



VOYAGE HANDBOOK



MS FRAM VOYAGE HANDBOOK
2019-2020

Dear adventurer

—Congratulations on booking an extraordinary voyage on board our vessel MS Fram.

—The Norwegian explorer Roald Amundsen's success as an explorer is often explained by his thorough preparations before departure. He once said "victory awaits him who has everything in order". Being true to Amundsen's heritage of good planning, we encourage you to read this handbook.

—It will provide you with good advice, practical information, and some inspiring pieces of inside

information that will make your voyage even more enjoyable.

—This handbook includes information on your chosen destination. We hope you will find this inspiring.

—And yes – we promise to provide some adventure – in the positive sense of the word.

— Welcome aboard for an adventure of a lifetime.

Your Hurtigruten Team

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ICELAND



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Iceland, where the ground is so hot it ventilates through hot springs, volcano eruptions and fiery saga tales.

— Mythical Iceland is the land of ice and fire, with glaciers and volcanos side by side. The nature offers stunning landscapes, geysers and impressive waterfalls.



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The perfect destination for explorers searching for the unexpected.

CLIMATE The average temperature in spring is 8 to 10 Celsius. Weather is very changeable and visitors should be prepared for the unexpected

CURRENCY The currency on shore is Icelandic kroner (ISK). Foreign currencies may be exchanged into local currency at banks. Credit cards are accepted in most places, but not international bank cards (i.e. German EC Karte). We recommend having some cash available for use at the small villages. Please note that there is no currency exchange service on board.

ENVIRONMENT It is prohibited to pick Arctic flowers as the environment is very vulnerable and the flowering season very short. Please be aware of where you step and remember to follow the paths. It is strictly prohibited to walk into cultural/ historical remains. Please follow the instructions of the guide/ expedition team. Hurtigruten, as a full member,

adherest to the AECO (Association of Arctic expedition Cruise Operators) guidelines.

HISTORY A rich and interesting past, Iceland's recorded history is of the settlement of Viking explorers with their slaves. It was mostly Norsemen from Scandinavia and Celts from the British Isles in the 9th and 10th centuries - long after the rest of Western Europe was settled.

LANGUAGE The Icelandic language is believed to have changed little from the original tongue spoken by the Norse settlers. English and Danish is widely spoken and understood.

MEDICAL EMERGENCIES AND MEDICATION In case of a medical emergency in Iceland the only means of evacuation is by ambulance/ airplane/ helicopter to the nearest town with a hospital. This is very expensive and dependent on favourable weather conditions. Therefore, comprehensive travel/ health insurance policy that also covers medical evacuation is obligatory.

MOBILE PHONES ASHORE There is GSM coverage on most of Iceland including all towns and villages with more than 200 inhabitants.

NATURE AND WILDLIFE Iceland is renowned for its bird habitat and its diverse species of which the most sought after are the Icelandic Gyr Falcon, the Red-necked Phalarope and of course the Puffin. There are many species of whales due to the rich food of the North Atlantic Ocean - these include minke whales and killer whales.

POPULATION Iceland is the most sparsely populated country in Europe, with a pure, unpolluted, and truly magical landscape. The population of Iceland is approx. 320,000 with almost 120,000 inhabitants living in the capital Reykjavik. The second largest city outside the capital region is Akureyri with approx. 17,500 inhabitants.

SHOPPING ASHORE Local specialities include woollen knitwear, handmade ceramics, glassware and Silver jewellery. A refund of local Value-Added Tax (VAT) is available to all visitors in Iceland. Special rules apply, please check upon arrival in Iceland.

TIME ZONE Iceland is on Greenwich Mean Time (GMT) throughout the year, and does not change to daylight saving time.

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SVALBARD



Svalbard has more than 3000 Polar bears and fewer than 3000 people. Remote, mysterious, and extreme, the island of Spitsbergen is the crown of Arctic Norway; a land forged by ice and wind, ocean, and snow that presents us with a spectacular range of unforgettable adventures. With its location right on the edges of the ever frozen Arctic Ocean, the warmer currents of the Gulf Stream meet the cold air and water from the north. This Archipelago holds fascinating histories of the polar heroes of the north, and cultural heritage from the coal mining era as well as the history of exploration, hunting and whaling. Wildlife is rich, both at sea and on land; whales, seals, reindeer, polar fox, and a rich variety of birds. And of course the king of the Arctic – the polar bear. You can leave your watch in your cabin. North of the Arctic Circle the day has no beginning or end. The Midnight Sun brings out magical colours in the surrounding landscape. The soft rays of the low-hanging sun bathe it all in a wonderful palette of pink, purple, yellow, and orange and create unforgettable memories.

Located on the southern fringe of the frozen Arctic Ocean, Svalbard offers Expedition landings, hikes, kayaking and other activities in the largest Arctic wilderness in Europe.

CLIMATE Despite its northerly location (74° to 81° north) Svalbard has a relatively mild climate. Due to the Gulf Stream, Spitsbergen's west coast is the world's most northerly ice-free area. The average summer temperature is 6° C and the coldest winter month of March has an average temperature of minus 14°C. There is little rain, but the moist air from the sea can cause a light drizzle and fog during the summer.

CURRENCY The currency in Svalbard is Norwegian Kroner (NOK). We suggest you bring

local currency. Credit cards are accepted in most places. Please note that there is no currency exchange service on board.

ENVIRONMENT Hurtigruten's MS Fram and her skilled crew offer life-affirming experiences close to nature's most spectacular landscapes, genuine cultures, exceptional people, and amazing wildlife. Preserving these resources in their natural, unspoiled condition is our priority - you will always experience the highest environmental awareness on board and ashore.

IAATO and AECO: Hurtigruten is a full member of the Association of Arctic Expedition Cruise Operators (www.aeco.no) which is an international organization ensuring that tourism in the Arctic is carried out with the utmost consideration for the vulnerable natural environment, local cultures and cultural remains, as well as the challenging environment at sea and on land. In addition, Hurtigruten is a full member of the International Association of Antarctica Tour Operators (www.iaato.org), which promotes safe and environmentally responsible travel to Antarctica.

As members in these organizations we comply to guidelines that often goes above and beyond legal requirements.

Our compliance rests on a good cooperation with you as a traveller and we will spend some time early in our voyages briefing you about the guidelines applicable to your specific trip.

HISTORY Since Willem Barentz' discovery of Svalbard in 1596, several nationalities have explored, hunted and managed industries in this Arctic Archipelago. The Svalbard treaty dated 1920, signed by 43 member countries, gives Norway sovereignty over Svalbard.

MEDICAL EMERGENCIES AND MEDICATION

In case of a medical emergency outside Longyearbyen, the only means of evacuation is by helicopter to Longyearbyen Hospital. If any condition cannot be treated here, the patient is sent to the Norwegian mainland. This is very expensive and dependent on favourable weather conditions, therefore, comprehensive travel/ health insurance policy that also covers medical evacuation is obligatory.

MOBILE PHONES ASHORE

Mobile phones can only be used in area around Longyearbyen and Barentsburg. There is no cellular reception during most of the sailing. The ship



uses satellite phones. If someone back home need to reach you in an emergency, we kindly ask you to give out the emergency numbers listed in your travel information that you have received additionally. We will from there be able to give messages to the ship. Note that these numbers only are to be used in case of an emergency.

NATURE AND WILDLIFE In order to preserve nature and wildlife on Svalbard, 65 % of the Archipelago is protected through national parks, nature reserves and bird sanctuaries. There are only three land mammals on Svalbard: polar bear, Svalbard reindeer and the Arctic fox. In the sea however there are walrus, ringed seals, bearded seals, Greenland seals, hooded seals, white-nose dolphins, narwhals, white whales and killer whales. There is a rich bird life on the island and more than 100 species have been registered. Surprisingly the flora is very diverse for somewhere this far north.

POPULATION The population of Svalbard is approximately 2800. Longyearbyen is the largest settlement in the islands and also the seat of the governor. The town has a hospital, primary and secondary schools, university, sports centre with a swimming pool, library, cultural centre, cinema, bus transport, hotels, a bank and several museums. The newspaper Svalbard-posten is published weekly. Svalbard is among the safest places on Earth, with virtually no crime. Barentsburg is the second largest settlement in Svalbard with about 500 inhabitants, almost entirely Russian and Ukrainian. The Russian-owned Arktikugol has been mining coal here since 1932, and during the cold war Barentsburg was a hotbed of activity. Ny-Ålesund is one of the world's north ernmost settlements, inhabited by a permanent population of approximately 30-35 people who work for one of the research stations or the logistics and supply company "Kings Bay AS", which 'owns' and runs the research village. In the summer the activity in Ny-Ålesund is greatly increased by

the arrival of up to 120 researchers, technicians, and field assistants.

SHOPPING ASHORE Svalbard is a tax-free area which means that many commodities are cheaper here than on the Norwegian mainland. Longyearbyen has a variety of shops selling everything from perfumes to outdoor- and sports equipment, gifts and souvenirs. Norwegian Kroner (NOK) is used all over Svalbard, also in the Russian settlement Barentsburg. Credit cards are accepted in Longyearbyen as well as on board MS Spitsbergen (Visa, American Express, Diners and Master- Card). Please note credit cards payments will all be processed in NOK on MS Spitsbergen. Credit cards that are used to make payments on board have to be valid for at least three months after the journey has ended. There is also a cash dispenser in the centre of Longyearbyen. In Barentsburg and Pyramiden they only accept cash in Norwegian Kroner (NOK), USD, or Euro. We recommend our guests bring cash in NOK for use ashore.



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GREENLAND



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Greenland is a land of contrasts and offers unique encounters with isolated Inuit communities.

— Colossal icebergs calve from the inland ice sheet against a backdrop of green mountains, long fjords and beautiful wild flowers. A rich variety of animal life add to its splendour; including sea mammals, game, and birds by the million. Still, the best description of what Greenland is all about is the Greenlandic name of the world's biggest island: Kalaallit Nunaat –the “Land of the people”.



© THOMAS PALINER / HURTIGRUTEN

A green and white oasis in the middle of the rough sea, with exceptional interaction between man and nature

Greenland is in a little world of its own. Probably best known for the icecap, the glaciers, and the icebergs, Greenland is also about alpine mountains, beautiful Arctic flowers, deep fjords, and dramatic cliffs. Wildlife thrives here, both at sea and on land; whales, seals, reindeer, Musk ox, and a rich variety of birds. And in the northern part the king of the Arctic rules – the polar bear. You may leave your watch in your cabin. North of the arctic Circle the day has no beginning or end. The Midnight Sun gives magical colours to the icebergs and surrounding landscape. The

soft rays of the low-hanging sun bathe it all in wonderful palette of pink, purple, yellow, and orange and create unforgettable memories. Greenland's culture is shaped by the extreme conditions people are living in and the rich resources provided by nature. Traditional life as sealers and hunters in small isolated communities is reflected in today's language, music, myths, clothing, food, and homes. Much Much is now history, but the cultural roots are strong and alive, and easily visible for the visitor to Greenland

CLIMATE The average temperature in summer is 5 to 10 Celsius. It varies between sun, fog, and low clouds. There is usually little rain.

CURRENCY The currency on shore is Danish kroner (DKK). Foreign currencies may be exchanged into local currency at banks but few banks are to be found during our voyages. It is advisable to bring cash to Greenland in DKK for use ashore. Credit cards are accepted in some places, but not international bank cards (i.e.

German EC Karte). Please note that there is no money exchange service on board.

ENVIRONMENT It is prohibited to pick Arctic flowers as the environment is very vulnerable and the flowering season is very short. Please be aware of where you step and remember to follow the paths. It is strictly prohibited to walk into cultural/historical remains. Please follow the instructions of the guide/expedition team. Hurtigruten, as a full member, adheres to the AECO (Association of Arctic Expedition Cruise Operators) guidelines.

HISTORY Greenland's history is of a life under extreme Arctic conditions and has an ice cap covering approximately 80 percent of the island which restricts human activity mostly to the coastal areas. The Vikings settled on the world's largest island at the end of the 10th century, and the ancestors of the Inuit Greenlanders, who live there now appear to have migrated around 1200AD.

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situated on the west coast. There are 18 towns and 120 villages in which the rest of the population lives. Greenlandic settlements have between 50 – 500 inhabitants

TIME ZONE GMT - 4 hours / Iceland GMT - 2 hours. Example: Norway 12:00 - Greenland 8:00

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LANGUAGE Greenland is bilingual with Greenlandic being the main language and Danish the second.

LOCALS Please respect the locals by asking them before taking their photographs. Some do not like to have their photo taken. Please do not give candy, gifts or money to the local children unless permission is given by their parents.

MEDICAL EMERGENCIES AND MEDICATION In case of a medical emergency in Greenland the only means of evacuation is by airplane/helicopter to the nearest town with a hospital and if they are not able to handle the situation, the patient is sent to Nuuk. This is very expensive and dependent on favourable weath-

er conditions. Therefore, comprehensive travel/health insurance policy that also covers medical evacuation is obligatory. Please note that there is a limited number of hospitals in Greenland – only the larger towns have a hospital and the settlements might only have a nurse. It is not possible to have regular visits to the hospital – only for emergencies, as there is a lack of doctors in Greenland.

MOBILE PHONES ASHORE Using your mobile phone with roaming can be very expensive. Please check with your mobile provider before travelling. Access to wifi varies from destination to destination and changes rapidly.

NATURE AND WILDLIFE The majority of Greenland is covered by ice caps which make it inhospitable to most forms of life but the terrain and waters manage to support a wide variety of plant and animal species. Some familiar land mammals include the Arctic hare and fox, musk ox and the caribou. There are nearly two million seals inhabiting the coast with numerous whale species forming part of the rich marine life. The world's largest national park is in the northeastern part of the country.

POPULATION The population of Greenland is approx 57,000 with almost 15,000 inhabitants living in the capital Nuuk. The second largest city is Sisimiut (approx. 5000 inhabitants) followed by Ilulissat and Qaqortoq, all



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NORTHWEST PASSAGE

Being at the top of the world means sailing in the midst of ice. On this voyage, like the voyages of the explorers before us, we will go where the ice allows. No matter where we sail or what we will see, we can promise a safe and thrilling expedition. After all, we sail into the Northwest Passage, something few ships even attempt today. The perfect destination for explorers searching for the unexpected. This is an expedition where the elements rule, and the weather, wind and ice conditions will determine our final schedule. Safety is paramount and the captain will decide the sailing itinerary during the voyage. Therefore, this itinerary is just an indication of what you can experience, and why every expedition with Hurtigruten is unique.



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CLIMATE We can expect around 0 Degree Celsius when we are sailing in the Northwest Passage.

CURRENCY The currency in Canada is Canadian dollar (\$). Credit cards might be accepted in some places. We do recommend you to bring some cash in smaller notes. Please note that there is no money Exchange service on board.

ENVIRONMENT It is prohibited to pick Arctic flowers as the environment is very vulnerable and the flowering season is very short. Please be aware of where you step and remember to follow the paths. It is strictly prohibited to walk into cultural/historical remains. Please follow the instructions of the guide/Expedition team. Hurtigruten, as a full member, adheres to the AECO (Association of Arctic Expedition Cruise Operators) guidelines.

HISTORY Connecting the Pacific and Atlantic Oceans, the Northwest Passage is a beautiful and unforgiving route, having claimed the lives of many ex-

plorers over the years. Since the late 15th century, the search for this fabled seaway through the Canadian Arctic was a holy grail for hardy adventurers. There are records of almost 40 expeditions that sailed these waters, either to explore this unknown territory or to find the sea route to Asia.

The first recorded attempt was the voyage of John Cabot in 1497. The most famous journey here was James Cook's failed attempt to sail the Passage in 1776, and of course the ill-fated Franklin expedition of 1845. The first to conquer the Northwest Passage by ship was Norwegian explorer Roald Amundsen on an expedition that lasted from 1903 to 1906, aboard the converted herring boat Gjøa.

LANGUAGE Canada has two official languages - being English and French.

MEDICAL EMERGENCIES AND MEDICATION In case of a medical emergency in the Northwest Passage the only method of evacuation is by airplane or helicopter to the nearest town with a hospital. This is

very expensive and dependent on favourable weather conditions. Therefore, comprehensive travel/health insurance policy that also covers medical evacuation is obligatory.

MOBILE PHONES ASHORE Using your mobile phone with roaming can be very expensive. Please check with your mobile provider before travelling. Access to wifi varies from destination to destination and changes rapidly.

NATURE AND WILDLIFE An area rich in wildlife with hopefully sightings of polar bears, narwhal and beluga whales.

POPULATION Cambridge Bay is the largest stop for passenger and research vessels trying to traverse the Northwest Passage. In 2016 Cambridge Bay had 1766 inhabitants.

CANADA



“From small settlements, to large vibrant cities, Canada's size and diversity makes it the ideal explorers destination“

CLIMATE Throughout Canada, the region of Atlantic Canada is prone to have the most variable and harsh climates. Winters are generally long and can be mild in some areas, with others experiencing extreme cold and heavy snowfall. During spring and at the beginning of summer there is quite often fog and summers are quite cool with the average temperature in July reaching just 18°C. The central region of Quebec has a subarctic climate and winters tend to be long and among the coldest in Eastern Canada. Summers are warm but extremely short.

CURRENCY Canada; Canadian dollar (\$). ATMs widely available. Credit cards accepted at most hotels, restaurants and shops. Please note that there is no money exchange service on board.

HISTORY There is a proud, centuries old culture with strong influences combining various customs and traditions from the British, Scottish, Gaelic and of course French. With much of the area originally belonging to the French, the royal French colony of Acadia was established in 1604, being strategically placed for a gateway to North America. This caused numerous wars between the British settlers and the Acadians before the British took control over the area in 1714 before deporting all French colonists (Acadians).

LANGUAGE Canada has two official languages - English and French. Most Canadians speak English whilst nearly all French-speakers live in Quebec province.

MOBILE PHONES ASHORE Using your mobile phone with roaming can be very expensive. Please check with your mobile provider before travelling. Access to wifi varies from destination to destination and changes rapidly.

NATURE AND WILDLIFE With its extensive forests, immense mountain ranges and numerous wetlands, Canada boasts a pristine wilderness along with various and unique habitats. Canada is renowned for its numerous mammals such as the black bear, American bison, caribou and various types of deer such as the moose. Of

course, not to mention the beaver – Canada's national symbol. Canada's saltwater coastline, including all measurable islands, amounts of over 243 000km. Along the extensive coastline there are plenty of species of whales, including the orca (killer whale). Beluga and humpback blue whales are found along with the planet's largest animal – the blue whale, weighing the equivalent of approximately 30 elephants.

POPULATION Over 37 million people reside in Canada which is divided into ten provinces and three territories. The majority live in concentrated areas near to the Canada-US border.

TIME ZONE Canada has 6 standard time zones - Halifax GMT-3

QUEBEC has also played an important role in French history and now occupies much of the land where French settlers founded the colony of Canada (New France) in the 17th and 18th centuries with the population being predominantly French speaking.

Atlantic Canada is made up of four provinces located along the Atlantic coast, comprising of the Maritime provinces of New Brunswick, Nova Scotia and Prince Edward Island, along with Newfoundland and Labrador – the easternmost province.

—Even though Quebec shares the Atlantic coast it does not form part of Atlantic Canada but is rather its own province and is predominantly French speaking.



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NORTH AMERICA



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The coastline of North America's eastern seaboard offers dramatic nature, rich culture and fascinating historic sites.

— Bordered by Canada to the north and the Atlantic Ocean to the east, the North-eastern United States comprises of 9 states, which were all among the original settlement colonies in the seventeenth century before becoming part of the United States of America in 1776.

Explore a range of intriguing destinations and dramatic landscapes in North America

CLIMATE Due to the vastness of the area, the North-eastern states experiences a range of climates with some areas prone to heavy rainfall and snow. The coastal region generally has warm and humid summers with the interior experiencing cold and snowy winters.

CURRENCY USA; US Dollar (\$) ATMs widely available. Credit cards accepted at most hotels, restaurants and shops. Please note that there is no money exchange service on board.

HISTORY The first European to explore the Atlantic coastline dates back as far as 1524 when Giovanni da Verrazzano ventured along the coast now known as Florida up to New Brunswick. However, the first Europeans to settle in New England came over from England where they landed in what is now known as Massachusetts in 1620 followed by further settlers establishing Connecticut and Providence in 1636. Massachusetts was one of the main colonies involved in the events leading up to breaking away from the British Empire.

LANGUAGE The most widely spoken languages in North America include English, Spanish and French.

MOBILE PHONES ASHORE Using your mobile phone with roaming can be very expensive. Please check with your mobile provider before travelling. Access to wifi varies from destination to destination and changes rapidly.

NATURE AND WILDLIFE A diverse landscape forms the North-eastern United States varying from fertile farmland to the rocky coastline with jagged cliffs rising high above the water as well as beautiful sandy beaches. These assorted habitats provide the necessary diversity for the numerous species of mammals, reptiles and amphibians as well as marine life.

A region rich with wildlife including deer, with moose and white-tailed deer also featured prominently. Predatory mammals include the Canada lynx, bobcats and coyotes with the largest predatory mammal being the black bear. There are also several species of marine animals such as whales (sperm and beluga), turtles, seals as well as dolphins.

POPULATION The current population of North America is over 364 million - which is the equivalent to nearly 5% of the worlds population.

SHOPPING ASHORE There is sales tax which is added to merchandise and food in the U.S. but is not on the price displayed.

TIME ZONE There are 9 time zones across North America and the ship will observe local times in each port.



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CARIBBEAN & CENTRAL AMERICA

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There is no location in Central America that is more than 200 km from the sea.

Central America, southernmost region of North America, lies between Mexico and South America and comprises of Belize, Costa Rica, EL Salvador, Guatemala, Honduras, Nicaragua and Panama .



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CLIMATE Central America lies fully within the tropics, yet has at least a dozen climatic zones. The region has a tropical humid climate. It has no real winter; even the coldest month averages above 18 °C, with summers of 27 to 28 °. The temperatures can vary significantly, in the mountains it can be cool and rainy while it is humid and hot at the beaches. The wet season is typically from June through November resulting in lush vegetation. In general the Caribbean side receives about twice as much rainfall as the Pacific region. We recommend bringing sun protection, swim wear, hat, mosquito repellent and waterproof clothes.

CURRENCY In general it is recommended to use the local currency for each country within Central America. ATMs are common. The Cirrus (Mastercard) and Plus (Visa) network work here. Look at the back of your card to see which network you are on. Be sure to know your PIN-number and daily withdrawal limit before you depart. Check with your bank for possible fees. In addition, US dollar notes in small denominations are a good backup as they are accepted in all Central American countries. In Panama the dollar is the official currency, next to the Balboa. Traveller's cheques are difficult to ex-

change and not recommended. German EC-Karten are not accepted. Note that most vendors prefer small bills and exact change.

ENVIRONMENT According to international laws trading endangered wildlife is prohibited. Please remember, any kind of purchase of sea-turtle products, snake or cat skin, corals, orchids etc. contributes to the further hunting and exploitation of endangered species and is therefore strictly forbidden.

HISTORY There is scant evidence of human life in Central America before 8000 BC. Before the arrival of the Europeans, Central America was home to various nomadic and sedentary cultures. The Mayans and Aztecs were the most notable of the indigenous people of Mesoamerica who inhabited the northern areas. Other Indian cultures brought influences from North and South America to the isthmus. After Christopher Columbus, the Spanish sent many expeditions to the region and began their conquest of Maya territory in 1523. The last Maya kingdoms were defeated in 1697. The Miskito, Rama and other tribes have survived to the present. In 1821 the Act of Independence of Central America

was signed, but lost again after civil war twenty years later. The US-funded United Fruit Company took control in 1899 as the banana industry boomed. After more than 200 years of social unrest, violent conflicts and revolution, Central America remains in a period of political transformation. There are no international or internal wars in Central America at the present.

LANGUAGE Spanish is the main spoken language in all seven Central American countries and in Mexico. Belize is the only exception with English being the official language. Moreover there are many different languages spoken by indigenous people. English is spoken in touristic areas.

MEDICAL EMERGENCIES AND MEDICATION The following list is only a recommendation for vaccines when travelling to Central America. We recommend: Hepatitis A/B, Typhoid, Diphtheria, Tetanus. Malaria risk varies by region and season. A Yellow Fever vaccination card is often required if you have travelled to South America prior to travelling to Central America. Please consult your doctor and/or visit a travel clinic at least 6-8 weeks before you travel.

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MOBILE PHONES ASHORE Using your mobile phone with roaming can be very expensive. Please check with your mobile provider before traveling. Access to wifi varies from destination to destination and changes rapidly.

NATURE AND WILDLIFE Central America is a region composed of 7 different countries located to the south of Mexico and north of South America. The area has coastline along the Pacific Ocean and the Caribbean Sea. Central America extends in an arc roughly 1835km long from north to south and at its narrowest point, the Panama Canal, it is only 50km wide. Most of its countries are of volcanic origin. The plateau highlands culminate in over 40 volcanic cones with some

of them being more than 3700m high. Lots of them are active and erupt from time to time often in combination with earthquakes. Geographically Central America belongs to North America. Its seven countries are diverse with lush rain and cloud forests, lakes, mountain ranges, sandy beaches and a very high biodiversity, boasting 7% of the world's biodiversity. Especially in spring and autumn migratory birds can be seen in very high concentration. Lots of plant and animal species are endemic and often threatened by deforestation. Costa Rica as the country with the highest amount of biodiversity with over 13600 plants and animal species has protected almost 25% of its area. The other countries are following its good example.

POPULATION Around 48 million people live in Central America and over 130 million in Mexico. The region of the continent is very rich in terms of ethnic groups. Guatemala is the only country though with the majority being indigenous people. The main religion in Central America is catholicism, which is often mixed with indigenous and African traditions.

SHOPPING ASHORE Sales and import taxes have already been figured into the display price at most stores and shops. Bargaining is not accepted in shops, but might be accepted on markets. Please remember though that the majority of people are poor and highly dependent on their sales.

TIME ZONE In Central America the countries of Belize, Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua are UTC - 6 and Panama is UTC - 5. No country in Central America is currently using daylight saving time. Mexico uses four time zones, from north west to south east: Pacific Time Zone (UTC -8), Mountain Time Zone (UTC -7), Central Time Zone (UTC -6), Eastern Time Zone (UTC -5). Daylight saving time applies from the first Sunday in April to the last Sunday in October.





SOUTH AMERICA

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Chile, Peru, Ecuador and Colombia – the immense west coast of South America is marked by fjords, the Andean mountains, lively metropolises, sunny beaches and an enormous amount of species.



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CLIMATE The climate of South America's west coast is greatly influenced by the Humboldt ocean current which keeps the Pacific refreshingly cold even in summer.

CURRENCY Except for Ecuador, which uses the US dollar, all other countries have their own currency. Exchange rates can differ from day to day. In general, it is recommended to use the local currency for each country. ATMs are common. The Cirrus (Mastercard) and Plus (Visa) network work here. Look at the back of your card to see which network you are on. Be sure to know your PIN-number and daily withdrawal limit before you depart. Check with your bank for possible fees. In addition, US dollar notes in small denominations are a good backup as they are widely accepted in all South American countries. Traveller's cheques are difficult to exchange and not recommended. German EC-Karten are not accepted. Note that most vendors prefer small bills and exact change.

ENVIRONMENT According to international laws trading endangered wildlife is prohibited. Please remember, any kind of purchase of sea-turtle products, snake or cat skin, corals, orchids

etc. contributes to the further hunting and exploitation of endangered species and is therefore strictly forbidden.

HISTORY South American history is still relatively unknown. Scientists found evidence of life dating back to 8000 BC. The settlement Caral in Peru is, with approx. 4600 years, one of the oldest towns of the continent. The Inca civilization dominated the Andes region from 1438 to 1533 with their capital being Cusco in Peru. This highly developed empire of approx. 14 million people left precise and unmatched stonework as can be seen in Macchu Picchu and in the Sacred Valley. The Spanish and Portuguese were the first who founded colonies in South America, followed by the British and Dutch. The tensions between colonial countries in Europe, indigenous peoples, and escaped slaves shaped South America from the 16th to the 19th century. Revolutionary movements and right-wing military dictatorships became common after WWII, however since the 1980s, a wave of democratisation came through the continent and the democratic rule is widespread now.

LANGUAGE Spanish in various dialects is the main spoken language in Chile, Peru, Ecuador and Colombia. The South American Spanish differs from the European Spanish as other words are often used. English is spoken in touristic areas. In Southern Chile German and Mapuche is spoken in some areas. Quechua and Aymara are official languages in several regions of Peru. In Ecuador Kichwa is spoken widely and also Colombia officially recognizes all indigenous languages.

MEDICAL EMERGENCIES AND MEDICATION

The following list is only a recommendation for vaccines when travelling to South America. We recommend: Hepatitis A/B, Typhoid, Diphtheria, Tetanus, Polio. Malaria risk varies by region and season. Please note that for some countries and regions, such as Colombia and the Peruvian jungle, Yellow Fever is required and you must have your vaccination card with you. Please consult your doctor and/or visit a travel clinic at least 6-8 weeks before you travel. We recommend using a good insect repellent in tropical regions. If your pre- or post-voyage program includes the Andes, please inform yourself about altitude

sickness which can be felt from an altitude of 2400 m above sea level.

MOBILE PHONES ASHORE Using your mobile phone with roaming can be very expensive. Please check with your mobile provider before travelling. Access to wifi varies from destination to destination and changes rapidly.

NATURE AND WILDLIFE The nature and wildlife of western South America is as diverse as its landscapes, geography and people. In all four countries with its coastlines, Andean Mountains and jungle regions, there are many opportunities to experience unique flora and fauna. Colombia alone is home to over 1800 species of birds, which is more than Europe and North America have combined.

Chile is home to a variety of ecosystems due to its enormous long, stretched out shape. The country's coast provides the perfect habitat for Rockhopper and Magellanic pen-

guins, sea lions, six species of seals, Chilean dolphins and an abundant whale population. A staggering 19% of the country are conservation areas. One of the largest and most important national parks is Torres del Paine in Patagonia.

Peru hosts approx. 500 mammal species of which a staggering 70 are endemic. Scientists continue to catalogue new species every year, mainly birds. Its coastline is home to many marine mammals, such as sea lions, fur seals, dolphins and whales.

As a country of tropical rainforests, Andes mountain ranges, dry forests and mangroves, Ecuador is one of the most species-rich countries in the world with one example being the approx. 120 hummingbird species.

POPULATION With almost 400 million inhabitants South America is home to 6% of the world's population.

With an increasing urbanisation, metropolises, mostly close to the coast, have developed rapidly.

SHOPPING ASHORE Sales and import taxes have already been figured into the display price at most stores and shops. Bargaining is not accepted in shops, but might be accepted on markets.

TIME ZONE Mainland Chile is divided into two time zones. The Southern part including Magallanes and Patagonia are on UTC - 3 the whole year, whereas continental Chile, which is most of the country use UTC - 4 in winter and -3 in summer. Peru and Colombia are year around on UTC -5 and Ecuador on UTC -6 .



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ANTARCTICA

Antarctica is unlike anything you've ever experienced.

— This is the most remote place on earth, where nature is in absolute command.

Where rare wildlife is unafraid of humans.

Where Hurtigruten has an unparalleled level of expertise to take you into pristine wilderness and raise your journey to a whole new level.



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Antarctica contains 90 % of the world's ice

Most of this ice is part of the ice sheet that covers the land mass, which is approximately 14 million square kilometres (5.4 million sq miles) – the combined area of France, Spain, and Germany is only a tenth of this. Every winter parts of the Southern Ocean freeze over and effectively double the ice-covered area. This freeze is the largest seasonal natural phenomenon on the planet. The cold water current circling the continent cuts it off from warmer climatic zones.

Antarctica is in all aspects isolated from the outside world and travelers will understand what this means when they experience “the windiest, the coldest, the driest, and the highest continent”. Someone once said: “The person who is able to express the feeling of being in Antarctica in words has probably not been there.”

Antarctica has no permanent human inhabitants, is home to millions of penguins, is the feeding area for thousands of whales in the Austral summer, and is a continent dedicated to science and peace. The continent is protected by the Antarctic Treaty of 1959 – however, pre-treaty, eight nations made claims to portions of Antarctica – Norway has the second largest claim, second only to Australia. The one-and-a-half-day crossing of the Drake Passage is just what is needed to prepare travelers for Antarctica. You have time to think and learn about what lies ahead. The giant tabular icebergs broken off the edge of the Antarctic mainland, the shoals of penguins swimming out to sea to hunt for krill, the torpedo-like leopard seal patrolling

the shorelines, keeping a sharp eye on all movements, the breath of the humpback whale that is heard in the distance followed by frantic turning of heads trying to locate it.

We are proud to be your choice for your experience of a lifetime.

BUENOS AIRES Buenos Aires is a beautiful mix of European style city and cosmopolitan metropolis. It's an elegant city with a ragged edge. Buenos Aires is somehow strangely familiar, but at the same time unlike any other city in the world. In between designer boutiques, smart neighbourhoods and grand parks you will find buzzing street life. The classic Buenos Aires is very much alive: the old-world cafés, colonial architecture, fun outdoor markets and diverse communities. Buenos Aires is all about steaks, antiques, tango and shopping... and so much more. We highly recommend you join an excursion that will take you around the city to enjoy the most attractive sights and authentic experiences of the metropolis.

CLIMATE Antarctica is the windiest, coldest, driest and highest continent on Earth. On the Antarctic Peninsula, which is the area we sail in, the temperatures average 0-5 degrees Celsius during summer (November – March). During your journey temperatures will vary from warm summer in Buenos Aires (30°C/ 86°F) to winter (around 0°C/ 32°F) in Antarctica. Expect periods of high winds when in Antarctica – cold air travels down the glaciers and ice-shelves. These are called katabatic winds and can occur when you least expect it.

CLOTHING According to IAAATO regulations and to avoid any transmission of diseases to the vulnerable eco-system in Antarctica, we ask our travellers to bring clean clothes to wear ashore.

For more information, see equipment list.

CURRENCY & CREDIT CARDS Argentinian pesos are used in Argentina, Chilean pesos are used in Chile. US dollars may be exchanged into local currency at either banks or Money Exchange kiosks, at the open market exchange rate of the day. Some shops might accept US cash, though this is not a common practice. You can also withdraw cash from ATM's using your credit card and PIN code. When visiting the Falkland Islands local pounds (FIP) are used as well as pound sterling.

When landing in Antarctica some bases do accept USD cash only. In Port Lockroy, the following currencies are accepted : GBP, USD, Euro, and major credit cards (for purchases above 100 USD). Please note that there is no money exchange service on board.

ENVIRONMENT Given its isolation, the Antarctic environment is probably the most pristine natural environment on the planet. For visitors this fact comes with a set of obligations – the most important and general is to leave no traces behind. The Antarctic Treaty and IAATO prohibiting more than 100 people to be ashore simultaneously strictly regulate human traffic in Antarctica. All guests will be given instructions on how to behave when on shore in Antarctica. Antarctic Treaty Recommendation XVIII-1 and IAATO guidelines are mandatory and must be followed. Please see “PROTECT THE ANTARCTIC ENVIRONMENT FROM INVASIVE SPECIES” section of this handbook for details.

EXCURSIONS On the Falkland Islands local suppliers provide excursions with local guides. These excursions can be booked in advance and on board the ship subject to availability.

Pre and post excursions in Buenos Aires & Ushuaia can be booked beforehand and at Hospitality desks at Emperador Hotel and NH City Hotel Buenos Aires subject to availability. Unfortunately, excursions are not adapted for handicapped travellers.

HISTORY It was the ancient Greeks who first came up with the idea of Antarctica. They knew about the Arctic - named Arktos - The Bear, from the constellation the great bear, and decided that in order to balance the world there should be a similar cold southern land mass that was the same but the opposite "Ant-Arktos" - opposite The Bear.

In 1773 James Cook circumnavigated Antarctica and although he did not sight land, he found deposits of rock on the icebergs showing that a continent must exist. The next to cross the Antarctic Circle was Thaddeus Bellinghausen. He made the first sighting of the continent in 1820. From the late 1800's and up to the mid 20th century many expeditions followed. Mainly these were marine explorations, and in this same period sealers and whalers from all over Europe started hunting in various parts of Antarctica and the Sub-Antarctic Islands. The first person believed to have landed on the continent itself was the Norwegian Carsten Borchgrevink who also pioneered the use of sled-dogs for transportation in Antarctica.

1900 - 1916 is known as the "Heroic Age" of Antarctic exploration. There is a saying: "For scientific discovery give me Scott, for speed and efficiency of travel give me Amundsen, but when your back is against the wall and there's no hope left, get down on your knees and pray for Shackleton". Amundsen won the race to the South Pole December 14th 1911.

The first International Geophysical Year IGY was 1957-1958 when 12 nations built more than 60 research stations in Antarctica and formed the beginning of an international cooperation. In 1961 the Antarctic Treaty came into effect.

IAATO MEDICAL

QUESTIONNAIRE To comply with IAATO and Hurtigruten AS regulations all guests must have completed the IAATO medical questionnaire including a confirmation of fitness to travel from your doctor. You must take the completed questionnaire on board and deliver it to the ship's doctor. Guests without the completed questionnaire will be refused embarkation.

IMMIGRATION Please ensure that your passport is valid for more than six months after you return to your home country. Remember to check if you require a visa.

LANDING & ACTIVITIES All landings in Antarctica, South Georgia and the Falkland Islands are included. Additionally we offer activities which can vary from voyage to voyage depending on the weather and ice conditions. These activities include kayaking, small boat cruising, camping and snowshoeing. Kayaking can be pre-booked or booked on board. All other activities are only bookable on board. Please note that space is limited.

MEDICAL EMERGENCIES In case of a medical emergency in Antarctica the only method of evacuation is by plane to the city of Punta Arenas, Chile, as there are no hospital facilities in Antarctica. This is very expensive and dependent on favourable weather conditions. Therefore, comprehensive travel/health insurance policy that also covers medical evacuation is obligatory.

MONTEVIDEO Montevideo is Uruguay's capital and biggest city, a vibrant and multifaceted place with rich cultural life. Located at the north shore of the Río de la Plata estuary, the city wears many faces; from its industrial port, over the colonial homes and landmarks to the exclusive beachside suburb of Carrasco near the airport.

The Plaza Independencia (Independence Square) is the heart of Montevideo and separates the city's downtown from the Ciudad Vieja (old town). Most touristic places are located in the Ciudad Vieja area. It offers several museums, art galleries, art deco buildings, the famous Palacio Salvo, the neoclassical Solís Theatre and the Mercado del Puerto (Harbour Market), a former stall market now filled with steakhouses.

NATURE AND WILDLIFE Being the coldest place on Earth, Antarctica supports no terrestrial mammals - there are no trees or shrubs, and only two species of flowering plants: Antarctic hair grass (*Deschampsia Antarctica*) and Antarctic pearlwort (*Colobanthis quitensis*). The sea is what supports most creatures, such as penguins and seals.

In Antarctica you will see thousands of penguins eagerly nesting and feeding during the short summer months. There is a rich variety of mammals. As they have not been hunted for decades, most species are more curious than afraid of tourists. There is also an abundance of birds, with the mighty Albatross as the king of the sky.

POPULATION There are neither permanent residents nor native inhabitants in Antarctica. However, about 4,000 people stay on scientific bases in the short summer period and around 1,000 in total during the winter months.



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In addition, around 30,000 tourists visit the area during summer.

TIME ZONE Antarctica sits on every line of longitude, due to the South Pole being situated near the middle of the continent. Theoretically Antarctica would be located in all time zones; however, areas south of the Antarctic Circle experience extreme day-night cycles during the June and December solstices, making it difficult to determine which time zone would be appropriate. For practical purposes time zones are usually based on territorial claims; however, many stations use the time of the country they are owned by or the time zone of their supply base. Nearby stations can have different time zones, due to them belonging to different countries. Many areas have no time zone since nothing is decided and there are not even any temporary settlements that have any clocks. They are simply labelled with UTC time.

For the most part, daylight saving time is not observed in Antarctica because 95 percent of the continent is located south of the Antarctic Circle and the midnight sun phenomenon renders the use of it unnecessary. However, a few regions observe the time and use of daylight saving time of the countries they are supplied from, Chile and New Zealand. The areas have daylight saving time during the southern summer, when there is the northern winter, including January.

USHUAIA Ushuaia is the southernmost town in the world, on the shores of the Beagle Channel and surrounded by the Martial Mounts. It is the capital of the Tierra del Fuego, Antarctica and Southern Atlantic Islands Province. This charming small town offers views to the sea, forests and mountains. Its 65,000 inhabitants live mostly from fishing, natural oil and gas extraction, sheep farming and tourism. The streets have colourful houses, good seafood restaurants and tax free shopping. Here you will find excellent souvenirs, locally produced chocolate and excellent sports/leisure wear at reasonable prices.

PROTECT THE ANTARCTIC ENVIRONMENT FROM INVASIVE SPECIES

The Antarctic remains as one of the most pristine natural environments in the world. Non-native species represent a threat to biodiversity globally as they can cause serious negative impacts to the natural environment.

These are species that are introduced to regions where they are not normally found as a result of human activity. Increasing visitor numbers means a greater chance of more non-native species being introduced.

The following guidelines aim to minimize the risk of future introduction of non-native species to the Antarctic

BE A RESPONSIBLE VISITOR

One of the main ways non-native species can spread to the Antarctic is by our activities there. Seeds, microorganisms, and even insects can hitchhike to the polar regions on footwear, attached to clothing, or in bags that have been used previously. By following a few simple steps, you can ensure that your visit won't lead to non-native species being introduced to these sensitive areas.

BEFORE LEAVING HOME

Examine and clean all clothing, including pockets, seams, Velcro fasteners, and footwear soles for dirt and organic material. Use a vacuum cleaner, brushes, and water where nec-

essary to ensure all seeds and dirt have been removed. This is especially important if you have used your clothing and equipment previously in parklands or rural settings, or other polar regions.

UPON ARRIVAL

1. Follow the biosecurity procedures on your expedition. This is especially important if you are moving between distinct geographic regions, but also when moving between distinct landing sites.

2. Watch your step. If you notice organic matter on boots, clothing or gear, make sure to clean it off before leaving a site and use the disinfectant wash between visits. Leave disinfectant to dry between landings.

3. Spread the word. Share this information with others and help protect the Antarctic environment.

MORE INFORMATION:

<http://iaato.org/protecting-the-environment>

Environmental commitment

Hurtigruten's MS FRAM and her skilled crew offer life-affirming experiences in Antarctica's most spectacular landscapes and in close proximity to its amazing wildlife. Preserving these resources in their natural, unspoiled condition is our priority - you will always experience the highest environmental awareness on board and ashore.

IAATO AND AECO Hurtigruten is a full member of the International Association of Antarctica

Tour Operators (www.iaato.org), which promotes safe and environmentally responsible travel to Antarctica. In addition, Hurtigruten is a full member of the Association of Arctic Expedition Cruise Operators (www.aeco.no) which is an international organization ensuring that tourism in the Arctic is carried out with the utmost consideration for the vulnerable natural environment, local cultures and cultural remains, as well as the challenging environment at sea and on land.

MS FRAM AND THE ARKTOS

NETWORK On some of our longer voyages in the Arctic we provide MS Fram as an expedition ship to a network of marine biologists. In 2008 two teams sailed with MS Fram to Thule, Greenland taking samples from the seafloor under way. In 2009 a team carried out field research of giant sea weed in the high Arctic using MS Fram as the scientific platform. Hurtigruten is a member of the steering committee of an EU funded research project called the Arctic Tipping Point. Also in the future MS Fram will be offered as an expedition ship for the scientific community.



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FREQUENTLY ASKED QUESTIONS

— **Do I have to be in good health to participate in this journey?** It is important you are in good health as the journey can be long and tiring. Please note that in remote areas there is no immediate access to modern medical facilities. An Explorer voyage is not recommended if you have a life-threatening disease or illness that requires frequent medical care. To be able to participate in landings you must be able to walk on uneven or slippery surfaces and to climb on and off the small boats used for landings.

— **How much time do you spend on land?** All landings depend on factors such as the weather, the distance between the landing sites, and the operational conditions. The Expedition Leader and the Captain will arrange the daily route to ensure the best possible experience.

— **Are there any restrictions on activities on land?** As environmental protection is a concern there are regulations for the protection of wildlife, the environment and the cultures we encounter, which must

be followed. Your Expedition Leader will provide necessary information on how to behave on land.

— **Will there be rough seas on the trip?** It is not possible to predict exact weather conditions. The Captain will do everything he can to make the voyage as comfortable as possible. If you are prone to seasickness, we suggest you bring your preferred medication.

IMPORTANT INFORMATION

SHIP CONTACT INFORMATION

Phone: +47 850 01100

E-mail:

reception@fr.hurtigruten.com

ITINERARY CHANGES Some of our itineraries are to areas without, or with very limited infrastructure. This, combined with some of the most extreme (polar) conditions on Earth we have to appreciate that wind, weather and ice - changing seafloor conditions and other things may and will determine our detailed programme.

SAFETY Safety is always the priority and the ship's Captain will decide the final itinerary during the voyage, therefore every voyage is unique and all published routes are only indicative.

DAILY PROGRAMME

The DP is available on the TVs and in public areas. There is a DP channel for each language (usually English, German, Chinese or French).

WEATHER CONDITIONS Weather conditions can make landings and tender cruises with small boats more difficult or sometimes impossible. Remember that unforeseen twists often turn out to be the highlight of a trip. We invite you to be open to the unexpected and flexibility is important on our Explorer cruises.

NOTE We are also subject to written and unwritten laws like assisting vessels or people in need.



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LIFE ON BOARD MS FRAM

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MS Fram was specially built for comfortably sailing to the remote waters of the Arctic and Antarctic, and you may enjoy her many services whilst she takes you close to nature and wildlife. No dressing up for dinner – no fuss, no frenzy – our aim is to sail calmly through the crisp clean air, close to the ever-changing environment.

ALCOHOL POLICY Guests are respectfully reminded that only beverages purchased from the ships restaurants and bars can be consumed on board. Alcoholic beverages purchased in ports-of-call and from our on-board shops will be stored by the ship and delivered to your cabin on the last day of the sailing. According to Norwegian law, persons over the age of 18 are allowed to purchase

beer and wine. Spirits are only available to persons over the age of 20 years.

ANNOUNCEMENTS To hear all announcements in the cabin, the TV has to be set to a channel number. Check your cabin folder for specific channel number once on board. Important updates to our programme and emergency information will be announced to the cabins via separate speakers overriding all other audio in the cabin.

ARTWORKS Local artists from the Arctic have contributed to making the MS Fram a modern masterpiece. There is a permanent exhibition of original artefacts from the original Fram used by Nansen and Amundsen.

BAR SERVICE The ship has a bar with an excellent selection of spirits, wines, beers, and soft drinks at moderate prices, and a lounge bistro with free coffee, tee, hot chocolate and water self-service 24/7.

CABINS Please note that check in hours in reception may open before the cabin is ready for use. You will be informed at check-in when your cabin is ready for you. You may expect some noise and vibration in some cabins. This varies depending on the location of your cabin. Also, noise affects people differently and what may be a problem for one person may not be a problem for others. Please note that cabins on deck 6 with passenger access to outside areas may sometimes have an obstructed view due to other passengers walking past.

CHANGES TO THE ITINERARY AND THE EXCURSIONS All routes and excursions are provisional and subject to change – weather, sea and ice conditions may affect the itinerary. Excursions may also be subject to minimum/ maximum numbers. The operators reserve the right to change the content of excursions without prior notice.

CHILDREN Hurtigruten AS cannot accept children under the age of 5 to travel with us to Antarctica. For safety reasons, children under 12 years of age will be considered on each landing. It is entirely at the Captain's discretion to allow children on shore landings.

CRUISE CARD & CURRENCY The currency on board is Norwegian Kroner (NOK). Credit cards that are used to make payments on board must be valid for at least three months after the journey has ended. Please note that when using your credit card on board the ship, your account will be debited in NOK. The rate of exchange will be the one validated by your credit card company. Please note that there is no money exchange service or facility for cash withdrawals on board.

A cruise card will be issued upon arrival on board as part of the check in procedure in accordance with ISPS regulations. All our guests are requested to wear this card when disembarking the ship in all ports of call and landings. The card serves as

a control system on the gangway enabling the ship to know which of our guests are on board and ashore at any time. This card, in addition to being the key card for your cabin, is also your payment card on board. The card is the only means of payment for the onboard facilities. To activate the cruise card account, you must have a Visa, American Express, Diners or MasterCard. Other credit cards can be used to pay for the final invoice, but not for activating the cruise card account. In the morning 24 hours before your voyage ends, you will receive a draft copy of your account. The evening before the voyage ends the account will be totalled and settled on board, and a receipt will be emailed you. We regret that our system does not support Maestro Card.

DISABLED CABINS/ MOBILITY The ship is suitable for wheelchairs. Persons in need of special assistance must travel with a companion. Please note that the ship's gangway must be used in order to embark/disembark wheelchairs. In ports where tidal conditions or other circumstances require use of a portable gangway, or during landings with tender boats, there is no possibility to use/take wheelchairs.

DRONES Please note the use of passenger-operated drones is not permitted during your voyage. This is for general safety as well as the protection of the vulnerable wildlife and other passengers' personal security.

ELECTRICITY The electrical outlets in your cabin are all 220V/50hz and of the type euro plug (Type C & F). Suites have 110V for Shavers. The plugs are continental two pin plugs. (check: <http://www.power-plugs-sockets.com/norway/>) Adapters are available for purchase in the shop.

ENTERTAINMENT An explorer voyage with Hurtigruten is rigged towards maximizing your experiences of the places we are going to. On days when we are not landing we encourage you to spend as much time as possible out on deck. Join our educational talks and lectures at different locations on board. A travel experience is often much richer if you have knowledge and understanding about the nature, wildlife, culture and history of your destination. Our Expedition team will make sure you are well prepared for the experiences ahead of you. They will also re-capitulate and answer questions in hindsight. You will not find bingo, arcade games and entertainment theatres often found on conventional cruise ships. Our aim is to get you closer to unique environments and to allow you to share the experience with your fellow travellers. Occasionally there may be some light entertainment on board in the evenings.

ENVIRONMENT AND GREEN NAVIGATION Our Captains take pride in route planning that minimizes the load of the engines and reduces emissions. All waste is stored



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on board until it is deposited for treatment ashore. We never dump waste in the sea and we ask you not to leave any waste when you are on shore excursions. In populated areas there are containers for depositing waste, please use them. If you find plastic waste on beaches where we land, we will gladly help removing this from the ecosystem if you bring it back to the ship. We ask you to respect the saying. "Leave nothing but footprints, take nothing but pictures and kill nothing but time".

EXCURSIONS &

AQCTIVITIES ASHORE We offer a selection of excursions that can be pre-booked with only remaining places sold on board. We do advise that you book well in advance in order to avoid disappointment due to the excursion being fully booked. Please note that registration is binding and once on board the Expedition team will advise you of booking deadlines for excursions still available. Our excursions have English speaking guides unless otherwise indicated and other languages cannot be guaranteed. Excursions are subject to cancellation due to weather conditions and dependent on number of participants. All expedition shore landings and small boat cruising during our call in Antarctica are included the program. Land adventures in Buenos Aires and Ushuaia can also be purchased at the hospitality desk of our offered hotels. All excursions are subject to availability. Along with the optional excursions available to book, the Expedition Team also arrange a variety of activities during the voyage. These will depend on location and season, but may include hiking, small boat cruising, kayaking, snowshoeing or camping. A limited amount of kayaking is available for booking prior to select voyages, but all other activities are booked on board and subject to availability.

EQUIPMENT RENTALS On many of our voyages we are landing in areas with snow, wet, muddy ground. The

weather may be foul and cold. This is part of being an explorer. We have therefore chosen to lend you a pair of special purpose boots that will keep you both dry and warm – so that you can focus on your experience, not cold toes. On some of our itineraries we will ask you to use our boots since we have made sure they are rinsed and declared clean from seeds or other biological material that could, unintentionally, lead to spread of invasive species into fragile environments. If you require a pair of boots on your voyage we will lend them to you, for free, for the duration of the voyage. We carry sizes from 32 to 50. If you need a smaller or larger size than this, we encourage you to bring your own on itineraries calling at Svalbard, Antarctica, Arctic Canada, Iceland or Norway. These boots will be kept on the ship's tender deck, and you will have your own private pair during the whole voyage. We also offer walking sticks and a small selection of warm thermo-suits for rent at additional cost.

- Walking sticks are free of charge to use
- Thermo Suits (Regata suits) are only used for Polar Circle cruising and are free of charge.

EXPEDITION TEAM The on board Expedition Team is composed of the Expedition Leader, the Assistant Expedition Leader, the Expedition Coordinator plus several lecturers and experts. Your Expedition Leader will regularly update you on the progress of the trip as well as the different points of interest and wildlife sightings that may occur. Biographies of the Expedition Team can be found on the Information bulletin board. At the Expedition desk you will be able to find information regarding the trip and book optional excursions and activities

FITNESS ROOM AND SAUNA The fitness room with panorama view is located at deck 9. The sauna is located next to the fitness room. Available for all guests. Please use your cabin card to enter the fitness room. The



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opening hours for the sauna and the fitness room are posted on the doors.

GRATUITY POLICY We at Hurtigruten AS have learned that many of our guests wish to give a special thanks to our service crew on board. It is at your discretion to honour service rendered by the crew in bars, restaurant and cabins. In order to give you some guidelines, we recommend 80 NOK (approx. 9 Euro, 12 USD) per guest per day as an average gratuity. Whatever amount you decide to give, please fill in the form you will find in your cabin and give it to the receptionist two nights before the end of the cruise. The amount will then be debited to your cruise account

INFORMATION AND SERVICES On deck 4, you will find our reception and expedition desk, where our staff are available to answer your questions. In this area, you will also find our Science centre, our lecture rooms and information board.

INTERNET USAGE Wi-Fi is available almost everywhere on the vessel for a small charge. The guests staying in the suites can use Wifi free of charge. Please contact the reception for more information. Please note that it is limited connectivity, and that both internet and telephones from time to time will be out of range due to the vessel's location. Due to the limited capacity we kindly ask you not to use live casting /live streaming websites.

LANGUAGE The main working language on board is English. Announcements and written information are also given in German. Announcements may be given in French and Chinese on selected departures. We have a translator on board, and lectures and briefings are often simultaneously translated. We will provide you with a receiver and in-ear headphones, but if you would like to bring your own headphones (standard small 3,5mm jack), please do so.

LAUNDRY A laundry service is available on board at a low cost. No self-service or dry-cleaning is possible.

LECTURES The ship's experienced lecturers' command an in-depth knowledge of the areas in which we sail. They will conduct, on a regular basis, lectures on topics such as biology, history and geology throughout the course of the trip. The lecturing schedule will be announced every day in the on board daily program. Do not hesitate to contact our Expedition Team for any questions or concerns you might have.

LIBRARY The ship has a small selection of books on different topics that are available to guests while on board.

LIFESAVING EQUIPMENT, LIFEVESTS AND SAFETY ON BOARD

The ship complies with all safety requirements and is a modern vessel suitable for sailing in icy waters. Upon arrival on board all passengers will be instructed in safety procedures, and the use and location of the safety equipment. There is a safety plan situated on the inside of the cabin door. We stress the importance of becoming acquainted with the ships safety plan. Special safety regulations will apply on landings with the tender boats. Please follow the instructions given by the Expedition Leader and crew/ staff. Special lifejackets for use during landings will be handed out to all passengers before first landing. A mandatory briefing regarding the safety guidelines will also be given.

MEDICAL EMERGENCIES AND

MEDICATION There is an English-speaking physician and nurse on board always. The ship has a small medical facility with the necessary equipment and drugs to handle small emergencies. In the event of a serious emergency, the nearest hospital will be contacted. Medical consultations as well as medicines will be charged to the passenger



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affected. All guests must have personal travel/health insurance. If you depend on medication, remember to bring sufficient supplies to last through any unforeseen delays. We also recommend that you keep your medication in your hand luggage properly labelled and with clear instructions for its use. If you depend on vital drugs, please inform the ship's doctor upon arrival. Illness on board can lead to quarantine and orders from the ship's physician and captain, must be followed.

MOBILITY In ports where tidal conditions or other circumstances require use of a portable gangway, or during landings with Polarcirkel Tender Boats, there is no possibility to use/take wheelchairs.

OBSERVATION LOUNGE The Observation lounges offer large panoramic windows with ample and comfortable seats. There will be binoculars for sale in the on board shop.

ON BOARD Your voyage includes breakfast, lunch and dinner. Regular coffee/tea is complimentary throughout the whole voyage. Other beverages and refreshments during the day are not included but can be purchased on board in the restaurant, cafeteria and bar. Sparkling and still water is available for all meals.

OUTDOOR DECKS The ship has spacious outdoor areas. They are perfect vantage points to sit back, relax and watch the world go by.

POST You can hand in your mail in the reception, and for a limited amount covering service fee and stamps we will forward the post in every port where it is possible. The time used from sending the postcard to when it gets to the receiver may be relatively long. Hurtigruten has no responsibility for lost mail.

PHONES AND INTERNET Please note that there is limited connectivity, and that both internet and telephones from time to time will be out of range due to the vessel's location. Due to the limited capacity, we kindly ask you not to use live casting /live streaming websites.

RESIDENT PHOTOGRAPHERS The resident photographer will invite you to lectures to enable you to take the best possible pictures from your

voyage. The photographer is happy to assist with questions around lens cleaning, camera settings and techniques. At the end of the voyage you can purchase a USB-stick with pictures from the voyage as a special souvenir.

RESTAURANT & CUISINE The open seating for the breakfast and lunch creates a relaxed atmosphere and gives you an opportunity to adjust the meals according to your activities during the day. Where possible, we plan our menus around seasonal ingredients, taking advantage of local produce to satisfy healthy appetites stimulated by the fresh sea air. On board we serve a buffet breakfast and lunch. Dinner varies between buffets and set meals, all in accordance with your daily program. Dinner times and type will be announced in the daily programme. Our Head Waiter will assign tables prior to arrival. Information about table number and meal times will be in your cabin upon arrival. Please provide information regarding special requests for seating arrangements to your sales office/travel

agent. On some voyages evenings we might serve dinner divided into Boat groups. If you have special dietary requirements, such as vegetarian, diabetic or gluten free, please inform your sales office/travel agent as early as possible, and contact the Head Waiter when on board. The Chefs will do their best to meet your dietary requirements. Beer, wine and soft drinks are sold in the restaurant during lunch and dinner. Complimentary sparkling and still water to be served for lunch and dinner.

SAFETY ON BOARD The ship complies with all safety requirements and is a modern vessel suitable for sailing in icy waters. Upon arrival on board all passengers will be instructed in safety procedures, and the use and location of the safety equipment. There is a safety plan situated on the inside of the cabin door. We stress the importance of becoming acquainted with the ship's safety plan. Special safety regulations will apply on landings with the tender boats. Please follow the instructions given by the Expedition Leader and crew/staff. Special lifejackets for use

during landings will be handed out to all passengers before first landing. A mandatory briefing regarding the safety guidelines will also be given.

SEASICKNESS Seasickness pills are available for purchase in the reception. If you are prone to seasickness it is recommended that you bring pills that you are familiar with. You may also buy "sea bands" on board.

SHIP'S SECURITY MS Fram complies with the ISPS-regulations (International Ship and Port Security System) where all luggage is subject to X-ray/metal detector inspection upon arrival port facility or ship. You are kindly asked to keep this in mind packing your luggage for the voyage. The ISPS regulations also include hand baggage scan in all ports of call throughout the course of the voyage.

SHOP In our on board shop you can buy modern clothing suitable for Explorer voyages. Our Expedition Team will be happy to give you expert advice on how to dress properly in polar areas. We offer a great range of both warm and practical clothing,

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and we focus fabrics with natural fibres. We also offer souvenirs, handicrafts, and postcards at good prices. In addition, we also stock a small selection of soap, toothpaste and other personal effects.

SMALL BOAT LANDINGS The sturdy boats enable both water-based exploration and safe landings in otherwise inaccessible areas. You will need to be fairly agile to board these but there is otherwise no need to worry about travelling in them. The crew will show you what to do and as long as you follow their instructions, after a few times it will become second nature. On all landings in small boats guests are expected to wear proper footwear. In Antarctica it is mandatory to use rubber boots for all landings. For all other destinations boots can be useful. You are

welcome to bring private rubber boots, or you can borrow a pair on board free of charge. See separate point "Equipment rentals". Landing operations depend on favourable conditions.

SMOKING On board, smoking is only permitted in designated areas on outside decks. Do not smoke in your cabin. To show respect for the environment, please use the provided ashtrays when smoking. Throwing cigarette butts overboard is strictly prohibited. A cleaning charge of 1 500 NOK will be applied for smoking in your non-smoking cabin, to cover for the cost of cleaning linen and curtains to return it to a non-smoking standard. E-Cigarettes, according to Norwegian law, are the equivalent of tobacco cigarettes and therefore smoking is only per-

mitted in the designated smoking areas.

SPECIAL REQUESTS If you have special requests (e.g. dietary or medical) please inform us as soon as possible. We will do our best to meet such requests but cannot guarantee to do so and under no circumstance will any such request be accepted by us so as to form part of a contractual agreement.

SUITE SERVICE As a suite guest on MS Fram, we offer you an exclusive suite check-in area at deck 7 with a chilled glass of champagne to begin your voyage. Special amenities come with our magnificent suites upon embarkation, complimentary beverages for lunch and dinner inclusive of chilled filtered water by the carafe, and one bottle of our



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house white or red wine per day. We also offer an exclusive breakfast area with speciality buffet products. If local products are available, we will do our best to provide them to you. In the suite you will find a kettle for your convenience with coffee, teas, sweeteners and cream, and the mini bar has a complimentary selection upon your arrival. Replenishment of the mini bar is chargeable.

TELEPHONE USAGE All cabins have a telephone. Guests may purchase a phone card at the Reception Desk to make calls from the ship. Depending on location, phone connectivity may be out of range or limited due to the remote locations in which we sail. (dial 9 for reception).

WALKING ON BOARD We kindly remind you to be careful walking on board the ship while at sea, especial-

ly venturing out on deck, mind the signs for warning of wet and slippery decks. Be aware the doors toward the outer decks on 5, 7 and 8 are potentially dangerous in windy conditions. Please adhere to the signs and announcements when it is not advised to go outside. While walking inside, hold on to railings but not to door frames to avoid injury.

WATER The tap water in your cabin is potable, we serve self-produced potable water by the carafe in the restaurant. Complimentary sparkling and still water for all meals. We recommend that you bring your own refillable water bottle as, in line with our plastic policy, we do not sell bottled water on board. Water refill stations are available on board.

WELCOME MEETING Upon arrival on board, there will be a mandatory passenger safety drill before depart-

ture. There will also be a welcome meeting where security information as well as practical information about the cruise will be given, and an opportunity to meet some of the Officers, crew and Expedition Team members.

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PRACTICAL INFORMATION BEFORE AND AFTER YOUR VOYAGE

SCHEDULED FLIGHTS The airfares offered are special package tour fares that cannot be altered or cancelled without charge. All flight package prices are based on coach class; if coach class is not available, a supplement may apply. In coach class, you will be served snacks or sandwiches, depending on the airline. If these are not included in the airline's service, you can purchase drinks and snacks for a fee. On international flights, these are usually included. We can offer upgrades to business class on some routes. Depending on the airline, this may also include seats with more legroom. Please note that upgrading may not apply to all flights. Luggage allowance varies between airlines and charges may apply if you exceed luggage weight, or carriage may be refused. As a general rule, each guest can carry one piece of hand luggage weighing approx. 6 - 8 kg (dimen-

sions and weight depend on the respective airline) on board. Your luggage allowance is set to one piece (23 kg), but may vary depending on the flight connection; please check with your airline. Additional transport guidelines can be found in the respective terms and conditions of our flight partners. If you are planning to take a wheelchair or need assistance at the airport, please advise us at the time of booking. Please note that some flights may be transfer or layovers. Time and/or route changes and change of type of aircraft are possible. Our common flight partners are Delta, American Airlines, United, Lufthansa, British Airways, KLM/Air France, Norwegian Air Shuttle, Scandinavian Airlines, LATAM, Iberia, and Iceland Air. Please note that rebooking an already issued ticket will be charged before departure. A transfer or refund of a ticket after travel is

not possible. Any flight times advised at the time of booking are provisional and subject to change; please verify before you travel.

INCLUDED FLIGHT FROM BUENOS AIRES-USHUAIA The flights between Buenos Aires to Ushuaia and vice versa are operated by LATAM airlines and usually depart Buenos Aires early in the morning, and arrive in Buenos Aires in the afternoon or early evening upon return from Ushuaia. Please note that the airline will confirm the final flight times between Buenos Aires and Ushuaia only a few days prior to the day of departure. For final flight times and your boarding pass, please contact our hospitality desk at the hotel in Buenos Aires one day prior to departure. Only coach class is available on these flights, no upgrades to higher air travel classes of service is possible. A light

meal and non-alcoholic drinks will be served during the flight. You can travel with checked luggage with a maximum weight of 23 kg, and bring one carry-on bag on board with a maximum weight of 8 kg. Please note that this luggage allowance may differ from the airline used for your flight to/from Buenos Aires. Please check the weight of your luggage to ensure you adhere with airline requirements.

We do recommend planning an overnight stay in Buenos Aires at the end of your cruise due to connecting flights. We are unable to accept responsibility if you miss your booked return flight in the event of a delay of the flight between Buenos Aires and Ushuaia. Please note that the flight to/from Ushuaia is planned to depart/arrive at the Jorge Newberry National Airport, the national airport of Buenos Aires. You need at least 4 hours to change airports in Buenos Aires for your connecting flight from Ezeiza, the international

airport of Buenos Aires. The airport set-up is subject to change; your travel documents will provide you with the latest information.

INCLUDED FLIGHT FROM COPENHAGEN-KANGERLUSSUAQ

The flights from Copenhagen to Kangerlussuaq and vice versa are operated by Air Greenland and usually depart Copenhagen in the late evening, and arrive in Copenhagen early in the morning upon return from Kangerlussuaq.

On these flights, we offer seats in coach class, but an upgrade to business class is possible on request and for a supplement, subject to availability. A meal and non-alcoholic drinks will be served during the flight.

You can travel with checked baggage with a maximum weight of 23 kg (business class 30 kg), and bring one carry-on bag on board with a maximum weight of 8 kg. Please note that this

baggage allowance may differ from the airline used for your connecting flight to/from Copenhagen. Please check the weight of your baggage to ensure you adhere with airline requirements.

We are unable to accept responsibility if you miss your own booked connecting flight to/from Copenhagen in the event of a delay of the flight between Copenhagen and Kangerlussuaq.

INCLUDED FLIGHT FROM OSLO-LONGYEARBYEN

The flights between Oslo and Longyearbyen and vice versa are operated by Scandinavian Airlines or Enter Air (2018) and usually depart Oslo in the late evening, and arrive in Oslo early in the morning upon return from Longyearbyen.

Only coach class is available on these flights, no upgrades to higher air travel classes of service is possible. A light meal and non-alcoholic drinks will be served during the flight. You can travel



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with checked baggage with a maximum weight of 23 kg, and bring one carry-on bag on board with a maximum weight of 8 kg.

Please note that this baggage allowance may differ from the airline used for your connecting flight to/from Oslo. Please check the weight of your baggage to ensure you adhere with airline requirements.

We are unable to accept responsibility if you miss your own booked connecting flight to/from Oslo in the event of a delay of the flight between Oslo and Longyearbyen.

INCLUDED FLIGHT FROM EDMONTON-CAMBRIDGE BAY

The flights between Edmonton and Cambridge Bay and vice versa are operated by different airline partners such as Canadian North, Chrono Jet, or Nolinor, and usually operate early in the morning from Edmonton, and arrive at Edmonton in the evening upon return from Cambridge Bay.

Only coach class is available on these flights, no upgrades to higher air travel classes of service is possible. A light meal and non-alcoholic drinks will be served during the flight. You can travel with checked baggage with a maximum weight of 23 kg, and bring one carry-on bag on board with a maximum weight of 8 kg.

Please note that this baggage allowance may differ from the airline used for your connecting flight to/from Edmonton. Please check the weight of your baggage to ensure you adhere with airline requirements.

We are unable to accept responsibility if you miss your own booked connecting flight to/from Montreal in the event of a delay of the flight between Edmonton and Cambridge Bay.

HOTEL The standard of the hotels we use is equivalent to 4-stars, centrally located, or if more convenient for your booked arrangement, close to the airport. There is no official hotel rating and local hotel categories apply. All rooms have private bathrooms. Single rooms may be smaller and less conveniently situated, and may

be double rooms for solo occupancy or purpose-built single rooms. Hotels may charge for some facilities, such as saunas, for example. The price for the overnight hotel stay includes breakfast, if not stated differently on your confirmation.

TRANSFERS Transfers are included as shown in your personal itinerary. Hurtigruten offers bus transfers from the airport to the pier and some hotels. Transfer times coincide with the ship's arrival and departure times and your flight arrival and departure times. Waiting at the airport is possible. The duration of the airport transfer can vary depending on the destination, but it usually takes between 20 and 45 minutes. Exceptions are possible where a longer transfer time is needed due to a greater distance between airport and port. You will receive further information on your transfer with your travel documents.

For guests who are not fully mobile, wheelchair-accessible transfers are available upon request.

LAND ADVENTURES Hurtigruten offers a selection of optional Land Adventures that can be added to your Hurtigruten journey. This can be a half-day or full-day Land Adventure, or an overnight tour. A minimum number of participants applies. For guests who are not fully mobile, Land Adventures are available upon request.

PASSPORT AND VISA

REQUIREMENTS Please take a few minutes to familiarize yourself with the required travel documents you will be asked to provide prior to boarding the ship.

It is the sole responsibility of the guest to identify and obtain all required travel documents and have them available when necessary. Passport is the only valid identification for all of our voyages aboard MS Fram. ID-cards are not accepted.

The passport needs to be valid for more than six months after you return to your home country. At check-in

passports will be collected by the crew on board the vessel, in order to clear immigration and customs. Passports will be kept throughout the whole voyage and returned at the end of the trip. Please bring a photocopy of your passport with you.

If a guest loses their passport while traveling before arriving on board it is imperative that their embassy is contacted and that the loss is reported to local police. A guest who has lost their passport may not be able to travel.

It is the guests' responsibility to identify and to obtain the necessary visas before commencing their cruise. Based on nationality, many countries still require an entry visa. We regret we are unable to accept any liability if you are denied access to a flight or entry into a country or are otherwise affected by difficulties or costs resulting from your passport not being approved or if you have not obtained the required visa or other documentation.

SPECIAL REQUESTS If you have special requests (e.g. dietary or medical) please inform us as soon as possible. We will do our best to meet such requests but cannot guarantee to do so and under no circumstance will any such request be accepted by us so as to form part of a contractual agreement.

VACCINATIONS Check with your General Practitioner regarding the recommended vaccinations for your journey.



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© YNGVE HEGLAND

Pack like an explorer

The dress code aboard the ship is informal. Bring casual and comfortable indoor clothing.

For a perfect experience, however, there are several things to remember to bring along when you are coming on a voyage with Hurtigruten.

To make packing a bit easier, we have drawn up a pack list.

If you should forget something, don't worry! On board all of our ships you will find a shop with a wide range of clothes and practical items.



REMEMBER ...

- Warm jacket
- Wind and water resistant trousers and Long thermal underwear & top
- Warm hat or headband
- Swimwear
- Scarf or scarf tube
- Warm woolen jumper and warm jacket
- Sunglasses with uv-filter lenses
- Warm gloves and mittens
- Warm socks
- Extra batteries for your camera
- Shoes with good soles are recommended for outdoor use
- Good shoes to wear on board
- Memory card for your camera
- The dress code on board the ship is relaxed and casual, and you are not expected to dress formally for meals
- Extra shoelaces
- Aa pair of good binoculars
- A small waterproof backpack
- Please remember to bring your passport and a copy of it
- Sun protection (Factor 30 +)
- Sunglasses with UV-filter
- Lip salve with UV protection
- Money in the correct currency. Remember, our ships also accept several credit cards
- Remember to bring sufficient medication to last through any unforeseen delays

Please note that you may borrow a pair of warm rubber boots on board, to wear during the landings and hikes free of charge, and you will receive a light waterproof jacket to keep.

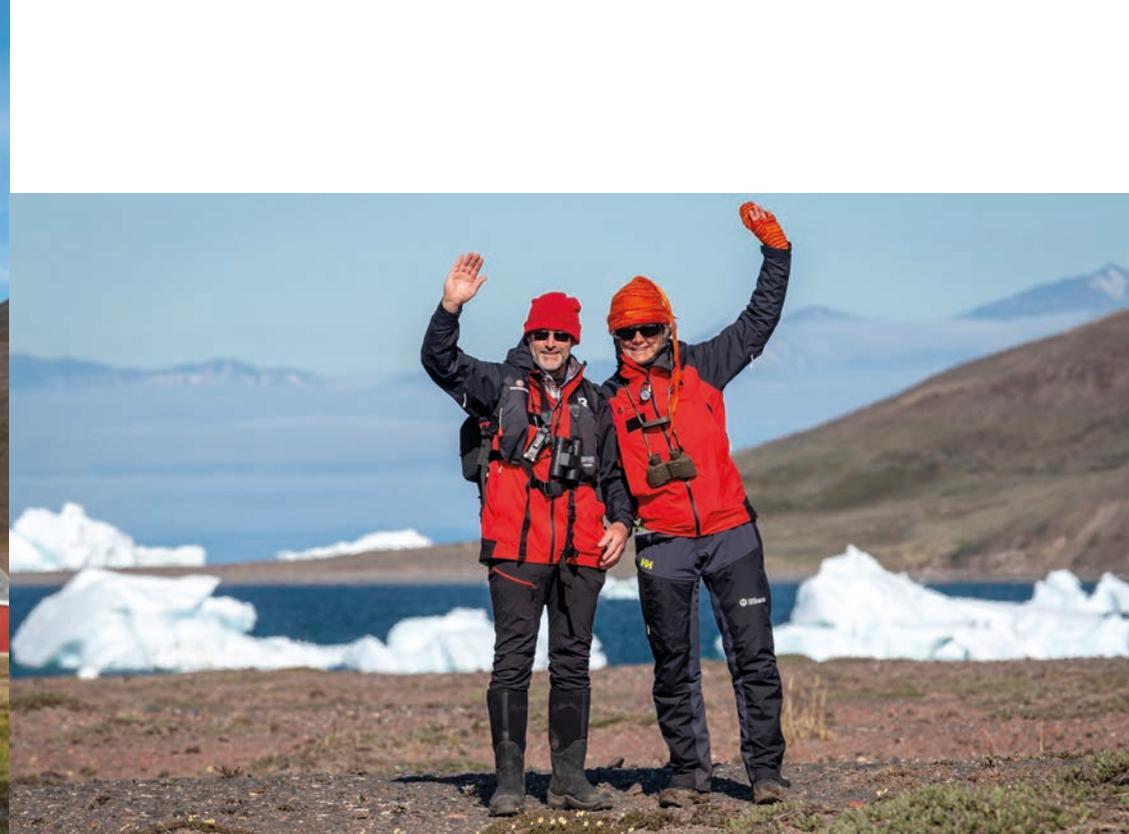


OUR TEAM ON BOARD

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—The experience of a place is based on a combination of things. Our Expedition Team is carefully picked for their local knowledge, specific expertise in fields of relevance and most important of all, their enthusiasm, curiosity and love for the areas we choose to spend time in on any one of our expeditions. Some of our team members are like animals of the Arctic, they migrate towards summertime at both poles, north and south.

The role of the Expedition Team is to interpret observations of wildlife and landscapes, point out things of interest, give educational lectures on topics such as biology, geology and history – in addition to being hosts together with the rest of the crew aboard MS Fram.



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LANDING BY SMALL BOATS

LANDINGS IN SMALL BOATS

Please see more information about landings in small boats below.

The crew will show you what to do and as long as you follow their instructions after a few days it will become second nature.

Much of the success depends on correct handling and proper use of the motordriven Small boats. These are ideal for landings as they can land in otherwise inaccessible places. They have a shallow draft and are extremely stable and sustainable. For each landing with Small boats special safety measures are taken.

PAY SPECIAL ATTENTION FOR THE FOLLOWING GUIDELINES

- 1** The boat drivers are responsible for the boats and their landings. You must always follow their instructions.
- 2** All travelers must always wear appropriate life jackets regardless of weather and sea conditions.
- 3** When disembarking or embarking the boats you should always accept help offered by the driver or the crew. The "sailors grip", in which one holds each other's forearms, is the strongest and most secure grip.
- 4** Always keep both hands free when embarking and disembarking. Give

hand luggage to the helper for him to place it on board for you. Keep your hands inside the boat at all times.

5 Please limit your personal equipment on board the Small boats. Small backpacks and belt bags are ideal for transporting cameras, binoculars and for rain protection. Backpacks can be purchased in the on board shop.

6 Always wait for instructions from the driver before embarking or disembarking. Use waterproof bags to protect binoculars or cameras. You should also wear waterproof clothing to protect against spray. The Small boats are equipped with fire extinguisher, chart plotter, extra fuel, communications and first-aid kit.

IMPORTANT PHONE NUMBERS

MS FRAM PHONE: +47 850 01 100

MS FRAM E-MAIL: reception@fr.hurtigruten.com

MARITIME EXPRESSIONS

STERN	REAR OF THE SHIP
BOW	FRONT OF THE SHIP
STARBOARD	THE RIGHT SIDE OF THE SHIP
PORT	THE LEFT SIDE OF THE SHIP
BRIDGE	THE AREA FROM WHICH THE SHIP IS NAVIGATED
REFUEL	REPLENISH FUEL AT PORTS
CRUISE CARD	ON BOARD PAYMENT CARD
GANGWAY	WALKWAY BETWEEN LAND AND SEA
TO HOIST	TO RAISE FLAG OR BANNER
BALLAST	WATER SYSTEM USED TO MAINTAIN SHIP STABILITY
CLEARING	RULES WHEN ENTERING AND DEPARTING FROM THE SHIP
KNOT	SPEED OF THE SHIP, NAUTICAL MILE (1.852 KM) PER HOUR
GALLEY	SHIPS KITCHEN
LEEWARD SIDE	DOWNWIND
WINDWARD SIDE	UPWIND
PIER	DOCK FROM WHICH THE SHIP WILL LEAVE
NAUTICAL MILE	DISTANCE MEASURE: 1 NAUTICAL MILE = 1.852 KM
STABILISERS	SHIP EQUIPMENT TO COUNTERACT ROLL CAUSED BY WIND OR WAVES SHIP CONTACT INFORMATION

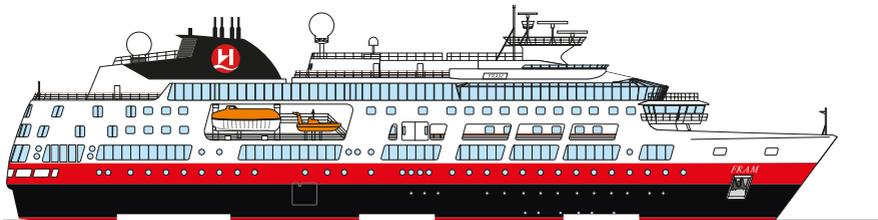
*Hurtigruten reserves the right to make changes. This information is correct at the time of printing but may change at any time.
Date: January 2019.*

MS FRAM - DECK PLAN

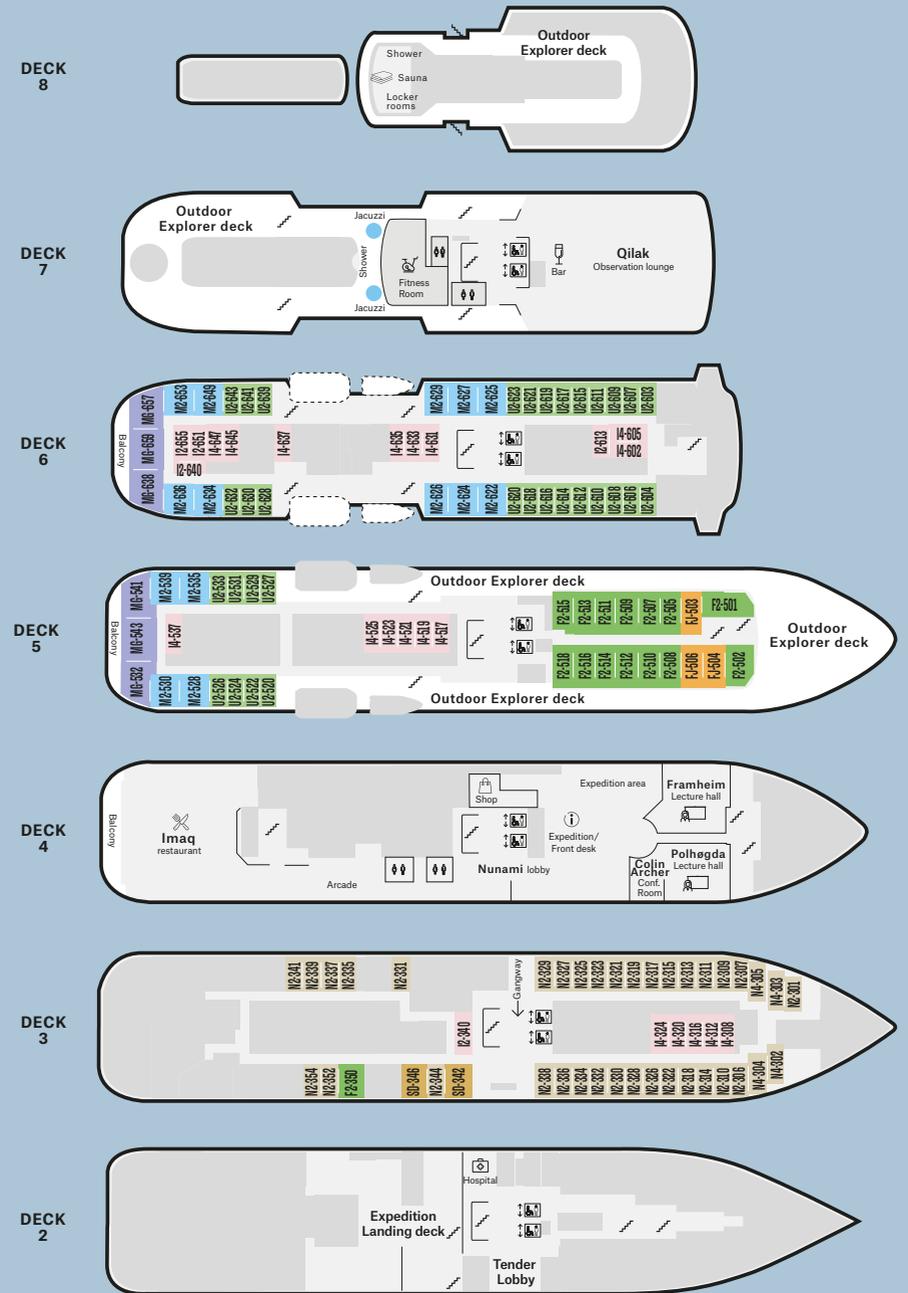
MS Fram continues on the heritage of the original Fram, taking the most advanced technology making it extraordinarily suited for expedition voyages in Polar Regions. Fram means forward – raising expectations of the voyage at hand. Of the 128 comfortable cabins a number of them are superior and are

named after Norwegian polar heroes. The spacious outside decks include accessibility to the very front of the ship – a great place to observe marine wildlife. We are very proud of the art commissioned for MS Fram – local artists from the Arctic have contributed to making her a modern master-

piece. After dressing up for shore side excursions and expedition landings you meet at our “tender pit” where we safely embark our sturdy tender boats which take you safely and efficiently from ship to shore.



POLAR INSIDE **POLAR OUTSIDE** **ARCTIC SUPERIOR** **EXPEDITION SUITES**
I Inside cabin **FJ SD N** Outside cabin **F2 U** Outside cabin **M2 MG** Mini suite/Grand suite





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