11: At sea

Day 12: Harlingen

Day 13: Hamburg

Day 14: At sea

Day 15: Portsmouth

#### Price from USD \$5,279

per person, double occupancy Booking code: FNEUR2210

For all pricing, optional activities/ excursions, and inclusions, visit us online at

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# SOUTHERN SCANDINAVIA -ARCHIPELAGOS, FJORDS, AND QUAINT FISHING TOWNS

Discover idyllic seaside towns, fishing villages, stunning island archipelagos, and fjords on a summer expedition cruise of hidden coastal gems in Germany, Denmark, Sweden, and Norway.

### Rugged nature, active adventure

From Dover, explore some of the region's most beautiful waterways and visit some of southern Scandinavia's bestkept secrets. These include hidden coastal gems with rugged nature and stretches of fine-sand beaches.

Our first stop is the glamorous and windswept island of Sylt, the 'Martha's Vineyard of Germany'. From here, we'll transit the scenic Kiel Canal and sail to stylish Skagen, Denmark's northernmost town.

Then, we'll sail up Sweden's west coast to the beautiful Bohuslän Archipelago, where we'll visit remote islets, secluded beaches, and a national marine park. Here, life is dictated by the elements, and the picturesque fishing villages have been largely

untouched by time. The coast's natural attractions draw summer crowds seeking active fun, the healing power of nature, and artistic inspiration.

#### Norway's islands and fjords

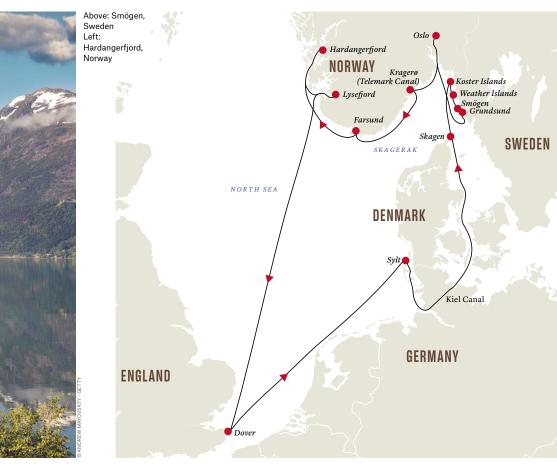
An interlude in cosmopolitan Oslo will provide cultural gems and architectural masterpieces. We'll continue traveling along Norway's southern coast to island retreats and sheltered coves. Then, we'll sail along breathtaking pristine fjords to Rosendal and Lysefjord in Western Norway, before returning to Dover.

Our knowledgeable Expedition Team will make this a truly unforgettable experience by bringing you close to nature, guiding you by foot, bike, kayak, or while small-boat (RIB) cruising.









Day 1: Dover

Day 2: At sea

Day 3: List

Day 4: Kiel Canal & Kiel

Day 5: Skagen

Day 6: Koster Islands

Day 7: Weather Islands

Day 8: Käringön,

Grundsund & Smögen

Day 9: Oslo

Day 10: Kragerø

Day 11: Farsund

Day 12: Rosendal

Day 13: Lysefjord

Day 14: At sea

Day 15: Dover

### Price from USD \$7,846 per person, double occupancy

Booking code: MAEUR2223

For all pricing, optional activities/ excursions, and inclusions, visit us online at

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Departure: October 22, 2022

# TROMSØ TO LISBON GRAND EXPEDITION CRUISE - NORWAY & EUROPE'S ATLANTIC COAST IN THE AUTUMN

Join us for a special late autumn adventure, starting in Tromsø and ending in Lisbon.

### Stunning fjord landscapes and cultural gems

We'll travel from above the Arctic Circle down the Norwegian and European Atlantic coastlines, taking in amazing natural highlights including glaciers, fjords, and idyllic islands—and maybe even the Northern Lights.

Our journey starts in Tromsø and we sail south, exploring coastal treasures and unique towns along the rugged Norwegian coastline.

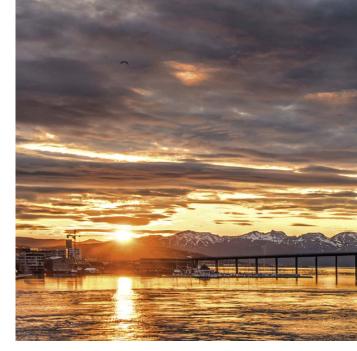
We'll visit the iconic Lofoten Islands and the fishing town of Svolvær, learning about Viking history, glaciers, and Norwegian mythology as we go. Norway's southwest coast offers spectacular fjords and mountainous landscapes, likely recently dusted with fresh snow. Savor the crisp fall air as we explore these awe-inspiring surroundings, and then visit Bergen, Norway's first capital.

### Historic cities and southern European treasures

Crossing the North Sea to Germany, we pay a visit to the famed island of Heligoland before moving onto Hamburg. You can explore the galleries and canals of Amsterdam before we touch base in England at the White Cliffs of Dover. In France, we'll witness D-Day battlefields and medieval settlements before crossing the Bay of Biscay, where we'll keep an eye out for marine life.

The rugged northern coast of Spain is where we'll find Galicia, famed for its distinct culture and gastronomy. In Portugal, we'll visit Porto, where port wine is made, before ending our expedition cruise in beautiful Lisbon.

We'll be joined by an onboard Expedition Team who'll give lectures and lead nature walks. MS Spitsbergen is a small, comfortable, and stylish expedition ship, ideally suited to this adventure.











Day 1: Tromsø

Day 2: Svolvær

Day 3: Svartisen Glacier

Day 4: Torghatten

Day 5: Åndalsnes

Day 6: Fjærland

Day 7: Bergen

Day 8: Eidfjord

Day 9: Egersund

Day 10: Heligoland

Day 11: Hamburg

ay 11. Halliburg

Day 12: At sea

Day 13: Amsterdam

Day 14: Dover

Day 15: Ouistreham

Day 16: Saint-Malo

Day 17: At sea

Days 18-19: A Coruña

Day 20: Vigo

Day 21: Porto

Days 22-23: Lisbon

Price from USD \$9,692 per person, double occupancy

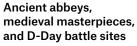
Booking code: SBEUR2209

For all pricing, optional activities/ excursions, and inclusions, visit us online at

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# HAMBURG TO LISBON - EXPEDITION CRUISE ALONG EUROPE'S HISTORIC ATLANTIC COAST

Discover the rich history and cultural legacies of Europe's Atlantic coast as we sail from Hamburg to Lisbon.



From the moment we set sail from Hamburg, you'll be on a deep-dive journey into European history. You'll explore the canal-webbed city of Amsterdam before sailing to England's Dover, famed for its white cliffs and a sprawling castle. From there, we'll sail to Normandy and walk on a beach where the Allied troops landed on D-Day, and visit Caen, the medieval town where William the Conqueror left his indelible mark.

In Brittany, you'll stroll through the incredible walled city of Saint-Malo, built by the ancient Gauls but for centuries a home for pirates. Then, we'll then sail down through the Bay of Biscay to the rugged northern coast of Spain, looking out for marine wildlife along the way. In Galacia, you'll see the world's oldest still-functioning lighthouse—the Tower of

Hercules, and seek out Celtic links to the past in A Coruña.

#### Culture, cuisine and cruising

Next up, you'll enjoy getting lost in the maze of streets around Vigo's Old Town. Grab a bite at one of the many restaurants there. Then, sample more regional fare in Porto, while savoring authentic tapas with your Galician cider. Our cruise of discovery comes to an end in culture-saturated Lisbon, the jewel in Portugal's crown.

Our experienced and knowledgeable Expedition Team is on hand to ensure you have the best experience on your cruise. Aboard the comfortable MS Spitsbergen, they'll host informative in-depth lectures about the destinations you visit.





Above: Lisbon Right: Vigo





Day 1: Hamburg

Day 2: At sea

Day 3: Amsterdam

Day 4: Dover

Day 5: Ouistreham/Caen

Day 6: Saint-Malo

Day 7: At sea

Days 8-9: A Coruña

Day 10: Vigo

Day 11: Porto

Days 12-13: Lisbon

#### Price from **\$4,838**

per person, double occupancy Booking code: SBEUR2210A

For all pricing, optional activities/ excursions, and inclusions, visit us online at

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# AMSTERDAM TO LISBON EXPEDITION CRUISE - A EUROPEAN TAPESTRY OF HISTORY AND CULTURE

Discover the rich history and cultural legacy of Europe's Atlantic coast as we sail from Amsterdam to Lisbon.

Ancient abbeys, medieval masterpieces, and D-Day battle sites Setting sail from Amsterdam, you'll be on an immersive journey into Europe's fascinating history. You'll explore Dover, the strategic gateway to England, and marvel at the sprawling castle built atop the famed for its white cliffs. From there, we'll sail to Normandy and walk on a beach, where the Allied troops landed on D-Day, as well as visit Caen, the medieval town where William the Conqueror left his indelible mark.

In Brittany you'll stroll through the incredible walled city of Saint-Malo, built by the ancient Gauls, but for centuries a home for pirates. Then, we'll sail down through the Bay of Biscay to the rugged northern coast of Spain, looking out for marine wildlife along the way. In Galicia you'll see the world's

oldest still-functioning lighthouse—the Tower of Hercules—and seek out Celtic links to the past in A Coruña

#### Culture and cuisine

Next up, you'll enjoy getting lost in the maze of streets around Vigo's Old Town. When hunger strikes, the many bars and restaurants there won't disappoint. Then, sample more regional fare in Porto, while savoring authentic tapas with your Galician cider. Our cruise of discovery comes to an end in culture-saturated Lisbon, the jewel in Portugal's crown.

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Day 1: Amsterdam

Day 2: Dover

Day 3: Ouistreham/Caen

Day 4: Saint-Malo

Day 5: At sea

Days 6-7: A Coruña

Day 8: Vigo

Day 9: Porto

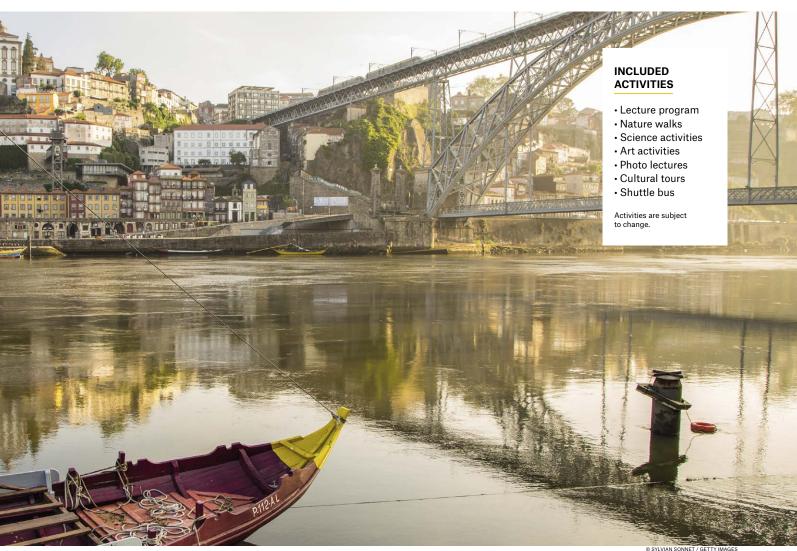
Days 10-11: Lisbon

Price from USD \$4,188 per person, double occupancy

Booking code: SBEUR2211A

For all pricing, optional activities/ excursions, and inclusions, visit us online at

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