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EUROPE'S ATLANTIC HIGHLIGHTS - FROM HAMBURG TO LISBON

The delights of northern Europe Your adventure begins in cosmopolitan Hamburg before heading to the Frisian town of Harlingen. In Belgium's Oostende and Bruges, you'll discover medieval architecture, and in France, you'll enjoy visiting historic Saint-Malo and the picturesque seaside town of Douarnenez. Discover Iberia's charm Continuing to Spain, you'll experience the historical, cultural and culinary delights of Galicia as you visit Ferrol and the ancient port of Vigo. We'll then sail down the Iberian coast to beautiful Porto with its UNESCO-listed centre, before your expedition cruise ends in Lisbon, a timeless city brimming with mosaic pavements, fado music and old-world charm.



ITINERARY

DAY 1 Germany's Hanseatic treasure

Begin your cruise in Germany's second city

Your expedition cruise starts in Hamburg, the second-largest city in Germany and one of the greenest urban areas in Europe.

There's much to see and do in Hamburg. If you have time, you'll find many attractions in the Altstadt district, including the St

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Nikolai Memorial and the historic street of Deichstraße.

Hamburg is also home to UNESCO World Heritage Sites, including Chilehaus, and the world's largest historic warehouse complex in Speicherstadt. Art lovers should head to Kunsthalle, the nation's foremost art museum.

DAY 2 Harlingen's rich heritage

Get to know the Frisian port of Harlingen

You can walk or bike around Harlingen, a town of canals and pretty harbours, and home to the last traditional pottery factory in the Netherlands. It lies on the shores of the Wadden Sea, a UNESCO World Heritage Site.

You'll find traditional sailing ships and historic warehouses around the old harbours of Noorderhaven and Zuiderhaven. Don't miss the Harlingen Aardewerkmuseum, where you can admire displays of distinctive Frisian pottery.

DAY 3 Explore Oostende and Bruges

Rich medieval architecture among winding streets

First a fishing village, then a medieval city, and later a royal seaside resort, the strategic port of Oostende is steeped in European history. Despite the ravages of war and time, many of its medieval features have survived to the present day.

It's also a great base from which to visit Bruges. Lose yourself in

this beautifully preserved medieval town as you explore winding streets, picturesque canals and grand 14th century buildings.

DAY 4 Cruising the Channel

Reflect and relax on a calming day at sea

Enjoy the day relaxing while we navigate the waters of the channel that separates continental Europe from the British Isles.

While the British call it the 'English Channel', it's more commonly known in continental Europe as 'La Manche', or derivations of that. The Dutch may have the most diplomatic name for it, they simply call it 'Het Kanaal', or 'the Channel'.

Whatever the name, a quarter of the world's maritime trade navigates through this passage, and our Expedition Team will be happy to share their knowledge about these historic waters with you.

DAY 5 The citadel of Saint-Malo

A beautiful Breton town steeped in history

Viewed from the sea, Saint-Malo is an impressive sight, fringed by fortified bastions and gently sloping beaches.

A circular walk along the ramparts offers the best views of the town and surrounding islands. Follow the historical trail within the old city walls through a maze of cobbled streets and visit Demeure De Corsaire to learn about the feared corsairs and the



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town's pirate heritage. You can walk to Île de Grand Be at low tide or join an excursion to visit the Abbey of Mont-Saint-Michel. The island has the remains of an ancient fort, and this is where the renowned local writer Chateaubriand is buried.

DAY 6 Fascinating Finistère

Inspiring coastal scenery and maritime history

We'll use our small boats to go ashore at the picturesque seaside town of Douarnenez, where you'll find the colourful quaysides, sandy beaches, and steep cliffs that inspired famous painters like Renoir and Boudin. As well as fishermen's huts and seamen's chapels, Douarnenez is home to a wonderful maritime museum with boats from around the world.

If conditions don't allow a visit to Douarnenez, we'll head to nearby Brest, a fascinating city where remnants of medieval fortifications can still be seen. Here, you can visit the National Maritime Museum inside the military fortress of Chateau de Brest. It's a modern city too, with lively quays and docks that are perfect for a scenic stroll and some food.

DAY 7 Sailing the Bay of Biscay

Unwind and enjoy the natural world around you

Today is the perfect day to relax on deck with your binoculars and look out for whales, dolphins and porpoises. This is one of the few places in the world where beaked whales can be seen - if you're lucky - as they're drawn to the nutrient rich waters of

the Bay.

You can also learn about the marine biology of the seas along our cruise, with hands-on demonstrations and in-depth lectures about the history, geography and environment of the destinations to come. And don't forget the leisure facilities on board - why not try out the panoramic sauna?

DAY 8-9 Galician highlights

Explore Ferrol and get a taste of Galicia

Our next stop is Ferrol on the rugged coast of Galicia. Once a small fishing hamlet, for the past three centuries it's been Spain's main naval base. There are more forts, citadels and barracks here than any other harbour in the country.

An overnight stay in Ferrol gives us two full days to explore the highlights of northern Galicia. Get to know the historic centres of Ferrol and A Coruña on guided tours, walk a section of the ancient pilgrimage trails that crisscross Galicia, or join optional excursions to the UNESCO-listed towns of Lugo and Santiago de Compostela.

DAY 10 The ancient port of Vigo

The beautiful city of Vigo in the heart of Galicia

Our cruise continues to Vigo, once the gateway to the Americas. Protected by the beautiful Islas Cies, Vigo has one of the best natural harbours in Galicia and is the country's main trading and



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fishing port.

Perfectly located for exploring the city on foot, you can visit the bustling Rua do Principe with its eclectic mix of buildings in Neoclassical and Art Nouveau architectural styles. Or seek out the impressive 16th century Castro Castle and park.

On your way to the old town and Neoclassical cathedral, don't miss the Rua da Pescaderia, and sample some of the delicious seafood Galicia is famous for.

DAY 11 Charming Porto (Leixões)

Explore the UNESCO-listed historic centre of Porto

Arriving in Portugal, we dock at Leixoes. From here, you can see the Lighthouse of Leça, the Boa Nova Chapel, and the beautiful beach of Praia Azul.

You can take a shuttle bus to Porto - famed for its port wine and UNESCO-listed historic centre. An undulating city made for strolling, you'll fall in love with the pastel houses, colourful tiled facades, street art, ornate churches and panoramic views across the Douro.

Here, you can stroll along the bustling promenade by the Ribeira docks, cross the Dom Luis I Bridge, snack on delicious petiscos, and enjoy wine tastings at the port cellars of Vila Nova de Gaia.

DAY 12 Legendary Lisbon

End your cruise in this enchanting city

Your cruise along Europe's Atlantic coast ends in one of southern Europe's most enchanting cities - Lisbon.

The Portuguese capital is rich in history and culture. Take a stroll through the classical districts of Baixa and Bairro Alto, Chiado, and Alfama, the old Islamic quarter, where there are remains of a Roman theatre and Moorish fortress.

A bit outside the city centre, you can visit the beautiful UNESCO World Heritage Sites of Belem Tower and Jeronimos Monastery.

With so much to see in and around Lisbon, why not stay longer and join our optional Post-Programme.

Please Note:

Itineraries are subject to change.



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YOUR SHIP: FRIDTJOF NANSEN

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Fridtjof Nansen

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

Fridtjof Nansen is a small cruise ship specifically designed to be one of the most sustainable ships that can visit the Polar regions. Launched in 2020, The state of the art vessel features new and environmentally sustainable hybrid technology that will reduce fuel consumption and show the world that hybrid propulsion on large ships is possible. MS Fridtjof Nansen is the second of two hybrid ships to be launched cutting emissions by sailing with electrical propulsion. Hybrid technology, combined with the advanced construction of the hull and effective use of electricity on board will reduce fuel consumption and CO2-emissions on the ships by 20 percent. The future of shipping will be silent and emission free. MS Fridtjof Nansen will lead the way towards an even more sustainable way of traveling. Sailing on electrical power is not only a great benefit for the environment, but it will also enhance the impact of experiencing nature for the guests. The ship will be specially constructed for voyages in polar waters and serve as a comfortable basecamp at sea - bringing adventurers from all over the world to the most spectacular destinations in the most sustainable way. These ships combine state-of-the-art technology together with a premium onboard experience. All cabins are outside, half have

private balconies, and aft suites even boast private outdoor Jacuzzis, to soak up the stunning scenery in style. Facilities on board One of the most eye-catching exterior design features of the ships will be the two-level indoor/outdoor Observation Deck wrapped around the top of the ships' raked bow. In a vast area behind it, you'll find the core of the onboard experience: Amundsen Science Center. Packed with state of the art technology and high tech gadgets such as touch screens and science equipment, the immersive edutainment area will be the place guests and staff/crew meet, mingle and create a deeper understanding for the areas they explore. The flexible venue will feature lecture spaces, a small library, and speciality areas for workshops in photography, biology, and more. The stunning scenery will be reflected in a rich and comfortable interior design. Scandinavian materials from nature, such as granite, oak, birch and wool will be used to create relaxed and stylish cabins and public areas. All cabins are outside, 50 % will have private balconies, aft suites will feature private outdoor Jacuzzis with



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spectacular views.



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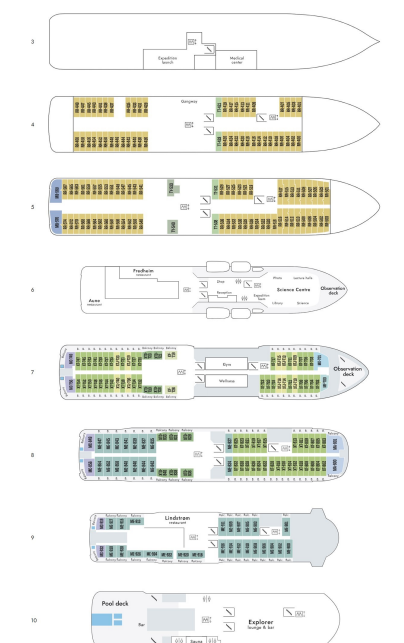
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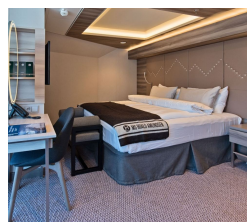
INSIDE YOUR SHIP



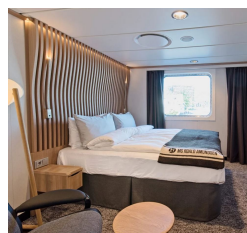
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Expedition Suite. From



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25-Apr-2026 to 06-May-2026

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