

# DESTINATION GUIDE: NORTH AMERICA





# Why discover North America with Hurtigruten?

North America's East Coast
Our expedition cruises along the
Eastern Seaboard of Canada and
the U.S. offer spectacular spring
landscapes in bloom and radiant
fall colors, charming coastal
towns, and stops in great cities
such as New York and Miami.

North America's West Coast
Explore magnificent Pacific
coastal scenery and experience
exciting cities, such as San Diego,
Santa Barbara, San Francisco,
Seattle, and Vancouver aboard
our new hybrid electric-powered
expedition ship.

## Sustainable cruising

Exploring with Hurtigruten means premium comfort, great food, and unmatched expertise to create a sustainable adventure that can only be offered by the world leaders in exploration travel.

Which North America adventure is right for you?

3



# INCLUDED IN YOUR EXPEDITION

## Expert guiding

with the Expedition Team The Expedition Team members are specialists in their field, selected for your specific voyage and itinerary. They will join you on included activities, host lectures, and lead educational sessions on board and ashore.

## **Activities**

on board and on shore

Join us on a series of included activities designed to immerse you in your destinations, including small-boat (RIB) cruising and onshore exploration.

# Lectures and happenings

in the Science Center



In depth lectures on history, wildlife, glaciology, culture, climate change, and sustainability. Destination-specific themes will provide context to your expedition cruise and help you better understand the destinations you visit.

Enjoy casual opportunities to engage with the Expedition Team, including a welcome event and a daily evening gathering to recap and prepare for the day to come.

Photo and footage from your cruise shared in an Expedition Logbook after your voyage.

Opportunities to dine with the Expedition Team and interact with officers.

Free introductory photo lecture, camera adjustment, tips, and tricks.

Learn from educational sessions about the environment and take advantage of our onboard library.

# Relax and renew

in maximum comfort



Two hot tubs, a sauna, and a fitness room

Outdoor pool
Only on MS Roald Amundsen
and MS Fridtjof Nansen

# Food and beverages

with an international twist

Breakfast, lunch, and dinner. Specially selected wine and beer, sodas, and mineral water in the restaurants during lunch and dinner. Tea and coffee are available throughout the day.



# Loan of equipment

on hikes and activities

A small selection of gear, such as trekking and rubber boots, will be available for loan depending on the season and the destination.

## Extras

to make your voyage even better You will recieve a complimentary wind- and water-resistant jacket and a reusable water bottle. Enjoy free Wi-Fi\*. At the end of each expedition there will be a farewell event.

\*Access may be limited because of the remote waters in which we sail.



Discover North America from a whole

Visit famous cities and explore the hidden gems of both coasts on sustainable voyages at sea.





incredible food.

San Francisco Santa Barbara Avalon

San Diego

# Charleston

USA

Explore the historic and charming city on foot or even by horse-drawn carriage.

# This CANADA Yarmouth See fine Victorian homes, museums, churches, wharfs, Boston and other hidden gems

The city features superb architecture and is home to Harvard University and legendary sports teams: the Red Sox, Patriots, and Celtics.

Bar Harbor Eastport Rockland Portland

NORTH ATLANTIC OCEAN

Provincetown Newport New York **New York City** Philadelphia

Enjoy seeing the Statue of Liberty as we sail into Manhattan before taking a bite out of the Big Apple



Home to the Liberty Bell and Independence Hall.



LABRADOR SEA

# GET TO KNOW THE BEAUTIFUL COASTS OF THE UNITED STATES FROM A FRESH PERSPECTIVE

NORTH PACIFIC OCEAN

Exploring by sea allows you to experience the hidden gems of California, Oregon's legendary coastline, and the remote treasures of the Eastern Seaboard. Of course, our cruises also call on iconic ports such as San Diego, San Francisco, and Vancouver on the west coast, and Miami, New York, and Boston on the east coast. Sailing with Hurtigruten not only offers beautiful scenery, diverse cultures, and world-class cities, you also encounter rich wildlife and discover lesserknown destinations along the way.



GULF OF MEXICO

Miami Miami

Charleston

CARIBBEAN SEA

From South Beach to Little Havana, discover tropical gardens, Art Deco buildings, and exceptional cuisine.





## Rich culture and deep wilderness

'I was born in Canada, and I never forget that indigenous people have been in North America for thousands of years, creating a rich tapestry of cultures, language, and art. When you consider this cultural wealth and the beautiful nature here-the birds, fish, mammals, plants, and forestsyou have a truly extraordinary place.

I encourage you to come explore North America in the 'Hurtigruten way,' where we will help you connect with the people and the land, and the journey will create memories that will be with you for the rest of your life."

John Chardine Expedition Team member and Ornithologist



Join us on landings, port visits, and hikes as we take a closer look at iconic cities and highlights, as well as bird- and marine life along the two coasts of North America.

Meet the international Expedition Team members on these cruises. All lectures and activities with the Expedition Team are conducted in English.



Tessa Van Drie, Netherlands

## **Expedition** Leader

Originally from the Netherlands, Tessa finished a one-year course as an Arctic Nature Guide in Spitsbergen, Norway, in June 2011. She also has a master's degree in physical geography from the University of Utrecht. Since 2011, Tessa has worked as a lecturer with Hurtigruten, sailing in destinations from Antarctica to the Arctic. When she is not on the ship, you can find her kayaking or hiking.



John Chardine, Canada

## Ornithologist

John is a Canadian ornithologist. After undergraduate and post-graduate studies in Canada and the U.K., he taught at the university level before joining **Environment Canada** as a seabird research scientist. He has worked as a lecturer aboard expedition cruises for the past 25 years, specializing in topics such as ornithology, climate change, oceanography, biogeography, and ecology.



Holly Hogan, Canada

## Lecturer: Bird Biologist

Holly has always been passionate about wildlife. For her Master of Science degree, she studied Forest Songbird Ecology. Holly has been involved in various aspects of seabird research, conservation, and management for over 30 years. In recent years, she has spent long periods of time away at sea conducting surveys.



Dan Busby, Canada

## Lecturer: Biology/Ornithology

Dan has a Master of Science in Ornithology. During his 30 years as a wildlife biologist with Canada's national government, he worked on a wide variety of research and conservation activities. He is a frequent speaker on bird photography and bird conservation topics.



Helga Kristiansen, Norway

## Biologist

Helga got her master's degree in biology in Svalbard. Helga is an environmental agent for Hurtigruten and an environmental advocate at large. She also works as a guide for hiking groups and leads snowmobile tours, and serves as a manager for Camp Barentz in Svalbard.

# **ACTIVITIES**

Join us on a wide range of included and optional activities\* on land and at sea. No matter your activity level or interest, you will find something that suits you—so you can explore and discover North America the best possible way.



TOWN WALKS



WILDLIFE WATCHING



HIKING



SHORE EXCURSIONS\*



BIRDWATCHING



SCIENCE CENTER



PHOTO LECTURES



**LECTURES** 

# WILDLIFE

\* Optional excursions are available at an additional cost, and subject to availability

North America is home to a spectacular array of wildlife, from massive whales to high-flying eagles. We explore a wide range of rich ecosystems, and offer the opportunity to encounter the following memorable species.

## EAST COAST

WEST COAST



MOOSE Maine is the only eastern state with a sizable moose population.



WHALES Whales in this region include humpback, pilot, minke, and the massive finback species.



BIRDS See common murres, puffins, razorbills, black guillemots, great cormorants, and roseate terns.



BALD EAGLE Keep a lookout for one of Maine's 500 pairs of bald eagles flying between the oceanfront cliffs



HUMPBACK WHALES SEABIRDS The annual 6,000 mile migration of humpback whales is one of the longest of any mammal.



More than two million seabirds across 29 species nest along the west coasts of California,



BOTTLENOSE DOLPHINS Bottlenose dolphins are extremely social animals that live in groups that can stay together for decades, mating, hunting, and protecting each other.



SEA LIONS Sea lions spend most of their time in the water, but they go on land to mate, give birth, rest, and molt.

## 9 DAYS MS ROALD AMUNDSEN/MS FRIDTJOF NANSEN

MS Roald Amundsen departure: September 17, 2021 MS Fridtjof Nansen departure: September 27, 2021

# East Coast U.S. – Into the History of Modern America

## **Itinerary 1**

Discover the United States' rich history on a voyage from Boston to New York and Philadelphia, and then explore the southern charm of Charleston and colorful Miami before disembarking in Nassau, in the Bahamas.

## Day 1 Boston

Discover a treasure trove of authentic Americana in Boston. home to Harvard and such legendary sports teams as the Red Sox, Patriots, and Celtics. Walk the Freedom Trail and explore the revolutionary roots of the United States' oldest city. Consider arriving a few days early and exploring more on a Pre-Program.

## Days 2-3 New York City

## (Overnight)

Sail past the iconic Statue of Liberty into Manhattan, where we dock overnight, and take a bite out of 'the Big Apple.' Marvel at the skyline of this incredible metropolis, stroll through Central Park, see a Broadway show, or admire the city lights from the top the

Empire State Building. Explore the city on your own or on one of our optional excursions. INCLUDED EXCURSION: Shuttle to Central Park

Day 4 Philadelphia (Half day) Discover one of America's most historic cities, home to the Liberty Bell and Independence Hall, and where the U.S. Constitution was signed in 1787. INCLUDED EXCURSION: Philadelphia Shuttle

## Day 5 At Sea

Join the Expedition Team for interesting lectures, learn about expedition photography, and spend time out on deck enjoying the sea air as you watch the waters and coasts for wildlife.



Day 6 Charleston (Full day) Step into the United States' colonial past along the cobblestone streets of Charleston, considered one of America's greatest historic treasures. Explore at your leisure or join one of our optional excursions. INCLUDED EXCURSION: Beach Clean-up

## Day 7 At Sea

Join lectures presented by the Expedition Team, spend time on deck or in the panorama lounge with fellow travelers, or workout in our well-equipped fitness rom with an ocean view.

Day 8 Miami (Full day) Drink in the cocktail of cultures on offer here, from the Art Deco architecture of South Beach to the lively Latin American enclave of Little Havana. You

can also join an excursion to nearby Everglades National Park and spot alligators, egrets, and herons. INCLUDED EXCURSION: Shuttle to South Beach

## Day 9 Nassau, Bahamas

Walk where pirates once roamed or relax on tropical beaches. Consider adding some time before heading home to further explore the warm and exotic Bahamas on an optional Post-Program.







## Included

## **ACTIVITIES**

- · Lecture program
- Art activities
- Photo program
- Science activities

## **Optional**

## **EXCURSIONS**

- Evening Sights of New York
- · Live Like a New Yorker, New York
- · Icons of the Big Apple,
- New York Amazing Heli Experience
- Over New York · Markets, Mosaics & Magic
- Philadelphia · History in HD, Philadelphia
- Classic and Creative Philly, Philadelphia
- · Historic Charleston
- Delightful Upper King Street Culinary Tour, Charleston
- Fossil Hunting, Charleston Historic Walking Tour, Charleston
- · Everglades Eco Tour, Miami · Little Havana Foodie Tour, Miami
- Miami by Land and Sea, Miami

Read more at hurtigruten.com





## 9 DAYS MS ROALD AMUNDSEN/MS FRIDTJOF NANSEN

MS Roald Amundsen departure: September 9, 2021 MS Fridtjof Nansen departure: September 19, 2021

# **Atlantic Canada and** Northeast U.S. – Fall Foliage

## **Itinerary 1**

Sail south along North America's Eastern Seaboard and experience culture, historic sites, dramatic scenery, and stunning autumn colors. Starting in Halifax, we cruise Maine's magnificent coastline, visit Cape Cod, and overnight in Boston.

## Day 1 Halifax

Your journey begins in Halifax, with its leafy parks, landmark Citadel Hill National Historic Site, and excellent museums. We suggest spending an extra day or two here on a Pre-Program before embarking on MS Roald Amundsen.

Day 2 Yarmouth (Full day) Discover the mix of traditional Anglo-Scots and Acadian French cultures in this busy seaport with the largest fishing fleet in Atlantic Canada. Enjoy ocean views and hiking trails at the Cape Forchu Lighthouse. INCLUDED EXCURSION: Yarmouth Walking Tour

Day 3 Eastport (Full day) Stroll the downtown historic district of Eastport and visit shops, restaurants, and cafés. Home to Native Americans for 10,000 years, the area is frequented by eagles, seals, and whales.

Day 4 Bar Harbor (Full day) Experience the unique ambiance of Bar Harbor, surrounded by spectacular Acadia National Park, which is simply stunning in the fall, and where you find the region's best seafood restaurants. INCLUDED EXCURSION: Gilded Age Walking Tour

Day 5 Rockland (Full day) Explore the coastline in an authentic lobster fishing boat and witness Old Sow, the largest tidal whirlpool in the Western Hemisphere.



INCLUDED EXCURSION: Breakwater Lighthouse with Nature Walk

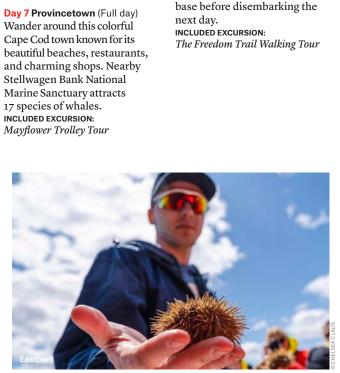
Day 6 Portland (Full day) Encounter Maine's urban scene in this buzzing city with a strong art, music, and culinary scene. Tour historic Old Port, check out galleries, and dine in a local restaurant.

INCLUDED EXCURSION: Portland Waterfront Walking Tour

Wander around this colorful Cape Cod town known for its beautiful beaches, restaurants, and charming shops. Nearby Stellwagen Bank National Marine Sanctuary attracts 17 species of whales. INCLUDED EXCURSION: Mayflower Trolley Tour

Days 8-9 Boston (Overnight) Immerse yourself in one of the great cities of the world, from Boston's history as one of the oldest cities in the United States to its legendary sports teams and fans. Join one of our optional excursions touring the city, or walk the Freedom Trail to experience Boston's revolutionary roots. Overnight in the city using the ship as your base before disembarking the









## Included

- · Lecture program
- Art activities
- · Photo program
- Science activities

## **Optional**

## **EXCURSIONS**

- · Tusket Island, Yarmouth
- · Town Package, Eastport · Lulu Lobster Boat Ride,
- Bar Harbor · Birding Mid-Coast Maine
- Rockland
- · Camden Hills State Park -Hike Bald Rock Mountain, Rockland
- · Lobster Boat Sail to Casco
- Bay, Portland · Portland Culinary Walking
- · Off-Road Sand Dune Adventure with Clam Bake.
- · A Look into Harvard University Grounds with a Harvard Student, Boston
- Fenway Park Tour and Batting Cage Experience
- · Whale Watching in Stellwagen Bank Marine Sanctuary, Boston

Read more at hurtiaruten.com





## **8 DAYS MS ROALD AMUNDSEN**

Departure: May 5, 2021





# U.S. West Coast – Highlights of the Pacific

Admire the rugged natural beauty of America's West Coast as we sail north along California and Washington. Visit Santa Catalina Island, and enjoy late spring in legendary cities such as Santa Barbara, San Francisco, and Seattle.

## Day 1 San Diego

Discover the beaches of laidback San Diego, described as 'America's Finest City.' We recommend booking a Pre-Program to explore more of what this city and its surroundings have to offer before embarking on MS Roald Amundsen.

Day 2 Avalon (Full day)
Visit the charming seaside town of Avalon on Santa Catalina
Island off the coast of Los
Angeles. Observe sea life from a glass-bottom boat, go hiking, or explore the island on golf carts like the locals.
INCLUDED EXCURSION:
Glass Bottom Boat

Day 3 Santa Barbara (Half day) Stroll along the pier or taste wine from nearby vineyards in the Santa Ynez mountains. Santa Barbara is known for its beaches, whale-watching, and Spanish roots. Visit the Old Mission, and perhaps enjoy a meal at Stearns Wharf. INCLUDED EXCURSION: Santa Barbara by Trolley

Day 4 San Francisco (Full day)
Spend the day in the city by the
bay. Our optional excursion
takes you to San Francisco's top
sights. Ride a cable car, visit
Alcatraz, and enjoy the incredible food. As our ship departs
San Francisco, experience
sailing under the Golden Gate
Bridge at sunset.
INCLUDED EXCURSION:
Walk to Lands End Viewpoint

## Days 5-6 At Sea

Join the Expedition Team as they host interesting lectures, learn about expedition photography, and spend time out on deck enjoying the Pacific air as you watch the waters and coastlines for wildlife.

Day 7 Seattle (Full day)
Discover Seattle's many highlights on your own or join one of our optional excursions. Visit Pike Place Market, the iconic Space Needle, and an eclectic range of museums. Called the 'Emerald City' because of surrounding evergreen forests, offering plenty of opportunities to enjoy the great outdoors.

INCLUDED EXCURSION:
Bill & Melinda Gates Foundation/

## Day 8 Vancouver

Discover Vancouver—Canada's cosmopolitan gateway to the Pacific. Visit boutiques along Main Street and coffee shops on Commercial Drive. See the steam clock in historic Gastown and walk the forest trails in Stanley Park. You'll quickly find out why Vancouver is consistently voted one of the world's most livable cities. Consider adding a Post-Program to spend more time here.









## Included

## **ACTIVITIES**

- · Lecture program
- Art activities
- Photo program
- Science activities
- Birdwatching

## Optional

## **EXCURSIONS**

- Magnificent Mt. Ada, Avalon, Santa Catalina Island
- Skyline Drive, Avalon, Santa Catalina Island
- Hike, Avalon, Santa Catalina Island
- Refugio State Beach Kayak Tour, Santa Barbara
   Santa Ynez Wine Country,
- Santa Barbara

   Alcatraz and Golden Gate
- Bridge, San Francisco
  Sonoma Wine Country, San
- Francisco
   Muir Woods and Sausalito,
  San Francisco
- San Francisco City Tour with Dim Sum Lunch, San
- Pike Place Market Walking
   Tasting Tour, Seattle
- Tillicum Excursion, Seattle
- · Grand City Tour, Seattle

Read more at hurtigruten.com

15

## 9 DAYS MS FRAM

Departure: May 1, 2021

# East Coast U.S. and Atlantic Canada – From Big-City Bustle to **Small-Town Charm**

## **Northbound**

Join our voyage north along North America's Eastern Seaboard, visiting vibrant coastal cities as well as sleepy, small towns-from Miami to New York City, and all the way up to Halifax, Canada.



## Day 1 Miami

Your voyage starts in Miami, a melting pot of cultures, from South Beach to Little Havana. Before embarking on MS Fram, spend an optional night in this colorful city and taste its exceptional cuisine.

## Day 2 At Sea

Join the Expedition Team as they host interesting lectures, learn about expedition photography, and spend time out on deck enjoying the sea air as you watch the waters and coastline for wildlife.

Day 3 Charleston (Full day) Step into the United States' colonial past along the cobblestone streets of Charleston, considered one of America's greatest historic treasures. Explore at your leisure or join one of our optional excursions. INCLUDED EXCURSION: Beach Clean-up

## Day 4 At Sea

Attend a lecture presented by the Expedition Team, spend time on deck with fellow travelers, or work out in our fitness room with a panoramic ocean view.

## Days 5-6 New York City (Overnight)

Sail past the iconic Statue of Liberty into Manhattan and prepare to take as big a bite out of 'the Big Apple' as you can over the next two days. Marvel at the skyline of this incredible metropolis, stroll through Central Park, see a Broadway show, or gaze at the city lights from the top of the Empire State Building. Explore the city on your own or on one of our optional excursions. INCLUDED EXCURSION:

Shuttle to Central Park

## **Day 7 Scenic Navigation**

Sail through the unique and biologically diverse Nantucket Sound. This Atlantic area borders three famous coastal getaways: Cape Cod to the north, Martha's Vineyard to the west, and Nantucket to the south. Spend time on deck taking in the sites, or learn more about the area as the Expedition Team continues their lecture program.

Day 8 Yarmouth (Half day) Discover the mix of traditional Anglo-Scots and Acadian French cultures in this seaport that is home to Atlantic Canada's largest fishing fleet. INCLUDED EXCURSION: Yarmouth Walking Tour

End this memorable voyage along the Eastern Seaboard of North America in the historic yet modern and lively—capital of Nova Scotia. We suggest spending an extra day or two here on a Post-Program.





## **ACTIVITIES**

- · Lecture program
- Art activities
- Photo program
- Science activities
- Birdwatching

## **Optional**

## **EXCURSIONS**

- · Historic Charleston,
- Charleston Delightful Upper King
- Street Culinary Tour, Charleston · Fossil Hunting, Charleston
- · Historic Walking Tour,
- Charleston • Evening Sights of New York
- · Live Like a New Yorker, New York
- · Icons of the Big Apple, New York
- · Amazing Heli Experience over New York
- · Tusket Island, Yarmouth
- · Traditions of Acadia, Yarmouth

Read more at hurtigruten.com













# **Atlantic Canada and** East Coast U.S. – From **Small-Town Charm** to Big-City Bustle

## Southbound

Sail from Halifax, visiting quiet coastal communities in Nova Scotia, Maine, and Rhode Island before exploring some of the United States' most intriguing cities: Boston, New York, Charleston, and Miami.

## Day 1 Halifax

Your journey begins in the historic—yet modern and lively—capital of Nova Scotia. We suggest spending an extra day or two here on a Pre-Program before boarding MS Fram.

Day 2 Yarmouth (Full day) Discover the mix of traditional Anglo-Scots and Acadian French cultures in this seaport that is home to Atlantic Canada's largest fishing fleet. INCLUDED EXCURSION: Yarmouth Walking Tour

Day 3 Eastport (Full day) Stroll the downtown historic district of Eastport and visit shops, restaurants, and cafés. Home to Native Americans for 10,000 years, the area is frequented by eagles, seals, and whales.

Day 4 Bar Harbor (Full day) Experience the unique ambiance of Bar Harbor, where you'll find the region's best seafood restaurants. It's surrounded by spectacular Acadia National Park—which is simply stunning in the fall. INCLUDED EXCURSION: Gilded Age Walking Tour

Day 5 Rockland (Full day) Spend the day in this small Penobscot Bay town, where lobsters are the town's primary export. Rockland is also known for its boutiques, fine dining, and world-class art galleries. INCLUDED EXCURSION: Breakwater Lighthouse with Nature Walk

Day 6 Boston (Full day) Immerse yourself in one of the great cities of the world. From its history as one of the oldest cities in the United States to its legendary sports teams and fans, Boston embodies Americana at its most authentic. Walking the Freedom Trail provides a fascinating look at the city's revolutionary roots. INCLUDED EXCURSION: The Freedom Trail Walking Tour

Day 7 Newport (Half day) Catch a glimpse of the United States' Gilded Age along Ocean Drive, lined with opulent palatial mansions. You can also explore nearby Fort Adams— America's largest coastal fortification. INCLUDED EXCURSION: Cliff Walk



Day 8 New York City (Full day) Pass the Statue of Liberty as we sail into Manhattan. Marvel at the metropolitan skyline, experience Central Park, or admire the city from the top of the Empire State Building. Explore the city on your own or on one of our optional excursions. INCLUDED EXCURSION: Shuttle to Central Park

## Days 9-10 At Sea

Join the Expedition Team for interesting lectures, learn about expedition photography, and spend time out on deck enjoying the sea air as you scout the waters and coasts for wildlife.

Day 11 Charleston (Full day) Step into the United States' colonial past along the cobblestone streets of Charleston, considered one of America's greatest historic treasures. Explore at vour leisure or join one of our optional excursions. INCLUDED EXCURSION: Beach Cleanup

## Day 12 At Sea

workout in our well-equipped ocean view or relax in one of the ship's outdoor hot tubs.





Unwind as we continue southbound. Go for an invigorating fitness room with a panoramic

## Day 13 Miami

Drink in the cocktail of cultures on offer here, from the Art Deco architecture of South Beach to lively Little Havana. Or, join an excursion to nearby Everglades National Park. Why not spend a few extra days on our optional Post-Program before heading home?







## Included

## **ACTIVITIES**

- · Lecture program
- Art activities
- Photo program
- Science activities
- Birdwatching

## **Optional**

### **EXCURSIONS**

- · Tusket Island, Yarmouth
- · Town Package, Eastport
- · Lulu Lobster Boat Ride. Bar Harbor
- · Birding Mid-Coast Maine, Rockland
- · Camden Hills State Park -Hike Bald Rock Mountain. Rockland
- · A Look into Harvard University Grounds with a Harvard Student, Boston • Fenway Park Tour and
- Batting Cage Experience,
- · Whale Watching in Stellwagen Bank Marine Sanctuary, Boston
- Rose Island Lighthouse & Harbor Cruise, Newport
- Newport Scenic & Fort Adams, Newport
- · Live Like a New Yorker
- Icons of the Big Apple
- · Amazing Heli Experience over New York
- · Fossil Hunting, Charleston

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# **BOOK YOUR EXPEDITION TODAY**

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