CRUISE NORWAY

With 40 ports and destinations, Norway has a lot to offer for every taste, for every brand and for every season. *The Ultimate Nature-based Cruise Destination*



A presentation of Norwegian cruise ports and destinations



With the world's second longest coastline stretching more than 100 000 km, Norway offers unique possibilities for itineraries with various lengths and content all year.

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THE ULTIMATE ALL-YEAR CRUISE DESTINATION

Cruise Norway promotes Norway as the world's ultimate nature-based cruise destination. Working towards a common goal, Cruise Norway and its members seek to contribute to a simple planning process by providing the cruise industry with comprehensive knowledge about Norwegian cruise ports and destinations. This is accomplished through participation in various international arenas and conferences, through membership of CLIA, meetings with cruise lines, by arranging cruise conferences and seminars, by organizing exiting and informative FAM-trips, by having an up to date web site, and through the bi-annual Cruise Manual which you are reading now.

Cruise Norway's aim is to grow the business in a sustainable way, ensuring that expansion is beneficial to cruise guests and locals alike and at the same time in the best interests of local enterprises, whether this relates to attractions, museums, transport companies, guide providers, local shops, cruise agents or other parties.

Equally important is our focus on how best to maintain our magnificent and unspoiled nature; the very essence of what cruising in Norway is all about.

The Itinerary Planner is a further development of Cruise Norway's cruise calendar, featuring a new design that also includes the entire Baltic Sea region. It works like a calendar whereby cruise lines can check the availability in the region and plan their itineraries accordingly. Consequently, it is now easier and more convenient for cruise lines to plan new itineraries and avoid congestion.

Owing to the Covid-19 pandemic, this tool is more important than ever. We all need to be agile in our planning, and the cruise lines must be able to change their itineraries at short notice to comply with laws and restrictions.

Cruise lines can use the Itinerary Planner to easily check availability during their selected periods and quickly gain an overview of how they can adjust their itineraries.

The Itinerary Planner works very simply: The cruise line creates a draft of their preferred itinerary, checks availability and avoids congestion. If there is no available capacity at a specific port, it will be displayed as "fully booked". Most cruise ports in Norway are represented in the tool and are easy to identify. This makes the Itinerary Planner a convenient tool for the cruise lines to gain a great overview for itinerary planning in Norway.



SOME USEFUL FACTS ABOUT NORWAY

Norway is well known for its natural attractions such as the fjords, mountains, glaciers and the Midnight Sun, but equally worth experiencing is the culture, heritage and day to day modern life.

The first ever cruise to Norway was as early as 1887 when the purpose built cruise ship St. Sunniva, accommodating 142 passengers, sailed along the Norwegian fjords. The ship also sailed all the way to the North Cape. Ever since, Norway has been a popular cruise destination for all major cruise lines.

Facts about Norway

System of government: Constitutional monarchy and parliamentary democracy Land area: 385,155 square km Population: 5,4 million (as per Sept. 2021) Capital: Oslo Time zone: Greenwich Mean Time (GMT) + 1 hour Constitution Day: May 17

Shopping

Typical Norwegian buys are pewter, wood-carvings and knitted goods. Norway has well-organized tax-free shopping for tourists and VAT refunds are available in most Norwegian ports.

Fjords

Norway is famous for its many fjords, quietly winding their way deep into the country beneath steep, majestic mountains. The Geirangerfjord, lined with beautiful waterfalls and the narrow Nærøyfjord proudly feature on the UNESCO World Heritage List. The King of the fjords, Sognefjord, is the world's longest fjord and the Queen of the fjords, Hardangerfjord, is famous for its cherry and apple trees and is among the most visited fjords in the world.

Northern Lights - Aurora Borealis

The spectacular Northern Lights are a natural phenomenon most common in Northern Norway and are frequently observed above the Arctic Circle between late autumn and early spring.

Midnight Sun

The sun does not set in the summer above the Arctic Circle, which means that visitors to Northern Norway can enjoy 24 hours of daylight at this time of year.

Climate

The climate in Norway, despite its location in the North, is much milder than you might expect. Due to the Gulf Stream, temperatures along the coast of Norway are 5-8°C higher than at comparable latitudes elsewhere. The Gulf Stream warms the Norwegian coast and keeps the ports free from ice.

Viking history

The Vikings have a bad reputation as raiders, but they were also traders, explorers, settlers and magnificent shipbuilders as well as being used as lifeguards in the Roman Empire. The Viking Age started in AD 793 with the attack on the monastery of Lindisfarne in England and ended in 1066 with the battle of Stamford Bridge where the last Norwegian Viking King, Harald Hardråde, fell.

The Sami people

The Samis are the indigenous people of the northern parts of Norway, Sweden, Finland and Russia. There are approx. 80 000 Samis with their own language, traditions and nomadic way of life. Most of them live in Norway. Sapmi, formerly also known as Lapland, is the name for the Sami's historical settlement area. The Sami have been living in Sapmi for over 10 000 years, and today they have their own parliament in Karasjok as well as their own flag.

Trolls

Trolls are an important part of Norwegian folklore. These human-like creatures vary in size and appearance, but are commonly perceived as both dangerous and a little stupid. They usually live in caves or deep in the forest, and only emerge from their hiding places after sunset. Legend has it that they turn to stone upon contact with the sun. Several places in Western and Northern Norway are named after trolls such as Trollheimen, Trollstigen, Trollhatten and Trollveggen (the Troll Wall).

UNESCO WORLD HERITAGE SITES IN NORWAY

World Heritage Norway is the name of the organization representing all the sites, and the four points on Struve's Geodetic Arc, which are inscribed on the UNESCO list of cultural and natural heritage sites. The first places in Norway to achieve this status were: Bryggen in Bergen, and Urnes Stave Church, both of which were entered in 1979.

Heritage is something that is passed on from earlier generations and what we pass on to future generations. Cultural heritage, as well as natural heritage, is an irreplaceable source of knowledge, pleasure and inspiration for all peoples; and it is our most important point of reference with regards to who we are, and where we come from.



THE MERIDIAN COLUMN

The Struve Geodetic Are was the first technical and scientific object to be inscribed on the UNESCO World Heritage List. Measurements were made in the form of a chain of triangulation along the meridian stretching from Ismail on the Black Sea in the South to Fuglenes in Hammerfest in the North. A meridian is an imaginary line on the Earth's surface running from Pole to Pole.



THE ROCK ART AT ALTA

This group of petroglyphs in the Alta Fjord, north of the Arctic Circle, bears the traces of a settlement dating from about. 4200 to 500 B.C. The thousands of engravings add to our understanding of the environment and human activities on the fringes of the Far North in prehistoric times. The rock carvings depict Stone Age hunting of reindeer, elk and bear; bird catching, halibut fishing, a lot of boats, magical symbols, weapons, ceremonial animalheaded poles ... and much more. Alta Museum is situated in the middle of one of the biggest fields of rock carvings, and pathways have been made that lead you through the rock art park. In 1993 Alta Museum received «The European Museum of the Year Award».



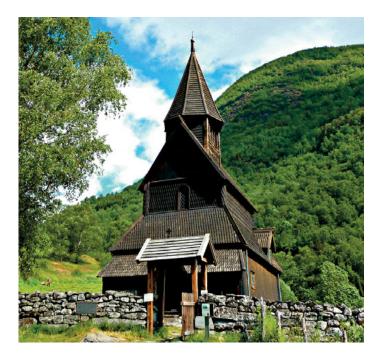
THE VEGA ARCHIPELAGO

Just south of the Arctic Circle you will find the Vega archipelago, with 6500 islands, islets, and skerries. In 2009, the British newspaper *The Observer* put the Vega Islands on their list of «20 undiscovered island gems». Vega is an ornithologist's dream. Chief among the bird population are eider ducks, raised for their down. The islanders still make houses for the birds and the houses to nest in can still be seen, alongside lighthouses, fishing villages and dramatic landscapes. The archipelago reflects the way fishermen and farmers have, over the past 1,500 years, maintained a sustainable living.



RØROS MINING TOWN AND THE CIRCUMFERENCE

In August 2010, *Røros* Mining Town and the Circumferencewas included on UNESCO's list of World Heritage Sites. The new World Heritage area is an extension of the World Heritage Site of Røros Mining Town, which as early as 1980 was awarded a place on the UNESCO list. On your journey through this area you will experience how mining operations shaped our region. The colourful and charming little mountain town of Røros has been shaped by mining operations and agriculture through the ages. The town centre hosts a thriving handicraft community, workshop outlets, quaint little boutiques and cafés and restaurants that offer local specialities made from the produce of the season.



URNES STAVE CHURCH

This is the oldest stave church in Norway, built in 1132, and the only stave church to be included on UNESCO's World Heritage List. The church contains ornaments dating from the 1060s and is unusually ornately decorated. It is beautifully situated on the southern shore of the Lustrafjord, the innermost arm of the Sognefjord. The area also contains the oldest traces of church building in Norway.

BRYGGEN - THE HANSEATIC WHARF IN BERGEN

This UNESCO protected old merchant quarter is the only preserved business district from the Hanseatic period, reminding us of the town's importance as a part of the Hanseatic League's trading empire. Many fires, the last in 1955, have ravaged the characteristic wooden houses of Bryggen. Its rebuilding has traditionally followed old patterns and methods, thus leaving its main structure preserved. Today, some 62 buildings remain of this former townscape.



THE WEST NORWEGIAN FJORDS

Fjords are among the most dramatic and spectacular landscapes on the planet. The World Heritage Area, the West Norwegian Fjords, embraces some of the longest, deepest, narrowest and most beautiful fjords in the world. Their scenery and cultural heritage have spellbound visitors down the ages. Many people consider the fjords the very symbol of Norway, the foremost nation of fjords in the world. The World Heritage Area comprises two sub-areas, the Geirangerfjord and the Nærøyfjord. Together, these areas have qualities that resulted in them being inscribed on the UNESCO list of the world's cultural and natural heritage.



RJUKAN-NOTODDEN INDUSTRIAL HERITAGE SITE

Located in a dramatic landscape of mountains, waterfalls and river valleys, the site comprises hydroelectric power plants, transmission lines, factories, transport systems and towns. The complex was established by the Norsk-Hydro Company to manufacture artificial fertilizer from nitrogen in the air. It was built to meet the Western world's growing demand for agricultural production in the early 20th century. The company towns of Rjukan and Notodden show workers' accommodation and social institutions linked by rail and ferry to ports where the fertilizer was loaded. The Rjukan-Notodden site manifests an exceptional combination of industrial assets and themes associated to the natural landscape. It stands out as an example of a new global industry in the early 20th century.



FREDRIKSTAD Gateway to the Oslofjord

Sail in to Fredrikstad through Norway's version of Key West – the beautiful Hvaler Archipelago and Norway's first marine national park. On the main islands, you can enjoy restaurants, gardens, arts and crafts, vintage and niche shopping, seafood, beaches and island hopping.

The Fortress Town of Fredrikstad of 1567 – a true hidden gem and living attraction - is one of Northern Europe's real treasures. In well-preserved buildings along cobbled streets, you will find a blend of everyday life, boutiques, museums, art galleries and charming cafes. Free ferries connect the city centre and Fortress Town. They depart from Tollboden quay, where cruise ships dock.

Fredrikstad is a unique boutique destination with closeness to cultural and natural adventures.

ATTRACTIONS/EXCURSIONS

THE HVALER ARCHIPELAGO - an Island Paradise

With its 833 islands and skerries, the Hvaler archipelago is a true paradise. Pay a visit to Norway's version of the Keys in Florida. The Hvaler islands consist of more than 833 islands and skerries and make up this scenic island kingdom. This is also Norway's first marine national park. As this region enjoys more sunshine than many other places in Norway, it's a perfect place for recreation in a peaceful environment. These islands are filled with history, which our local guides are waiting to share with you. One of the many attractions we visit on the islands is the small and picturesque village of Skjærhalden where you can enjoy art exhibitions, cafes and shopping.

THE FORTRESS TOWN

The star-shaped ancient city of Fredrikstad, founded in 1567, is one of the best-preserved fortified towns in Northern Europe. We stroll along the winding cobblestone streets within the ramparts of the old town with our guide. While taking in the historical atmosphere, we are reminded that the place is still very much alive and vibrant with locals living and working within the fortification. Today, the historic buildings house artists, craftsmen, cafes and shops.

HIKING TOURS

Enjoy outdoor adventures on a hiking trip with a bonfire and stunning views in the archipelago of Fredrikstad. Walk on easy trails on coastal routes with experienced instructors. The more experienced hiker can enjoy wonderful coastal routes close to scenic nature elements..

KAYAKING

Take part in an outdoor experience with a leisurely paddling tour in the beautiful nature of the Hvaler Archipelago. Few places compare to the beautiful Hvaler islands, with their glittering waves, wonderful beaches and stunning archipelago. Tours are offered for all levels of paddlers. Experienced instructors guide you through a calm and enjoyable experience in the beautiful archipelago, guaranteeing a close-up encounter with nature.



The Fortress Town. Photo: House of Ikigai

THE ANCIENT TRAIL

Travel 3,000 years back in time. The Bronze Age is mysterious, dramatic and astonishing. The countryside around Fredrikstad is peppered with mystical stone circles, majestic burial mounds and images chiseled in stone. Experience this unique cultural heritage dating back 3,000 years . The Ancient Trail offers Norway's highest concentration of ancient monuments from the Stone, Bronze and Iron Ages - including burial mounds, stone circles and fortified hamlets.

ROALD AMUNDSENS BIRTHPLACE

Roald Amundsen was born in Fredrikstad. The young Roald got a taste for adventure here as the proud sailing ships of the family shipping firm were berthed on the Glomma below his farm. The farm is now a museum. The old captain's house reflects the time of his upbringing and preserves several items from Amundsen's expeditions. Our guides are ready to take you on a tour of Amundsen's dramatic life.



The Ancient Trail. Photo: House of Ikigai

HARVEST PACIFIC OYSTERS

Contribute actively to the archipelago maintaining its natural biodiversity by harvesting Pacific oysters in the Oslofjord. This is a unique opportunity for the guests to contribute to maintaining the biodiversity in the sea and experience the beautiful Hvaler archipelago. Pacific oysters are taking over the local biodiversity along the coastline of Southern Norway by covering large areas where you normally find original shellfish species. On this tour, we take the guests to the areas in the archipelago where the oysters are easy to find. We harvest the oysters and learn about the process of preparing them. We also taste pre-processed oysters, which are bought from a restaurateur and served on the beach.



The Hvaler Archipelago. Photo: House of Ikigai

SEASONAL BERRY PICKING HIKING TOUR

The forest in Norway is brimming with berries. Join our professional guides on a hiking trip to pick wild berries like lingonberries and blueberries. The freedom

to roam in Norway allows us to take you on both familiar and unfamiliar paths to discover the best berry picking spots. You will learn how to easily make your own jam in the great outdoors.

BEACH CLEAN-UP

Be an active contributor to the destination. One of the most important measures against marine litter is beach clean-ups because marine litter does not respect geographical boundaries. Join our dedicated guides on a trip to a nearby beach for a meaningful and lowkey activity.

PORT OF FREDRIKSTAD

Position: 59° 13.090 N 10° 55.785 E Website: www.borg-havn.no E-mail: Havneoppsynet@borg-havn.no Phone: +47 911 17 189 Contact person: Kenneth Mathisen E-mail contact person: Kenneth.Mathisen@borg-havn.no Phone contact person: +47 489 58 798 Distance from pilot station: 10 nm South: N/A North: N/A Pilot channel: Ch 16 Port VHF channel: Ch.18 Barents Watch: https://nais.kystverket.no/ point/10.92976_59.21817

TOURIST INFORMATION

Website: www.visitfredrikstadhvaler.com E-mail: info@visitfredrikstadhvaler.com Phone: +47 693 04 600 Location: Kirkegaten 31B, 1632 Gamle Fredrikstad Local Guide service: Visit Fredrikstad & Hvaler Which languages: EN / DE

PORT INFORMATION

Designated cruise quay: Tollboden ISPS: Yes Maximum ship length: 155 m Maximum ship draft: 7 m Maximum beam: 30 m Maximum air draft: N/A Bollard strength (certification): 75 ton Tidal movement: 0,5m

ANCHORAGE/ TENDER

Max size: No limit with regard to LOA or GT Ship tenders allowed: Yes Type of bottom: Soft bottom Depth: 27m

PORT SERVICES

Gangway available: Yes Tugboats: Yes Crew facilities: No Bunkers delivery: Yes, by barge or truck LNG bunkering: Yes Waste handling: Yes Grey water: Yes, with tanker truck

SUSTAINABILITY

Shore power: Yes: Øra Main dock EPI: No ESI: Yes Max ships per day: 2 Max passengers per day: 2500 Restrictions in harbour: No Sustainable activities: Yes

GENERAL INFORMATION:

Turnaround facilities: No Terminal/Toilet facilities in pier area: No Parking place for buses: Yes Public transportation close by port: Yes Distance from port to airport: 136 km Distance from port to city centre: 800 m Distance from port to nearest hospital: 20 km





OSLO The vibrant capital where culture meets nature

Oslo is one of the most exciting capitals in all of Europe, with amazing changes going on in everything from local cuisine to architecture and city development. Combine this with excellent attractions and a rare closeness to nature, and you have a cruise destination quite out of the ordinary.

Two cruise quays are located right in the city centre. If you walk along the Harbour Promenade in one direction, you will soon hit the lively Aker Brygge wharf and Tjuvholmen district with its state-of-the-art architecture. In the other direction, you can enjoy wonderful views from the roof of Oslo's famous Opera House, MUNCH and the new cool borough The Oslo Bay. A 10-minute ferry ride takes you to the Bygdøy peninsula, home to some of the city's most popular attractions.

Astrup Fearnley Museet

The modern Oslo landmark Astrup Fearnley Museet is designed by the renowned Italian architect Renzo Piano. It houses a collection of modern and contemporary art that is regarded as being among the most significant of its kind in Northern Europe. Temporary exhibitions complement the permanent collection. The museum is flanked by Tjuvholmen Sculpture Park, also designed by Renzo Piano.

Oslo Opera House

Oslo's iconic opera house is located right by the harbour, with an angled, white exterior that appears to rise from the water. It invites visitors to climb its roof and enjoy panoramic views of Oslo and the fjord - all year round. The Opera presents a varied programme from three stages, and guided tours are available in Norwegian, English and German.

National Museum

Experience older and modern art, contemporary art, architecture and design all under one roof and in completely new ways. The National Museum holds one of the world's finest collections by Edvard Munch. Other highlights include Tidemand and Gude's national-romantic masterpiece Bridal Procession on the Hardangerfjord as well as Harald Sohlberg's Winter Night in the Rondane Mountains.

Nobel Peace Center

The Nobel Peace Center offers a combination of changing and permanent exhibitions that focus on issues relating to war, peace and conflict resolution. Permanent installations include a presentation of all Nobel Peace Prize laureates in a beautiful "garden" of fibre-optic lights. The centre has daily guided tours in English and Norwegian during summer season, and on weekends during the rest of the year.

<u>Oslo City Hall</u>

Inaugurated in 1950, Oslo City Hall is Oslo's administrative body and the seat of the City Council. The building has been decorated by great Norwegian art from 1900-1950, with motifs from Norwegian history, culture and working life. The Nobel Peace Prize is awarded here in December every year.

Royal Palace

The royal residence at the top of Oslo's main street, Karl Johan, is home to HM King Harald V and HM Queen Sonja. The palace, in neoclassical style, was completed in 1849. The surrounding Royal Palace Park features grassy areas, majestic trees, small ponds and statues. Changing of the guards takes place every day at 13.30. Guided tours are offered daily.

Akershus Fortress

The venerable Akershus Fortress is a great place to explore Oslo's history. The building of the fortress



Viking Ship Museum. Photo: Mir/AART architects

commenced in 1299 under King Håkon V. Christian IV (1588-1648) had the castle modernised and converted into a Renaissance complex and royal residence. The Akershus Fortress Visitors Centre offers guided tours for individuals and groups.

Nordic Bible Museum

Home of an original page from a Gutenberg bible. Based on a collection of more than 3,000 bibles, this is the only bible museum in the Nordic countries. Highlights includes an edition of the Swedish king Gustav Vasa's bible from 1541, an original page from a 15th century Gutenberg bible, unique hand-written manuscripts from the 13th century, a miniature bible collection with the world's smallest printed bible and a King James Version exhibition. Print your own bible page with the medieval printing press.

Ibsen Museum & Theatre

Henrik Ibsen's apartment next to the Royal Palace has been restored with the original interior, colours and decor. The Norwegian playwright lived here for the last 11 years of his life. The museum also features an exhibition that provides a deeper insight into the world-renowned playwright's thoughts, inspirations and creative processes.

SALT

A nomadic art and culture project located vis á vis the Opera House, in the middle of Oslo. SALT offers an eclectic atmosphere with a whiff of north Norwegian fishing villages and artist districts in Berlin. This is where tourists and artists, the city and the coast, new and old, and monumental and simple meet.

The Viking Planet

The Viking Planet resurrects the Viking times with VR technology, holograms, interactive screens and 270-degree films. At this digital museum, you can learn about and experience how the Vikings lived, join them on their expeditions, feel the power of the elements onboard a Viking ship in a storm and take a picture of yourself in Viking armor. Use all your senses to learn about the religion, mythology, ships and cultural heritage of the Vikings.

Ekebergparken

Ekebergparken is a sculpture and national heritage park, boasting a collection of sculptures and outdoor art installations of international standing. The art works are surrounded by beautiful scenery, with many spectacular lookout points. Ekebergparken is always open, and is free to visit.



The Rose Castle

Vigeland Sculpture Park

Vigeland Sculpture Park is the life work of Norwegian sculptor Gustav Vigeland (1869-1943), and includes more than 200 sculptures in bronze, granite and cast iron. With more than one million visitors every year, the park is one of Norway's top tourist attractions. Entry is free at all times.

Holmenkollen Ski Jump and the Ski Museum

Norway's most visited attraction includes a ski museum, ski jumping tower, souvenir shop and a ski simulator. The ski museum presents more than 4,000 years of skiing history, Norwegian polar exploration artefacts and an exhibition on snowboarding and modern skiing. The ski jumping tower offers breathtaking views of the city, forest and fjord.

The Rose Castle

The year 2020 marked 80 years since Norway was attacked in 1940, and 75 years since its liberation in 1945. Rose Castle 2020 is an art installation and educational project aimed at telling the story of the occupation of Norway and of the basic principles of democracy, the rule of law and humanism that were then put out of force. We want to tell the story of the war without demonising or glorifying. Central to the narrative is the individual and their choices. We touch on both known and lesser-known aspects of the occupation: the sufferings of prisoners of war, the unknown individual, everyday life, the drama of war sailors and the resistance struggles in the south and north. The persecution of Norwegian Jews receives great attention in the series of images depicting anti-Semitism before and during the war.

The Mini Bottle Gallery

This gallery holds the world's largest collection of miniature bottles. Of the museum's total of 54,000 bottles, 12,500 are exhibited in 50 different installations accross three floors. The exhibition contains miniature bottles from all corners of the world and covering different themes. With mini bottles in chandeliers, ceilings and floors and even a slide, this is a museum out of the ordinary.

TBS Gallery

An art centre featuring the work of the sculptor and painter Tore Bjørn Skjølsvik. The gallery is located in a property, next to the Royal Palace, that includes a villa and a former stable, surrounded by a lush sculpture garden. With its idyllic setting, sculpture garden and the ambience of a working artist's studio, TBS Gallery is a gallery for all seasons and welcomes visitors throughout the year. Some of the sculptures and paintings are on permanent display, while others are for sale.



Holmenkollen Ski Jump and Ski Museum. Photo: Andreas Bache Wiig

Bygdøy Peninsula:

Museum of the Viking Age, opening 2027

The Viking Ship Museum is closed for rebuilding and will reopen as the Museum of the Viking Age. Norway has the best preserved Viking ships in the world. In addition to the ship burials from Oseberg, Gokstad, Tune and Borre, the museum will exhibit weapons, jewellery and other extraordinary objects from the entire Viking Age. Can't wait to see the Museum of the Viking Age? Explore selected Viking treasures at the Historical Museum in the city centre.

Fram Museum

Fram is the strongest wooden ship ever built, and still holds the records for sailing farthest north and farthest south. At the Fram Museum, you go on board the ship and see how the crew and their dogs managed to survive in the coldest and most dangerous places on earth. The comprehensive exhibition is presented in 10 languages: English, French, German, Italian, Spanish, Russian, Japanese, Chinese, Korean and Norwegian.

Kon-Tiki Museum

Thor Heyerdahl (1914–2002) gained worldwide fame when he crossed the Pacific Ocean on the balsa wood raft Kon-Tiki in 1947. He later conducted spectacular expeditions on the reed boats Ra, Ra II and Tigris. At the Kon-Tiki Museum, you can see the original vessels and up-to-date exhibits on Heyerdahl's adventures.

Norsk Folkemuseum

Norwegian Museum of Cultural History has one of the world's oldest and largest open-air museums. The 13th century wooden stave church, historical farmsteads and city homes show daily life and regional culture through different eras. Comprehensive indoor exhibits display national treasures and artefacts such as folk art, folk dress, church art, handicrafts and Sami culture.

Norwegian Maritime Museum

Norway's national museum for shipbuilding, seafaring, fishing and marine archaeology is beautifully located on the waterfront at Bygdøynes. Highlights include Norway's oldest boat, the Viking boat workshop and a hall with Norway's largest collection of traditional boats. The museum also features interactive zones for children and exhibitions that documents Norwegian shipping and maritime activities in recent times.





Fram Museum. Photo: M. Thomassen

OSLO CONTINUED

Holocaust Centre

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The Norwegian Center for Holocaust and Minority Studies engages in research, documentation and educational activities. The centre is located at Villa Grande on Oslo's Bygdøy peninsula. It features a Holocaust exhibition and an exhibition about everyday racism in Norway today. The centre also has two art installations and a historic bunker from the Second World War.

Fjord cruise and boat sightseeing

Cruise through narrow sounds, idyllic bays and a maze of islands with small summer cabins. The Oslofjord offers unique photo opportunities. A range of tours and on different boats is available all year round. Please check <u>BRIM</u>, <u>Norway Yacht</u> <u>Charter</u>, <u>The Fjords</u> and <u>Trollcruise</u>.

Horse and Carriage Tours

See the city in a horse-drawn carriage from <u>Alna</u><u>Ridesenter</u> pulled by Norwegian breeds like the Norwegian Fjord. The welfare of these horses is of the utmost importance and is well taken care of.

City Sightseeing

Hop On Hop Off city sightseeing bus tours are available, please check out <u>HopOn</u> and <u>Strømma</u> for more information.

In the surroundings of Oslo:

Hadeland Glassverk

This is an attraction and shopping destination that combines history, art, culture and handicraft traditions in scenic surroundings. It has 10 stores with everything for setting the perfect table: glass, porcelain, textiles, utensils, decorative items and much more. The glass museum is the largest in Scandinavia, and displays Hadeland creations from the last 250 years. Hadeland Glassworks is located one hour outside Oslo.

Kistefos and The Twist

This is one of Europe's most important sculpture parks for contemporary art. Built on the grounds of a historical pulp mill, Kistefos today comprises an industrial museum, two art galleries and an impressive sculpture park in scenic surroundings. It has a mission to conserve the buildings and industrial heritage of the area whilst celebrating the best of Norwegian and international contemporary art. The Twist is a gallery, bridge and sculpture, all in one. The 1,000 m² building twists into a sculptural form and spans 60 m across the Randselva river. The building was designed by the Danish star architects BIG - Bjarke Ingels Group and is cited as a "must-see" cultural destination by the New York Times, Bloomberg and The Telegraph, amongst others.

Oslo International Airport - Gardermoen

Oslo Airport, situated north of the city, is Norway's main airport. Getting from the airport to Oslo Central Station takes only 19 minutes. With over 28 million passengers per year and over 130 direct routes, both international and domestic, this is the perfect gateway to Norway and Scandinavia. The expansion of the airport was finished in 2017, with a brand new pier, departure and arrivals hall. Oslo Airport now has a capacity of 35 million passengers a year.

Taxis, limousines, buses and public transport

Oslo offers a myriad of quality modes of transportation, from/to the airport and around in the city. Please check <u>OsloBuss</u> and <u>Oslo Taxi</u>. The public transport Ruter connects Oslo.

Additional Activities

Hike through Europe's largest urban forest, taking in a variety of sites like traditional wooden buildings, hilltop viewpoints, pristine lakes and enough berries to last an entire holiday! Begin the tour with a stunning metro ride up the hills, starting at sea level and ending nearly 500 m above the city and fjord. Check <u>Oslo Bike Rental</u> and <u>Oslo Hiking</u>.

Other options include: fishing in the Oslofjord, kayaking, rigid inflatable boats (RIB), helicopter tours, seaplane tours, beach clean-up, rowing, swimming, floating Saunas, yoga, wind tunnel, skiing and cooking.



Hadeland Glassverk

The Harbour Promenade

Oslo's harbour promenade stretches 9 km along Oslo's waterfront, combining sightseeing, history, art, architecture and a touch of adventure. It ties the city together from east to west, turning different parts of town into a string of great experiences. Large orange information towers are set up at regular intervals along the entire promenade, to ensure you find your way. The towers are decorated with art depicting comic book detectives Krüger and Krogh hard at work in the promenade area. They also hold boards with information about nearby attractions and the historical significance of the area. A walk along the harbour promenade takes you through many different parts of the city, both new and old, each with its uniquecharacteristics and experiences.

Culinary Tours & Experiences

HELT VILT - "Completely Wild" - is a wild game restaurant, located at Mathallen Oslo. With an interior reminiscent of an old Norwegian cabin and a delightful view of Oslo's famous Akerselva river, Helt Vilt is the perfect spot for those seeking an authentic Norwegian dining experience.

<u>Rorbua</u> - Restaurant and bar where you can experience authentic north Norwegian food culture in a pleasant and informal environment. Rorbua at Aker Brygge is decorated like a rorbu (fishermen's cabin). Combine an urban hike with beer and cheese tasting in different local pubs and bars.

Hotels

Spending the night in Oslo for turnarounds and pre/ post visits; <u>Clarion Hotel THE HUB</u>. Welcome to a brand new hotel with 810 modern hotel rooms, 24 meeting rooms and 3 exciting bars and restaurants.The hotel reflects the city's pulse and is the heart of Oslo, located just a stone's throw from the city's best attractions.

Architecture

Oslo has become a capital of contemporary architecture. In recent years, modern landmarks designed by world-class architects have been added, creating the emergence of a brand new skyline and the onset of city development projects that transform old areas and create new ones. Between scaffolding and busy cranes, the face of the city keeps changing. These are exciting times to walk our





Kon Tiki Museum

streets! Examples of new architecture in Oslo include MUNCH, the National Museum and the Opera.

Green Oslo

Inspiration for an eco-friendly stay. Oslo is full of people and businesses who work towards a healthy environment, from restaurants serving organic foods to city developers searching for eco-conscious solutions. Together they have turned Oslo into a sustainable destination. Whether you seek eco-friendly travel options, enjoy exploring interesting solutions to environmental challenges or simply like to spend time outside, there are plenty of ways to enrich your stay in Oslo with touches of green.

Winter in Oslo

Oslo offers miles and miles of cross-country ski trails, or maybe you would like to test your ice skating or downhill skiing skills? Not enough action? Try speeding down the 2 km toboggan run Korketrekkeren! Combine winter activities with shopping, dancing, dining and culture! Oslo has more than 40 museums, and beautiful outdoor attractions such as Akershus Fortress and the Vigeland

Sorenga. Photo: VisitOSLO/Didrick Stenersen

Sculpture Park. In the evening, you can enjoy the nightlife, restaurants and exceptional music scene.

Christmas in Oslo

Oslo in December offers plenty of experiences and activities to get you into the Christmas spirit. With traditional Christmas markets, beautifully decorated neighbourhoods, first-class Christmas food, an abundance of holiday concerts and great local shopping, a pre-Christmas trip to Oslo guarantees plenty of cosy moments and heartwarming memories.

Authorised Oslo Guides

Every year the municipality of Oslo organises a 3-day exam for Oslo guides. The guides need to pass tests in each language they wish to use as a working language, ensuring their ability to perform as an excellent guide onboard the bus, on city walks and in museums. Moreover, all guides must pass a written test on Oslo and Norwegian history. Order the authorised guides at <u>Oslo Guidebureau</u>.

The Oslo Pass

This is an easy way to explore Oslo. The <u>Oslo Pass</u> is valid for most museums and attractions in Oslo, and entitles the guests unlimited travel by metro, bus and ferries to the islands in the inner Oslo Fjord. The Oslo Pass is available in the AppStore, Google Play and at the Oslo Visitor Centre.

Shopping and tax free

Discover Oslo as a <u>shopping</u> destination, with a wide range of different shops, shopping areas, pedestrian streets and shopping centres. Please check out <u>WayNor</u> and <u>Oslo Cruise Terminal</u> and <u>Arc'teryx Oslo</u>.

Get your hands on that Scandinavian, minimalistic style for your wardrobe or your home, find that high-quality luxury garment that will last you a lifetime, and search through Oslo's many vintage and second hand shops for that unique thrift find. Taxfree services are available a various shops in Oslo. Please check <u>Global Blue</u> and <u>Planet Payment</u>.

PORT OF OSLO

Position: N59 54' E010 44' Website: www.oslohavn.no E-mail: havnevakt@oslohavn.no Phone: +47 917 99 900 Contact person: Rune Aarset E-mail contact person: raa@oslohavn.no Phone contact person: +47 906 58 100 Distance from pilot station: 57 nm Pilot channel: ch.12 Port VHF channel: ch. 15 (16)

PORT INFORMATION

Designated cruise quay: Reveierkaien / Filipstad ISPS: Yes Maximum ship length: Filpstad: 340 m /Revierkaien:300 m Maximum ship draft: 10,2 m / 8,4 m Maximum beam: N/A Maximum air draft: N/A Bollard strength (certification): 70 t / 100 Tidal movement: 30 -40 cm

ANCHORAGE/ TENDER

Max size: No limit Ship tenders allowed: No Type of bottom: Sand / rock Depth: 28 - 63 m

PORT SERVICES

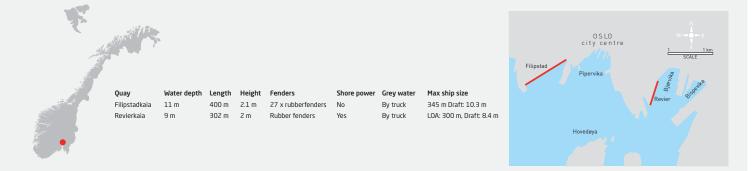
Gangway available: 8-10 m Tugboats: Yes Crew facilities: No Bunkers delivery: Yes LNG bunkering: Yes Waste handling: Yes Grey water: Yes

SUSTAINABILITY

Shore power: Yes. Revierkaien, from 01.04.24 EPI: Yes ESI: Yes Max ships per day: 2 Max passengers per day: N/A Restrictions in harbour: Noise restrictions at Filipstad

GENERAL INFORMATION

Turnaround facilities: Yes. Marquee at Filipstad Terminal/toilet facilities in pier area: No Shuttle bus: No Parking place for buses: Yes Public transportation close by port: Yes Distance from port to airport: 48 km Distance from port to city centre: 800 m Distance from port to nearest hospital: 5 km





SANDEFJORD Sandefjord welcomes you!

Welcome to the friendly seaside town of Sandefjord, blessed with a long and beautiful coastline and rich historical heritage. Experience the history of Sandefjord including the Viking Age, the glory years of its rise as a spa town in the 19th century, the whaling period and modern times. We offer a wide variety of excursions of optional duration. Oslo can be easily reached on an organised day trip.

ATTRACTIONS/EXCURSIONS

Sandefjord and Coastal Panoramic (4.5 hours) On this tour, you see a selection of the main attractions in Sandefjord and visit Stavern, Norway's smallest town. You will get a brief description of Sandefjord and the three main periods of Sandefjord's history, Viking, spa and whaling as well as modern history. We stop to see the restored veteran whaling boat Southern Actor at Sandefjord harbour, and the Whaling Monument, Sandefjord's most famous sculpture, created by Knut Steen in the 1950s. Midtasen, the former property of shipping magnate Anders Jahre, offers a fantastic view of the fjord of Sandefjord. We pass the historical Gokstad mound where the famous Gokstad Viking longship was excavated in 1880. The main stop is Stavern, a charming small town. The summer is an ideal time for a stroll at Frederiksvern Fortress. which contains various exhibitions. Many are related to the Second World War.

Viking for a day (6 hours)

The Vikings lived in the area surrounding the Oslofjord about 1,000 years ago. Their presence is clearly seen in the artifacts and monuments they left behind. Several of the world's most important archaeological finds from the Viking Age were discovered in Vestfold, including monumental royal burial mounds in Borre, the Oseberg Ship burial mound, Slottsfjellet (the Castle Hill) in Tonsberg and the Gokstad mound in Sandefjord. Today, the Slottsfjell Museum and Midgard Viking Centre give us a glimpse of the Vikings and their way of life. An exact copy of the Oseberg and Klåstad ship can bee seen at Tønsberg pier, both built on volontary basis using tools and methods from the Viking era. Towards 2026, a copy of the Gokstad ship will be built on the site.

Scenic tour to The World's End (5 hours) On this scenic tour, you will get panoramic views and a selection of attractions from Sandefjord to the "World's End" at Tjome and visit Norway's oldest town, Tonsberg. We visit the former property of shipping magnate Anders Jahre, which offers a fantastic view of the fjord of Sandefjord. In Norway's oldest town, Tonsberg, you will visit the town's most famous landmark, Slottsfjellet (the Castle Hill). In the Middle Ages, Slottsfjellet was a royal residence and an important power centre in Norway. It was also the largest medieval fortress in the 14th century. On the way to the Castle Hill, you pass an open air museum with old farm houses, the oldest of which dates back to 1407. Tonsberg is a good spot to explore the Viking heritage. The famous Oseberg Viking ship, which is commonly acknowledged as being among the finer artifacts to have survived from the Viking Age, was excavated just outside Tonsberg in 1904. Today, the Viking heritage is kept alive in the town where you can see an exact copy of this ship, built using tools and construction methods identical to those used in the Viking Age. Hear the exciting story of the Viking Age, the Oseberg find, the Oseberg ship and the construction of Saga Oseberg. The last stop will be a visit to the "World's End" in Farder National Park, one of five "World's Ends" in the world. You will be rewarded with a majestic view to the horizon.



Saga Oseberg Photo: visit vestfold.com

Edvard Munch - The man and his home (2 hours)

Get to know the person Edvard Munch. "I have painted here for more than 30 years, some of my best paintings". Welcome to Munch's house in Asgardstrand, where you can get a close insight into one of the world's greatest artists, Edvard Munch. Get to see how he lived and walk in his footsteps, to some of the places where he painted his great masterpieces. Length of walk 100 m.

Historical tour (3.5 hours)

You will get a brief description of Sandefjord and the three main periods of Sandefjord's history, Viking, spa and whaling as well as modern history. Visit the restored whaling boat Southern Actor with its authentic portrayal of how the men of Sandefjord spent their time at sea and the Whaling Monument. Sandefjord's most famous sculpture is a memorial to whaling, created by Knut Steen in the 1950s. The unique Whaling Museum is Europe's only museum dedicated to whaling and its history. The tour also takes you to the beautiful former estate of shipping magnate Anders Jahre, Midtasen.



Sandefjord town centre. Photo: Visit Vestfold

The park area surrounding the house contains a sculpture pavilion dedicated to the artist Knut Steen's work, and has a fantastic view of the fjord of Sandefjord. Sandefjord was renowned in Europe in the middle of the 19th century as a centre for medicinal baths. On the way, we will see the old spa building, Sandefjord Baths, a health resort for royalty and well-known figures from 1837 until the Second World War. You will also see the historical Gokstad mound where the famous Gokstad Viking longship was excavated in 1880.

Stokke Bygdetun (3 hours)

Stokke Bygdetun is a local folk museum set in the middle of a beautiful beech forest. The museum has an impressive collection of old local artefacts as well as a fully furnished house dating back to ca 1740, a fully working forge, an old school house and several other buildings. Buy fresh bread baked on the premises, and enjoy coffee and waffles or the Norwegian speciality rommegrot (sour cream porridge) under the old fruit trees outside.



The World's End. Photo: Didrick Stenersen

Activities (4-8 hours)

Enjoy fun and excitement at the High & Low Climbing Park. Scandinavia's largest climbing park consists of various types of routes in the trees including differing lengths and levels. All equipment is included. Organised hiking tours are also offered. Experience the Norwegian way of life in the woods, grilling sausages on the fire.

PORT & TOURIST INFORMATION

Position: N: 59° 07.565' Ø: 10° 13.732' Website: www.sandefjord.kommune.no/miljo-naringlandbruk/sandefjord-havn/ E-mail: havn@sandefjord.kommune.no Phone: P +47 33 41 64 39 / M +47 90 41 84 45 Contact person: Karl Oskar Jørgensen E-mail contact person: havn@sandefjord.kommune.no Phone contact person: +47 334 16 439 / +47 904 18 445 South: 24 nm North: 12 nm Pilot channel: Ch.18-80-16 Port VHF channel: Ch. 14-16 Barents Watch: No

TOURIST INFORMATION

Website: www.www.visitvestfold.com E-mail: info@visitvestfold.com Phone: +47 334 60 590 Location: Torpveien 130 3241 Sandefjord (Airport) Local Guide service: Yes Which languages: On request

PORT INFORMATION

Designated cruise quay: No ISPS: Yes Maximum ship length: 100 m Maximum ship draft: 5 m Maximum beam: 30 m Maximum air draft: NIL Bollard strength (certification): 50 t Tidal movement: 0,4 m

ANCHORAGE/ TENDER

Max size: Max: 40 000 GT Ship tenders allowed: Yes Type of bottom: Mud Depth: 20 m

PORT SERVICES

Gangway available: No Tugboats: On Request Crew facilities: No Bunkers delivery: Road tanker LNG bunkering: No Waste handling: Yes Grey water Road Tanker

Fenders

Dumper

tyres

SUSTAINABILITY

Shore power: Yes. 64 A 230 V EPI: No ESI: No Max ships per day: 1 Max passengers per day: 500 Restrictions in harbour: Yes

GENERAL INFORMATION

Turnaround facilities: No Terminal/toilet facilities in pier area: No Shuttle bus: No Parking place for buses: 1 to 2 Public transportation close by port: Yes Distance from port to airport: 9 km Distance from port to city centre: 300 m Distance from port to nearest hospital: 25 km



Water depth Length Height 70 m

6 m

Shore power Grey water Max ship size 64A 230 V / Road Tanker 100 m 64A 400 V





ARENDAL The heart of Southern Norway

Founded on shipping, forestry and mining industries, Arendal developed into one of the wealthiest towns in northern Europe during the 17th and 18th centuries. Evidence of the town's Golden Age of Sail can still be experienced by walking through the old part of town, Tyholmen. Amongst the many beautiful old wooden houses, you will find Arendal Old Town Hall, one of the largest wooden buildings in northern Europe. Given Arendal's an excellent location, stretched across seven small islands, the city became known as the "Venice of the North". Its climate and resources have made Arendal one of the most popular places to spend summer holidays, as well as a renowned host of festivals, events and activities throughout the year.

ATTRACTIONS/EXCURSIONS

Trollpark Hove

An exciting adventure park on the island of Tromøy with endless possibilities for outdoor activities. Experience a guided sea kayaking tour in double kayaks, through the amazing Raet National Park and the sheltered waters of the archipelago. Pause in a pretty, sandy bay, and paddle even further to the historic Merdø for lunch or a visit to the museum. This activity can also be combined with exploring the Tromøya coastline using traditional Cornish gig rowing boats, coasteering, hiking or even a guided electric bike trip.

The Prison Hotel

Set out for a captivating experience at Norway's first prison hotel! The 1862 red brick, neo-romantic building has been given a new and exciting life with lots of activities. For nearly 160 years, it remained the Arendal District Prison until opening its unusual accommodation to the public. Slip into prison clothes and tour the facilities with a former prison inmate. Explore the original yard and prison cells and learn first-hand about daily life behind bars and the notorious prison breaks culminating in the "Grand Escape" of 1999. Facilitate your own prison break using the same escape route back to port.

Næs Ironworks Museum

A scenic coastal road leads you to the historical Næs Ironworks Museum. A guided tour will reveal the history of the buildings, machinery and equipment that date back to the 17th century. It was Norway's second largest ironworks and closed in 1959. Today, it's Norway's best-preserved ironworks and is a technical cultural heritage site. Enjoy authentic film recordings, coffee and typical local pastries. On the museum's premises you also find one of Norway's most beautiful golf courses and a romantic park.

Solberg historical mineral mine

This is a unique opportunity to learn about everyday life and working conditions 300 years ago. Equipped with torches and helmets, join an exciting tour inside a real mineral mine, into amazing shafts and tunnels. Learn why and how the iron ore was mined here and then brought to the fascinating extraction process at Næs Ironworks Museum.

Kuben Museum & Archive

Combine history, culture and beautiful surroundings at the Kuben Museum, Centre of History and Culture. Featured here are fascinating and unique exhibitions on local heritage, like findings from the slave ship Fredensborg that shipwrecked off the coast of Arendal in 1768. In addition to four floors of exhibitions, the museum has a collection of original houses portraying the contrast between rich and poor living conditions in the 19th century. Add a stroll back to city centre by taking the iconic glass lift that connects the Market Square with the upper hill. This striking architectural landmark offers a spectacular panoramic view of Arendal, Galtesund, Tromøy and Hisøy islands.



Sea kayaking adventure at TrollPark Hove. Photo: TrollAktiv

Bratteklev shipyard

Bratteklev is the best-preserved shipyard of its kind in the south of Norway, and dates to the 1870s. It represents the end of an era when shipyards lined the entire coast and wooden boats were needed to transport people, cattle and merchandise. Situated on the waterfront at scenic Tromøy island, it's just a scenic short coach or boat ride away from the cruise pier. This historically important shipyard is intact with tools, logs, boats and original interior, as well as the smell of tar and salty air.

Bjellandstrand farm and rose gardens

Visit the picturesque estate and learn about the good life in an oasis of charm and hospitality. Walk the romantic beach path to the very edge of Raet National Park and tour the 17th century property while learning about the health benefits of gardening. Take part in making traditional homemade breads in their beautiful farm kitchen and round off your visit with the taste and smell of pure deliciousness. Nearby is the Tromøy Island Medieval Church on the rolling rock Ice Age moraine.



A captivating experience at Arendal Prison Hotel. Photo: Fengselshotellet

White water rafting in Setesdal

Hold on to your hats (and helmets) on this adrenaline filled day! Arriving at the TrollAktiv rafting centre, you are met by your amazing instructors and given all your equipment. Before you head down the rapids, you practice your skills and the important safety drills on calmer water. Then it's time for the wet and wild adventure to begin. You paddle, surf, laugh and shriek with delight. This is an exhilarating way to spend the day and experience the wilderness of southern Norway.

Slettene Greenhouse Café and Eco-garden

Enjoy the variation in landscape from coast to rolling hills en route to Slettene Hage Eco-Garden, situated along a scenic salmon river. Don't be surprised if you are greeted by friendly goats on arrival. Enjoy a tour of the rustic gardens where chicken and geese live in harmony with the creative and hospitable owners. You will also learn about the trials and tribulations of growing vegetables and fruit by hand. Back at the Garden Café, you are invited to a sit-down taste of the renowned Slettene Eplemost apple juice paired with a hearty seasonal soup made exclusively with local produce. An optional extra is a fun and hands-on lesson in fermenting juices and vegetables.



Mintstreetart, Cruise Sørlandet - Destinations of diversity

Old Arendal - Walk down history lane

Get to know Arendal and its history on a guided walk through the old parts of the town. Learn why Arendal was called "Venice of the North" and see the beautifully restored old wooden townhouses, some more than 400 years old. Peek into the old Town Hall, Norway's highest and second largest wooden building. Include a visit to the town museum "Klockers Hus", a typical 18th century wealthy citizen's home. The exhibition here includes the world's largest collection of handcrafted model ships in a bottle! Round off the tour with the glass lift up to Floyheia viewpoint, with breathtaking views of the city and archipelago. If you have a sweet tooth, add a few stops to taste the sweet secrets of Arendal.

Exploring the archipelago of Arendal by sea Islands large and small are waiting to be explored right outside the harbour. Some of them are inhabited all year round while others come alive during the busy summer months when the island dwellers return to their holiday homes. The highlights of the beautiful archipelago are the historical "outport" and island of Merdø and spectacular views of the iconic "twins" - the large and small Torungen Lighthouses.

PORT OF ARENDAL

Position: 58.458701 N, 08.772074 E Website: www.arendalhavn.no E-mail: post@arendalhavn.no Phone: + 47 975 27 000 Contact person: Gordon Fuglestad, Cruise Manager E-mai: gordon.fuglestad@arendalhavn.no Phone contact person: +47 466 28 008 Distance from pilot station: 4 nm Pilot channel: Ch.13-16 Port VHF channel: Ch. 12-16

TOURIST INFORMATION

Website: www.arendal.com E-mail: turistkontoret@arendal.com Phone: +47 370 05 544 Location: Sam Eydes plass 2, Arendal, Arendal Local Guide service: Cruise Sørlandet Which languages: English, German, French and Norwegian (other languages available on request) https://www.cruisesorlandet.com

PORT INFORMATION

Designated cruise quay: Batterikaien ISPS: Yes Maximum ship length: 180 m, normal pilot ops, 260 m at cruise piers Maximum ship draft: 11 m Maximum air draft: No restriction Bollard strength (certification): 50 ton Tidal movement: Less than 0.5 m

ANCHORAGE/ TENDER

Max size: 80 000 Type of bottom: Mud Depth: 10 m

PORT SERVICES

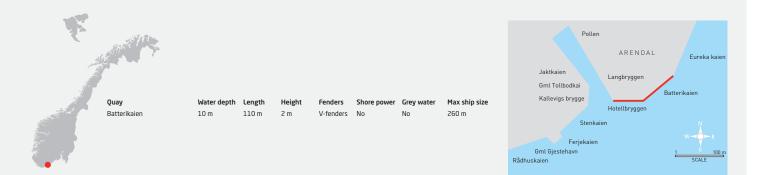
Gangway available: Ship's gangway Tugboats: Yes Crew facilities: Yes Bunkers delivery: By truck only LNG bunkering: Yes Waste handling: Yes Grey water: Landing at Eydehavn Terminal

SUSTAINABILITY

Shore power: No EPI: Yes ESI: Awaiting Max ships per day: 1 Max passengers per day: 2500 Restrictions in harbour: Pilotage and tug for ships with LOA 180 m

GENERAL INFORMATION

Turnaround facilities: Airport less than one hour drive from port Terminal/toilet facilities in pier area: No Shuttle bus: Not necessary Parking place for buses: 4 standby places for buses Public transportation close by port: Yes Distance from port to airport: 66 km Distance from port to city centre: In city centre Distance from port to nearest hospital: 3 km





KRISTIANSAND A modern city with charming small-town feel

This picturesque bustling city at the edge of the Skagerrak Sea was founded in 1641, by King Christian IV of Denmark. With its strategic location, Kristiansand was fortified and inhabited characteristic of the Renaissance style. Once a garrison seaport, the city is renowned for its unique history of seafaring, shipbuilding and timber export. Today, with its parks and public spaces dedicated to artistic expressions, the city is an international cultural destination. It will now also be the home of one of Northern Europe's largest single collections of modern art. Stunning archipelago, scenic inlands and a mild climate make Kristiansand one of the most visited cities in Norway. The port of Kristiansand provides high and low voltage Shore power to all visiting cruise ships as well as a high-end waste and handling system that meets all the demands for a sustainable and green operation.

ATTRACTIONS/EXCURSIONS The Kunstsilo

The old grain silo from 1935 on Odderøya Island gets new life in spring 2024 when Kunstsilo opens the doors to its artistic universe. With its iconic architecture and spectacular sea views from the top floor, Kunstsilo will be a museum that engages, surprises and excites. It aims to reach out to everyone with a diverse programme containing something for every taste, age group and interest. While on Odderøya, indulge yourself at the nearby waterfront gem of Gvino, the only Georgian wine bar in Scandinavia.

Idyllic Skudeneset Vineyard

A visit to Skudeneset farm and vineyard offers a glimpse of the good life. Situated by the mythical river Sygna, a passionate winemaker and his creative wife have established a fairy-tale homestead and one of the northernmost vineyards in the world. Tour the winery and stables with complimentary wine tasting and a lesson in the ancient tradition of willow basket weaving.

Setesdal Valley

Travel by bus from the coast up the lush inland valley of Setesdal for a scenic ride along the old steam train path. The views and atmosphere in the valley have inspired poets and artists, and never fail to evoke the love and passion for nature and rural life. Today, the cultural heritage of the Setesdal valley, including song, music, and dance, is inscribed on the UNESCO World Heritage list. Once there, you can choose between many options, such as hiking, cycling, white water rafting and a steamboat tour on the lake.

The Gourmet cheese tour

Get acquainted with a loving couple at their very own restored schoolhouse for an award-winning cheese tasting. Using traditional methods and making sure their six cows are happy made them winners of several cheese championships including the gold award at a worldwide competition. While delightful cheese plates and local drinks are served, you will see their beautiful cows and horses grazing on the slopes above you.

Speed sightseeing and Lobster safari by RIB

Dress up in a comfortable flotation suit and life jacket and board the rigid inflatable boat (RIB) for this exciting adventure. You will visit lighthouses, well preserved out ports and the beautiful archipelago right out of Kristiansand. To add to the experience, make a stop to meet the cardinal of the sea up close.

Kristiansand Open Air Museum

Visit one of Norway's largest outdoor museums featuring the culture and history of Kristiansand and the County of Agder. A visit to this museum is a great introduction to the way of life in the city as opposed to the valley in the "good old days".

The Cannon Museum

See the world's second largest cannon ever to be mounted on land, dating back to the Second World War. Battery Vara is situated in beautiful coastal surroundings. The visit offers a great insight into life and work at a cannon battery during the war.



Tjamsland farm and cheesery. Photo: Eva Kylland

Scenic sea kayaking

Meet at the docks of Kristiansand and discover the most adventurous way to enjoy the beauty of the Southern Norway seaports. A guided kayaking tour circumnavigates historic Odderoy Island with its maritime and cultural landmarks. Enjoy the natural beauty of the Island passing quaint beaches, sea cliffs and historic lighthouses.

Hike the Timber Flume

Rated the most unique hike in Norway, this walkable timber flume is a 4 km scenic hike through the woodland, over bridges and dams following the old vintage railway line. Choose a local photographer to be your guide and double up the fun in a spectacular outdoor setting.

The Setesdalsbanen Vintage Railway

This is a narrow-gauge railway powered by a steam engine from 1901. The track sections cover 8 km through tunnels, under avalanche shelters, along timber slides and across dams. The journey recreates the special atmosphere of a turn-of-the century railway journey.



Trollaktiv sea kayaking in Kristiansand. Photo: TrollAktiv

Bentsen's House in the Old Town

Join for a historic walk in Kristiansand. Nestled among rows of charming timber homes you will enter the old Bentsen's House through the cobble stoned carriageway and into a courtyard with stables and a privy. Visit the soldier's attic and discover a genuine example of 19th century architecture. Pass through the tiny courtyard side entrance and arrive at the small gem of a courtyard marketplace.

Mackerel fun at the Marina

Mackerel is synonymous with Kristiansand and even its football team is known for their "mackerel" playing style. Learn all about this omega-3 rich favourite as you join a local chef on a crash course on how to prepare the fish. Roll up your sleeves, join the fun and savour the results with stunning sea views right on the docks at 2 Knop Café. An equally fun option is a seaweed safaril Learn how to harvest, prepare and use this nutritious ingredient in your diet.



Cruise Sørlandet - Destinations of diversity. Illustration: Mintstreetart

Segway Tours

By Segway you get to see the city centre in a fun, easy and effortless way. The instructors will teach you how to drive the Segway in minutes - with focus on safety. This tour will guide you through the highlights of Kristiansand: the Fish Market, the Guest Harbour, Christiansholm Fortress, the City Beach, riverside Otra, the Old Town, Wergeland Park and the Cathedral.

Sørlandet Climbing Centre

Challenge yourself on the climbing and bouldering walls at the biggest indoor climbing gym in southern Norway! Located just a short walk from the cruise pier, the gym offers a variety of climbing challenges that are suitable for adults and children. Groups are introduced to climbing in a safe environment by the experienced instructors, who also provide climbing tips and support. If you are up for a real treat, why not challenge yourself with an outdoor guided rappelling experience at scenic Odderøya island?

PORT OF KRISTIANSAND

Position: North/East Website: https://en.portofkristiansand.no/ E-mail: trafikk@kristiansand-havn.no Phone harbor guard: +47 970 90 504 Contact person: Fredrik Auestad E-mail: fredrik.auestad@kristiansand-havn.no Phone contact person: +47 917 62 349 Distance from pilot station: 6 nm North: 58°8'20.1"N 7°59'28.2"E WGS84 Pilot channel: Ch.13-16 Port VHF channel: VHF 12 Barents Watch: https://nais.kystverket.no/ point/7.99573_58.14615

TOURIST INFORMATION

Website: www.kristiansand.kommune.no/navigasjon/ innbyggerdialog-og-frivillighet/innbyggertorg/ turistinformasjon/

E-mail: turistinformasjon@kristiansand.kommune.no Phone: +47 380 75 000

Location: In the port

Local Guide service: Yes - Cruise Sørlandet, info@ cruisesorlandet.com

Which languages: English, German, French, Spanish, Dutch,Italian and Portuguese on request

PORT INFORMATION

Designated cruise quay: Pier 10 ISPS: Yes Maximum ship length: No restrictions Maximum ship draft: 11 m Maximum beam: No restrictions Maximum air draft: No restrictions Bollard strength (certification): 100-150-250 ton Tidal movement: 0.4m

ANCHORAGE / TENDER

Max size: No restrictions Ship tenders allowed: No restrictions Type of bottom: Mud/clay Depth: 35-40 m

PORT SERVICES

Tugboats: On request Crew facilities: https://www.cruisesorlandet.com/ cruise-crew-offers Bunkers delivery: Yes LNG bunkering: No Waste handling: Yes Grey water: Yes

SUSTAINABILITY

Shore power: Yes EPI: Yes ESI: Yes Max ships per day: 1 Max passengers per day: No restrictions Restrictions in harbour: No restrictions Sustainable activities: Yes

GENERAL INFORMATION

Turnaround facilities: No Terminal/toilet facilities in pier area: Yes Shuttle bus: Yes Parking place for buses: 15 parking places + space for buses on standby



Quay	Water depth	Length	Height	Fenders	Shore power	Grey water	Max ship size
Quay 10 Lagmannsholmen	11 m	150 m	3.02 m	Con-fender & Fender panel	16 kVA	Yes	*
Gismerøya, Mandal	10.5 m	170 m		Rubber tyre	No	**	230 m***
Båly, Lindesnes	6.5-8 m	100 m		Rubber tyre	No	**	150 m***

* No restriction, largest vessel in port Iona LOA 344 m ** Via truck *** Mooring plan t.b.c.



PORTS OF LISTER Farsund and Lyngdal at the southern tip of Norway

At the southern tip of Norway, the small towns of Farsund and Lyngdal constitute the Ports of Lister. Farsund is a lively and idyllic seaport with colourful brick houses and hills dotted with charming wooden houses so typical of the region. The town may be most famous for having been a privateers' nest during the Gunboat War. Beyond the legendary Varbak mountain, the township continues out to sea where stunning sea vistas, surf beaches and coastal farms dominate the windswept landscape. Lyngdal is a natural starting point for exploring the beauty and scenery of the region, with no less than three breathtaking fjords, a long salmon river and dramatic waterfalls, as well as abundant hiking possibilities for all levels, such as the Old Postal Road.

ATTRACTIONS/EXCURSIONS

Historical Farsund with the Town Watch

Join the only female Town Watch of Norway for a fun and historical city walk through Farsund. Immediately recognisable, she shows up in period costume in order to charm you with her dry wit and native knowledge of who is what and what is where and how it happened in Farsund.

Lista Lighthouse

The large number of shipwrecks recorded here spurred the establishment of the Lista Lighthouse Station in 1833. Originally a station with three granite towers to distinguish it from nearby landmarks, the remaining 34 m tall tower still lights the way for passing ships. Climb the characteristic tower to the top and enjoy the unique landscape of Lista. The station has a visitors' centre and a Bird Observatory and is a unique treat for all ages.

Borshavn Big Fish Adventure

The experienced crew takes you on a one-of-akind sea fishing adventure straight out of Farsund Harbour. No previous fishing experience is required, and you are in safe hands with skilled fishermen. The idyllic coastline and rocky archipelago make this tour ideal for fishing enthusiasts as well as photographers and birdwatchers.

At home with a sculptor

Join local sculptor Jon Aslak at home in his garden and studio only minutes from downtown Farsund. Indulge in his playful outdoors and indoors creations while learning about the often blurry line between art and nature. The kettle is boiling on arrival, and he happily shares historical facts of his old farmhouse. His artistically carved wooden spoons and artifacts are also available for purchase.

Second World War history at Nordberg Fort

The military barracks are still intact at the Nordberg Fort and a guided visit takes you to a selected few including the outdoor trenches and cannon positions. The view of the North Sea is breathtaking from the hilltop and the Visitors Centre offers changing exhibitions. The surrounding area has a dense cultural landscape going back to the Stone Age and a visit here may include the Bronze Age Petroglyphs.

Hangar 45 Exhibitions

The horror of occupied Norway is on display in a n authentic Second World War hangar at Lista Airport. It's the largest theme-based collection of Southern Norway and includes a fantastic number of military vehicles, a train station, a prisoner of war hut and more. The items are collected and cared for by the local museum members and they aim to preserve what happened here for future generations.

American nostalgia at Lista

To your surprise, you will find Brooklyn Square, 8th Avenue, a treasure trove of American goodies and an authentically American apartment at Lista. It's not unusual to see an old Classic American car parked in the street, while crossing Brooklyn Bridge in Vanse City should definitely be on your to-do list. Visit the



Lista lighthouse. Photo: Arild Nielsen

Larsen's American inspired bakery or the iner for the complete quirky and original experience.

Sail the AIDA Schooner

The pride of Farsund is a schooner that takes you on an exclusive sail out of Farsund Harbour. She journeys out to charming island ports and communities while the captain passes on the stories. Learn of dramatic events that took place here during the Napoleonic Wars and how the sailing vessel was built at the old local Brekneholmen Shipyard. Ship o'hoy!

National Wild Salmon Centre

The Lygna River takes you to the Kvåsfossen waterfall. Its 36 m drop is one of the largest in the region and situated in view of the Visitors Centre. Through glass windows you may observe wild salmon and trout up close or follow a salmon ladder for a thrilling wildlife experience. Take one of the nearby hiking trails or step out on the river ledge and spot the "troll rock".

Child Wanderer Path at Konsmo

Hard times forced 19th century parents to send their children on a trek of up to 136 km to find work at the farms further east. At Konsmo Museum, you learn how they were left to the merit of benevolent farmers and warding off the wolf was not unusual. All this and other remarkable stories of the region can be explored at the period

PORTS OF LISTER - FARSUND (F) AND LYNGDAL (L)

Position: F: N 58.09118 E 006.81817 / L: N 58.11642 E 007.04457 Website: Listerhavnene.no E-mail: tr@listerhavnene.no Phone: +47 945 32 188 Contact person: Tom Egil Ravndal E-mail contact person: tr@listerhavnene.no Phone contact person: :47 945 32 188 Distance from pilot station: F: 3 nm, L: 8 nm Pilot channel: Ch. 13-16 Port VHF channel: Ch. 12-16 Barents Watch: https://www.barentswatch.no/ohoi/poit/7.052 9875365518535 58.118136295423625

TOURIST INFORMATION

Website: www.visitfarsund.no www.lyngdal.no E-mail: Info@visitfarsund.no turistinformasjon@lyngdal.kommune.no Phone: F: +47 952 07 650 / L: +47 383 34 000 Location : F: BUA, Barbros gate 21, 4550 Farsund L: Lyngdal kulturhus, Torggata 4, 4580 Lyngdal Local Guide service: Cruise Sørlandet Which languages: Norwegian, English, German and others

PORT INFORMATION

Designated cruise quay : F: Pier 10, the deepwater pier / L: Holmsundet ISPS : Yes



Aida, the pride of Farsund. Photo: Visit Farsund

furnished townhouse and Old Post Office.

Lindesnes - The South Cape of Norway

The very first lighthouse station in Norway was established on the southernmost point of mainland Norway in 1656 and lit up by candlesticks! The iron tower later replaced the stone fundament, and Lindesnes Lighthouse Station remains the only one with a lighthouse keeper. The views are amazing from top and getting there takes you along a scenic coast before reaching the South Cape of Norway.

Tingvatn Archaeological Park

This heritage park focuses on the Iron Age society and the Migration Era. Incredible artifacts were found here including the gold embellished Snartemo Sword. Burial mounds, stone settings and traces of characteristic buildings suggest it was a place people of this age gathered to hold court to decide each other's fates. A visit may include plant dying or making a time-period meal.

Lyngdal hiking tours

A variety of hiking options are available in and around the Lyngdal valley, such as the highland tour to Skrelia with fantastic views above the waterfalls and the old postal road, Kongeveien. Near the centre of Lyngdal is the Sherpa Path with carefully laid stone steps leading to panoramic views of the fjords and the easier hike across the river on a footbridge to the lowlands.

Maximum ship length: F: 230 m (300 with pilot and crew training)/ L: 210 m Maximum ship draft: F: 13.5 m / L: 10 m Maximum beam: F: 40 / L: Unrestricted Maximum air draft: Unrestricted Bollard strength (certification): F: 50-100-300 tons / L: 30-50-100-150-200 tons Tidal movement: 0.4-0.5 m

ANCHORAGE / TENDER

Max size : F: 230 m (300 with pilot and crew training) / L: 350 m

Ship tenders allowed : Yes Type of bottom: Sand and mud Depth: F: 45 m / L: 20-30 m

PORT SERVICES

Gangway available : F: Yes 8-10 m / L: Yes Tugboats: Yes Crew facilities: No Bunkers delivery: Yes LNG bunkering: F: Yes / L: No Waste handling: Yes Grey water: Yes

SUSTAINABILITY

Shore power: No EPI: F: No / L: Yes ESI: Yes Max ships per day: 1 Max passengers per day: 2800

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Forsund Kristionsond	
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Cruise Sorlandet destinations of diversity. Photo: Mintstreet

Horseriding in the hills of Åseral

At Eikerapen is the old farm and startup point for a dream-come-true riding experience. Saddle up on a Fjording horse for a 1.5 hour guided tour of the hills while learning about the area's history and culture. Examine the old farm tool collection as well as authentic log-built farm structures such as the blacksmith hut.

Nordic gardening & home visit

The love of gardening is apparent in the Lister region. On this tour, you get a rare opportunity to enjoy private gardens with their owners. Share your expertise and passion for gardening or just get inspired. The climate varies throughout the region, so you may compare the windswept Penne Garden to a lush valley oasis. The tour may include coffee and a local pastry.

Coastline by foot

Along kilometres of alternating sandy and rolling rock beaches at Lista is one of the most popular coastline paths in Southern Norway. Depending on how many kilometres you want to walk, the start point varies and the different paths are well marked. The air is fresh, the sea views are spectacular and photographers come here for the special «Lista light». The area is also great for birdwatching, kiting, and windsurfing.

GENERAL INFORMATION

Turnaround facilities: No Terminal/Toilet facilities in pier area: F: No / L: Yes, 1 Shuttle bus: Yes. To town centre Parking place for buses: F: 10 parking places / L: 25 parking places Public transportation close by port: No

Public transportation close by port: No Distance from port to airport: F: 166 km / L: 88 km Distance from port to city centre: F: 2000 m / L: 3600 m Distance from port to nearest hospital: F: 41 km / L: 75 km





Quay	Water depth	Length	Fenders	Shore
Lyngdal Anchorage	15 m	N/A	N/A	N/A
Agnefest Tender	4 m	18 m	Wood	N/A
Holmsundet Tender	11 m	12 m	Rubber tires	N/A
Farsund Anchorage	14 m	N/A	N/A	N/A
Torvkaien Tender	4 m	58 m	Rubber tires	N/A
Pier 10, Farsund	13 m	130 m	Rubber tires	N/A

Grey water

Yes Yes

N/A N/A

Yes

e power Greg N/A Max ship size

250 m Tender

Tender 230 m

Tender 230 m



EGERSUND A colourful pearl in the UNESCO Global Geopark

The town of Egersund offers a wide range of opportunities to experience the coast, town, forest and mountains – all on the same day! Egersund, situated on the southwest coast of Norway, lies within a UNESCO Global Geopark. This region boasts a type of rock that is so exceptionally rare that it can only be found in quantities here and on the moon! This offers guests the extraordinary opportunity to walk on the moon without leaving Earth. Egersund is an old traditional fishery town, home to many attractive and unique spots both on land and in the water. The town centre is encircled by historical wooden houses, each painted in a spectrum of shades. Visitors are welcome to explore the Berentsen Whisky Hall, the Fayance Museum or the local chocolate and ice cream factory. Just off the coast, in the sea, you will discover one of Europe's few amphidromic points. This rare phenomenon, located just 1 km from the shore, results in no tidal differences. This explains why there are numerous traditional boathouses in the area, showing features of significance from the Viking Age right up to the present day.

ATTRACTIONS/EXCURSIONS

Cultural town with rich history:

Imagine a town filled with beautiful, old wooden houses with charming narrow streets. Explore the historical atmosphere of a traditional fishery town with a diversity of architectural styles. Go on a guided interactive town walk where you can use all your senses: Hear stories and fun facts from the past about the places we see today; See authentic exteriors and interiors of historic buildings: Smell and taste locally produced chocolate and ice cream of the highest quality; and Touch objects made of clay at the Faience Museum, which conveys what was formerly the town's most important industry. Walk past the Egersund Church dating to 1623. You will also hear the honest (and sweet) story of Egersund. Egersund town has one of the best-preserved wooden housing settlements in Norway. Complete the walk by going up to Varberg viewpoint and seeing the rock carvings from the Bronze Age. After

the town walk and shopping in the centre, swing by the lovely park Elveparken (a park by the river).

Egersund Fayancemuseum is a museum linked to the production of A/S Egersunds Fayancefabriks Co. For more than 132 years, the factory in Egersund supplied Norwegian people with pottery for all occasions. A/S Egersunds Fayancefabriks Co. had an unusually voluminous production, with a considerable range of models and decors. The factory's extensive production period mirrors developments within contemporary art and fashion. Egersund Fayancemuseum exhibits a selection of items from the factory's long production period. The exhibitions also highlight the factory's importance for Egersund town, especially as a workplace.

Berentsen's brewery from 1895, offers a beer and whisky tour in the brewery. Beer tasting for groups of 10-50 people. Enjoy and explore several varieties of beers and their history, and gain an insight into

what makes Berentsens one of the leading breweries in Norway. A brand-new whisky hall opens in spring 2024. Guided Vardberg whisky tours are possible. After a short story about Captain Wilhelm Berentsen the founder of Berentsens, you can explore the distillery and the whisky hall where the casks are stored. The tour offers an insight into the unique process of making Vardberg Whisky. The tour concludes in the tasting room, where you get to sample three unique whiskies.

Are you ready for a trip to the moon?

Very few people can travel to the moon, and while the lunar landscape remains a distant dream for most, a place exists right here on Earth where you can experience a remarkably similar terrain - the Magma UNESCO Global Geopark. The resemblance is especially striking in the vicinity of the Eigerøy Lighthouse. The light part of the moon consists of anorthosite, which is a rare type of rock here on earth, but is common in the Magma UNESCO Global



FONN floating fish market and the 400- year-old church

Geopark. It's a geological marvel that brings the allure of the moon's surface much closer to home. Magma geopark offers an exciting and educational trip to Eigeroy lighthouse to experience the unique moonlike landscape recognized by UNESCO. This is a perfect place to watch the sun set in the sea.

The iconic Trollpikken rock an awe-inspiring stone formation with its unmistakable phallus-shaped silhouette, is an intriguing geological marvel that bears a name that leaves little to the imagination. Trollpikken, directly translates to what you might expect. The unique moonlike landscape you will encounter on the hike to Trollpikken is more than just visually stunning; it's also steeped in stories and fun facts, enriching your experience with layers of history and geology, hiding for almost 10,000 years. With every step you take, you will uncover fascinating tales of how these rock formations came to be, offering a window into the geological history of the region. The interplay of forces like erosion, weathering and the ceaseless march of time has created the landscape that you are now privileged to explore. Along the way, you will encounter small streams that meander through the landscape, waterfalls with potholes along the road

PORT OF EGERSUND

Position: N: 58.44754 E: 5.98957 Website: www.enhkf.no E-mail: post@egersund.havn.no Phone: +47 514 63 280 (24/7) Contact person: Kjetil Lycke Bodal E-mail contact person: bodal@egersund.havn.no Phone contact person: +47 405 30 904 South: 4 nm North: 5,5 nm Pilot channel: Ch.13-16 Port VHF channel: Ch. 12-16 Barents Watch: None

TOURIST INFORMATION

Website: www.visitegersund.no/en/home/ E-mail: turistkontoret@eigersund.kommune.no Phone: +47 474 88 409 Location: Jernbaneveien 18 Local Guide service: Guide Companiet Which languages: English



Trollpikken

and a rugged rocky terrain. A great walk suited for all ages, Trollpikken is a world-famous local landmark that has attracted visitors from around the globe.

Den Gamle Jærbanen, an excellent day trip on foot or by bike, offers several nice stops with great views. The road meanders between and through boulders and rocks northbound for approx. 8 km. Suitable for all age groups. The trip can be combined with a hike to the summit of the mountain Launesfiellet, which offers a fantastic view of the island of Eigeroya.

Helleren is another exciting spot that you won't want to miss. Tiny, authentic 19th century cabins right under the massive rock formation raises curiosity among many visitors. This tour allows you to experience the magnificence of Norwegian fjords, combined with exciting history related to natural resources of the area. You will discover this and many other curiosities and stories from the past that shaped the present at Jøssingfjord Vitenmuseet, which the newest division of the regional Dalane Folkemuseum. This is where nature meets culture, geology and history

The moonscape at Eigerøy lighthouse

The Salmon river.

We recommend taking a trip to Tengselva and being fascinated by the salmon's journey through the river and fish ladder to its permanent spawning ground. Salmon and trout fishing in this area is a unique local experience recommended for people of all ages. Tengselva is one of Norway's best salmon rivers.

Operation Freshman

In and around Egersund, you can explore historical and cultural monuments from the Second World War, such as the Operation Freshman memorial. This is located near the site where 14 British soldiers were executed on 20 November 1942.

Festivals

Egersund is also a cosy festival town with Norway's most popular Christmas market, October festival, Dalane Blouse festival and oldest song festival in summer - Visefestivalen.

The tours can also be scheduled from Stavanger port for large ships. In this case, you need to add 1 hour and 15 minutes each way for transport.

PORT INFORMATION

Designated cruise quay: Dampskipskaien ISPS: Yes Maximum ship length: aprox 200 m Maximum ship draft: 8 m Maximum beam: N/A Maximum air draft: N/A Bollard strength (certification): 50 Tidal movement: 0

ANCHORAGE / TENDER: NO

PORT SERVICES

Gangway available: No Tugboats: No Crew facilities: No Bunkers delivery: Yes LNG bunkering: No Waste handling: Yes Grey water: Yes - on order

SUSTAINABILITY

Shore power: Yes: Dampskipskaien EPI: No ESI: No Max ships per day: 1 Max passengers per day: N/A Restrictions in harbour: None Sustainable activities: N/A

GENERAL INFORMATION

Turnaround facilities: Yes: Fiskarvig - Hovlandsviga Terminal/Toilet facilities in pier area: Yes Shuttle bus: No Parking place for buses: 2 parking places Public transportation close by port: Yes Distance from port to airport: 75 km Distance from port to town: 700 m Distance from port to nearest hospital: 2,6 km til Egersund Sykehus, and 70 km km to SUS (Stavanger)



Water depth Length Height Fenders 240 m 2 m Tyre+ Yokohama 2.5x4 m

Shore power Grey water Max ship size Yes Yes - on order 200 m





STAVANGER Home of Preikestolen and the Lysefjord

So close to the European continent and Great Britain! Conveniently located in the south-western corner of Norway, Stavanger is the shortcut to the Norwegian fjords. Nothing is far away, and cruise ships dock in the city centre. Just a short walk away are the lovely cathedral and the charming city centre with its cobbled pedestrian streets. The landscape in the region varies between fjords, beaches and steep mountains. The Lysefjord and Preikestolen are just an hour's boat trip from the city.

ATTRACTIONS/EXCURSIONS

The city centre

The charming city centre consists mainly of shops in wooden houses and narrow, cobbled streets. Shops and shopping centres offer a wide variety of top quality products and famous brands. There are several museums located within walking distance of the cruise pier. There is ample scope for tax-free shopping.

Stavanger Cathedral

Built in the Anglo-Norman style in 1125 AD, when the town only had 200 inhabitants, Stavanger Cathedral is a scaled down replica of Winchester Cathedral in England.

Old Stavanger

Old Stavanger is a cluster of 173 small, white, wooden houses built some 200 years ago. Some of them now house craft shops, galleries and museums. For instance, the Norwegian Printing Museum and Norwegian Canning Museum (IDDIS) is located here.

Swords in Rock

This monument commemorates the big battle that took place in the Viking Age in 872 AD, when Harald Fairhair became Norway's first king.

SHORE EXCURSIONS

Stavanger offers more than 50 different shore excursions, including a range of active tours like Nordic walking, SUP and cycling. There is also a wide range of sightseeing tours by bus and boat to different nature and cultural spots in the region including local venues offering tasty treats in scenic surroundings, shopping destinations with Norwegian design and museums with great storytelling.

Boat trip to the Lysefjord (2-3,5 hours)

Experience the impressive Lysefjord and one of Norway's spectacular wonders, Preikestolen, which rises 604 m (1968 ft) above sea level. You can fetch drinking water from a waterfall and later feed goats!

Hike to Preikestolen (7 hours)

Join a local guide on a hike to Preikestolen - the most visited nature-based attraction in Norway. From the plateau, you will be rewarded with a spectacular view of the Lysefjord.

Highlights of Stavanger (3 hours)

See the villas of the old bourgeoisie and the Swords in Rock monument on the way to a reconstructed Iron Age farmstead near the viewpoint at Ullandhaug Tower. After visiting the Cathedral, the tour ends with a stroll through Old Stavanger on the way back to the harbour.

From oil to oil (3 hours)

Stavanger's economy once depended on herring and sardine fishing, and the canning industry. This tour visits Old Stavanger and the Norwegian Canning Museum - the only museum of its kind in the world. We walk through the charming streets of Stavanger and end by visiting the Norwegian



Preikestolen. Photo: Terje Rakke, Nordic Life, Region Stavanger

Petroleum Museum, where you will learn the history of the Norwegian oil adventure and how Stavanger became the petroleum capital of Norway.

In the land of the Trolls (4 hours)

On this tour, you will experience beautiful Norwegian landscapes of valleys, rivers, mountains and beaches. We stop at Byrkjedalstunet, one of Norway's biggest souvenir shops, where we will enjoy both good pastry and shopping. On our way back to the harbour, we stop at Gloppedalsura, the biggest boulder field in Northern Europe.

Norwegian home visit (2 hours)

See how Norwegians live and hear about how life has changed from the past to the present day! Learn about Norway and the Norwegians whilst savouring waffles served with either coffee or tea!



Old Stavanger. Photo: Mathilde Oord/iphotos.no

Utstein Monastery (3 hours)

Join a guided bus tour through the undersea tunnel to the beautiful green island of Mosterøy, home to Norway's only preserved medieval monastery. Utstein Monastery was a royal estate for many Viking kings.

Viking Tour (3 hours)

This tour explores the world of the Vikings. Visit the Swords in Rock and hear the bloody tale of the battle of Hafrsfjord. Step into the Doomstones, an ancient, reconstructed monument. Explore the longhouses and meet the "lady of the house" at the Iron Age Farm. You can also immerse yourself in virtual reality at Viking House, where you get a 360-degree view and feel like you are face to face with the Vikings.



Swords in Rock. Photo: Visit Region Stavanger

Farm life time travel (4 hours)

Drive through a cow shed and savor the taste of locally produced milk from the farm shop! Immerse yourself in the world of hands-on learning at Vitengarden, an interactive museum and science farm nestled in the heart of our agricultural region, Jæren.

Vardberg Whisky Tour (5 hours)

Founded in 1895 by Captain Wilhelm Berentsen, Berentsens gained international acclaim in 2018 with its award-winning distillery. Explore the distillery and Whisky Hall before concluding the tour with a tasting of three unique whiskies in the cozy tasting room.

PORT OF STAVANGER

Position: North/South

Website: www.stavangerhavn.no Visiting address: Strandkaien 46, 4005 Stavanger E-mail: maritim@stavanger.havn.no Phone: +47 515 01 201 Contact person: Dag Matre E-mail contact person: dag@stavanger.havn.no Phone contact person: +47 515 01 201 Distance from pilot station: 19.5nm Pilot channel: Ch.13-16 Port VHF channel: Ch. 12-16

TOURIST / DESTINATION INFORMATION

Website: www.edgeofnorway.com Cruise Manager: Line Murphy E-mail contact person: line.murphy@regionstavanger.com Phone: +47 476 16 076 Location: Strandkaien 61, (100-800 m from berths) Local Guide service: Yes, GuideCompaniet Which languages: 15+ languages available

PORT INFORMATION

Designated cruise quay: Strandkaien ISPS: Yes Maximum ship length: No Limit Maximum ship draft: 10.8 m Maximum beam: No Limit Maximum air draft: No Limit Bollard strength (certification): 50-100-200 ton Tidal movement: 50 cm

ANCHORAGE / TENDER

Åmøyfjord/YES Max size: No Limit Ship tenders allowed: Yes Type of bottom: Mud/sand Depth: 36 - 100 m

PORT SERVICES

Gangway available: 7 m - 8 m - 12 m - 13 m - 14 m Tugboats: Yes Crew facilities: Crew offers available, please contact Cruise Manager. Bunkers delivery: Yes LNG bunkering: No Waste handling: Yes Grey water: Yes

SUSTAINABILITY

Shore power: No EPI: Yes ESI: Yes Max ships per day: 2 Max passengers per day: 8000 Restrictions in harbour: noise/emission Sustainable activities: Offering a wide range of city walks.

GENERAL INFORMATION

Turnaround facilities: Yes: Åmøyfjord - Majoren Terminal/Toilet facilities in pier area: No/Yes Shuttle bus: Available to book Parking place for buses: Yes Public transportation close by port: Yes Distance from port to airport: 14 km Distance from port to city centre: 500 m Distance from port to nearest hospital: 3 km



8.8-15*) m *) =depest with fender or pontoon

9-10.8*) m

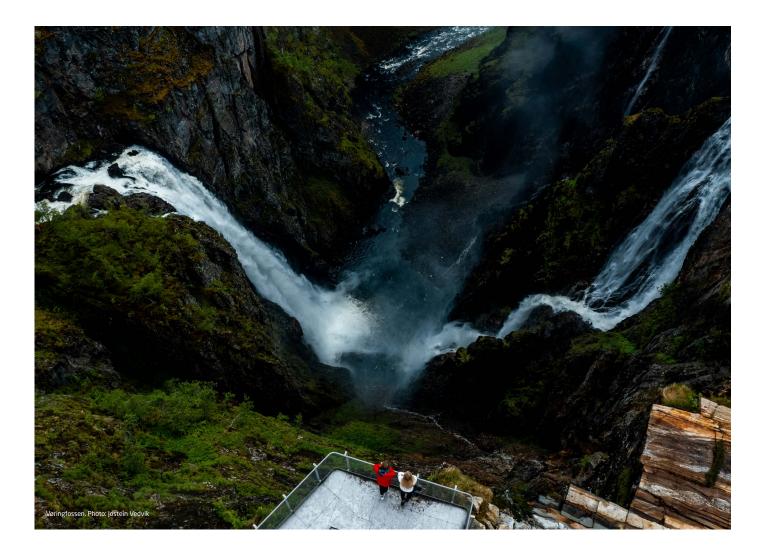
7.8-8.2*) m

7.8-9*) m

Water depth Length Height Fenders 309 m 2.46 m Truck tyres Kraft 149 m 1.77 m Truck tyres 135 m 2.02 m Truck tyres 232 m 3.20 m Truck tyres

Shore power Grey water Max ship size Yes No limit Yes 230 m Yes 230 m 280 m Yes





EIDFJORD The fjord and mountain adventure

Finalist - 2018 Seatrade Cruise Awards "Destination of the Year"

Eidfjord offers a unique natural environment. With large contrasts and short distances, you can experience the most and the best that Norway has to offer: large open spaces and high mountains, deep valleys and blue-green fjords and glaciers, mountain lakes, rivers and waterfalls. Our visitors can experience peace and silence in the natural environment in addition to visiting many of our activities and attractions. Eidfjord is the gateway to the Hardangervidda, the largest high mountain plateau in Europe and Norway's largest national park. Eidfjord cruise port is able to handle ships up to 350 m in length. Fjord, mountain & waterfalls - all within a 30-minute drive from Eidfjord.

ATTRACTIONS/EXCURSIONS

NORWEGIAN NATURE CENTRE - HARDANGER

Duration: 1 h 30 min. (incl. 1 hour stay) Distance: 7 km from port Capacity: 168 per half hour

Accessible: All year

The Norwegian Nature Centre is a modern activity and experience centre for the whole family. On three floors, there are exciting exhibitions of Norwegian nature, climate and environment. The exhibition is designed as a journey through time and follows the history of the earth's origins from 2.9 billion years ago up to the present day. By seeing, touching and hearing, you will learn actively. One of the highlights is the modern cinema with its large panorama screen. With new film technology and composed music, we can offer one of Europe's largest panoramic screens, 21 m long and 4 m high in a seamless image with a 225° viewing angle. This 12K quality film, a first in Norway, vividly portrays the beauty of fjords, mountains and waterfalls in a spectacular manner!!

VØRINGSFOSSEN WATERFALL

Duration: 1 h 45 min. (incl. 1 hour stay) Distance: 20 km from port Capacity: Unlimited Accessible: 1 April - 31 October, depending on snow conditions The most famous waterfall in Norway is an impressive 182 m high, with a free fall of 145 m. You will find the most exciting and marvellous viewpoints at the Fossli Hotel, which also houses a restaurant. The spectacular step bridge above the waterfall opened in August 2020. The ongoing development

project around Vøringsfossen, which includes multiple mesmerising observation platforms, is anticipated to be completed by mid-September 2024.

SYSENDAMMEN

Duration: 1 h 30 min. (incl. 30 minutes stay) Distance: 30 km from port Capacity: Unlimited Accessible: 1 May – 30 September, depending on snow conditions Sysendammen is one of Norway's largest stone-filled dams. The total length of the dam is 1,160 m, and it consists of 3.6 million m³ of stone and moraine deposits. View of the glacier Hardangerjøkulen from the car park.

KJEÅSEN

Duration: 1 h 15 min. - 2 h (incl. 15-60 minute stay) Distance: 15 km from port

Capacity: 50

Accessible: 1 May - 30 September, depending on snow conditions.

The famous mountain farm lies like an eagle's nest on a mountain ledge 600 m above the Simafjord. Please note: Traffic up to Kjeåsen on the hour and traffic down from Kjeåsen on the half hour.

BEST ADVENTURES

Duration: 2.5 - 3 hours Distance: 7 km from port (kayaking 300 m from port) Capacity: 8 - 30 per activity

The largest outdoor activity centre in Hardanger! Paddling instruction for beginners, sea kayaking, rafting, climbing, white water jump and slow boat tours. Fun rafting in July and August. All activities



Photo: Jostein Vedvik

incl. instruction and guide. Mountain bike and e-bike rentals.

TROLL TRAIN

Duration: 1 hour

Distance: 30 m from port (starts at the tourist information office) Capacity: 120 (3 trains) The train takes you for a one-hour sightseeing tour

in the centre of Eidfjord. Nice view of the fjord and the mountains, ride through the Viking burial ground and have a photo stop by the old, medieval stone church (the church is closed).

HARDANGER FJORDSAFARI

Duration: 30 minutes or 1 hour (on request) Distance: 30 m from port Capacity: 12 (per tour) RIB-boat safari in Eidfjord and Hardanger. The tour starts in Eidfjord Harbor after getting dressed in our gear and a short safety briefing. We have different tours to Hotle, the Hardanger Bridge and Simadal where the boat driver will be your guide.



Photo: Hardanger Fjordsafari

SEAPLANE FLIGHTSEEING

Duration: 30 or 50 minutes Distance: 500 m from port Capacity: 4 passengers per flight The seaplane is located close to the cruise port in Eidfjord and a typical sightseeing flight takes 30 minutes incl. the Hardangerjøkulen glacier and impressive Simadalen valley. We also offer a longer 50 min. trip to Trolltunga and day trip packages that include a stopover at one of our many beautiful locations throughout the Hardanger area.

RAVENHEART HARDANGER - VIKING EXHIBITION

Duration: 1 hour Distance: 300 m Capacity: 12 pax per tour One-hour guided Viking exhibition with storytelling at "Tunet på Haugen", only a short walk from Eidfjord cruise port.



Norwegian Nature Centre Hardanger Photo: Norsk Natursenter

ART GALLERY N. BERGSLIEN

Duration: 30-60 minutes Distance: 30 m from port Capacity: 80 Free entrance Vøringfoss Hotel hosts a large, permanent exhibition of the well-known local artist Nils Bergslien (1853 -1928). The gallery also stages various temporary exhibitions.

VARIOUS MINICRUISES (AND BUS)

Duration: Various Distance: 30 m from port (starts outside the tourist information office) Experience the Hardangerfjord from smaller vessels. We offer various combination tours by boat and bus during the peak season.

PORT OF EIDFJORD

Position: 60°28'06.0"N 7°03'59.5"E Website: www.visiteidfjord.no CEO: Inge Tangerås E-mail: inge@visiteidfjord.no Phone: +47 982 06 767 PFSO: Terje Monsen E-mail contact person: cruise@visiteidfjord.no Phone contact person: +47 415 52 318 Distance from pilot station: 100 nm Pilot channel: Channel 12 Port VHF channel: Channel 12 Barents Watch: https://nais.kystverket.no/poi nt/7.067187854454858_60.46840959679304

TOURIST INFORMATION: 30 m from port

Website: www.visiteidfjord.no E-mail: turistinfo@visiteidfjord.no Phone: 47 536 73 400 Location : Ostangvegen 23, 5783 Eidfjord (30 m from port)

PORT INFORMATION

Designated cruise quay: Eidfjord cruise port ISPS: Yes Maximum ship length: 350 m Maximum ship draft: 55 m Maximum beam: None Maximum air draft: Hardanger bridge 55 m Bollard strength (certification): 100 tonnes Tidal movement: 1 m

ANCHORAGE / TENDER

Max size: None Ship tenders allowed: Yes Type of bottom: Sand Depth: 60 m

PORT SERVICES

Gangway available: No Tugboats: No Crew facilities: Wi-fi covering the whole port area (on board incl.), free of charge! Bunkers delivery: No LNG bunkering: No Waste handling: Yes, must be ordered 24 h in advance Grey water: No

SUSTAINABILITY

Shore power: No (planned for 2026) EPI: Yes Max ships per day: 2 Max passengers per day: 4000 Restrictions in harbour: Prefere no outside PA before 9 am

GENERAL INFORMATION

Turnaround facilities: No Terminal/Toilet facilities in pier area: 30 m from pier, public toilet facilities next to the gallery N. Bergslien Shuttle bus: Yes, to be ordered in advance Parking place for buses: Yes, 10 places at the pier Public transportation close by port: Yes, 200 m from port Distance from port to airport: 150 km / Bergen Airport Flesland

Distance from port to village centre: 50 - 200 m Distance from port to nearest hospital: 55 km / Voss Hospital





ULVIK The pearl of Hardanger

In Ulvik, tourism has been a permanent fixture of daily life for more than 150 years. The warm summers, tranquillity and lush nature have attracted holidaymakers for generations. Ulvik offers active holidays with several outdoor activities. Farm visits and excursions by coach and fjord cruisers are also included in our shore-ex menu. As the orchard of Norway, Ulvik and Hardanger are famous for fruit blossom in May. From June until late October, we harvest sweet cherries, plums, pears and apples. Take a stroll through the compact village centre where you will find public services, shops, hotels and cafes as well as various exhibitions of arts and crafts. You can buy high quality local products at the tourist office and at local shops.

ATTRACTIONS/EXCURSIONS

Local cider farms

At the three local cider farms, you can taste apple juice and cider. Your host will tell you about the production and show you around the premises and orchards. Local cider can be bought at the farm shops (not on Sundays). Distance from Port of Ulvik: 2 - 3 km Distance from Port of Eidfjord: 33 km Duration: 2 hours, Capacity: 20 - 90

"A taste of Hardangerfjord"

A half day excursion from Port of Ulvik or Port of Eidfjord. The guided tour by coach to Hardanger Juice & Cider Factory offers a taste of cider, apple Juice & apple brandy and local traditional food, including a guided introduction and history of how the cider and juice is made in Hardanger. Distance from Ulvik 3 km, distance from Eidfjord 33 km. Duration: 4 hours, Capacity: 90

Hauge Poetry Museum

A museum designated to poetry and the life and work of Olav H. Hauge (1908-1994), a poet and fruit farmer from Ulvik. Hauge is considered one of the most significant Norwegian poets of the 20th century. He was an important translator of English, German and French poetry, and has himself been translated into more than 25 languages. His extensive book collection is on display, spanning philosophy, religion, fiction and poetry from around the world. Group visits may be arranged within and outside opening hours.

Ulvik Church is the third in line of churches in Ulvik. Consecrated in 1859, the interior was decorated in traditional decorative floral style in 1923 by local artist Lars Osa. Church concerts and organ recitals are offered.

Farm visits including coffee/tea and cakes can be booked at several farms in the area. Duration: 1 hour

SkeiesmyIna was originally built in Bergen and moved to Ulvik in the 1890s. Grain from the entire Hardanger was processed here. Today, you will find different activities in the mill. Guided tours can be arranged.

The Hjadlane Galley of Modern Art presents various exhibitions throughout the year by local artists and often based on a theme of nature or impressions from a journey or an event. The owner Lars G Polden presents his own arts as well. Distance from port: 12 km

Hikes and walks - duration from 1 hour Ulvik offers a wide range of guided hikes, walks and strolls, ranging from easy guided strolls in and around the village centre to longer and more strenuous hikes and walks in the surrounding hills. Walking distance: From 1 km



Siderruta, Ulvik. Photo: Visit Hardangerfjord

Ulvik is a member of the Movement of Cittaslow, an international network of towns where living is good.

Good living means having the opportunity to enjoy solutions and services that allow citizens to live in their town in an easy and pleasant way. Living slow means being slowly hasty; "festina lente" as people used to say in Latin. This means seeking the everyday "modern times counterpart" or, in other words, looking for the best knowledge of the past and enjoying it thanks to the best possibilities of the present and future. This will result in technological opportunities, modern solutions in communication, transportation, incoming, production and selling. At present, living and managing a slow city is just a particular way of carrying on an ordinary lifestyle rather than today's trends.



Local food, Brakanes Hotel. Photo: Markant

The Hardanger Bridge

The Hardanger Bridge is the largest suspension bridge in Norway, and number nine in the world. The two towers are more than 200 m high. Great engineering art and roundabouts in the tunnels with neon lighting at both ends. Bus parking and access for pedestrians to the bridge from both sides. Ideal for photostops during shore excursions.

Voss

A tour to Voss by coach from Ulvik can include driving through orchards and forests, passing mountains and spectacular waterfalls. A stop at Skjervet waterfall is recommended. Visit Voss Folk Museum, a cluster farm situated at Mølster. The gondola, Voss Gondol, goes from the centre of Voss up to Hangurstoppen restaurant (830 m.a.s.l.) and can be included together with lunch or coffee. Return to Ulvik by coach. Duration 5 – 6 hours. Distance from port: 48 km (Voss)



Brakanes Hotel. Photo: Marius Haugsdal

Experience the fjords by Rib Boat

Take one of the many guided rigid inflatable boats (RIB) tours offered by Hardangerfjord Adventure, and get close and personal with the local history. Many places are only accessible by boat, and this way you will experience fascinating stories that are only known to the locals. Perhaps you will even spot some wildlife. Tours are available yearround. Book your next adventure at hardangerfjord-adventure.no

PORT OF ULVIK

Position: 60,56606° N, 6,91349° Ø Website: www.brakanes-hotel.no E-mail: booking@fjordtindhotels.no Phone: +47 56 52 61 05 Contact person: Trine Utne-Bacorn E-mail contact person: trine@fjordtindhotels.no Phone contact person: +47 476 48 980 Distance from pilot station: 50M

Tourist / Destination information

Website: https://hardangerfjord.com/ulvik/ E-mail: visit.ulvik@ulvik.kommune.no Phone:+47 400 07 199 Location: Ulvik Centre Local guide service: On request Which languages: English and German

PORT INFORMATION

Designated cruise quay: Ulvik Havn ISPS: Yes Maximum ship length: No limitation Maximum beam: No limitation Maximum air draft: 55 m Tidal movement: 0.5 - 1 m

Quay

Anchorage

Tenders

ANCHORAGE / TENDER TENDER

Max size: No Ship tenders allowed: 2 Type of bottom: Sand Depth: 50 m

PORT SERVICES

Gangway available: Yes Tugboats: Tender Boats Only Crew facilities: Toilet facilities at Brakanes Hotel Bunkers delivery: No LNG bunkering: No Waste handling: No Grey water: No

SUSTAINABILITY

Shore power: No EPI: No ESI: No Max ships per day: 1 Max passengers per day: N/A Restrictions in harbour: No Sustainable activities: Hiking by foot

GENERAL INFORMATION

Turnaround facilities: No Terminal/Toilet facilities in pier area: Yes, at Brakanes Hotel Shuttle bus: Yes, if booked in advance, 8 people Parking place for buses: Yes Public transportation close by port: Yes Distance from port to airport: 157 km Distance from port to city centre: 200 m Distance from port to nearest hospital: 45 Km

DOCKING INFORMATION

Terminal Contact: Trygve Vik, Technical Director Phone: + 47 400 07 186 Email: trygve.vik@ulvik.kommune.no



Water depth	Length	Height	Fenders	Shore power	Grey water	Max ship siz
30-100 m				No	No	
4-10 m	12.5 m	50 cm	Small	No	No	N/A



VIK In the heart of the Sognefjord

Vik offers a variety of hikes, attractions, farm visits, shops, and cafes within walking distance from the port. Try the locally produced Gamalost cheese with roots going back to the Viking Age. Vikoyri Cultural Walk tells you the story of the old shore dweller site. The Silver Ring Walk takes you to some of the most important attractions, such as Hopperstad Stave Church, the grave mounds and the medieval Hove Church. Go on a trip by rigid inflatable boat (RIB) into breathtaking scenery in Arnafjord or Finnafjord. The scenery will make you believe in the stories about trolls. The RIB may even take you eastwards to the World Heritage landscape of the Naroyfjord. Vik is an excellent starting point for excursions across the beautiful high mountain area from Vikafjellet to Voss and Flam.

ATTRACTIONS/EXCURSIONS

Panorama Tour Vik

Visit the Fridtjov Park and the imposing statue of the Viking Fridtjov the Bold and get to know the legend about him. Photo stop at Hopperstad Stave Church and Hove Stone Church, both built in the 12th century. Fantastic view of Vik and the Sognefjord from Storesvingen viewpoint. <u>www.sylvringen.no</u>

Sylvringen Historical walk

Experience Vik through history. The tour includes Vikøyri and the beach dweller settlement. We visit the Hopperstad Stave Church and Hove Stone Church. On our way we pass several burial mounds and other interesting sights. We also have the pleasure of introducing you to the local cheese, "gamalost", which has its origin in Viking times. Along with the cheese, you will be served a locally produced raspberry juice.

Vikøyri, a wander through cultural history

Take a walk in historically surroundings between small, picturesque homes and boathouses that form the beach dweller settlement at Vikøyri. Visit one of the small homes that remains as it was back in the days. The tour includes a taste of the local specialty, "gamalost", which is a cheese that has its origin in Viking times. Along with the cheese, you will be served a locally produced raspberry juice.

Hovsåsen hike

Guided hike with packed lunch, fruit, water and chocolate included. Good shoes and clothing are mandatory. The highest point is 302 m above sea level. See the grave mounds and the exterior of Hopperstad Stave Church and Hove Stone Church on your way. After a steep ascent, you will have a stunning view of the village. Take a photo break and eat your lunch after reaching the top point of your hike.

Hydropower and panorama

We take you on a trip to follow the water from the Norwegian mountains through three hydropower plants on its way to the fjord. See Norwegian mountains, rivers, dams, pipelines and power plants. After a drive into the beautiful valley, we make a stop to walk down to the old Refsdal power plant from 1913 for a visit. We make several photo stops at other attractions and viewpoints.

Farm visit

Participate in farm life by feeding the animals. We promise that both children and adults will appreciate spending time with these charming and peaceful creatures! Take an alpaca selfie, watch the ducklings swim in their pond or just enjoy the surroundings and the magnificent view. Feel the calm rhythm of farm life descend upon you. www.steim.no



Fridtjov the Bold, Vik. Photo: Håvard Nesbø / Visit Sognefjord

RIB tour Arnafjord - Finnabotn

Experience the unique Stølsheimen protected landscape. This tour combines beautiful waterfalls in Arnafjord (especially in spring) and Finnafjord, with its steep mountains and waterfalls plunging into the fjord. In Arnafjord, you will see the small village of Nese and old farms clinging to the mountainside almost 500 m above sea level. Alongside the shores, we will pass small farms and beautiful sites - all without roads. This tour is a unique experience in the Sognefjord. <u>www.vikadventure.com</u>

Round trip RIB and Bus to Viking Valley

Join us on a fantastic guided round trip to the Viking Valley in Gudvangen, by rigid inflatable boat (RIB) and bus. Explore the Sognefjord, the great statue of Fridtjov the Bold, the UNESCO World Heritage area in the Nærøyfjord, spectacular waterfalls and viewpoints, the snowy mountain pass Vikafjellet and Hopperstad Stave Church. Eat lunch like the Vikings in the Viking Valley.

Guided fishing tour

The Sognefjord is full of magical places only accessible by boat. Come closer to the hidden shorelines on a private fishing trip.

PORT OF VIK

Position: N: 61° 05.371' E: 6° 35.074' Website: www.cruise-norway.no/ports/vik E-mail: post@vik.kommune.no Phone: +47 576 98 200 Contact person: Jon Olav Stedje E-mail contact person: vik@aurlandhavn.no Phone contact person: +47 976 27 382 Distance from pilot station: 69 South: 69 North: 69 Pilot channel: 12 - 13 - 16 Port VHF channel: 12 - 16

TOURIST INFORMATION

Website: www.sognefjord.no, www.sylvringen.no/en E-mail: vik@sognefjord.no, post@sylvringen.no Phone: +47 915 17 286 Location: Kristianhus at ISPS tender pir Local Guide service: Yes Which languages: English and German



Finnabotn. Photo: Morten Jacobsen / Vik Adventure

Rentals

Rent a car and explore Vik and the nearby of villages Flåm, Voss and Gudvangen, or the glacier in Fjærland. Rent an e-scooter and see all the attractions in Vik. Rent a boat and fishing gear to try fishing on the fjord. <u>www.vikadventure.com</u>

Hopperstad Stave Church

The Stave Church, built in 1130, is among the oldest churches in Norway. All vital parts are original. The church stands today more or less as it did in the Middle Ages, with its unique wood carving, tarred roof and dark interior.

www.fortidsminneforeningen.no

Hove Stone Church

The stone church was built around 1170 as a private chapel. This small, yet monumental stone building has a wonderful setting, surrounded by green meadows and farmland. The wood carvings, wrought iron and wall paintings are of high quality, as well as the beautiful glass mosaics in the chancel windows.

Fridtjov Park

With a magnificent view of the Sognefjord, you will find

the 26 m high statue of the Viking, Fridtjov the Bold.

PORT INFORMATION

Designated cruise quay : N/A anchorage only ISPS : yes Maximum ship length: N/A Maximum ship draft: N/A Maximum air draft : N/A Bollard strength (certification): N/A Tidal movement: 1 - 1.5m

ANCHORAGE / TENDER:

Max size : Unlimited Ship tenders allowed : Yes Type of bottom: Sand Depth: 50 - 100 m

PORT SERVICES

Gangway available: No Tugboats: No Crew facilities: Yes Bunkers delivery: N/A LNG bunkering: N/A Waste handling: N/A Grey water N/A



Vikøyri, Vik. Photo: Kjell Vikestad

Vikøyri, Vik. Photo: Kjell Vikestad

The German Emperor Wilhelm II loved the saga of Fridtjov. In 1913, he gave the statue as a gift to the Norwegian people in gratitude for the hospitality he met on his yearly summer holidays by the fjords of Norway. For more detailed information on all excursions and attractions visit <u>www.sognefjord.no</u>

Vikafjellet, Stølsheimen & Nærøyfjorden World Heritage Park

Stølsheimen Nature Preserve protects an idyllic landscape with lakes, rivers and waterfalls characterised by mountain summer farming. Normally, snow beds in the mountains survive all summer. The road over the mountain pass reaches its highest point at approx. 1,000 m above sea level. The Naroyfjorden World Heritage Park stretches over parts of the mountain area between Vik and the Naroyfjord.

Over the mountains to Voss and Flam

Travel across the beautiful Vikafjell mountains and via the amazing Tvindefossen waterfall to Voss. Continue via Gudvangen Viking Village to Flam by bus, or from Voss by train and take the Flam railway. For more detailed information on all excursions and attractions visit www.sognefjord.no

SUSTAINABILITY

Shore power: No EPI: Yes ESI: No Max ships per day: 1 Max passengers per day: 4000

GENERAL INFORMATION

Turnaround facilities: No Terminal/Toilet facilities in pier area: Yes Shuttle bus: No Parking place for buses: 10 parking places Public transportation close by port: Yes Distance from port to airport: Bergen Internasjonal Airport Flesland 168 km, Sogndal Airport Haukaasen 69 km Distance from port to city centre: 200 m Distance from port to nearest hospital: Voss hospital 68 km



 Water depth
 Length
 Height
 Fenders

 12 m
 Tender
 1 m
 Yes

 only
 (constant)
 Yes

Shore powerGrey waterNoNo

Max ship size

No limitations





FLÅM The ultimate year-round cruise destination

The charming village of Flåm, with a population of 350, is situated at the innermost part of the Aurlandsfjord, a tributary of the Sognefjord. Centrally located in the fjord region, Flåm is surrounded by wild and dramatic nature with cascading waterfalls and a picturesque landscape. Flåm offers some of the most popular attractions in Norway. Flåmsbana – the Flåm Railway - is widely recognised as one of the steepest and most beautiful railways in the world. Flåm is also home of the spectacular Nærøyfjord, listed as a UNESCO World Heritage Site, and many other well recognised attractions. The Port of Flåm is an ideal starting point for several roundtrips, including several of the listed activities and attractions. Attractions marked EF can be done emission free.

ATTRACTIONS/EXCURSIONS

Flåm Railway - EF

The Flåm Railway is a masterpiece of engineering. With a height difference of 865m, it is one of the world's steepest adhesion-type railways on normal tracks. The journey provides a panoramic view of some of the wildest and most dramatic mountain scenery in Norway, including a photostop at the mighty Kjosfossen waterfall. May be combined with a visit to Vatnahalsen Hotel and a taste of their famous waffles, the Flåm Zipline and hiking/cycling. Read more: <u>Flåm Railway</u>

The Fjords - The spectacular UNESCO listed Nærøyfjord - EF

The design of this award-winning fully electric vessel is spectacular and invites the guests to enjoy a magnificent and silent fjord experience through the UNESCO World Heritage area Nærøyfjord. In a combination with a visit to the Viking Village in Gudvangen, and a return trip by electric bus, this is a 100% emission-free roundtrip. Read more: <u>The Fjords</u>

Flåm Zipline - EF

This is the longest (and perhaps most scenic) zipline in Scandinavia. It has a span of 1,381 m and a top speed of 100 km/h. The zipline starts at Vatnahalsen and ends up in Kårdal by the Rallarosa Cheese Farm. Flåm Zipline may be combined with the Flam Railway and other existing excursions. Read more: Flåm Zipline

Stegastein Viewpoint -EF

The viewpoint is a unique platform situated 650 m above sea level, overlooking the Aurlandsfjord. Zero Emission Transportation is available from Flåm. Read more: <u>Stegastein viewpoint</u>

Viking Valley "Njardarheimr" - EF

In Njardarheimr, you can experience the vibrant sights and sounds of a village from the Viking Ages. Feel the excitement and participate in archery and axe-throwing or learn how to play Viking games. Smell tar and bonfires and join the daily activities of the Viking families living in Njardarheimr. Suitable for the whole family! Read more: <u>The Viking Valley</u>

Fjord Sauna -EF

Enjoy a steaming hot sauna in combination with a refreshing dip in the fjord. Located in one of the world's most spectacular settings, and with the ship as a backdrop, this is an experience you will never forget. Fjord Sauna is also available in Aurland. Read more: <u>Fjord Sauna</u>

Undredal -EF

Undredal Visitor Centre introduces the process of making goat cheese and offers a tasteful menu of locally produced food. Visit the smallest stave church in Scandinavia or explore the charming village of Undredal, which has gained fame as the goat capital of Norway.

Aurlands - The Aurland shoe - EF

The only remaining shoe factory in Norway produces the original Aurland Shoe or "Penny Loafer". Experience artisans at work. The Aurland Shoe has inspired famous shoe designers across the globe and has become a fashion icon. Read more: <u>The Aurland Shoe</u>



The Flåm Railway. Photo: VisitFlåm.com

Local Street Food: -EF

Serving both street food and traditional dishes, the street food market in Flåm has become a tourist attraction in its own right. By prioritising the use of locally produced ingredients and supplies, you can "taste" the scenery and local agriculture in a hip and sustainable way.

Fjord Safari

Guided tour by rigid inflatable boat (RIB). Enjoy the amazing scenery and be on the lookout for wildlife while the local guide provides a unique insight into local history and culture. Read more: Fjordsafari

Fjord paddle from Flåm

Kayaking on the Aurlandsfjord from Flåm is like being in a postcard. You are surrounded by steep mountains, beautiful waterfalls and small settlements scattered along the shoreline. Read more: Fjord paddling from Flåm



Stegastein. Photo: Sverre Hjørnevik

Myrkdalen

Myrkdalen Mountain Resort in Western Norway is the perfect escape for active holidays all year round. It's a ski resort and powder paradise during winter - with family-friendly ski areas, varied slopes and terrain parks for everyone. During summer, Myrkdalen offers beautiful mountain scenery ideal for play and great experiences. Take our summer chair lift to the top and visit the mountain café Vetlebotn for lunch or go hiking on the signposted trails. Have fun in our pumptrack and the bike tracks around the hotel. You can rent regular and e-bikes to ride in high mountain terrain. Read more: Myrkdalen

Norwegian Wild Salmon Centre in Lærdal

The large salmon and nature make the Lærdal river an attractive river for salmon fishing. Lærdal and the Sognefjord have long and proud traditions linked to salmon.

Read more: Norwegian Wild Salmon Centre in Lærdal



Fjordcruise. Photo: Sverre Hjørnevik

Gondola - Voss Resort

The new state-of-the-art gondola in Voss starts at Voss Train Station (56 masl) and ends at Hangurstoppen (820 masl). The gondola has a capacity of 1,069 passengers per hour. The restaurant at the top offers a panoramic view and has a capacity of 450 guests. Snow guaranteed until end of May. Read more: Voss Gondola

Other activities: EF

There are several opportunities to explore Flåm on your own. Bike rental offering e-bikes, e-mobility and Segways is available within walking distance. The port is also a starting point for several scenic walks suitable for all levels, including to the Brekkefossen Waterfall, Rjoandefossen Waterfall, Flåm Church and a Cultural walk in Fretheim park.

PORT OF FLÅM

Position: North/East Website: <u>www.Flåmport.com</u> E-mail: cruise@Flåmport.com Phone: +47 976 27 382 Contact person: Jon Olav Stedje E-mail contact person: jonolav@aurlandhavn.no Phone contact person: +47 976 27 382 Pilot channel: Ch.13-16 Port VHF channel: Ch. 12-16 Barents Watch: https://nais.kystverket.no/poi nt/7.116144591567803 60.86354905174659

TOURIST INFORMATION

Website: <u>www.norwaysbest.com</u> en.sognefjord.no/fjord-villages/Flåm E-mail: info@norwaysbest.com, info@sognefjord.no Phone: +47 576 31 400 Location: Flåm Ticket and Visitor center Local Guide service: Yes Which languages: Most languages

PORT INFORMATION

Designated cruise quay: Flåm Cruise Pier ISPS: Yes Maximum ship length: No limitation Maximum ship draft: 12 m Maximum beam: No limitation Maximum air draft: No limitation Bollard strength (certification): 100-150-200 ton Tidal movement: 1 - 1,5 m

ANCHORAGE / TENDER

Max size: No limitation Ship tenders allowed: Yes. Maximum speed 5 knots, The engine must be turned off when staying alongside tender berth. Type of bottom: Sand Depth: 50 m

PORT SERVICES

Gangway available: No Tugboats: No Crew facilities: Wi-Fi access, beach volleyball, beach and BBQ area, hiking maps, SOPs, cafes, attractions, activities, cafes and resturant offers various benefits for crew Bunkers delivery: Yes, arranged by agent LNG bunkering: No Waste handling: Yes Grey water: Yes, arranged by agent

SUSTAINABILITY

Shore power: From 2025 EPI: Yes ESI: No

Fenders

Tiers

Max ships per day: 4

Max passengers per day: 5000 if more than one ship Restrictions in harbour: Use of ship microphones and PA systems interior only and not on deck, no loud music outside, only necessary and mandatory use of ship horns allowed in the port, regulations for WHF Sustainable activities: Flåm port offers some of the most sustainable attractions and activities in Norway, such as the Flåm railway, electric sightseeing vessels on the fjord, e-bikes, e-mobility, eletric buses, kayaks, bikes and much more. All are within walking distance of the port. In 2023, Flåm was named the world's most sustainable cruise destination.

GENERAL INFORMATION

Turnaround facilities: No Terminal/Toilet facilities in pier area: Yes Shuttle bus: N/A Parking place for buses: 10 parking places Parking place for buses. To parking places Public transportation close by port: Yes Distance from port to airport: Bergen International Airport Flesland - 170 km (2,5hrs), Sogndal Airport Haukåsen – 80 km (90min) Distance from port to city centre: 200 m Distance from port to nearest hospital: Lærdal Hospital, 38 km and Voss Hospital 65 km



12 m

Quay

Height Water depth Length 110 m (min 160 m 1.8 m from 2023)

Shore power Grey water 16 Mw (2023) Yes



SKJOLDEN Gateway to the national parks

The charming village of Skjolden is called the gateway to the national parks due to the short distance to no less than three of the most important national parks - Jotunheimen, Breheimen and Jostedalsbreen. The village is also nestled between Northern Europe's highest mountain pass, Sognefjellet (1434 m.a.s.l.), and the spectacular Jostedal Glacier - the largest glacier on the European mainland. Skjolden is also home to Urnes Stave Church, a UNESCO World Heritage Site.

The approach is by the picturesque Lustrafjord - the innermost branch of Norway's longest and deepest fjord - the Sognefjord. The fjord is emerald green because of the melting water from the glaciers. Beautiful villages and lush cultural landscapes await along the shoreline on your journey.

ATTRACTIONS/EXCURSIONS

Jotunheimen National Park & Sognefjellet

National Scenic Route

Distance: 1 km - 80 km Norway's first national scenic route, the Sognefjellet Mountain Road (Route 55), through Skjolden and the Jotunheimen National Park, is the highest and most impressive mountain pass in Northern Europe. Explore spectacular and wild mountain scenery on the "Roof of Norway", including alpine tops, glaciers, lakes and waterfalls, and view Scandinavia's highest mountains at close range!

Jostedalsbreen National Park, Jostedal Glacier & Nigardsbreen Glacier Distance: 6 km

The impressive Nigardsbreen Glacier in Jostedalsbreen National Park can be viewed at close range in Jostedalen. This very spectacular branch of the Jostedal

glacier is one of the most accessible glacier arms where you also can join guided glacier walks for the whole family. You can also visit the National Park Centre, Breheimsenteret, to explore the exhibitions.

UNESCO World Heritage - Urnes Stave Church Distance: 30 km

Urnes Stave Church is a designated UNESCO World Heritage site, as well as Norway's oldest stave church, and known for its unique architecture. It is located in an idyllic setting by the Lustrafjord at the end of the Romantic Road between Skjolden and Urnes. There is also a small cafe, deer farm and visitors' centre next to the church, and guided tours are offered every day during the summer season.

Breheimen National Park & Mørkrid Valley

Distance: 10 km

The nature in Breheimen National Park ranges from green valleys to powerful rivers and big glaciers. The

area is essential in the protection of endangered species of certain birds and plants, and offers good opportunities for hiking, skiing and climbing. Mørkrid valley starts from Skjolden and leads you into Breheimen National Park. The road into the valley is 8.5 km and is ideal for a walk or biking tour.

Feigefossen Waterfall

Distance: 16 km

Feigefossen is one of Norway's highest waterfalls, and the free fall of 218 m can be seen from the fjord, the Romantic Road and the National Scenic Rroute. There are also many other amazing waterfalls close to Skjolden, such as: Asafossen Waterfall – 3 km from Skjolden

Drivande Waterfall - 8 km from Skjolden



Nigards Glacier, Jostedalsbreen National Park Photo: Remedy Media, Viggo Sundvold

Sengaberget Viewpoint

Distance: 2.5 km

Sengaberget is the name of Skjolden's most visited viewpoint. It offers outstanding views of the fjord, the Eide lake and village.

Helicopter flights

Experience the fjord and the national parks from the air. No other place in Norway can offer such a magnificent changing scenery in such a short time.

Tours by **RIB**

Distance: 0.7 km

Experience the magnificent Lustrafjord, surrounded by steep mountains and waterfalls. The tours take you on an unforgettable guided expedition in a secure rigid inflatable boat (RIB).



UNESCO Urnes stave church. Photo: Terje Rakke Nordic Life AS

Llama-safari

Distance: 1.5 km Visit on a Norwegian farm and take a guided llama walk in Skjolden. The farm grows raspberries and has large flocks of both llamas and sheep.

Wittgenstein's cottage

Distance: 3 km Austrian Ludwig Wittgenstein (1889-1951) was one of the greatest philosophers of the 20th century. He had a cottage in Skjolden where he worked for several years. The cottage was rebuilt in 2018.

From authentic West to authentic East Distance: 83 km

The Sognefjellet Scenic Route from Skjolden runs across the "Roof of Norway" to the friendly village of Lom in the Gudbrandsdalen Valley, which is known for being an authentic and well preserved eastern Norwegian village.



Jotunheimen National Park and Sognefjellet. Photo: Torunn Kjøk

The Ice Tunnel

Distance: 76 km

6 50 m into the ice and 6,000 years back in time. Learn about climate change, wildlife and humans living in the highlands in this carved ice tunnel.

The Romantic Road

Distance: 0-32 km

The road from Skjolden to Urnes is called the Romantic Road. It carries a long history as it took almost 70 years to finish and is truly special when you travel as a cyclist.

Safthuset - factory museum & village store Distance: 10km

Safthuset is the old, restored jam and juice factory at Sørheim where the famous jam and juice producing company, Lerum, started its production.

PORT OF SKJOLDEN

Position: 61°28'53"N 7°35'32"E Website: www.skjoldenport.com / www.sognefjordcruise.com E-mail: post@skjoldenport.com Phone: +47 458 98 229 / +47 900 90 458 Contact person: Viggo Sundvold E-mail contact person: post@skjoldenport.com Phone contact person: +47 458 98 229 Distance from pilot station: nm South: 118 nm North: 142 nm Pilot channel: Ch. 13 and 16 Port VHF channel: Ch. 12 and 16 Barents Watch: <u>https://nais.kystverket.no/poi</u> nt/7.591450285005294 61.48140844961313

TOURIST INFORMATION

Website: www.sognefjord.no E-mail: info@sognefjord.no Location: Town center Local Guide service: Skjolden Guide Handling marianne@skjolden-sognefjord.no Which languages: English, German and Norwegian

PORT INFORMATION

Designated cruise quay: Skjolden Cruise Pier ISPS: Yes Maximum ship length: 400 m Maximum ship draft: 12 m Maximum beam: No limitations Maximum air draft: During 2024/2025: Approx. 70 m due to power line upgrades over the Sognefjord Bollard strength (certification): On shore: 2x 200 ton, 2x 150 ton. On pier: 4x 75 ton Tidal movement: Max. 1,5m

ANCHORAGE / TENDER

Max size: No Ship tenders allowed: Yes Type of bottom: Mud/Clay Depth: Approx. 40m

PORT SERVICES

Gangway available: No Tugboats: No Crew facilities: Free Wi-Fi, toilet, town map Bunkers delivery: No LNG bunkering: No Waste handling: Upon request Grey water: Upon request

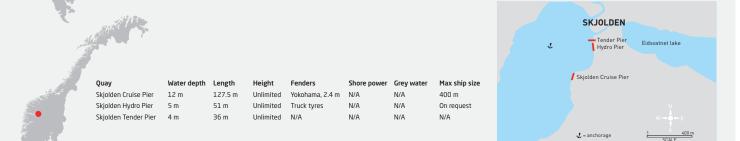
SUSTAINABILITY

Shore power: No EPI: Yes ESI: No Max ships per day: 2 Max passengers per day: 5000 if more than 1 ship Restrictions in harbour: No Sustainable activities: Working towards realizing Shore power in the future. Enough capacity in the local grid to support 12 MVA.

GENERAL INFORMATION

Turnaround facilities: No Terminal/Toilet facilities in pier area: Yes Shuttle bus: No Parking place for buses: Outside of cruise terminal: 7 bays, room for 3 extra buses just outside of bays. Capacity for approx. 15 more 400 meters from cruise terminal (stand-by). Public transportation close by port: No Distance from port to airport: 70 km Distance from port to village centre: 1.2 km

Distance from port to village centre: 1.2 km Distance from port to nearest hospital: 95 km





NORDFJORDEID Explore the saga and enjoy the nature

The Port of Nordfjordeid is in the heart of the area from open sea to glacier. Nordfjordeid is the complete cruise destination only 30 nautical miles from the coast. Nordfjordeid is an excellent starting point for round trips to some of Norway's most popular tourist attractions, including the Briksdal Glacier and the famous overland excursions to Geiranger. You can also choose an overland trip to Hellesylt and a fjord cruise to Geiranger on the famous UNESCOlisted Geirangerfjord. Nordfjordeid is the small town with the glowing heart eager to present the full-size replica of the Myklebust ship, Norway's largest known Viking ship, which is more than 30 m long.

ATTRACTIONS/ EXCURSIONS

Visit Sagastad and the gigantic Viking ship Duration: 1 hour.

The new attraction in Nordfjord, Sagastad. This museum presents the Myklebust ship, Norway's largest known Viking ship. Just beside the seawalk pier, you will find Sagastad, the full-size replica of the burned Viking ship from 876 and the modern exhibition presenting the story behind the Myklebust findings. Guided tour Sagatrial (Sagaløypa)

Home visit Skårhaug

Duration: 3 - 3.5 hours Enjoy the old-town-like street Eidsgata, the burial mounds, the church of Eid and the nice walk to Skårhaug.

Guided tour Norwegian Fjord Horse Centre

Duration: 3 hours Meet the fjord horse, Norway's national symbol. Family friendly programme.

Kayaking lake Hornindal

Duration: 3 hours Explore lake Hornindal, Europe's deepest lake (514 m). From a kayak, you have the best vantage point to see the beautiful nature surrounding the lake spectacular mountains, green forests, historic houses and maybe a salmon in the clear water.

RIB-safari Nordfjordeid

Duration: 30 min. View the village of Nordfjordeid from a new perspective, on a high-speed rigid inflatable boat (RIB) adventure.

Fairytale farm

DDuration: 2.5 hours The fairytale farm is idyllically situated by the sea, surrounded by mountains and fjords. At the fairytale farm, you will experience typical Norwegian animals such as cows, horses, goats, pigs, rabbits, chickens and ducks. These animals are familiar with adults and children alike.

Fjordsafari Geirangerfjord Duration: 3.5 hours

Let us take you on an amazing excursion to the world famous and UNESCO-listed Geirangerfjord. Experience the Geirangerfjord at full speed and with fresh air in your hair. This is a tour where you will discover all the highlights of the Geirangerfjord at close range.

Discover the Fjords: Unforgettable journeys from Nordfjordeid by boat and ship

trom Nordfjordeid by boat and ship Embark on an unforgettable journey through the serene fjords near Nordfjordeid. Our tours offer a unique blend of natural beauty and local culture, taking you to picturesque destinations such as Rugsund, Davik, Ålfoten and Hyen. Enjoy the thrill of navigating the fjords in our agile rigid inflatable boats (RIB), perfect for groups of up to 12. For a more luxurious experience, step aboard the Riva Italia, a classic 1961 yacht, accommodating up to 100 guests. Whether you are seeking adventure or relaxation, our tours provide an immersive experience not to be missed. Join us and discover the hidden gems of the fjords near Nordfjordeid.



Street view from Tverrgata in Nordfjordeid. Photo: Steinar Engeland

Childrens climbing and playground

Duration: 1.5 hours

Let the family enjoy an activity together in a unique Viking-Warrior climbing gym, only 150 m from the gate. In the Viking room, you can climb on all elements and test your balance, strength and focus. In addition, it's a great arena for families to have fun together because it's expected that the parents take part in the joy. And yes, all elements can be tested by the parents.

Fjordsafari & deer farm visit

Duration: 4 hours

The rigid inflatable boat (RIB) ride goes out the Nordfjord and into Ålfotbreen protected landscape. You will see the high mountains and the Ålfoten glacier on the way out the fjord. The host will take the passengers on a guided tour from the sea up to Hjortegarden deer farm. There are more than 40 deer here, and the guide will tell stories about hunting, food traditions and information about the national park area. Guests will be able to feed and pat the deer, try activities like archery, lasso, axe throwing and milk bucket holding.

PORT OF NORDFJORDEID

Position: N61o54,33'E05059,10' Website: www.portofnordfjordeid.no E-mail: eid@nordfjordcruises.no Phone: +47 917 95 300 Contact person: Arild Åshamar E-mail contact person: eid@nordfjordcruises.no Phone contact person: +47 917 95 300 Distance from pilot station: nm Port VHF channel: Ch. 12 Barents Watch: https://www.barentswatch.no/ohoi/ point/5.98557_61.9122

Tourist / Destination information

Website: portofnordfjordeid.no E-mail: jacob@nordfjordcruises.no Phone: +47 466 37 819 Location: Seawalk Local Guide service: Yes Which languages: English, Norwegian, German, French and Spanish



Sagastad. Photo: Grim Berg

Selja Monastery

Duration: 5.5 hours

Come to see and experience some of the most ancient sites of church history in Norway, associated with a sanctum, bishopric seat and abbey. Enjoy a scenic ride along the Nordfjord and over a mountain pass with spectacular views before you arrive in the beautiful village of Selje. You will have a guided tour of Selje, a nice boat trip to the island and a guided tour of the Selja monastery.

West Cape

Duration: 6 hours Vestkapp (West Cape) is known as the westernmost mountain plateau in Norway and stands 497 m above the infamous Stadhavet. Enjoy a scenic guided tour along the Nordfjord and over a mountain pass with spectacular views before heading for the sea and arriving at the spectacular Vestkapp. Vestkapp Restaurant with large panoramic windows is at the top. Lunch based on local ingredients will be served here, accompanied by the spectacular view.



Norwegian Fjord Horse. Photo: Steinar Engeland

Panorama & Loen Skylift

Duration: 5.5 hours

Loen Skylift is a spectacular attraction at the inner part of the Nordfjord. A cable car will lift you from the fjord to 1,011 ml Enjoy the view of the fjord landscape – from the restaurant table or while exploring on a walk in the mountains. Go on a beautiful guided tour along the Nordfjord, through the famous Panorama Road, a narrow road that will take you close to the cultural landscape so you enjoy the breathtaking views of the beautiful fjord.

Briksdal Glacier

Duration: 5.5 hours The magnificent Briksdal Glacier forms part of the Jostedal Glacier National Park, and plunges 1,200 m into the lush, narrow Briksdal valley. Go on a beautiful guided tour along the Nordfjord, through the famous Panorama Road, a narrow road that will take you close to the cultural landscape so you enjoy the breathtaking views of the beautiful fjord. On arrival at Briksdal, you can either walk the 3 km up to the glacier or buy a ticket for a "Troll Car" that will take you there.

PORT INFORMATION

Designated cruise quay: Nordfjordeid Cruise Port ISPS: Yes Maximum ship length: 350 m Maximum ship draft: 15 m Maximum beam: No restriction Maximum air draft : No restriction Tidal movement: 1,2 m (Tide has no inpact since the pier is floating.)

ANCHORAGE / TENDER

Max size: No limit Ship tenders allowed: Yes Type of bottom: Sandy Depth: 30 - 35 m

PORT SERVICES

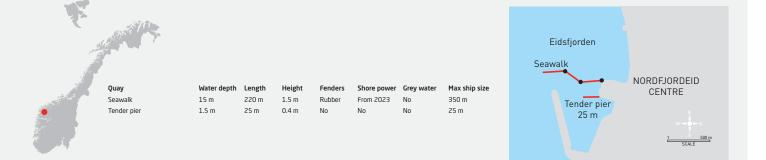
Gangway available: No Tugboats: No Crew facilities: No Bunkers delivery: No LNG bunkering: No Waste handling: No Grey water: No

SUSTAINABILITY

Shore power: No, planned 2025 EPI: No, planned 2025 ESI: No Max passengers per day: 7000

GENERAL INFORMATION

Terminal/Toilet facilities in pier area: Yes Shuttle bus: No Parking place for buses: 10 parking places Public transportation close by port Distance from port to airport: 13 km Distance from port to city centre: 300 m Distance from port to nearest hospital: 1,6 km





HAREID The explorer's port

Hareid is a new cruise port located south of Ålesund, positioned at the entrance to the fjords with stunning views of the peaks of the Sunnmøre Alps. The region holds traces from the Viking Age and has a rich historical connection to fishing and Arctic harvesting. Historically, the people of Hareid have demonstrated a persistent desire to explore, create and invent. Today, the area is home to world-leading technology companies and the largest polar museum in Norway. Welcome to Hareid - the explorer's port.

ATTRACTIONS

The Arctic Museum Aarvak

The Arctic Museum Aarvak, Norway's largest polar museum, showcases Arctic harvesting and expeditions to the Arctic. The centrepiece is the Arctic vessel, M/S Aarvak, constructed in 1912, which was brought onshore and integrated into the side of the museum. The Arctic museum presents a century of history of Arctic harvesting in northeast Greenland, along with the history of mining operations in the town of Ny-Ålesund iat Spitsbergen, also known as 'Brandal City' after its founding in 1917. A visit to the museum may be combined with a boat trip on the polar ship MS Polarstar, also part of the museum. The museum is located a 5-minute drive from the port of Hareid.

Polarstar

The historical polar ship MS Polarstar was built in 1948 for Arctic harvesting, constructed of steel to navigate rough seas and ice for over 50 years. The ship also embarked on polar expeditions to Greenland and Spitsbergen. Fully restored in 2017, it is protected by the Norwegian Directorate of Cultural Heritage and certified for 50 passengers. A boat trip on the Polarstar may be combined with a visit to the polar museum in Brandal. For groups, the optimal experience and storytelling about the explorers from Hareid comes with a combined bus/boat trip. The ship also offers excursions to the nearby fjords.

Hodr-Hjørungavaag Viking chieftain seat In 986, one of the most crucial Viking battles

allegedly took place in Hjørungavåg, near Hareid, securing Norwegian independence from the Danes, at least for a few decades. With this historical background in mind, local enthusiasts and volunteers in the small village have constructed a magnificent Viking building based on old craft traditions. By visiting the site, visitors can explore craft traditions from the Viking Age, delve into the history and sagas of the battle, not to mention meet the local team of volunteers working to realize the dream of creating a Viking village containing several houses and maybe even a Viking ship.

Village walk in Hareid

Embark on a charming village stroll in Hareid, starting from the cruise pier. This leisurely walk weaves together history, culture and the beauty of the Norwegian landscape. The highlight is the wellpreserved 1877 church, which is a living part of Hareid's rich heritage. Continue through the modern village centre, take a break at the wooden pier for ice cream or coffee and soak in the scenic views. Extend your walk along the breakwater and explore shopping options in the village. Engage with the local rhythm and enjoy everyday life in this delightful place. As the village walk ends, carry with you the visual charm of Hareid and a warm sense of its hospitality. It's a thoughtfully crafted experience, making every step a joyful journey into the heart of Hareid's elegance and allure.



The arctic polar ship, Polarstar. Photo: VR Foto

Kvitneset - Coastal Walk

Hareid is situated on the island of Hareidlandet. A walk in the rugged coastal landscape at Kvitneset recreational area by the village of Brandal allows guests to explore history, nature, amazing sunsets and the powerful waves from the open sea on stormy days. During the Second World War, the occupying forces ordered the construction of a coastal fortress at Kvitneset. Firing positions, command bunkers and a series of tunnels and caves for storing ammunition were built by locals and many prisoners of war. Firthermore, there are three burial mounds from the Iron Age.



Hodr-Hjørungavaag viking chieftain seat. Photo: Hodr-Hjørungavaag viking chieftain seat

Easy hike in the Hareidlandet Highlands

Håbakknotten (256 m.a.s.l.) is the village mountain in Hareid. The hike starts from the cruise pier, leading to the top of the small mountain. The hike takes a total of about 3.5 hours and is rewarded with a spectacular panoramic view of the fjords, lakes and the rest of the highlands. The hike passes through the village and then continues past the remains of old farms and settlements.



Hareid Church. Photo: Cecilie Hatløy

Shopping and village life in Hareid

In the village, you will find restaurants, grocery stores, a pharmacy, a vintage shop, clothes shops, a sports shop, bakeries and flower shops. All are easily accessible from the port. During the summer season and in December, Hareid also hosts several local events.

PORT OF HAREID

Position: N: 62.37047 e: 6.03134 Website: www.hareidhamn.no E-mail: bent.arild.grytten@hareid.kommune.no Phone: +47 919 13 675 Contact person: Bent Arild Grytten E-mail contact person: bent.arild.grytten@hareid. kommune.no Phone contact person: +47 919 13 675 Distance from pilot station: 10nm Pilot channel: Ch.13/16 Port VHF channel: NA

TOURIST INFORMATION

Website: <u>www.hareid.kommune.no/turistinformasjon</u> E-mail: aina.giskeodegard.balsnes@hareid.kommune.no Phone: +47 468 09 625 Location: CircleK Hareid Local Guide service: on request Which languages: English and Norwegian

PORT INFORMATION

Designated cruise quay: Godsterminalen ISPS: Yes Maximum ship length: 200m / 170m Maximum ship draft: 8m / 7m Maximum beam: unlimited Maximum air draft: unlimited Bollard strength (certification): 50 t (land bollards 200t to be established) Tidal movement: 1,4m

ANCHORAGE / TENDER

Max size: Unlimited Ship tenders allowed: Yes Type of bottom: Mud/sand/gravel/some rocky parts Depth: 20 - 50 m

PORT SERVICES

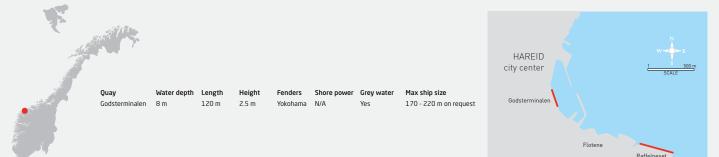
Gangway available: on request Tugboats: on request Crew facilities: Under planning expected to be established in 2025/ 2026 Bunkers delivery: Yes LNG bunkering: On request Waste handling: Yes Grey water: Yes

SUSTAINABILITY

Shore power: No EPI: No ESI: No Max ships per day: 1 Max passengers per day: 5000 Restrictions in harbour: No Sustainable activities: Yes

GENERAL INFORMATION

Turnaround facilities: No Terminal/Toilet facilities in pier area: Under planning expected to be established in 2025/ 2026 Shuttle bus: On request Parking place for buses : 10 parking places Public transportation close by port: Yes Distance from port to airport: 48 km (by car) / (alternatively by commuter boat and bus, approx 35 - 40 min) Distance from port to town centre: 400 m (existing quay)) / 800 m (future quay) Distance from port to nearest hospital: 27 km (Ålesund) / 44 km (Volda)





ÅLESUND The adventure capital of the fjords

Explore some of Norway's most popular natural and cultural attractions in the charming port town of Ålesund. Offering a diverse range of activities, excursions, and scenic tours, Ålesund stands as the gateway to nearby fjords, islands and mountains - and is an ideal starting point for unforgettable experiences. The strategically located Ålesund cruise terminal, right in the heart of the town, allows convenient access to the beautiful, picturesque Art Nouveau architecture. Originally rebuilt after a devastating fire in 1904, the town boasts towers, spires and captivating ornaments that transport visitors to a world straight from their imaginations.

Seize the day: adventures await in Ålesund. Welcome to a unique blend of history and natural beauty!

ATTRACTIONS/EXCURSIONS

Atlanterhavsparken - The Atlantic Ocean Park Explore the marine life along the Norwegian coast. Experience educational feeding sessions with fish

Experience educational feeding sessions with fish and animals. The activity room and contact pool is especially popular with children. Seals, otters and penguins await at the vast outdoor water park. Special food events are available on request.

Fjellstua 418 - Mount Aksla

Enjoy coffee, cakes, lunch or dinner at the restaurant Fjellstua 418 on Mount Aksla, with breathtaking views of Ålesund, the surrounding islands, fjords and the Sunnmøre Alps.

Sunnmøre Museum

An open-air museum featuring old and distinctive houses. Gain insight into the cultural and architectural history of Sunnmøre. Explore one of Norway's largest collections of traditional boats, including replicas of Viking ships. The Medieval Age Museum is also situated on the premises.

Fisheries Museum

Portrays the historical development of fisheries in Ålesund. The museum showcases on-land processing work – from the first catch in the water right outside the house to the high-tech fishing vessels of today.

The Art Nouveau Centre & the Art Museum KUBE

The Art Nouveau Centre provides insight into the Art Nouveau style through authentic interiors and artifacts, as well as temporary art exhibitions. In the adjacent museum KUBE, discover contemporary art by Norwegian artists.

The Arctic Museum Aarvak and MS Polarstar

Norway's largest polar museum showcasing Arctic harvesting and expeditions to the Arctic. The museum is situated in Hareid, one hour from Ålesund. Excursions to the museum are offered from Ålesund on the historical polar ship MS Polarstar.

Royal Tur Reiser

Organise exclusive tours guided by a driver who focuses on hospitality and shares local knowledge.

Alnes Lighthouse

The 19th-century fishing village of Alnes offers stunning views. Enjoy local cakes and dishes and experience cultural heritage at the lighthouse. On the way, you will pass by the historic "Viking island" of Giske and the medieval marble church.

Uteguiden

The activity provider Uteguiden offers a wide range of activities year-round in the heart of Ålesund, where many of the facades of the art nouveau buildings boast detailed ornaments and figures. Join a bike ride between the pointed buildings or try kayaking or SUP in Brosundet canal.

Runde - bird and treasure island

Runde is the southernmost bird cliff in Norway. The Runde Environmental Centre features exhibitions on the island's birdlife and ecosystem, along with a 300-year-old treasure from the Dutch ship Akerendam, which sank during a storm in 1725. The centre also conducts research on coastal ecology and marine environments.



Atlanterhavsparken. Photo: O. Paulsen

Strandafjellet Gondola

Panoramic view from the top of Mount Roalden (1,024 m.a.s.l.) towards the fjords and the steep, jagged peaks of the Sunnmøre Alps. Indulge in lunch featuring local cuisine. Approx. 1.5 hours' drive from Ålesund, including a ferry.

Boat excursion to Rekkedal Guesthouse

Boat excursion aboard the vintage ship Bruvik to Hjørundfjord, offering a culinary visit to the historical and hospitable Rekkedal Guesthouse. Renowned for its exceptional local and homemade cuisine, drinks and storytelling."

Boat excursions

Cruise Service, Geiranger Fjordservice and M/S Polarstar delivers a wide range of boat excursions from Ålesund, close to the cruise pier.

Devoldfabrikken

A charming area for a tour among cultural heritage with 170 years of Devold Wool garments. Many historical elements still visible. The tour will take you to the small museum, visiting the art studios. A charming area with a combination of outlet stores, unique niche shops, a café, museum, art and crafts and an indoor activity park for children.

PORTS OF ÅLESUND

Position: N 620 27'E 0050 59' South of Godøy Website: www.alesund.havn.no E-mail: vakt-hav@alesund.havn.no Phone: +47 701 63 400 / +47 958 83 400 Contact person: Synnøve Johnsen E-mail contact person: synnove.johnsen@alesund.havn.no Phone contact person: +47 922 11 088 +47 700 16 340 Distance from pilot station: 500 m Pilot channel: Ch. 13-16 Port VHF channel: Ch. 12-16

TOURIST / DESTINATION INFORMATION Website: <u>www.fjordnorway.com/en/attractions/</u>

alesund E-mail: info@visitalesund.com Phone: +47 703 09 800 Location: On pier / Main office: 500 m Local Guide service: Yes - leder@aagf.no Which languages: English/German/Spanish. Others on request



View from the front row, Strandafjellet. Photo: Haavard Myklebust

Explore Ålesund - Via Ferrata - NEW 2023

Via ferrata from the town park and up the southern wall of the town mountain Aksla. The ascent concludes just below the Café Fjellstua. Return down via the 418 steps.

FoodWalk Ålesund - NEW 2023

A culinary guided food tour in Ålesund. A personal approach to convey culture and food. Taste five local dishes, while the guide shares fascinating history and stories about the town of Ålesund.

Vino Bar - NEW 2023

Taste five rare, limited DOCG vinory quality wines from our own production. The wines have the highest classification possible to obtain. During the tasting session, you will hear great storytelling about the wine production and the the vineyard in Piemonte in Italy.

Ålesund Guide Association

Explore the town with a local, authorised guides possessing in-depth local knowledge.



Kayaking in Alesund. Photo: Håvard Myklebust

City Train Sightseeing

The little train runs at a comfortable speed and guides you through historical and unique sites and to viewpoints in town.

Local transportation and bus/ minibus/taxi excursions

Alesund Taxi, Strömma City Sightseeing, Hop on are all located close to the cruise pier.

Shopping, cafés and galleries

Shopping centers, shops, art galleries, and cafes including Rongve, Fjordbuda, Ålesund Storsenter, Kremmergaarden, Devoldfabrikken, and more. See:

www.sentrumsforening.no/

Local transport options in Ålesund include a variety of buses, boats, taxis and rental cars.

The city hosts a selection of festivals and events year-round.

fjordnorway.com/en/events/alesund-geiranger

PORT INFORMATION

Designated cruise quay: Sørsidekaiene ISPS: Yes Maximum ship length: 570 m + Maximum air draft: 10 - 13 m Maximum air draft: No limit Bollard strength (certification): 100-150-200 ton Tidal movement: 2.2 - 2.5 m

ANCHORAGE / TENDER

Max size: 600 m Ship tenders: allowed Type of bottom: Good anchorage ground

PORT SERVICES

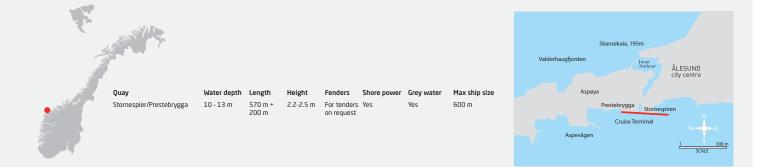
Gangway available: 8-10m Tugboats: Yes Crew facilities: Wi-Fi service, Norwegian Church Abroad, discounts on attractions, shops, etc. Bunkers delivery: Yes Waste handling: Yes Grey water: Yes

SUSTAINABILITY

Shore power: Yes: BON-Skolten-Jekteviken Max ships per day: 3 - 4 Ships per day Max passengers per day: No limit

GENERAL INFORMATION

Turnaround facilities: Yes: Sørsidekaiene Terminal/Toilet facilities in pier area: Yes Shuttle bus: No - town center 200 m from the pier Parking place for buses: 7 parking places Public transportation close by port: Yes Distance from port to airport: 15 km Distance from port to city centre: 200 m Distance from port to nearest hospital: 9 km





MOLDE & ÅNDALSNES Romdalsfjord - adventure between scenic roads

Journey through the varied and dramatic landscape, from the open sea to deep valleys and tall mountains, into the Romsdalsfjord with its three cruise destinations – Molde, Åndalsnes and Eresfjord. Experience Molde, the town of roses with a view of 222 mountain peaks, the steep majestic mountains of Åndalsnes and the charming and secluded village of Eresfjord, exclusively for smaller ships. The Romsdalsfjord is the gateway to the Trollstigen Road, the Atlantic Road and the Romsdalen Gondola. The ports of Romsdalsfjord offer a wide variety of attractions and excursions and are also perfectly situated for outdoor adventures for smaller groups. Cruise ships dock in the town centres, which makes it great for independent exploration.

ATTRACTIONS/EXCURSIONS

ÅNDALSNES

Trollstigen Road (3,5 hours)

An exceptional driving experience leading up a series of narrow hairpin bends. On top of the plateau, the restaurant and viewpoints are a sight to behold. Include a stop at Trollveggen, the highest vertical mountain in northern Europe, and stop for lunch at Trollstigen Gjestegård. Can be a roundtrip Molde - Gudbrandsjuvet Gorge - Valldal - Stordal: 3.5 hours from Åndalsnes, (7 - 8 hours from Molde).

Bøstølen Summer Farm (3.5 hours)

Guests are invited to join the mountain farm life, taste traditional food and pet the goats in wonderful surroundings. Visitors can enter the cabins and see how people lived up in the mountains during summer up to present time, where the cabins are mostly used during holidays.

The Romsdalen Gondola (1-2 hours)

A shortcut to breathtaking 360-degree views of spectacular mountains, fjords and valleys. The Romsdalen Gondola is centrally located in Åndalsnes, and in just a few minutes it takes you to Mount Nesaksla (708 m.a.s.l.), where you find Eggen Restaurant with spectacular views and local food. The cable car is Norway's longest of its kind and is built on innovative and sustainable principles. For instance, it has no visible infrastructure on the mountain, no access road and uses local, sustainable materials. Suitable for wheelchair users.

The Golden Train - a Rauma Railway adventure (3 hours)

One of the most beautiful railways in the world with magnificent views of mountains and rivers. Named the" most scenic rail journey in Europe" by Lonely Planet. Highlights are the Troll Wall, the Verma Waterfall and the Kylling Bridge, one of 32 bridges. Learn how the locals have survived among the many waterfalls, rockslides and trolls for decades, and the dramatic story of

how the railway saved the Norwegian gold reserve in 1940.

Norwegian Mountaineering Centre (1 hour) Adventure centre for those who enjoy outdoor life, exciting mountaineering history and films of beautiful nature. Interactive exhibits, indoor climbing hall, 3D movie theatre and a café. There is also a visitor centre for Reinheimen National Park.

Rødven Stave Church (3 hours)

Visit one of the oldest stave churches in Norway dating back to the 13th century. The church is in the Møre style, characterised by central posts in the external walls and crossbeams, and is one of few remaining stave churches in Norway.

Farm visit to Woldstad (2-3 hours)

A unique opportunity to visit a traditional Norwegian farm and meet the locals who live there. Homemade food specialties will be served, and visitors can try their hand at baking the local pancake "svele".



Atlantic Road. Photo: Jacek Róycki visitnorway.com

MOLDE The Atlantic Road (3,5 hours)

The road zigzags across bridges and islands to the point where land and ocean meets the fjord. Amazing on a sunny day – dramatic during stormy weather. Enjoy the scenery on the suspended walkway at Eldhusøya. Combine with a visit to Håholmen Island, Bud Fishing village or the Marble Caves.

Sightseeing town of roses (3 hours)

Sightseeing tour in the town of jazz and roses including Molde Cathedral, the rose gardens, Romsdal Museum and the Varden viewpoint, which offers a great view of the Molde panorama of 222 mountain peaks.

Fishing trip (3 hours)

Do as the locals and go fishing on the Romsdalsfjord – an area known for its wide variety of species and long tradition for fishing. The experienced captain takes you to his secret fishing spots.



Romsdalen Valley. Photo: Nordlandsblog/visitnorthwest.no

Nesset Vicarage (2 hours)

Visit the Nesset Vicarage, the childhood home of the Norwegian author Bjørnstjerne Bjørnson, who was awarded the Nobel Prize for Literature in 1903. The vicarage is set in beautiful surroundings and several of the present buildings date back to Bjørnson's time.

Hjertøya Island (3 hours)

A short 10-minute boat ride from Molde harbour lies idyllic Hjertøya island, home to the outdoor Fisheries museum, portraying local coastal culture, working life and living conditions from around 1850. (Available: June - August).

Bud fishing village (5 hours)

Visit the charming fishing village Bud, situated by the coastline north of Molde. The restored subterranean war memorial museum, Ergan Costal Fort, offers an insight into Norway's Second World War history.



Romsdal Museum. Photo: Johnny Bratseth

Romsdal Museum (2 hours)

The open-air museum is one of the largest and most comprehensive folk museums in Norway, with buildings and interiors from the whole region. The new extension to the museum offers an exhibition focusing on cultural history, as well as temporary exhibitions and a café. The children's folk dancing group performs traditional dances wearing their national costumes..

Bergtatt Marble Caves (2.5-4 hours)

Explore the mystical marble caves at Bergtatt. The caves are a result of mining operations and have been active since 1938. The mining operation is still ongoing in other parts of the mountain. A boat ride into the caves offers visitors a unique and peaceful experience. Combine this with a trip to the Atlantic Road, one of the world's most fascinating road trips.

PORTS OF ÅNDALSNES & MOLDE

Position Åndalenes: 62* 34,10° N - 7* 41,6 ° E Position Molde: 62* 44,068° N 07* 09,380 Website: www.molde-romsdalshavn.no E-mail: office@molde-romsdalshavn.no Phone: +47 711 91 620 Contact person: Jorid Øwik E-mail contact person: jorid@molde-romsdalhavn.no Phone contact person: +47 464 18 688 Distance from pilot station: Åndalsnes: 65 nm, Molde 55 nm (Ålesund) South: N63 27' E05 59 49 North: N63 14' E07 42' Pilot channel: Ch.13-16 Port VHF channel: Ch.12-16 Barents Watch, Åndalsnes: https://nais.kystverket.no/ point/7.68709 62.56749 Barents Watch, Molde: https://nais.kystverket.no/ point/7.15913 62.73752

TOURIST INFORMATION

Website: <u>www.visitnorthwest.no</u> E-mail: info@visitnorthwest.no Phone: +47 702 38 800 Local Guide service: Yes

PORT INFORMATION ÅNDALSNES

Designated cruise quay: Tindekaia ISPS: Yes

> Quay Tindekaia, Ándalsnes Storkaia, Molde Moldegard, Molde Anchorage, Eresfjord

Maximum ship length: 330 m Maximum ship draft: 9-16 m Maximum beam: N/A Maximum air draft: N/A Bollard strength (certification): 60 -80 tonns Tidal movement: 2,4 m

PORT INFORMATION MOLDE

Designated cruise quay: Storkaia/Moldegård ISPS: Yes Maximum ship length: No limitation Maximum ship draft: 9,0 m / 10,5 m Maximum beam: N/A Maximum air draft: 65 m. Requires permission Bollard strength (certification): 50 -200 tons Tidal movement: 2,4 m

ANCHORAGE / TENDER

Max size: No limitations Ship tenders allowed: Yes Type of bottom: Sand and clay Depth: Åndalsnes: 40 - 60 m, Molde: 32 m

PORT SERVICES

Gangway available: Yes Tugboats: Yes Crew facilities: Åndalsnes: No Molde: Yes Bunkers delivery: By boat LNG bunkering: By tank truck Waste handling: Yes Grey water: Yes, by tank truck

SUSTAINABILITY

Shore power: Planned in 2024 EPI: Yes ESI: Yes Max ships per day: 2 Max passengers per day: No restrictions Restrictions in harbour: No restrictions Sustainable activities: Kayak, hiking, e-bike

GENERAL INFORMATION

Turnaround facilities: No Terminal/Toilet facilities in pier area: No Shuttle bus: No Parking place for buses: Yes Public transportation close by port: Yes Distance from port to airport: Åndalsnes: 5,5 km, Molde: 6,4 km Distance from port to town centre: Åndalsnes: 200 m, Molde: 100 m Distance from port to nearest hospital Åndalsnes: 59 km, Molde: 850 m



Water depth 8-15 m 9-11 m 10.5 m Length Height 232 m 3,65 m 300 m 3,76 m 130 m 4,1 m 0.6 m (tender) **Fenders** Truck tiers Truck tiers Truck tiers **Max ship size** 330 m No limitations No limitations



KRISTIANSUND The Atlantic Ocean Road

Kristiansund is the perfect port of call for experiences of coast and ocean, culture and history, whether you visit us in summer or winter. The nearby Atlantic Ocean Road has been ranked the world's most scenic road trip. This amazing and unique stretch of road takes you right out to the ocean's edge, running across an archipelago of small islands and islets.

Kristiansund is known for clipfish and opera, which invites to both culinary and cultural experiences. An intimate, colourful and convivial town, spread out on four main islands at the edge of the ocean, with a charming harbour in the middle. Cruise ships berth directly in the town centre with attractions and services nearby.

ATTRACTIONS/EXCURSIONS

The Atlantic Ocean Road - combine with Kvernes Stave Church or The Marble Caves (2-5 hours) The "must see" attraction the Atlantic Ocean Road is only a 30-minute drive from the centre of Kristiansund. Take a stroll around the scenic walking path to really experience the salty and refreshing surroundings. Combine with nearby attractions:

- The unique Kvernes Stave church, one of the youngest in Norway. Add Norwegian folk music in the church for a complete experience.
- The magical and mystical marble caves at "Bergtatt". The fleet ride into the caves, on crystal clear water, accompanied with enchanting lightning and soft music, is truly amazing.

Grip island - unique and unforgettable (3,5 hours)

Comfortable boat trip to the tiny, beautiful island Grip, located in the ocean 14 km outside Kristiansund. Grip has a long and dramatic history as a fishing village. The island is currently without permanent residents, but the beautiful houses are well taken care of and used as summer homes. Go on a guided tour of the island with its quaint narrow streets, colourful houses and a picturesque stave church. Enjoy the idyllic surroundings, fresh air and lovely atmosphere. You will be charmed by this island!

Kristiansund - the city of Clipfish (2 hours)

The Norwegian Clipfish (Bacalhau) Museum is in a well-preserved warehouse dating back to 1749. The wharf was used for production of clipfish (bacalao, dried and salted cod), which became important in the development of Kristiansund from the 18th century and to the post-war period. Learn about traditional clipfish production through photos and stories. Taste samples of bacalao. A visit here will challenge all your senses: see, hear, touch, smell and taste!

Opera or concert - a musical souvenir from Kristiansund (1,5-4 hours)

Ideal for a themed cruisel Kristiansund houses Norway's oldest opera, established in 1928. The annual Opera Fest Week in February comprises around 50 performances and concerts. If you prefer to come at another time of year, we can tailor an event with opera, operetta, ballet, classical music or dance. Also possible as an onboard event for your guests.

Guided walk in maritime Kristiansund (2 hours)

Flat and easy walk to the inner harbour. Explore the area of traditional maritime knowledge and craftmanship when visiting the historical and still operational shipyard "Mellemværftet". Many veteran craft are moored in the area. Hear stories of days gone by around an open fire and watch the blacksmith at work. Continue to the nearby museum café Patrick Volckmar coffee roastery. Hear about the town's commercial history and taste the fresh roasted coffee and "smithy cake".



Grip island. Photo: Eline K. Fladseth / visitnorthwest.no

Kvernes Stave church. Photo: Hans Ohrstrand / visitnorthwest.no

Farm visits at Tingvoll - award-winning cheese and cider (3-5,5 hours)

The eco municipality of Tingvoll is located less than 1 hour drive from Kristiansund. Visit Tingvoll Cheese at Saghaug farm, producing mould cheese based on cow's milk from their own farm. The blue mould cheese "Kraftkar" has been awarded "The Best Cheese in the World". Through a window you can follow the fermentation process. Visit Tingvoll Cider at Strupstad farm, producing ecological and award-winning cider. Join a guided tour to learn about the process from growing the apple to sparkling cider and taste the drink among the apple trees. Possible to combine with Tingvoll farm museum and the medieval Tingvoll church.

Organ performance at the Atlantic Cathedral (1-1,5 hours)

Kirkelandet Church, "The Atlantic Cathedral", was built in 1964 to replace the wooden church that burned to the ground during the bombing of Kristiansund in April 1940. It was the first truly modern church in Norway with an architecture attracting much attention. The dominating element of the church is a 30 m high chancel wall filled with 320 glass panes in all shades of red and yellow. Enjoy a guided tour of the church and a short organ recital performed by the church cantor.



Hiking or coastal walk (2-3 hours)

- Kristiansund has many great hiking options: "Havstien" coastal hiking trail in varied terrain, a 20 minute walk from the harbour. Fantastic view of the open sea. Moderately challenging.
- Vanndamman and Varden viewpoint, easy walk from the cruise pier. The old watch tower Varden offers a nice 360-degree panoramic view.

Mount Kvernberget (205 m), a 15-minute drive from the town centre. Walk the manmade Sherpa steps or a nice path that runs parallel to the stairway. The hike is easy, but a bit hilly. At the top, you will be rewarded with panoramic views of the town and the surrounding ocean, mountains and, fjords and the town.

OTHER ACTIVITIES:

- Deep sea fishing
- Seal safari
- Indoor ice skating or curling
- Excursion to Smøla island

PORT OF KRISTIANSUND

Position: N63° 06'38.0 E007°43'40.7 Website: www.knhavn.no/cruise E-mail: havnevakt@knhavn.no Phone: +47 992 99 120 (Port traffic service) Contact person: Erika Indergaard E-mail contact person: ei@knhavn.no Distance from pilot station: 12 nm South: Breisundet 67 nm North: Grip 12 nm Pilot channel: 16/13 Port VHF channel: 12 Barents Watch: https://nais.kystverket.no/ point/7.72795 63.11045

TOURIST INFORMATION

Location: Hauggata 2 (Kaibakken)

PORT INFORMATION

Designated cruise quay: Storkaia / Devoldholmen ISPS: Yes Maximum ship length: Storkaia 300 m / Devoldholmen 220 m Maximum ship draft: Storkaia 9,5 m / Devoldholmen 9,5 m Maximum beam: No limit Maximum air draft: No limit Bollard strength (certification): 30-50-100 t Tidal movement: 1,8 m

ANCHORAGE / TENDER:

Max size: No limit Ship tenders allowed: Yes Type of bottom: Sand and mud Depth: Min. 70-90 m

PORT SERVICES

Gangway available: No Tugboats: Yes Crew facilities: Free Wi-Fi in designated area. Indoor and outdoor activities and crew guide with tips. Bunkers delivery: Yes LNG bunkering: No Waste handling: Yes Grey water: Yes

SUSTAINABILITY

Shore power: Storkaia (850 kWh) EPI: No ESI: Yes Max ships per day: 2 Max passengers per day: Approx. 4 000

GENERAL INFORMATION

Turnaround facilities: Devoldholmen (limited) Terminal/Toilet facilities in pier area: Devoldholmen Shuttle bus: Not necessary Parking place for buses: Yes Public transportation close by port: Yes Distance from port to airport: 8 km Distance from port to city centre: 0 m Distance from port to nearest hospital: 700 m



Water depth	Length	Height	Fenders	Shore power	Grey water	Max ship size
10 m	300 m	Low 3.55 m, high 2.30 m	Dumper tires	850 kWh	Yes	300 m
10 m	205 m	Low 3.55 m, high 2.30 m	Dumper tires	N/A	Yes	220 m





SMØLA Island gem of the Atlantic Ocean - for small ships only!

Explore this exciting destination for small cruise ships and expedition sailings! Smøla is a destination ideal for guests looking for unique nature, a rich wildlife, a strong culture heritage, nature-based activities, and first-class local produce.

Imagine sailing to Smøla, through the 5,000 small islands in the archipelago, passing old fishing villages with the sun rising on the horizon. Do you think your guests would enjoy photographing the majestic white-tailed eagle, fishing in the Atlantic Ocean, hiking in the rugged landscape or kayaking in the spectacular archipelago? Would they find it fascinating to visit a vibrant and a vacated fishing village on the same day? If so, Smøla is a destination to consider.

ATTRACTIONS/EXCURSIONS

The old fishing village Brattvær (3 hours)

Brattvær is an old, genuine fishing village, just a short rigid inflatable boat (RIB) ride from the ship's anchorage. Once a thriving fishing community with a population of around 300, the island no longer has any permanent residents. Go on a guided walk of the island to see how they used to live in the old days, with their own school and prayer house. Enjoy Norwegian waffles prepared and served by the locals, and hear the history of Smøla, the fisheries and the Thule myth.

Tour de Veiholmen (3.5 hours)

Visit a small but still active and vibrant fishing village. Veiholmen, with around 300 inhabitants, is located at the northernmost tip of Smøla, linked to the main island by a road that is an adventure in itself. The guided bus tour from the tender pier takes about 30 minutes. Go on a guided walk through the village with charming houses, local cafés and pubs, an exciting museum and ldyllic coastal heritage.

Hiking in Dyrnesdalen (3 hrs)

Guided hiking tour (light/moderate level) in the flat landscape of Dyrnesdalen and towards the windfarm of Smøla, once Europe's largest. You will come pretty close to the wind turbines, hear them whizzing and see the dimensions. Visit one of the highest peaks of the island (45 m), from where you can see your cruise ship and the beautiful surroundings. You may also encounter wildlife, including the majestic white-tailed eagle.



White-tailed eagle at Smøla. Photo: Audun Lie Dahl/visitnorthwest.no



Kayaking in the archipelago. Photo: Terje Rakke/Nordic Life/visitnortwest.no

White-tailed eagle aafari by boat (3 hours)

Smøla has one of the densest populations of whitetailed eagle in the world. Enjoy a scenic ride to the prime location for eagles, far off the beaten track. Explore the rich wildlife of the area and get an insight info the life of the fascinating eagle. The safari offers good chances of close-up encounters with the eagles and fantastic photo opportunities.

Cultural Smøla (3 hours)

Go on a short bus ride to the beautifully located old church of western Smøla. Easy walk to enjoy the views from the nearby hillside before visiting the church and learning about its dramatic history. Enjoy an intimate and special concert with local artists performing local music.

Deep sea fishing trip (4 hours)

The waters surrounding Smøla are known for an abundance of fish. Board a traditional fishing boat and try your luck! The local skipper takes you to the best spots. Halibut, haddock, mackerel, plaice, tusk and cod are most likely to be hooked.

Kayaking in the archipelago (3-4 hours)

Go kayaking in the shallow and spectacular archipelago of Smøla. The area is well sheltered with small channels and numerous islets and skerries. The battering from the nearby Atlantic Ocean waves creates a powerful atmosphere in safe surroundings. Enjoy a spectacular trip in the crystal clear water and enjoy the tranquillity of nature. Listen, see and smell the surroundings.



The vacated fishing village of Brattvær. Photo: Erika Indergaard

Aquaculture visitor centre (3 hours)

Learn more about the Norwegian aquaculture industry by visiting the Aquaculture Visitor Centre located at Edøy, about a 35-minute drive from the tender pier. This is one of around 30 public viewing facilities in Norway. The exhibition displays the life cycle of salmon, innovation processes, the history of aquaculture and much more. Continue with an exciting visit to a full-scale fish farm, a boat ride of 5 - 10 minutes from the centre. You will gain firsthand knowledge of how fish farming is practiced and observe aquaculture specialists in action. You can also feed the salmon.

PORT OF KRISTIANSUND - SMØLA

Position: 63°27'36.0"N 8°00'44.2"E Website: www.knhavn.no/cruise E-mai: havnevakt@knhavn.no Phone: +47 992 99 120 (Port traffic service) Contact person: Erika Indergaard E-mail contact person: ei@knhavn.no Distance from pilot station: 15 nm (1hr) South: Grip 15 nm North: Flesa 55 nm Pilot channel: 16/13 Port VHF channel: 12 Barents Watch: https://nais.kystverket.no/poi nt/7.8395041679566475 63.424489603987325

TOURIST INFORMATION

Website: <u>www.visitnorthwest.no</u> E-mail: info@visitnorthwest.no Phone: +47 702 38 800

PORT INFORMATION

Designated cruise quay: Anchorage only. Tender pier at Dyrnesvågen. ISPS: Yes Maximum ship length: 195 m Maximum bip draft: 8 m Maximum beam: No limit Maximum ai draft: No limit Bollard strength (certification): N/A Tidal movement: Approx. 2 m

ANCHORAGE / TENDER

Max size: 195 m Ship tenders allowed: Yes Type of bottom: Sand and mud Depth: Min. 30-40 m

PORT SERVICES

Gangway available: Yes, mounted at tender pier Tugboats: No Crew facilities: No Bunkers delivery: Yes, by barge/boat LNG bunkering: No Waste handling: No Grey water: On request

SUSTAINABILITY

Shore power: No EPI: No ESI: Yes Max ships per day: 1 Max passengers per day: 400 Sustainable activities: Hiking, kayaking, cycling.

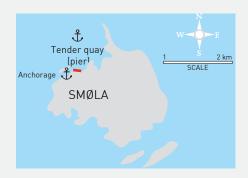
GENERAL INFORMATION

Turnaround facilities: No Terminal/Toilet facilities in pier area: No Shuttle bus: No Parking place for buses: Yes Public transportation close by port: No Distance from port to airport: N/A Distance from port to village centre: N/A Distance from port to nearest hospital: N/A



Dyrnesvågen tender quay Water depth Length Height Fenders Tender quay, N/A N/A N/A approx. 2 m
 Shore power
 Grey water
 Max ship size

 N/A
 Upon request
 195 m





TRONDHEIM The royal capital of Norway

Trondheim is the third largest city in Norway – vivid and lively, with everything a big city can offer, yet still with the friendliness of a small town. Located in the very heart of Norway, it's the access point to visit the UNESCO World Heritage town of Røros or get close to the musk ox in their only wild habitat in Europe. Trondheim remains a popular pilgrimage site, due to the famous Nidaros Cathedral – the consecration church of the Norwegian Kings. While medieval times still leave their mark on the centre, innovation and modernity shape it. Discover a variety of museums, historical sights and activities accompanied by hospitable locals. Visit the "Home of Nordic Flavours", which was awarded the title of European Region of Gastronomy in 2022.

ATTRACTIONS/EXCURSIONS

Nidaros Cathedral and Archbishop's Palace

Distance from the cruise quay: 2 km Nidaros Cathedral is the National Sanctuary of Norway, built over the grave of St. Olav. Work began in 1070, but the oldest parts of today's cathedral date from the middle of the 12th century. It's the world's northernmost Gothic cathedral. A tour of the Nidaros Cathedral can be combined with a visit to the Archbishop's Palace and the Crown Jewels.

Northernmost tram ride

Duration: 2 hours

Sit back and relax in the vintage trolley of the northernmost tramline in the world, as it heads out of the city and into the natural reserve of Bymarka giving you the chance to get an overview of the whole city.

Trondheim kunstmuseum

Distance from the cruise quay: 2 km Trondheim Kunstmuseum is one of Norway's leading art institutions and holds an impressive collection of more than 6,000 artworks.

Rockheim, National Museum of Popular Music

Distance from the cruise quay: 200 m Music has no borders! Come and visit Rockheim to explore 70 years of Norwegian pop and rock history. A visit to Rockheim - the National Museum of Popular Music - is a digital, interactive and high-tech experience.

Sverresborg, Trøndelag Open Air Museum

Distance from the cruise quay: 4 km Enjoy the spectacular view of Trondheim from the ruins of King Sverre's castle in the heart of the museum. More than 90 historic buildings from Trøndelag, including Haltdalen Stave Church from the 12th century and a rebuilt city centre, are filled with exhibitions and activities for all ages.

Trondheim Maritime Museum

Distance from the cruise quay: 800 m Visit Trondheim Maritime Museum and experience the history of Trondheim's trading tradition and sailing ship era from the 17th century to the present time.

World's only bicycle lift

Duration: 2-3 hours Fancy some other kind of transportation? Explore the city by bicycle and try the only bicycle lift in the world in Bakklandet.

Ringve Music Museum, Norway's National Music Museum

Distance from the cruise quay: 3 km Take part in a guided tour that includes live music played on period instruments by our talented guides. The beautiful Ringve estate has buildings from four different centuries surrounded by the Botanical Garden. Explore a variety of musical instruments. Come and see, touch and play the instruments!



Photo: Mykola Ksenofontov / Visit Trondheim

Visit Bjørn

Duration: 2 hours In his urban central home from 1860, Bjørn welcomes you to share local food, songs and stories with him. As an artist, painter and musician, his wish is to create new and unforgettable memories for all your senses.

City of Kings

Duration: 3-4 hours

Trondheim was once the capital, but still houses the consecration church of the Norwegian Kings. Visit the Crown Jewels and the Royal Residence Stiftsgården (1 June - 18 Aug), to cover the full spectrum of Royalty.

Old Timer Railway and Historical Mine Duration: 4.5 - 8 hours

Thamshavn Railway was built as the first electrical railway to transport ore from the copper mines at Løkken. The 1 km long route inside the mine takes you through narrow corridors and large caves. The historical train stops right outside Christian Thams' self-designed manor and the newly returned Thams pavilion, a stave church building.



Nidaros Cathedral. Photo: Mykola Ksenofontov/Visit Trondheim

Urban Kayaking - by day and night Duration: 2 hours

Kayak adventures are not solely for the wilderness. On this kayaking adventure, you will experience Trondheim's architecture and nature from the waterfront and paddle along the famous wharves down the river Nidelven.

Hiking in Bymarka or along the Trondheimsfjord Duration: 3 hours

This is an opportunity to head away from the city centre and explore Norwegian nature with all your senses. Choose between heading up to the forest Bymarka with its many lakes, or the trail along the coast of Lade.

Trondheim By Boat

Duration: 1-3 hours

A team of young professional skippers and local guides will sail you on a historical guided tour along the city river Nidelva in a traditional Åfjordsboat or take you for a cosy fishing trip on the Trondheimsfjord. You travel in small groups for a personal and authentic experience of our wonderful hometown!



Photo: R.R.Frontal Marius Rua/Explore Trøndelag

Trøndelag's coastal culture and history Duration: 8 hours

Explore the countryside with its coastal heritage. Learn how traditional boats were built by hand in the past and about the life of the fishermen then. Afterwards see how modern ships are built today and visit an old military coastal fortress.

From Fast to Slow Duration: 3-4 hours

A high-speed rigid inflatable boat (RIB) ride offers an adrenaline rush before enjoying the tranquil island of Tautra with monastery ruins from 1251. It's also a birdwatcher's paradise. The local farm serves homemade refreshments and you can even visit the monastery with its soap-making nuns.

Trondheim during WW II

Duration: 3 hours Take part in a tour where we walk in the footsteps of the German invasion force in Trondheim in April 1940, including guided visits in The Armoury Military Museum and Kristiansten Fortress.

PORT OF TRONDHEIM

Position: 63°26′26.7″N 10°23′54.4″E (cruise quay) Visiting address: Skippergata 14, 7042 Trondheim E-mail: havnevakt@trondheimhavn.no Phone: +47 911 12 600 (Port Authority) Contact person: Maria Kühnl Undheim E-mail contact person: kuehnl@trondheimhavn.no Phone contact person: +47 467 63 930 Distance from pilot station: 42 nm Pilot channel: Ch. 16 Port VHF channel: Ch. 16

TOURIST INFORMATION

E-mail: post@visittrondheim.no Website: <u>www.visittrondheim.no</u> Location: Trondheim Torg Shopping Centre Local Guide service: yes, three different Which languages: English, German, French, Spanish, Italian and others

PORT INFORMATION

Designated cruise quay: Cruise quay 68 ISPS: Yes Maximum ship length: 360 m Maximum ship draft: 13 m Maximum beam: No limitations Maximum air draft: No limitations Bollard strength (certification): 100-150-200 ton Tidal movement: 2.5 m

ANCHORAGE/ TENDER

Max size: No limitations Ship tenders allowed: Yes Type of bottom: Mud Depth: 30 m

PORT SERVICES

Gangway available: 6,8,10,12 m Tugboats: Must be ordered Crew facilities: Wi-Fi close by, special crew discounts available Bunkers delivery: Yes, truck or barge LNG bunkering: Yes, truck or barge Waste handling: Yes Grey water: Yes, truck or barge

SUSTAINABILITY

Shore power: Yes: Quay 1&2, Pir I, planned for cruise quay 68 EPI: Yes ESI: No Max ships per day: 4 Max passengers per day: 9000 Restrictions in harbour: Open loop scrubber not allowed alongside Sustainable activities: Bike and walking tours, electrical bus tours

GENERAL INFORMATION

Turnaround facilities: Yes. Cruise Quay 68 Terminal/Toilet facilities in pier area: No, close by Shuttle bus: Only if ordered Parking place for buses: Cruise quay: 20 Public transportation close by port: Yes Distance from port to airport: 30 km Distance from port to city centre: 800 m Distance from port to nearest hospital: 4 km





BRØNNØYSUND In the centre of Norway, among thousands of islands

The beautiful coastal town of Brønnøysund is situated in the southern part of Helgeland and is the geographic centre of Norway. It's home of the iconic symbol Torghatten, the mountain with a hole through it, which is visited by more than 100,000 guest every year. Surrounded by islands and islets, Brønnøysund has excellent restaurants, charming cafés, a thriving coastal culture and an ancient geological landscape. It's a superb starting point for highlights including the Vega archipelago, a UNESCO World Heritage site. From Brønnøysund, it's possible to visit the region's other municipalities; Bindal, Sømna, Vevelstad and Vega, which are all part of the Trollfjell UNESCO Global Geopark.

ATTRACTIONS/EXCURSIONS

Mythical mountain Torghatten

Duration: Approx. 3 hours. Torghatten is one of Norway's most iconic attractions, known for its spectacular hole through the mountain. People feel small as they wander through the cathedral like hole, which is 160 m long, 35 m high and 15-20 m wide. The mountain, like many along the Helgeland Coast, is the subject of myths and legends and is a place which visitors simply must visit when they come to Brønnøysund. The bus tour starts with sightseeing through the town, crossing the Brønnøysund Bridge, and continuing to the foot of Torghatten. We follow the brand new sherpa staircase and reach the entrance after about 30 minutes. From here, we can enjoy the fantastic view and walk through the hole itself before following the same path down again. For a "round trip," you can walk down the other side as the stairs make it easy to do so and continue on the path back to the bus. Good shoes are recommended. Level: easy to moderate

Velfiord Open Air Museum and Velfiord Church Duration Approx. 4.5 hours

Velfjord, a village with seven fjords, offers Velfjord Open Air Museum in an idyllic location. The museum comprises a large collection of buildings and artifacts from the 16th and 17th centuries presented to illustrate the daily life during this period with a full range of tools for a variety of crafts. Velfjord Museum also features an exhibition of Sami articles. Velfjord Church is a log-built cruciform church that will be 350 years old in 2024, making it the oldest wooden church in Northern Norway. It features historical content, including an altarpiece and church bell gifted to the church in 1758. On this excursion, we can also visit to an important marble quarry and local generational cabin. Level: easy

A panorama bike ride - visit a local artist

The bike ride through Brønnøysund takes us to highlights such as the sign that marks the geographic centre of Norway, the dry-fish quay for an historic insight and a private visit to the Brønnøy Church. We will bike south of the town centre and visit a local artist, Inger Hilde, at her farm that has been transformed into a workshop, called "Hildurlåven." This is an idyllic spot, quaint and inviting. The artist will personally present her work. There is then time to explore the workshop and the beautiful outdoor area, with a great photo opportunity of Torghatten. After the tour, guests will be left with an impression of knowing Brønnøysund, a sense of calmness and beautiful photos to show for it.

Level: easy (walking) and easy-moderate (biking)



UNESCO Island Vega. Photo: Rita Johansen

UNESCO Island Vega

Duration: Approx. 4-6 hours.

The Vega archipelago was inscribed on the UNESCO World Heritage list in 2004. The Vega islands gained their World Heritage status due to the unique interaction between the eider ducks and generations of fisher/farmer islanders. A trip to the Vega archipelago offers an exciting insight into the traditions of egg and down collection. The E-House, a museum and documentation centre focused on eider ducks, displays the tradition of keeping eider ducks as domestic animals. At the World Heritage exhibition, you will gain an insight into Vega's World Heritage traditions and the way of life on Vega today. You can also experience the landscape of Holandsosen Nature Reserve, known for its calcareous bedrock, wetlands and rich birdlife. A botanic hike to Guristraumen to observe different orchids and other plants thriving on the shoreline can also be arranged. Level: easy



Norwegian Aquaculture Centre. Photo: Torhild Haugen

RIB/ZODIAC In the Islands of the North Duration: 1.5 hours

The rigid inflatable boat (RIB) takes you up close to some of the thousands of islands along the Helgeland coast. Narrow straits, white beaches and small houses characterise this archipelago. We go ashore on one of these deserted islands, close to the open sea to the west. Owing to all the migratory birds, the islands are very fertile and have an exciting flora. You will learn more about the landscape, the geology and the life of the people that have lived out here for thousands of years.



Hildurs Herb Garden. Photo: Olav T. Søla

Hildur's Herb Garden

Duration: Approx. 2.5-3 hours This tour combines a visit to the Hildurs herb garden, known for the farm's old history, the herbs from the garden and seasonal ingredients, with a panoramic bus ride in Brønnøysund town and its surroundings. Guests are welcomed onboard the bus at the pier by the guide who will follow the group the whole time. At the herb garden, the guide joins you on the walk in the garden, but you are welcome to roam around on your own. You will be invited into the Summer Café for tea or coffee and the cake of the day..

PORT OF BRØNNØYSUND

Position: North/East

Website: www.bronnoyhavn.no E-mail: bronnoy.havn@bronnoy.kommune.no Phone: +47 959 20 020 Contact person: Sølvi H. Kristoffersen E-mail contact person: solvi.kristoffersen@bronnoy. kommune.no Phone contact person: +47 750 12 070 Distance from pilot station South: Åsværet 60 nm North: Grinna 56 nm Pilot channel: Ch. 12 Port VHF channel Ch. 12 Barents Watch: https://nais.kystverket.no/ point/12.20746 65.46814

TOURIST / DESTINATION INFORMATION

Website: www.visithelgeland.com E-mail: cruise.bronnoysund@visithelgeland.com Phone: +47 905 93 289 Location: Sømnaveien 92, 8900 Brønnøysund Local Guide service: Yes Which languages: Norwegian, English, German and French (intermittently)

PORT INFORMATION

Designated cruise quay: Northern Port/Central Port ISPS: Yes Maximum ship length: 250 m Maximum ship draft: 25 m Maximum beam: NO Maximum air draft: Brønnøysund Bridge 38 m Bollard strength (certification): 100 Tidal movement: 2,5 m

ANCHORAGE / TENDER

Max size: No limitations Ship tenders allowed: Yes Type of bottom: Sand Depth: 50-100 m

PORT SERVICES

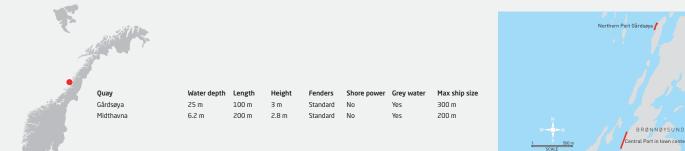
Gangway available: No Tugboats: Yes, on order Bunkers delivery: Yes, on order LNG bunkering: Yes, on order Waste handling: Yes, on order Grey water Yes, on order Crew facilities: No

SUSTAINABILITY

Shore power: No EPI: No ESI: No Max ships per day: 2 Max passengers per day: 8000 Restrictions in harbour: Air drones

GENERAL INFORMATION

Turnaround facilities: No Terminal/Toilet facilities in pier area: No/No Shuttle bus: Yes, from Gårdsøya to city centre Parking place for buses: 10 parking places Public transportation close by port: Yes Distance from port to airport: 5 km, 2 km Distance from port to town centre: 3 km, 0 km Distance from port to nearest hospital: 5 km, 2 km





SANDNESSJØEN In the middle of the Helgeland Coast

Helgeland Port is the perfect base for exploring islands, flowing rivers, nearby mountains and the idyllic coast in the summer and wonderful traditional streets and epic snow-covered mountains in the winter. Sandnessjøen town is best known for the famous mountain range The Seven Sisters. The small town has a rich history from the Viking Age and Medieval period with a chiefdom and three medieval churches surrounding the town.

From Sandnessjøen, you are just 30 minutes from idyllic islands. An hour away, you will discover the Arctic Circle or Mosjøen town, where you can ascend Øyfjellet via the Helgeland Stairs, combined with a zipline over a current. Within two hours, you can visit the world's first Arctic single malt whisky distillery or the Svartisen Glacier.

ATTRACTIONS/EXCURSIONS

Hidden Gems of Herøy

Bus excursion with guide. Duration: 5-6 hours. Explore a municipality located entirely on islands, with as many people as there are islands. Enjoy views of white sandy beaches, mountains, the sea from and an abundance of fishing boats and old typical north Norwegian houses. The guide will tell you about what life was like here in days gone by and how people live on the island today. You will visit Herøy Church, known as the "Helgeland Cathedral", Etcetera, a boutique taken out of fairytale and for many people the highlight of Herøy, and finally a restaurant for a localtreat with a taste of history.

Bike-ride through Sandnessjøen

Bike excursion with guide. Duration: 2.5 hours. Join a small group on a bike tour with a local guide for the highlights of Sandnessjøen. As you will see and hear, Sandnessjøen is a historic town from the Viking Age and Medieval period with a chiefdom and three medieval churches surrounding the town. You will also see modern day Sandnessjøen, the street art on the pier and a picturesque view at the foot of The Seven Sisters Mountain range at the Botn Havsbad, a popular outdoor spot for a refreshing swim. If you are daring and not afraid of cold water, you can dip your toes while enjoying the spectacular view. **Historic RIB safari in the Helgeland Archipelago** Excursion with guide. Capacity: 10 - 36 pax, 12 pr group. Duration: 3 hours

This guided safari excursion by rigid inflatable boat (RIB) takes place in the realm of the mythical mountain range The Seven Sisters. Explore the playful waves in high speed, feel the power of the sea and discover the spectacular nature and animal life in the mythical archipelago. Immerse yourself in the history of how the local islanders and fisherfarmers survived the harsh weather out at sea. Explore the rich animal life on the Helgeland Coast with cormorants, seagulls and eagles around the shallow waters. During this safari, we will go ashore on an island for cultural history combined with local chocolate and coffee. With more than 24,000 islands, islets and skerries surrounded by shallow waters, white sandy beaches and adventurous coastal mountains, there are islands, nature and history waiting to be discovered around every corner.



Helgeland

Mosjøen town, a variety of adventures and panoramic outings.

Get to know the oldest town in Helgeland. Walk through the iconic Sjøgata, a 19th century district with houses of traditional timber and popping colours.

Visit the living museum and learn about the beginnings from the early English anglers to salmon fishing in the Vefsna river. Walk up Øyfjellet, with its 3,000 beautiful stone steps, or real adventures can take the 700 m long zipline. With a head filled with new experiences, you are served a delicious lunch at spectacular Fru Haugans, a hotel and restaurant run by the same family for the last 150 years. This is a first choice for locals and visitors alike. The excursions to Mosjøen can occur simultaneously with one or several buses.



Chiefdom of Sandnes, Torolvstein, Sandnessjøen. Photo: ?

Immerse yourself in the Viking Saga of Sandnes Excursion with guide. Capacity: 30-150 pax, Duration: 1 hour

Meet historic figures from the Viking Saga at one of the most powerful chiefdoms 1,000 years ago in Northern Norway. Immerse yourself with costumes from the Viking Age, a tasteful bite of the traditional food and participate in the conflicts and power surrounding this historic chiefdom. Enjoy a guided tour around the historic place and get to know the powerful Vikings and families of this region. This powerful chieftain has been recreated at Sandnes in . Sandnessjøen. This Viking venue is situated only a 10-minute walk from the harbour and has a rich history from the Viking Age. Excursion alternatives: 1) tastes of local food made in the traditional, Viking way, 2) dress up in Viking costumes and be a part of the conflicts and competitions of the Viking Age, 3) a guided tour of the historic facilities, or 4) be a part of the traditional way of weddings, funerals and other events from the Viking Age.



Kystriksveien. Photo: Silje Lindberg

Dønna Archipelago - The medieval history

Bus Excursion with guide. Capacity: 10-50 pax per group, Duration: 6 hours

Discover the cultural treasures and enjoy locally produced delicacies in the historic and manorial grounds at Dønna, one of the 30,000 islands in Helgeland. Enjoy a guided tour in the medieval church and a peak into Norway's largest and bestpreserved

mausoleum. The grounds at Dønna are connected to the local ancestry dating to the mid-18th century. The ancestry owned the farm and the church and they built the mausoleum for their deceased relatives. The present occupants are the 4th generation owners of the historic ancestry. We then drive up Dønnes mountain for a photo stop and visit one of the world's smallest chocolate factories.

PORT OF SANDNESSJØEN

Position: N66 1.5' E12 38.3' Website: www.helgelandhavn.no E-mail: cruise.bronnoysund@visithelgeland.com Phone: +47 750 75 700 Contact person: Laila Brunvold E-mail contact person: laila@helgelandhavn.no Phone contact person: +47 993 54 015 Distance from pilot station: 0 nm (har los i Sandnessjøen) South: 82 nm North: 93 nm Pilot channel: Ch.13-16 Port VHF channel: Ch. 12-16 Barents Watch: https://www.barentswatch.no/ohoi/ point/12.61593 66.01815

TOURIST INFORMATION

Website: www.visithelgeland.com E-mail: bronnoysund@visithelgeland.com Phone: + 47 414 56 467 Location: Sømnaveien 92, 8900 Brønnøysund Local Guide service: Visit Helgeland Which languages: Norwegian/English/German

PORT INFORMATION

Designated cruise quay: Horvnes Quay 1/2/3-Hol-men-Hurtigruten Quay ISPS: Yes at Horvnes Maximum ship length: 350 m Maximum ship draft: 20 m Maximum beam: No Maximum air draft: No Bollard strength (certification): 100-150-200 ton Tidal movement: 3 m

ANCHORAGE / TENDER Can be arranged

PORT SERVICES

Gangway available: 8-10 m Tugboats: Yes Bunkers delivery: Yes LNG bunkering: Yes Waste handling: Yes Grev water: Yes

SUSTAINABILITY

Shore power: Yes. Horvnes Quay 1/2/3-Holmen EPI: Yes ESI: Yes Max ships per day: 1-2 ships Max passengers per day: 3000

GENERAL INFORMATION

Turnaround facilities: No Terminal/Toilet facilities in pier area: No Shuttle bus: Can be arranged Parking place for buses: Can be arranged Public transportation close by port: Yes Distance from port to airport: 11 km Distance from port to town centre terminal: 0-3,3 km Distance from port to nearest hospital: 1,2-3,5 km







MOIRANA The Arctic Circle town

Mo i Rana is the town in Norway located closest to the Arctic Circle. The town is surrounded by beautiful nature, fjords and mountains, Scandinavia's second largest glacier, wonderous caves and one of the largest national parks in Norway. As a cruise port, Mo i Rana has a variety of attractions to offer cruise passengers, both summer and winter. In the wintertime, you can experience the Northern Lights and in the summer the Midnight Sun. Visiting the Arctic Circle, the Salmon History Museum and trips to the caves are popular among tourists, as well as enjoying culinary attractions such as reindeer and the freshest seafood imaginable. The 300 m long cruise pier has minimum depth of 8 m and good availability.

ATTRACTIONS/EXCURSIONS

The Arctic Circle and Sami Culture

Duration: 5-6 hours The Arctic Circle is situated about one hour from Mo i Rana, and is the boundary between Saltfjellet and Svartisen National Park. We also pay a visit to a Sami family at Saltfjellet. Capacity: 25-200 pax.

Grønligrotta and Sætergrotta

Duration: 3 hours

The caves are the most visited limestone caves of the last century. They have been formed by water and ice over a period of 700,000 years. Come and see the earth's inner core. Grønligrotta and Sætergrotta are two of the biggest caves of the 200 found in the district of Mo i Rana. This excursion is by bus. Capacity: 25-100 pax.

Historical walk and marvel at nature by bus or train Duration: 5-6 hours

Visit Mosjøen, "the historical town", where history remains alive today. The 19th century buildings are well preserved, forming a colourful backdrop to the small town's urban life. This tour also includes a serving of lunch and history in the oldest hotel in Northern Norway: Fru Haugan's Hotel. We also drive through the magnificent natural landscape nearby. This excursion is by bus or bus and train. Capacity: 25-100 pax.

Spectacular outer island of Lovund

On this tour, we visit the island of salmon, Lovund. This island, shaped like a hat, is one of our most visited tourist areas where the main industry is the export of salmon worldwide. This is the island where people want to stay and live. This excursion is by bus and local charter boat. Capacity: 20- 100 pax. Duration: 8 hours

Town sightseeing in Mo i Rana Duration: 2 hours

Moholmen, the old part of Mo i Rana, is like an oasis in the town centre. A stroll around the district is like a trip back in time, away from the modern hustle and bustle. The oldest buildings in Moholmen date back to the 17th century, and the area is a living museum of the era before industry arrived in the town. Mo i Rana's past also dates back to the late 16th century, when the iron ore industry started, and is now home to the most modern industrial area in Norway. This excursion is by bus and features a walking tour. Capacity: 25-200 pax.



Nordfjorden. Photo: Mo i Rana Havn KF

Skillevollen Idrettspark (activity park) Duration: 2-3 hours

Skillevollen Idrettspark is an activity park open all year round. In winter, it offers skiing, snowshoeing, sledding, igloo building and ice skating. In summer, roller blading, biking and hiking in a variety of terrains are the order of the day, as well as much more. This excursion is by bus. Capacity: 25-100 pax.

Two countries in one excursion, Norway and Sweden

Duration: 6 hours

Starting in Mo i Rana, you will take a bus to Hemavan/Tärnaby in Sweden, an extremely popular winter destination. Summertime offers the chance to view the area's vast botanical treasures and local culture. Lunch will be served at one of the restaurants in Hemavan, where you will also hear the story of Swedish downhill champions Ingemar Stenmark and Anja Persson. This excursion is by bus. Capacity: 20-200 pax.

PORT OF MO I RANA

Position: North/East (N66° 19 min E14° 7,6 min) Website: www.moiranahavn.no E-mail: havna@moiranahavn.no Phone: +47 751 34 700 Contact person: Øystein Lorentzen E-mail contact person: oystein@moiranahavn.no Phone contact person: +47 913 13 693 Distance from pilot station: 40 nm (from west) Pilot channel: Ch.13-16 Port VHF channel: Ch. 12-16

PORT INFORMATION

Designated cruise quay: Toraneskaia ISPS: Yes Maximum ship length: 300 m Maximum ship draft: 6,8 m (Increasing to 9.5 m after a dredging project in 2024) Maximum beam: 32 m Maximum air draft: No limitation Bollard strength (certification): 100 tonn Tidal movement: 1,6 m



Exploring the Grønligrotta cave. Photo: CH, Helgeland Reiseliv

The best of Helgeland

Duration: 6 hours

Whales, glacier, fjords, waterfalls and mountain viewpoints! All this can be experienced on this marvellous tour where we also cross the Arctic Circle at the island Vikingen, which we visit by local boat. Lunch is served on the boat. We travel by bus to reach the fjord. Capacity: 40-100 pax.



Sjøgata. Photo: Terje-Rakke, Nordic Life, Helgeland Reiseliv

Hike like a local at Båsmofjellet with a visit to Stenneset Open Air Museum Duration: 3 hours

Stenneset is an open air museum just outside the town centre. We experience local history, food and activities here, as well as a short local walking tour. This excursion is by bus. Capacity: 25-150 pax.

ANCHORAGE / TENDER

Max size: 300 m Ship tenders allowed: Yes Type of bottom: Sand/mudd

PORT SERVICES

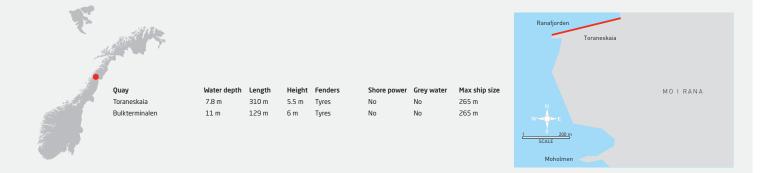
Gangway available: 8-10 m Tugboats: No Crew facilities: No Bunkers delivery: Yes LNG bunkering: No Waste handling: Yes Grey water: Yes

SUSTAINABILITY

Shore power: No EPI: No ESI: No Max ships per day: 1 Max passengers per day: 2800

GENERAL INFORMATION

Turnaround facilities: No Terminal/Toilet facilities in pier area: No Shuttle bus: Yes, from the pier E-mail contact person: stig@polartours.no Parking place for buses: Yes, 1 to 8 buses Public transportation close by port: Yes Distance from port to airport: 12 km Distance from port to town centre: 900 m Distance from port to nearest hospital: 1,2km





BODØ European Capital of Culture 2024

Bodø is a vibrant city on the edge of nature, with a few months of dazzling Midnight Sun and a long and magical Northern Lights season. This urban city has a lively city centre with restaurants, cultural activities and shops, central berths and memorable excursions. We recommend Saltstraumen - the world's strongest tidal current, Kjerringøy Island - a historic trading post, the Norwegian Aviation Museum, white-tailed eagle safaris by rigid inflatable boat (RIB), fishing trips, coastal hikes and flying lessons at the Newton Flight Academy. With a one-stop connection to the major airport hubs of Europe, Bodø is the perfect home port with only a five-minute drive from the port to the airport.

ATTRACTIONS/EXCURSIONS

NATURAL PHENOMENA AND OUTDOOR ACTIVITIES

Saltstraumen

Visit the world's strongest tidal current, where the largest whirlpools are 12 m in diameter and 5 m deep. See one of the wonders of the world at close quarters, as an onlooker on the shore, on a whitetailed

eagle safari by RIB or over a Stone Age cultural meal. Learn about the historical adventures of the world's strongest tidal current. Enjoy refreshments and an educational multimedia film explaining the phenomenon occurring every 6 hours when almost 400 million m³ of water pass through the 3 km long and 150 m wide strait between the Saltenfjord and the Skjerstadfjord at speeds of up to 20 knots. This trip gives you an adrenalin kick, lots of excitement and suits all ages. Duration: 3 hours. Capacity: 400

Svartisen Glacier

Norway's second largest glacier, underground caves, marble formations, steep peaks, waterfalls and a beautiful lake are all located in the beautiful national park. You might wish to try biking, mindful walking, a guided glacier walk or taking in the view from the café. This trip takes you on a beautiful ride along the scenic coastline, passing Saltstraumen and exploring the nature. Duration: 8 hours. Capacity 120

Hiking

Bodø is a find for those who love nature, and the view from Mt Keiservarden is magnificent. Bodø is a peninsula surrounded by ocean and fjords, but also by scenic countryside on the outskirts of the city. Mountainous Bodø offers wonderful hiking opportunities with its 120 peaks surrounding the city. You can choose between easy walks and demanding rock climbing. The view of the city and your ship is worth a picture. Duration: 3 hours. Capacity: 120

Coastal walk

Come on a guided walking tour along the shore, across sandy beaches with an amazing view! The special Arctic light plays with your eyes, every day a new and different angle. Let the nature embrace you and breathe in the fresh sea air you will only find here in the north. Listen to the soothing sound of the ocean, or search for beautiful seashells on the beach. You will be in close contact with the elements and experience a real Norwegian tradition - "friluftsliv" (enjoyment of the great outdoors)! Duration: 2.5 hours. Capacity: 48. Distance: 3 km.

City sightseeing

From the quayside, by bus or walking. Enjoy a sightseeing tour with a visit to the local cathedral, the charming city centre with its local handcrafts, cafes, museums and modern shops. The street art covering several buildings in the city centre is also worth a look. If you take the trip by bus, you may include the panoramic view from Ronvikfjellet mountain. Duration: 2 hours. Capacity: 100



The Jekt Trade Museum. Photo: Ernst Furuhatt

GALLERIES AND MUSEUMS

The Norwegian Aviation Museum

The Norwegian Aviation Museum was opened in 1994 and is Norway's national museum in this field. It is situated in the city centre in a building shaped like a gigantic propeller, and deals with both military and civil aviation. Inside the museum you can experience aviation and its fascinating history at close quarters. See famous and infamous aircraft like the Spitfire, Twin Otter and U-2 spy plane up close. Duration: 3 hours Capacity: 900.

Newton Flight Academy

Come fly with us at the Newton Flight Academy where you get to be a real pilot and take control of a full motion twin-engine flight simulator, and experience the challenge and fun flying this popular aircraft. You may easily combine the visit with a visit to the Norwegian Aviation Museum as they are situated side by side. Duration: 3 hours. Capacity: 18.

PORT OF BODØ

Position: 67° North Website: www.bodohavn.no E-mail: firmapost@bodohavn.no Phone: +47 755 51 080 Contact person: Port control office E-mail contact person: vakt@bodohavn.no Phone contact person: v47 908 98 020 Distance from South pilot station: 1 nm, 1 hour Distance from North pilot station: 1 nm, 1 hour Pilot channel: Ch.13 Port VHF channel: Ch. 12 Barents Watch: www.barentswatch.no/ohoi/ point/14.37513 67.28267

TOURIST INFORMATION

Website: www.visitbodo.com E-mail: turistinfo@bodo.kommune.no Phone: + 47 755 48 000 Location: Dronningens gate 15 Which languages: English/German



Kjerringøy old trading post. Photo: Ernst Furuhatt

Kjerringøy old trading post

Kjerringøy Trading Post is situated in an idyllic setting on the beautiful island of Kjerringøy, a pearl on north Norway's coast. A picturesque, coastal-alpine landscape sheltered from the sea by a garland of small islands, islets and rocks. Kjerringøy is a 45-minute drive from Bodø and has 15 authentic buildings at this traditional, north Norwegian trading post, which is exceptionally well-preserved. Follow the farmhand and maid through the old buildings with their distinctive and authentic atmosphere, buy boiled sweets at the country store and take part in many other activities during the season. A multimedia show recounts the history of the trading post. This trip takes you on a beautiful ride along the scenic coastline with great natural beauty. Duration: 5 hours. Capacity: 250

The Jekt Trade Museum

A historical vessel, the jekt, is preserved and exhibited in the newest museum in the city, which depicts the fascinating story about fish, trade and livelihood in circumpolar Norway. The adventurous journey of the jekt to Bergen



Saltstraumen - the worlds strongest tidal current. Photo: Ernst Furuhatt

was the beginning of the stockfish trade to worldwide markets. The museum is situated in a stunning coastal landscape and gives you an opportunity to take a hike on the coastal path. Duration: 120 min. Capacity: 90 pax pr 20 min/270 pax pr hour.

Nordland Museum

This is the oldest museum in Nordland County, established in 1888. In one of Bodø's oldest buildings (from 1904), you can see the exhibition entitled "Our City", which portrays the city's history. The museum also has a 1,000-year-old silver treasure from Rønvik on display. Duration: 2 hours. Capacity: 50

Concert at Bodø Cathedral

Enjoy a magical performance at Bodø Cathedral, just a short walk from your ship. The organist will welcome you and introduce the city, Bodø Cathedral and its pride and joy - one of the largest organs with 5,200 pipes. Sit back and enjoy the beautiful concert by the local youth choir dressed in their national costumes. Duration: 1 hour. Capacity: 900

PORT INFORMATION

Designated cruise quay: Terminalkaien / Terminalkai Sør / Torgkaien ISPS: Yes Maximum ship length: 320m @ 8,5 m draft Maximum depth: 10,5 m @ 270 m ship lenght Maximum beam: No limit Maximum air draft: 58 m Bollard strength (certification): 150 tonnes Tidal movement: 2,4 m (difference between MHWS and MLWS)

ANCHORAGE / TENDER - Yes on request

Max size: Info on request Ship tenders allowed: Info on request Type of bottom: Info on request Depth: Info on request

PORT SERVICES

Gangway available: 10 m Tugboats: Available by prior request Crew facilities: Walking trail Bunkers delivery: Yes, by prior request LNG bunkering: Yes, by prior reguest Waste handling: Yes, by prior reguest Grey water: Yes, by prior request

SUSTAINABILITY

Shore power: Low voltage Shore power available EPI: Yes ESI: Yes Max ships per day: 3 Max passengers per day: 5000 Restrictions in harbour: NA Sustainable activities: NA

GENERAL INFORMATION

Turnaround facilities: No Terminal/Toilet facilities in pier area: No Shuttle bus: Yes Parking place for buses: Yes Public transportation close by port: Yes Distance from port to airport: 3 km Distance from port to city centre: 200 m - 1,2 km Distance from port to nearest hospital: 2 km





LOFOTEN The most beautiful islands in the world

Voted by National Geographic as one of the most appealing destinations in the world, Lofoten is an Arctic island group that has been a cruise destination since 1889. There are two main ports, Leknes and Svolvær, only separated by a onehour drive. This rare wilderness offers a landscape of majestic mountains, deep fjords and beautiful beaches. Due to this diversity, Lofoten is perfect for nature-based activities. You find hiking at all levels, as well as kayaking, surfing or golfing. In the wintertime, you can experience the magical Aurora Borealis, go skiing or snowshoeing. Horseback riding under the Arctic light is a must. You will also encounter long, rich fishing traditions, Viking history and a rich art and handcraft culture.

ATTRACTIONS/EXCURSIONS

Magic Ice iin Svolvær is the world's first ice gallery and bar. Ice sculptures representing different aspects of Arctic life are dramatically lit and sound tracked. Website: magicice.no

Lofotpils is Lofoten's first and only microbrewery. A guided tour takes visitors around the brewery where they will learn all about the beer making process, finishing with a beer tasting. Website: lofotpils.no

RIB-Lofoten can for example take you from Svolvær to the famous Trollfjord, the island of Skrova, Kabelvåg or maybe Henningsvær with guides who have local knowledge of our culture and history. From Leknes Port, they can take you to Ballstad, where the fishing industry is still of great importance for the people living there. Website: rib-lofoten.com Brim Explorer provides sea excursions without noise or pollution on board their silent hybrid-electric ship. This can be a very comfortable and enjoyable alternative when visiting Trollfjord, Skrova, Henningsvær or whatever suits your guests the best. Website: brimexplorer.com

Heimbrygga is a 200-year-old charming wooden building and the oldest running Brygga on Skrova. Skrova Cultural Walk enables you to discover the picturesque island of Skrova on a short walking trip, focusing on the island's culture and stories shared by the locals. Website: heimbrygga.no

Lofoten Aquarium, Lofoten Museum and Art Gallery Espolin (Kabelvåg): Within a short walk, guests may experience life in the north Norwegian sea, take in the atmosphere and history of the manor house of 1815 and authentic rorbuer (fishermen's cabins) and admire paintings with captivating scenes from Lofoten. In 2026, a new attraction opens with an extensive exhibition of the Lofoten fisheries - the world's largest seasonal cod fisheries and the backbone of Lofoten cultural history. Together, this will be SKREI. Website: museumnord.no

Galleri Lofoten is located in the charming fishing village of Henningsvær and is described as Northern Norway's answer to the National Gallery. Norway's biggest collection of North Norwegian paintings from the period around the turn of the last century. Website: galleri-lofoten.no

Lofoten Links at Hov offers a quality 18-hole championship golf course in a spectacular setting beside the sea, facing north and the Midnight Sun. Next to the golf course is Hov Gård, which offers riding trips on Icelandic horses both summer and winter. Lunch is available at Låven Restaurant. Website: lofotenlinks.no



Sund Fiskerimuseum Smeden i Sund

Aalan Gård welcomes you to their farm and the authentic and natural Lofoten feeling with their cheese production, herb garden and farm shop. Home dining is also a popular experience here. Website: aalan.no

Meet the Vikings! The biggest house in the world of the Vikings was found in Lofoten and reconstructed in full size. At Lofotr Viking Museum at Borg, you can travel 1,000 years back in time and see the Vikings demonstrating handcrafts, and study art and crafts. Film and exhibition halls with unique artefacts. Viking-style food and drinks. Website: lofotr.no

Vestvågøy Museum is located in the old schoolhouse and displays items from many areas of daily life in Lofoten's past. There is also a fisherman's cabin on the grounds. Websites: Fygle museum / Skaftnes museum

Lofoten Gaver & Brukskunst offers the widest selection of souvenirs and gifts in Leknes, ranging from traditional souvenirs to locally produced marmalade and knitted products. The shop accepts foreign currency and all major credit cards. The store is a Global Blue retailer, which offers

PORT OF LEKNES (L) AND SVOLVÆR (S) IN LOFOTEN Position: L: N68'12,7 E13'34 / S: N68 13.8 E14 34.0 Website: L: www.lofotenhavn.no / S: www.vaganhavn.no E-mail: L: havn@vestvagoy.kommune.no / S:vaganhavn@ vaganhavn.no

Phone: L: +47 416 55 920 /+47 760 56 116 / S: +47 760 67 990 Contact person: L: Kjell Jakobsen|Angeline Wårheim / S: Ole S. Osland

E-mail contact person: L: havn@vestvagoy.kommune.no S: vaganhavn@vaganhavn.no Phone contact person: L:+47 416 55 920 | +47 941 400 40 /

S: +47 760 67 990

DISTANCE FROM PILOT STATION

Pilot channel: L: Ch.13-16 / S: Ch: 13-16 Port VHF channel: L: Ch. 12-16 / S: Ch: 12-16 Barents Watch: L: www.portwind.no/vs1516.php

TOURIST INFORMATION

Website: www.visitlofoten.com/en/cruise

E-mail: L: post@vestvagoy-turistinfo.no / S: info@visitlofoten.no Phone: L: +47 47 900 20 329 / S: +47 760 70 575 Location: L: Lofotsenteret, Storgata 8, 8370 Leknes / S: Torget 18, 8300 Svolvær

Local Guide service: www.visitlofoten.com/en/cruise Which languages: Always English. German and Spanish in season



Lofotr Vikingmuseum Photo:Kjell Ove Storvik

tax-free shopping. Website: lofotengaverogbrukskunst.no

Lofoten Seafood Centre offers a variety of experiences; get acquainted with a salmon farm, visit our Stockfish house with thousands of stockfish and learn about the world greatest cod fisheries. Enjoy the sea view from our restaurant while experiencing the delicious taste of our locally produced seafood prepared by our chef. Website: lofotenseafood.com

Flakstad Church is the second oldest church in Lofoten. This picturesque red church with its distinctive onion dome is set idyllically by the sea. Website: fmkirken.no

The Blacksmith in Sund is famous for his sculptures of cormorants, as well as a fishing boat engine museum. Website: smedenisund.no

Norwegian Fishing Village Museum at Å boasts the oldest working cod liver oil refinery in the world. The historic buildings house displays focused on Lofoten's fishing history. Website: museumnord.no

PORT INFORMATION

Designated cruise quay: L: Leknes cruiseport / S: Osan (Svolvær Havn Vest), Hurtigrutekaia ISPS: L: Yes / S: Yes Maximum ship length: L: 230 m / S: 160 m Maximum ship draft: S: 9 m (Osan), 6 m (Hurtigrutekaia) Maximum beam Maximum air draft Bollard strength (certification): L: 20-150 ton / S: 50 ton Tidal movement: L: 2-2,2 m / Ś: 2,5 m

ANCHORAGE / TENDER

Max size: L: N/L / S: 350 m Ship tenders allowed: L: Yes / S: Yes Type of bottom: L: Sand / S: Sand Depth: S: 40 m

PORT SERVICES

Gangway available: L: No / S: 8m Tugboats: L: RS DNV / S: RS SF Crew facilities: N/A Bunkers delivery: L: Yes / S: N/A LNG bunkering: N/A Waste handling: L: Yes / S: Yes Grey water: L: Yes / S: Yes These services must be booked well in advance as the port does not provide these services itself.



Horseback riding tour with Hov Gård Photo: Hallvard Kolltveit

At Glasshytta, Vikten, you will find magnificent scenery - but also glassblowers. The guests can bring home beautiful local artifacts from the place in Norway where glassblowing started. Website: glasshyttavikten.no

Lofoten Cuisine is famous for its award-winning lamb, the Barents cod (skrei) and a wide variety of excellent seafood available all year round. Many of the local restaurants specialise in cuisine based on produce sourced locally and from the Arctic region. Website: visitlofoten.com

Scandic Leknes is situated close to several of Lofoten's most popular attractions. All hotel rooms were renovated in 2017 and now have a contemporary and delicate look. Website: scandichotels.no

The Tide Lofoten is located in Sørvågen on Moskenesøya, outermost in Lofoten and offers a modern concept usually found in big cities, with all the qualities a small fishing village in Lofoten has to offer.

Website: thetidelofoten.no

SUSTAINABILITY

Shore power L: No / S: Yes: Osan (230v-400v) EPI: L: Yes / S: Yes ESI: L: Yes / S: Yes Max ships per day: S: 2 Max passengers per day: L: 4000 / S: 1000 Restrictions in harbour Sustainable activities

GENERAL INFORMATION Turnaround facilities: L: No / S: No Terminal/Toilet facilities in pier area: L: Yes / S: Yes Shuttle bus L: Yes / S: from Osan to town Centre Parking place for buses: L: 10 parking places / S: 10 praking

spaces Public transportation close by port: L: Yes / S: Yes Distance from port to airport: L: 3 km / S: 6 km Distance from port to town centre: L: 3 km / S: 1000 m (Osan) / 250 m (Hurtigrutekaia)









	Min. 7.5-14 m
lvær)	5.5 m
ivolvær)	9 m

Length	Height
190 m	3 m
214 m	3 m
124 m	3 m

Grey wate Max ship size Dumper tyres Yes 230 m Dumper tyres Yes 140 m Dumper tyres 160 m Yes

Fenders



VESTERÅLEN Kingdom of the whales

The Vesteraalen archipelago is a magnificent set of islands with the most stunning natural surroundings. This is a place that really brings you back in time to what life was like hundreds of years ago. The fishing industry is by far the largest in Vesteraalen. Due to the rich supply of fish, you will also find the magnificent whales here. The Vesteraalen islands are home to whales all year round. The Northern Lights appear with the onset of the winter darkness and, as we approach summer, the Midnight Sun graces us with its presence. In the Vesterålen archipelago, there is something new around every bend and over every bridge. White sandy beaches, sculptural mountain peaks, fjords and endless sea views take your breath away.

ATTRACTIONS/EXCURSIONS

WHALE WATCHING SAFARI

Vesterålen is located on the edge of the continental shelf, where the nutrient-rich ocean is a primary feeding ground for whales. This geographical privilege makes the area perfect for whale watching safaris. You can experience some of the world's largest sea mammals at close range here.

INGA SAMI SIIDA

Our guests are welcome to experience the exotic native Sami culture. We share stories about our Sami culture, myths and magic, herding reindeer, and the daily life of the Arctic reindeer and their exciting properties. You will experience Joik (the traditional song of the Sami people) while seated around the warm, cosy fireplace in our lavvu (traditional herdsmen's tent), enjoying the unique atmosphere.

NYKSUND

Nyksund is a former fishing village that was abandoned for many years, but is now one of the main tourist attractions in Vesterålen. Nyksund is now a vibrant little village, but you can still see and experience how people lived here 100 years ago.

SCENIC EIDSFJORD

Our main destination on this tour is Eidsfjorden. We learn about the rich herring fisheries during the late 19th centuryand the typical north Norwegian combination fisher-farmer. In its glory days, Eidsfjord ihad a population of up to 10,000, but today only about 100 people live here.

NORTHERN LIGHTS

The Aurora Borealis, also called the Northern Lights, is only visible in the Northern Hemisphere from September to April. We can offer more than one excursion where we hunt for this incredible phenomenon. We hope you will have a once-in-alifetime experience that you will remember for the rest of your life.

BIRD AND SEAL SAFARI

Join us on a safe and fun rigid inflatable boat (RIB) trip in a stunning environment. We will visit the Anda bird cliff outside Stø, where several species of seabird nest in the vertical mountain wall. You will be able to see birds like the white-tailed eagle, puffin, razorbill, guillemot, kittiwake, cormorant, gannet, Arctic skua, theist and other boreal sea birds. You can take photos or simply enjoy the fantastic bird life Anda has to offer! If we are lucky, we may spot various species of whales. Later we will head to the seal shards where the seals often relax on the rocky ground.



Photo: Øystein Lunde Ingvaldsen

HURTIGRUTEN MUSEUM

MS Finnmarken (1956) is docked in the town centre of Stokmarknes, Vesterålen, and serves as a monument

to Norwegian coastal heritage . Stokmarknes is the birthplace of the Hurtigruten coastal express, which has been operated since July 1893. The Hurtigruten operations have connected Norway, inland and coast, north and south, and is still a vital mode of communication. You are welcome aboard MS Finnmarken, to see and feel former life along the coast. You will experience the history of sailors and pioneers, passengers and people along the coast of Norway, from Bergen to Kirkenes. Visit the bridge, old cabins, exhibitions, the café (which serves drinks and meals) and the rest of the ship. Take part in guided tours and learn why the Hurtigruten holds such a strong position with the Norwegian people. Even a part of DS Finmarken (1912) is available to our visitors.



MINI CONCERT IN THE NEPTUNE TANK

Enjoy a unique concert in the old fish container tank. The sound carries for more than 23 seconds, surrounding you totally and creating sounds no technical equipment can achieve. We combine this concert, which lasts about 25 mins, with other activities on the island of Hadsel.

TROLLFJORD CRUISE AND WHITE-TAILED EAGLE SAFARI

Few fiords can compete with Trollfjord. It's 3 km long, with a 70 m wide opening surrounded by steep mountainsides. Nature here is terrifyingly dramatic. We can almost guarantee a close-up encounter with the magnificent white-tailed eagle!

THE MIDNIGHT SUN

The Midnight Sun occurs when the sun does not go below the horizon, so you can see it 24/7. This phenomenon only occurs from late May to tate July between the polar circles and the poles. It's incredible to see and is a memorable moment.



FISHING TRIP

Our experienced skipper will take you on a fishing trip in and around Sortland and on the Sortland Strait and nearby locations. Guests are provided with fishing rods onboard. We have a chance of catching fish from small to tens of kilos, depending on the season. In the winter, cod and coalfish are plentiful.

VISIT AN AUTHENTIC FISH FARM

Are you curious about Norwegian food production? Do you want to learn about our coastal history and the industrial revolution of the Norwegian fishing industry and aquaculture? Akvakultur i Vesterålen is an adventure centre for Norwegian aquaculture, where you can get a unique insight into the production of salmon in one of Norway's most beautiful regions. A visit takes around 2.5 hours and includes: a trip by tigid inflatable boat (RIB) to the fish farm, a guided tour of our exhibition and tasting the smoked fish products we produce.

PORT OF VESTERÅLEN (SORTLAND)

Position: N 6842 E 1526, UTM 0517007 7620922 Website: www.sortland-havn.no E-mai: cruise@sortland-havn.no Phone: +47 755 77 100 Contact person: Mr Einar Glad Hansen E-mail contact person: egh@sortland-havn.no Phone contact person: +47 905 89 308 Distance from pilot station: Boarding ship in ocean near Melbu Pilot channel: Ch. 12-16 Port VHF channel: Ch. 12-16 Barents Watch: https://nais.kystverket.no/ point/15.41382 68.6982

TOURIST INFORMATION

Website: www.visitvesteralen.com E-mail: turistinfo@visitvesteralen.no Phone: +47 761 11 480 Location: Rådhusgata 11 8400 Sortland Local Guide service: Discover Vesterålen Which languages: Norwegian, English and German. Others on request

PORT INFORMATION

Designated cruise quay: Sortland Terminalkai ISPS: Yes Maximum ship length: 270 m Maximum ship draft: 8,5 m Maximum beam: N/A Maximum air draft: N/A when arriving via Hadselfjorden Bollard strength (certification): 50 ton Tidal movement: 1,5 m - 2,4 m

ANCHORAGE / TENDER Yes

Max size: No limitation Ship tenders allowed: Yes Type of bottom: Sand Depth: 35 m Distance from anchorage to tender pier: 1 nm

PORT SERVICES

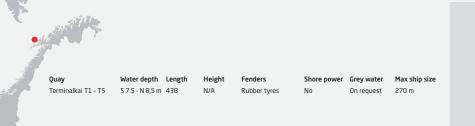
Gangway available: N/A Tugboats: On request Crew facilities: N/A Bunkers delivery: On request LNG bunkering: N/A Waste handling: On request Grey water: On request

SUSTAINABILITY

Shore power: N/A EPI: On request ESI: On request Max ships per day: 1 Max passengers per day: 3000 Restrictions in harbour: N/A

GENERAL INFORMATION

Turnaround facilities: N/A Terminal/Toilet facilities in pier area: Yes Shuttle bus: N/A Parking place for buses: 14 places Public transportation close by port: Yes Distance from port to airport: 22 km Distance from port to town centre: 250 m Distance from port to nearest hospital: 30 km







HARSTAD The Arctic basecamp

Harstad is a region ideally placed between the fjords and mountain ranges in Northern Norway. The Harstad region offers a wide range of activities and attractions ranging from historical and cultural tours focusing on Harstad's vast background to spectacular outdoor experiences in the brazen nature of Northern Norway.

Go hiking along one of the many scenic routes and explore the archipelago on your own or just relax in one of the inspiring spots throughout the region. Enjoy the Arctic lights of the Midnight Sun or Northern Lights for which Northern Norway is known. With focus on local cuisine, culture and stunning nature, accompanied by a high focus on safety and sustainability, the Harstad region is ready to offer once-in-a-lifetime experiences.

ATTRACTIONS / EXCURSIONS

The Trondenes Peninsula

Visit the historical heart of Harstad, Trondenes peninsula. This area has historical importance for both Harstad and Norway, including the world's northernmost stone church from the late Middle Ages. Trondenes Church was once one of the wealthiest churches north of Trondheim and is believed to have had a direct link to the archbishop in Barcelona. In the museum, only two minutes' walk from the church, you learn about the Vikings of Trondenes and life in the area during Medieval times, as well as the effects of the Second World War in Harstad and the surrounding area. This tour will give you the best insight into the history of the Harstad region.

Fishing Tours

Join a fishing trip in Harstad and make the catch of your life. Your skipper and guide will take you to good fishing grounds and with propper equipment it shoud just be a matter of time before you pull up a coalfish, wolffish or Arctic cod. While you wait for the fish to bite, the guide can introduce you to "hail" and talk about the nearby breeding grounds for the Greenland shark.

Polar Park Arctic - Wildlife Centre

Polar Park is the world's northernmost wildlife park and one of Northern Norway's most popular tourist attractions. With its 114 acres of natural habitat, it houses Arctic animals such as the wolf, brown bear, lynx, wolverine, moose, reindeer, muskox and Arctic fox. During the summer there is also a farm animal enclosure for the children to enjoy and interact with the animals. Enjoy a guided tour of the park followed by lunch in the cafe. Additional activities on offer include a visit inside the wolf enclosure to kiss a wolf.

Røkenes farm - Gem of the north

Experience wonderful scenery and beautiful old buildings with atmosphere that makes one feel at home combined with incredible hospitality, delicious home-cooked food and an art gallery - all on the same trip. This historic farm has been in the same family for many generations.



Fishing trips. Photo: Andørja Adventures



The Northern Lights. Photo: Cecilia Henningsen



Panoramic trip to the summit of Keipen. Photo: Dag Roland

Caving in the Troll Church

Join us for an exciting and spectacular caving experience to the Troll church at Evenes. All our guests receive the necessary safety equipment and instructions before we start rappelling down and into the cave. On your way down, you will hear stories about the history of the cave, what has been found there and about settlement there during the Ice

Age. Suddenly you will find yourself in the church hall/sacristy. This room inside the mountain is 15 m from floor to ceiling and can house 100 people.

Hiking

Norwegians love to be outdoors and show guests the beautiful nature all year round. Harstad is surrounded by mountains that offer a superb panoramic view of the city, fjords, sounds and nearby islands. Together with your guide, you will make stops on the way up to the top. You will learn about the llocal flora and fauna. In late summer/ autumn, you are welcome to pick wild berries.

Snowshoeing

During winter, snowshoeing is a great way to get out into the nature, so let's put snowshoes on your feet and head for the top! A very popular option in the Harstad region is walking up Keipen. With moderate input, you get a spectacular view of the nearby fjords and mountains. You will have the most amazing panoramic view of Toppsundet, Kasfjord and Andfjord. On the other side, you will see the steep mountains on the island of Grytøya.

City centre

From the city centre quay, it's only a few minutes until you're right in the heart of Harstad. You will find everything here from urban experiences, coffee, food and souvenirs to shopping centres, a harbour promenade and old buildings. You will also find a tourist information office, helpful residents and more. In December, the town square features a large Christmas tree filled with Christmas lights.

Sea safaris

Join an exhilarating high-speed boat ride through the Arctic archipelago surrounding Harstad. As soon as you are fitted with a weatherproof suit, it's time to set

off on a rigid inflatable boat (RIB) adventure through the archipelago. Along the way, you will learn about how this area has been inhabited after the last Ice Age. The Vikings lived here as well, including a very powerful chieftain. Your captain will also share his knowledge about the birds nesting in this area. During a brief stop at the Sundsvoll Strait nature reserve, you may spot kittiwakes, eagles and other birds on the cliffsides.

PORT OF HARSTAD

Position: North/South Website: www.harstadhavn.no E-mail: havnevakta@harstad.kommune.no Phone (Harbour Guard): +47 770 01 212 Contact person: Cecilia Henningsen E-mail contact person: cecilia.henningsen@harstad. kommune.no Phone contact person (administration): +47 770 01 210 Distance from pilot station: Lødingen-Harstad 33 N. mil and Harstad - Andenes 39 N.mil Pilot channel: ch. 13 Port VHF channel: ch.12 Barents Watch: https://www.barentswatch.no/ohoi/ point/16.54414_68.80112

TOURIST INFORMATION

Website: www.northup.no E-mail: post@northup.no Phone: +47 950 79 800 Location : Torvet 1A, 9405 Harstad, Norway Local Guide service: Yes Which languages: English, german and some spanish, Italian and french

Quay

Larsneset*

DESTINATION INFORMATION

Website: www.arcticoncepts.no E-mail: booking@arcticoncepts.com Phone: +47 458 31 838 Location: Sjøgata 3, 9405 Harstad, Norway Local Guide service: Yes Which languages: Norwegian/English. German, French and Spanish on request

PORT INFORMATION

Designated cruise quay: Larsneset ISPS: Yes Maximum ship length: 300 m Maximum ship draft: 9,5 m Maximum beam: no limitation Maximum air draft : no limitation Bollard strength (certification): 100-150- ton Tidal movement: 2,5-3 m

ANCHORAGE / TENDER Yes

Max size: 300/350 Ship tenders allowed: On request Type of bottom: Sand/gravel

PORT SERVICES

Gangway available: 8-9,3 m Tugboats: Yes, if ordered Bunkers delivery: Yes, Truck/Trailer/Barge Waste handling: Yes, if ordered Grey water Yes, if ordered

65

SUSTAINABILITY

Shore power: Low voltage being planned in 2024 EPI: Yes ESI: Yes Max ships per day: 1 Restrictions in harbour: No cruisesships larger than 150 m between 06.00 and 09.00 Sustainable activities: cruise excursions/info: https://harstadhavn.no/tjenester/passasjerer-ogcruise/priser/

Harstad is a sheltered harbour

GENERAL INFORMATION

Terminal/Toilet facilities in pier area: No Parking place for buses: 10 - 12 parking places Public transportation close by port: Yes, about 150 m from pier area Distance from port to airport: 44,5 km Distance from port to city centre: About 150 m

Distance from port to nearest hospital: 1,2 km

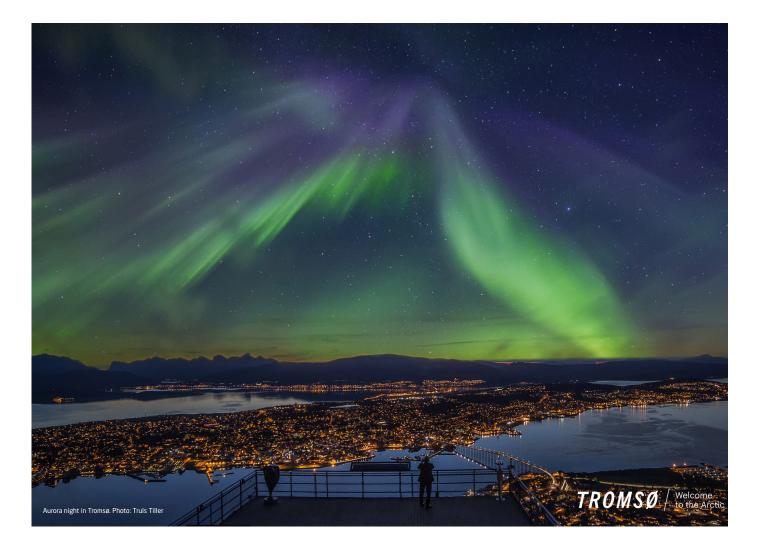


Fenders

Water depth Length Height

280 m

95 m



TROMSØ Where your Arctic adventure begins

The Arctic Capital, Tromsø, is Northern Norway's largest city. Beautifully situated on an island at 69°N, Tromsø offers the best of two worlds: a vibrant city life and the raw Arctic wilderness, right on your doorstep. The city provides year-round activities, with mountains to explore in every direction. A full range of exciting cultural and nature-based experiences await you. In Tromsø, we are blessed with two natural wonders that light up our lives: the Northern Lights and the Midnight Sun. Tromsø is home to the world's northernmost university, cathedral and botanical garden. The city has a population of around 77,000, including 15,000 students. Tromsø is full of character and offers numerous sights and attractions. It has a variety of busy cafés, excellent shops, restaurants serving world-class food with a focus on local delicacies, an active cultural life, captivating museums and art galleries. In Tromsø, you will find something to suit every need. Welcome to the Arctic!

ACTIVE STAY IN TROMSØ

Tromsø is the activity capital of Norway and a wide range of activities for individuals and groups are offered all year round. Most of the activities are for smaller groups and have a high degree of personal attention.

SPRING AND SUMMER ACTIVITIES

- The Arctic light in summertime makes most activities possible both day and night.
- Guided city walk
- Scenic excursions (by bus, boat or arctic train)
- Midnight Sun tours and Midnight Sun photographic tours Scenic fjord tours
- Fiord and photographic tours
- Deep-sea fishing trips Rigid inflatable boat (RIB) tours and kayaking Horseback riding and hiking with dogs
- Mountain hikes and mountaineering
- Glacier hikes
- Guided cycle trips (city, electric or mountain bikes) Bow-hunting experience
- Sailing tours Culinary experiences
- Cultural events

For more information, Please check: www.visittromso.no

AUTUM AND WINTER ACTIVITIES

Tromsø, with its exhilarating, safe and well planned activities, takes you into the Arctic winter landscapes to experience the Polar Night, snow and the Northern Lights.

- Guided city walk
- Scenic excursions (by bus or boat) Whale watching (Nov-Jan)
- Dog sledding
- Reindeer sledding
- Snowmobile tours
- Snowshoeing
- Cross-country skiing
- Ice fishing
- Fishing trips Northern Lights chase tours
- Northern Lights experience tours
- Kayaking Horseback riding
- Arctic floating
- Ski touring
- Culinary experiences Cultural events

For more information, please check: www.visittromso.no

ATTRACTIONS/EXCURSIONS

The Arctic Cathedral The Arctic Cathedral is the iconic symbol of Tromsø. An impressive glass mosaic window with "The Return of Christ" dominates the interior. To top the experience, an evocative concert in the cathedral is recommended.

Tromsø Cathedral

The world's northernmost Protestant cathedral from 1861 is Norway's only wooden cathedral. In the summer, concerts are held during the daytime every Monday-Friday.

Polaria

Arctic experience centre of knowledge and fascination. Enjoy an Arctic walk and aquariums with fish and bearded seals. A five-screen theatre shows two different films.

The Science Centre of Northern Norway

Experiment, have fun and learn about regional and universal phenomena on more than 80 interactive installations suitable for all ages. Experience the spectacular Northern Lights in Norway's largest 360° fully digitalised planetarium.



Cable Car. Photo: Gunnar Magne Berg / Visit Tromsø

The Cable Car

Take the cable car up to Mount Storsteinen (421 m) for a fantastic view of Tromsø, the surrounding waterways and mountains. Excellent starting point for mountain walks.

Tromsø Wilderness Centre Experience North Norwegian nature at its best with adventures at all levels for all kinds of people. Everyone enjoys a visit to the dog yard, cuddling the puppies or a hike with one of the 300 friendly Alaskan huskies. Kayaking, hikes, snowshoeing or sting towars are also efford skiing tours are also offered.

Mack Brewery, Ølhallen Enjoy a guided tour of the old beer cellars and the microbrewery, combining more than 130 years of history, a film and a taste of beer brewed at the northernmost brewery in the world. Ølhallen (The Beer Hall) has 50 beer taps serving 67 different types of Norwegian beer.

Arctic University Museum of Norway Northern Norway's most comprehensive museum presents in-depth knowledge about the people of the Arctic and their history as well as the Northern Lights.

PORT OF TROMSØ

Position: Northern Norway Website: www.tromso.havn.no E-mail: adm@tromso.havn.no Phone: +47 776 61 850 Contact person: Harriet Willassen E-mail contact person: hwi@tromso.havn.no Phone contact person: +47 911 81 965 Distance from pilot station: 1,5nm South: 30nm North: 20nm/40nm depends on vessel size Pilot channel: Ch.13-16 Port VHF channel: Ch. 12 Barents Watch: https://nais.kystverket.no/ point/18.96366_69.65455

TOURIST INFORMATION

Website: www.visittromso.no E-mail: info@visittromso.no Phone: +47 776 10 000



Walk along the quayside. Photo: Therese Norman Andersen / Visit Tromsø

Polar Museum

Located in an 1830 wharf house, the Polar Museum conveys the exciting story of risky Arctic trapping and courageous polar expeditions.

Perspektivet Museum

Stories from Tromsø's past and present are displayed. Challenging exhibits in a magnificent 1838 neoclassical estate.

Full Steam Museum The story of "Tirpitz", the German battleship sunk by the Allies, on 12 November 1944 near Tromsø, conveyed through exhibits in a Second World War bunker.

Nordnorsk Kunstmuseum Art about and from Northern Norway from early 19th century to the present, along with national art history and temporary exhibitions.

Blåst – the world's northernmost

glass blowing studio! Blåst is an open workshop where you can get a demonstration of how glass is made. Like magic, glass is formed into fantastic products that make great gifts

Tromsø city centre. Photo: Gunnar Magne Berg / Visit Tromsø

Tromsø Gallery of Contemporary Art Changing exhibitions covering Norwegian and international contemporary art in a classical building centrally situated in Tromsø.

Arctic Alpine Botanical Garden

The world's northernmost botanic garden is ranked among the top five botanical gardens in the world by BBC's garden expert Monty Don.

The Troll Museum The first museum in Norway dedicated entirely to trolls and fairy tales. It offers a unique and enchanting journey into Norwegian folklore, showcasing the mythical trolls that have captivated imaginations for centuries.

Magic Ice Bar & Gallery Magic Ice is a fairytale adventure with the wondrous surroundings of snow and ice. The exhibits follow in the footsteps of Arctic explorers such as Fridtjof Nansen, Roald Amundsen and others. Welcome to a magical ice wonderland!

PORT INFORMATION

Designated cruise quay: Prostneset quay 8 / Breivika quay 21 ISPS: Yes Maximum ship length: 365m quay 21 / 230m quay 8

Maximum ship draft: 11m Bollard strength (certification): 50 / 70 / 75 / 80 / 250 t Tidal movement: max 3m

PORT SERVICES

Gangway available: Not in port, some local companies have for rental Tugboats: Yes Crew facilities: No Bunkers delivery: Yes, by truck Waste handling: Yes Grey water: Yes

SUSTAINABILITY

Shore power: Yes, at Prostneset EPI: Yes ESI: No _Max passengers per day: 6 000

GENERAL INFORMATION

Turnaround facilities: Some Terminal/Toilet facilities in pier area: Yes/No Parking place for buses: Yes Public transportation close by port: Yes Distance from port to airport: 4 km Distance from port to city centre: 0 km from Prostneset, 4,5 km from Breivika Distance from port to nearest hospital: 5 km from Prostneset, 0,5 km from Breivika





ALTA The town of the Northern Lights

For thousands of years, people have lived in this sheltered area at the end of the Altafjord. Today, the people are still here, but they have added a central harbour, airport and modern infrastructure. The darkness of winter holds our elusive Arctic jewel, the Northern Lights, and Alta has been a favoured spot for scientists and tourists alike to observe this natural phenomenon for more than a century. In the summer, the Midnight Sun lights the way for outdoor adventures and exploration. Dog sledding, reindeer, riverboats, Stone Age carvings, Sami culture and more... it's no wonder people come from around the world to visit.

ATTRACTIONS/EXCURSIONS

Alta Museum

Dration: 2 hours

This award-winning museum sits amid thousands of Stone Age rock carvings, visible in summer. Indoor exhibits year-round. It also has one of the best views of the Altafjord, regardless of the weather.

Hunting for the Aurora Borealis

Duration: 3-4 hours

Join your guides out under the winter night sky to search for the exclusive and beautiful Northern Lights. Enjoy the quiet of the Arctic wilderness as you search, and let the guides help you with your camera settings.

Riverboat Tours

Duration: 2 hours

The area's old-style wooden riverboats are still very much in use during the summer. Join an experienced pilot and cruise along the river through often shallow and white water. Boat trips can be arranged lasting from 20 minutes to 2 hours.

Dogsled riding, as a passenger

Duration: 3 hours Joining a dog sledding tour in the passenger seat is a great opportunity to feel the strong bond between man and dog. In summer, use a wheeled cart instead of the sled. Learn about the sport and raising huskies from a veteran dog musher.

Home visit with local artisans Duration: 3 hours

Visit with local Samis and learn about duodji, the term used for tradition handicrafts. These craftsmen often practice techniques that have been used for generations. Learn about Sami culture and their traditional outfits.

Pæskatun

Duration: 2 hours Visit a slate quarry in the rugged hills near Alta. The hosts demonstrate old and new techniques for producing slate and tell the history of the rough and difficult trade that has been a cornerstone of the Alta economy for two centuries. Be the first human ever to touch a 700-million-year-old rock surface!

Maze and Cavzo Safari Duration: 4-5 hours

Visit a genuine Sami village on the high plateau south of Alta. In summer, take riverboats to a nearby old church, or farther up to the Alta Dam in Sautso. In winter, take part in "Sami Games" to learn about the old ways.

Reindeer Sledding

Duration: 4-5 hours Take a journey into the interior of Finnmark county. Meet a Sami family, learn about their history and traditions, and go for a peaceful ride on a reindeerpulled sled along a frozen river.

Northern Lights Cathedral and BorealisAlta Duration: 1.5 hours

Tour Alta's best-known landmark, the Northern Lights Cathedral. Learn about the construction and symbolism inside and out at this unique architectural gem. Then, visit BorealisAlta inside the church building, a fun an interactive Northern Lights exhibition that will help bring the science and history of the aurora borealis to life.



Alta Museum. Photo: Ingvild Telle

Tirpitz Museum

Duration: 2 hours

This museum is dedicated to conveying the story of and showing artefacts from the German Navy's occupation of the Alta area during the Second World War. The focus is on the fearsome battleship Tirpitz, which was anchored here.

Experience our northernmost chocolate factory Duration: 2 hours

Experience our northernmost chocolate factory, learn about the secrets and the magic of chocolate making. You will meet our lovely chocolate team. At the beginning of the tour, you will learn more about our factory and the Arctic inspired ingredients. We will share our story and inspiration for creating these delicious handmade chocolates and how the Arctic influences us in this creative process. Our guests will learn about the different local ingredients and berries that we use to create unique flavours from our region.

The visitors can try our locally handcrafted chocolate and learn about the story behind each product. We will then gladly answer any questions and have a discussion about chocolate making.



Northern Lights Cathedral. Photo: Boreal Travel AS

Sorrisniva Igloo Hotel

Duration: 2 hours (Jan-Apr) Visit an elaborate and beautiful hotel made entirely of snow and ice every winter. It's decorated with ice sculptures and carvings made by local artists and features about 30 rooms, lounges, a gallery, chapel, and bar, where even the glasses for drinks are made of ice.

Ice Sculpture Course

Duration: 3 hours (Jan-Apr) Join ice artists at the Sorrisniva Igloo Hotel. See the gorgeous and magical hotel interior, learn how the artists carved the ice and snow inside and try your hand at making an ice sculpture.

Snowmobile Tours Duration: 4 hours

In winter, try driving your own snowmobile. A professional, experienced guide will outfit you and teach you what you need to know. Ride through wild, Arctic terrain as you explore the area.



Borealis Alta. Photo: Boreal Travel AS

Overland Excursions

Duration: 7-10 hours

Visit nearby towns and attractions, accompanied by a guide with stories and local knowledge to bring the area to life:

Hammerfest - the northernmost town in the world Kautokeino - visit the unique Juhls silver gallery Karasjok - Sapmi Park and Sami Parliament North Cape - visit the area's northernmost point

Walking tour of Alta

Take a tour with North Adventure's guides and go for a walk around downtown Alta to learn more about what is hiding in this quiet, Arctic town centre.

Shorex Information

Anne Britt Eilertsen E-mail: cruise.adventure@boreal.no Phone: +47 975 92 776

PORT OF ALTA

Position: 69,98 - 23,333 Website: www.Altahavn.no E-mail: havnevakt@alta.kommune.no Phone: +47 971 40 340 Contact person: Arnt Trygve Nilsen E-mail contact person: Arnttrygve.nilsen@alta.kommune.no Phone contact person: +47 971 40 340 Distance from pilot station: 19 hrs Pilot channel: Ch.12-16 Port VHF channel: Ch. 12-16 Barents Watch: barentswatch.no/

TOURIST INFORMATION/SHOREX INFORMATION

Contact: Anne Britt Eilertsen E-mail: cruise.adventure@boreal.no Phone: +47 975 92 776

PORT INFORMATION

Designated cruise quay: Terminalkaia/Marinekaia ISPS: Yes Maximum ship length: 270/200 m Maximum ship draft: 8,4-9,5 m Maximum beam: 40 m Maximum air draft: No limit Bollard strength (certification): 100-150-200 ton Tidal movement: 2,46 m tidal difference

ANCHORAGE / TENDER

Max size: No limit Ship tenders allowed: Yes Type of bottom: Sand Depth: 40-350 m

PORT SERVICES

Gangway available: No Tugboats: No Crew facilities: Yes Bunkers delivery: No LNG bunkering: No Waste handling: Yes Grey water: Yes

SUSTAINABILITY

Shore power: No EPI: Yes ESI: No Max ships per day: 4 Max passengers per day: 4500 Restrictions in harbour: Yes

GENERAL INFORMATION

Turnaround facilities: Yes Terminal/Toilet facilities in pier area: Yes/No Shuttle bus: Yes Parking place for buses: Yes Public transportation close by port: Yes/No Distance from port to airport: 150 m Distance from port to city centre: 4 km Distance from port to nearest hospital: 4 km







PORT OF LAKSELV/ TURNAROUND The gateway to the land of the Midnight Sun and Sápmi

The Porsanger fjord is the 4th longest fjord in Norway and consists of numerous small islands and exciting attractions. In this Arctic archipelago, there is a large dolomite belt that creates amazing formations and rare plant life. Our nature reserves offer the opportunity to go bird watching, and there are three salmon rivers as well as over 4,000 lakes in the area. Stabbursdalen National Park is home to the northernmost pine forest in the world, and you can also find the spectacular Silfar Canyon a short drive northeast of the town of Lakselv.

If you travel southwards from Lakselv, you will end up in the heart of the Sápmi, where you can learn more about the Sámi way of life and culture. Our destination is a true nature gem to discover here in the land of the Midnight Sun. Lakselv/ Banak Airport is only 10 minutes from the harbour.

ATTRACTIONS/ EXCURSIONS

The Sámi's 8 seasons Duration: 2 hours

Capacity: 20-50 Season: All year At Stabbursnes Naturhus & Museum, you will get a look into the Sámi's 8 seasons through a fantastic film that gives you an insight into Sámi traditions during a year. The exhibition at the national park centre displays the interaction between nature and culture in the area.

Original Icon of Wild Caribou

Duration: 2 hours Capacity: 50 Season: May – September Visit our sculpture The Original Icon of Wild Caribou, where nature and art are united. Walk along paths through Arctic forest and along a small salmon river, while you read about the Arctic nature, wild animal life and natural phenomena. Lean back on one of our benches and refresh your soul or visit our shop filled with carefully handpicked and handmade Arctic memories.

The Sámi Museum in Karasjok

Duration: 3 hours Capacity: 20-30 Season: All year Explore the Sámi culture at Sámiid Vuorká-Dávvirat, a museum founded in 1972 as the first Sámi cultural institution in Norway. The museum manages the largest collection of Sámi cultural history in Norway and displays a large collection of traditional Sámi clothing. The museum interior is decorated by a renowned Sámi artist. In the museum shop, you can buy gifts, coffee and soft drinks. Enjoy digital guided tours in the outdoor museum with the help of the museum's app.

Dog sledding on wheels

Duration: 2.5 hours Capacity: 16 Season: June - October This is a fun activity where you will participate in all aspects of preparing the dogs, driving the dogs and getting them back after our trip. One person sits in the cart and the other drives the cart behind the team of dogs. Level 4/5. Minimum age: 8 (16 to drive the cart).

Tornedalshuset» Kven museum in Børselv Duration: 2.5 hours

Capacity: 50

Season: All year Discover the minority Kven People. The Kven Institute and "Tornedalshuset" museum showcase their efforts to preserve their language and culture. Join our guide for a concise museum tour of the Kven people's history.



Dog sledding. Photo: Pirate Husky

Puppy training Duration: 2.5 hours Capacity: 50 Season: June - October We will start with a tour of the kennel to meet the pack before taking the puppies for some training. The job towards becoming a sled dog starts as young as 3-4 weeks old by having fun, exploring and playing around with the dogs and guests..

Hiking with huskies

Duration: 2.5 hours Capacity: 20 Season: June – October With amazing nature all around us, we love to hike with our dogs in the surrounding area. Discover the joy of hiking with a four-legged friend. We share the dogs, so you don't have to walk with them all the time. They are quite strong.

Visit Silfar Canyon

Duration: 2.5 hours Capacity: 50 Season: June - October Join us for a 40-minute bus tour past natural pearls and through reindeer grazing by the Porsangerfjord.

PORT OF LAKSELV

Position: North/East Website: www.nordkapphavn.no E-mail: post@nordkapphavn.no Phone: +47 784 76 450 Contact person: Leif Gustav Prytz Olsen E-mail contact person: leif@nordkapphavn.no Phone contact person: +47 784 76 450 Distance from pilot station: Aprox 50nm Pilot channel: Ch.13-16 Port VHF channel: Ch. 12-16 Barents Watch 70° 05.578 N 25° 04.613 E | FiskInfo - BarentsWatch

TOURIST / DESTINATION INFORMATION

Website: www.destinasjonsapmi.no E-mail: post@destinasjonsapmi.no Phone: +47 453 56 530 Location: N/A Local Guide service: Yes Which languages: Norwegian, English, German and Finnish

PORT INFORMATION Designated cruise quay: Seawalk/Anchor





Original Icon of Wild Caribou. Photo: Wild Caribou

The Silfar Canyon is carved out by granite rocks and has amazing scenery with its clear green water. This is an easy/moderate walk that most people can manage (only 10 minutes' walking).

Hiking Karasjok

Duration: 2.5 hours Capacity: 50 Season: June – October Our guides bring local history to life, making every moment a fascinating exploration. Get a close-up look at the Arctic plains and forest.

Mountain Hike

Duration: 2.5 hours Capacity: 50 Season: June - October Let's see more of the archipelago. Join us for a mountain hike to get the very best view of the Porsangerfjord. The hike is about 2.5 km.

Cultural historical Sightseeing Duration: 2.5 hours

Capacity: 50 Season: June - October Porsanger has a rich history. We will introduce you to

ISPS: Yes Maximum ship length: No limit Maximum ship draft: 15m Bollard strength (certification): 200 t Tidal movement: 2,4 m

ANCHORAGE / TENDER

Max size: No limit Ship tenders allowed: Yes Type of bottom: Clay/sand Depth: 6,8-35 m

PORT SERVICES

Gangway available : Seawalk Tugboats: No Crew facilities: No Bunkers delivery: No LNG bunkering: No Waste handling: No Grey water: No

SUSTAINABILITY

Shore power: No

270 m

The Sámi's 8 seasons. Photo: Stabbursnes Naturhus og Museum

both the old and more recent history of the area, with a deep dive into the war history and why we know so little about what happened before 1945.

Learn about the coast people

Duration: 2.5 hours Capacity: 35 Season: June - October Get a lecture about the coastal people in a traditional lavvu (Sami herdsmen's tent) and taste the everyday cuisine based on local nature and traditions

Sámi culture - Gáfestallan lávus

Duration: 2 hours Capacity: 30 Season: June - October There will be a campfire and stories about the traditional coffee time in the lavvu. Taste dried reindeer meat and relax on reindeer skins while enjoying the fire.

EPI: No ESI: No Max ships per day: 1 Max passengers per day: No limit

GENERAL INFORMATION

Turnaround facilities: Yes Terminal/Toilet facilities in pier area: No Shuttle bus: No Parking place for buses: 10 parking places Public transportation close by port: No Distance from port to airport: 8,4 km Distance from port to town centre: 9,4 km Distance from port to nearest hospital: 151 km





HAMMERFEST The northernmost town in the world

Welcome to Hammerfest, the northernmost town in the world! In Hammerfest, this micro metropolis in the Arctic, tradition meets modern spirit. The town is a typical reconstruction town, where contemporary architecture is replacing post-Second World War reconstruction buildings. Visitors can experience Hammerfest by strolling through the town or visiting its museums. From the early "Pomor" trade with Russia and a town completely burned to the ground to a rich tradition of Arctic hunting and fishing and, more recently, industrial development in energy and gas: Hammerfest bears a unique and exciting history.

ATTRACTIONS/EXCURSIONS

Hammerfest & Beyond

The fishing village of Forsøl is located on the other side of the island of Kvaløya, only a 20-minute drive from Hammerfest. Ever since the first humans settled here more than 10,000 years ago, the livelihood of this community was fishing. The village used to be a site for archaeological excavations in which traces of the early settlers in west Finnmark were found. Close to the leftover foundations of different periods, there is a scenic natural sandy beach. After the visit in Forsøl, this tour is completed by a visit to Mount Salen in Hammerfest, with its beautiful viewpoint and a stop at the Polar Bear Society, which is the best place to learn about the town's old traditions of fishing and hunting.

Historic sights of Hammerfest

The exhibition at the Museum of Reconstruction for Finnmark and Northern Troms aims to convey the poignancy of the dramatic events of the Second World War II: the forced evacuation, the scorched-earth tactics and the reconstruction of Finnmark and Northern Troms. Never before had a war had such dire consequences for our country. The Polar Bear Society has an exhibition showing the town's proud traditions of hunting and fishing, trade and exploration in Arctic areas. You can round off your visit by signing up for membership of the society, to help preserve the local history of Hammerfest. The Meridian Column marks the northernmost measure point of the "Struve Geodetic Arc", a scientific project from the 19th century to determine the size and shape of the earth. This project was inscribed on the UNESCO World Heritage list in 2005.

National Scenic Route to the village of Havøysund

On this shore excursion, you can experience the beauty of Arctic coastal nature. We depart from the cruise pier in Hammerfest by coach. On the way to the fishing village of Havøysund, we will drive along the northernmost National Scenic Route, which is highly frequented by tourists year-round due to its amazing scenic views. After a stop at the viewpoint on Havøya, we visit Havøysund Hotel to have lunch. After a 250 m walk to the pier, we head back to Hammerfest. The 90-minute trip leads through scenic sounds as you pass the islands of west Finnmark.



Mikkelgammen. Photo: Hammerfest Turist

Hiking Tour on Gammelveien

We start off in the centre, passing through the town and by the church before we walk up Gammelveien (The Old Trail). There is a steep climb up the mountain. As we reach the top, we walk through a small forest and end up at the viewing point on Mount Salen. The guide will provide a typical Norwegian hiking snack during the short breaks on the hike. The tour then continues down Sikk-sakkveien (The Zig-zag trail) and back to the ship. Footwear & clothing: Sturdy, com for table shoes and warm clothes.

A Walk in the Town

For anyone wishing to discover Hammerfest on foot, our guided walking tour in the town centre is the best choice. We start at the Tourist Information office and

visit the protestant church of Hammerfest with its special architecture, which is a reference to one of our oldest traditions. We continue to the Museum of Reconstruction. The exhibition here portrays events from the Second World War in the north of Norway and how this region was reconstructed afterwards You will see how the powers of endurance showed in that period, dating back to the olden days of Arctic hunting and fishing in Hammerfest, by



The Meridian Column. Photo: Marthe Nyvol

The Meridian Column. Photo: Marthe Nyvoll visiting the Polar Bear Society. Footwear & clothing: Sturdy, comfortable shoes and warm clothes.

The life of the traditional fisher-farmer

At Fuglenesodden Outdoor Museum you get to visit a traditional home from the reconstruction period in the 1950s and learn about the life of the fisherfarmer and the post-war struggles on the Arctic coast before Norway got the wealth that we have today. In modern days, people have asked themselves how on earth the fisher-farmer got so much work done every day, and the answer is that he was married! Learn more about the important role of the wife, which history tends to overlook. A tour of the boathouse is also included.

Disc golf at Mount Salen

We take you to Mount Salen by bus, where we find the northernmost disc golf course in the world. After a round of throwing discs into baskets in a wide and open landscape, we will enjoy the view at the edge of the mountain with spectacular photo opportunities of the town. Footwear & clothing: Sturdy, comfortable shoes and warm clothes.



Reindeer walk on Mount Salen Photo: M Sara

Experiece the northernmost of Europe by RIB!

The trip takes you from the fishing village of Havøysund to the North Cape and passes Knivskjellodden - the actual northernmost point of the European continent. Along the way, we also drive past Gjesværtappan to explore the nesting cliffs for sea birds such as the iconic puffin. History from the region is served before entering the fishing village Skarsvåg, where the bus is waiting to take us to the North Cape plateau.

Mikkelgammen Sami Camp

Panoramic drive with photo stops at Mikkelgammen (with tastings) and Salen viewpoint. At Salen, you have a fantastic view over Hammerfest. Mikkelgammen is situated on Mount Salen. Here, we meet a Sami herding family and learn about their history, culture and everyday life. Samples of Sami food will be served: reindeer meat, smoked fish and cloudberries.

PORT OF HAMMERFEST

Position: 70° 39'N 023°41'E Website: www.hammerfesthavn.no E-mail: post@hammerfest.havn.no cruise@hammerfest.havn.no Phone: +47 784 07 400 Contact person: Sturla Nilsen E-mail contact person: sturla@hammerfest.havn.no Phone contact person: +47 416 59 592 Distance from pilot station: 10 nmm Pilot channel: Ch.13 Port VHF channel: Ch. 12 Hammerfest Port Control: +47 913 70 311 Barents Watch: https://nais.kystverket.no/poi nt/23.68327518345191 70.66272489903636

TOURIST INFORMATION

Website: www.visithammerfest.no E-mail: info@visithammerfest.no Phone: +47 784 12 185 Location: Strandgata 29, 9600 Hammerfest Local Guide service: Boreal Adventure Hammerfest Havnegata 3 | 9615 Hammerfest +47 975 92 776 Cruise.Adventure@boreal.no Which languages: Norwegian, English, German, French and Spanish on request

PORT INFORMATION

Designated cruise quays: quay 1, 2, 9, 23 and Hammerfest Terminal quay North and South ISPS: Yes Maximum ship length: 340 m Maximum ship draft: 11 m Maximum beam: N/A Maximum air draft: N/A Bollard strength (certification): 50 -75 -100 -200 t Tidal movement: 3,0 m

ANCHORAGE / TENDER: Yes

Max size: N/A Ship tenders allowed: Yes Type of bottom: Sand Depth: 30 m

PORT SERVICES

Gangway available: No Tugboats: Yes, Østensjø Rederi. 3 tugboats located at Polarbase Crew facilities: On request Bunkers delivery: Yes LNG bunkering: Yes Waste handling: Yes Grev water: Yes

hore power

Grey water

No

No

No

No

No

Max ship size

250 m

120 m

300 m

220 m

300 m

SUSTAINABILITY

Shore power: Yes: 1 MW FPI: Yes ESI: Yes Max ships per day: 4 Max passengers per day: 3000 Restrictions in harbour: Drones because of the airport located near the pier Sustainable activities

GENERAL INFORMATION

Turnaround facilities: No Terminal/Toilet facilities in pier area: Yes Shuttle bus: Yes Parking place for buses: 7 + 2 Public transportation close by port: Yes Distance from port to airport: 1,8 km Distance from port to city centre: 2,3 km Distance from port to nearest hospital: 500 m



Quay	Water depth	Length	Height	Fenders	Shore power
Pier 1	7-8 m	235 m	N/A	Tyre bumpers	Yes / 1 MW
Pier 2	5-6 m	70 m	N/A	Tyre bumpers	No
Pier 9	12 m	139 m	N/A	Tyre bumpers	Yes (1 MW)
Pier 23	7-8 m	142 m	N/A	Tyre bumpers	Yes (1 MW)
Pier North & South	10,5 -12 m	240 m	N/A	Cell fenders	Yes (1 MW)



NORDKAPP The northernmost point of mainland Europe

Welcome to naked landscape and raw beauty. A trip to the North Cape is a memory for life. In summer, the days are long and bright, as the Midnight Sun shines through the night. This is a contrast to our winters, which are dark, yet colourful, with the Northern Lights dancing across the sky. The Polar Night in winter is accompanied by heavy snowfalls, covering the landscapes white.

ATTRACTIONS/EXCURSIONS

The North Cape

Duration: 3 - 4 hours Capacity: 7,000 Season: All year The North Cape is known as the northernmost point in Europe, located 71"10"21. Visit the North Cape Hall, a tourist centre with a host of facilities: Exhibitions, souvenir shop, restrooms, cafeteria/ restaurant, and a Super Videographer where you can enjoy a beautiful film from our island Magerøya.

Hornvika

Duration: 4 hours Capacity: 4 - 40 Season: June-September Follow in the footsteps of adventurers and royalty by conquering the North Cape the original way. Ascend the 307 m from Hornvika by following the steep trail that leads you to the top. Join a boat trip from Skarsvåg, historical exhibition, sampling of local food, entrance the North Cape Hall and have champagne to celebrate.

Bird Safari

Duration: 3.5 -4 hours Capacity: 130 Season: April -August Experience one of Europe's largest colonies for Atlantic seabirds. Be dazzled by millions of birds breeding and living at the Gjesværstappan Nature Reserve.

Stand-Up Paddle Board

Duration: 2.5 hours Capacity: 4-10 Season: May -September Guided paddling tour to an uninhabited island.

King Crab Safari by RIB/Bus

Duration: 3.5/2.5 hours Capacity: 6-140 Season: All year Learn about the history of this famous creature and how to prepare it.

Arctic Plant Life-North Cape edition

Duration: 3-4 hours Capacity: 6-50 Learn about the Arctic flora and fauna on a light hike and North Cape combination tour.

Bruket - Fish factory

Season: All year round Duration: 1-3 hours Capacity: 50 max Interactive experiences and education at a fully operating fish factory

ATV Safari

Duration: 1.5 -4.5 hours Capacity: 4-20 Season: All year Experience the unique nature of Magerøya Island. This trip includes many stops for photos at stunning viewpoints over the island and Honningsvåg.

Guided Tour of Fishing Villages

Duration: 3 hours Capacity: 40-60 Season: All year Enjoy an excursion to nearby fishing villages. Experience everyday life in local communities. Includes a visit to the gallery "East of the Sun" and "North Cape Christmas & Winter House".



Sami culture. Photo: North Cape Sámi Siida / Árvu

North Cape and Sami Adventure

Season: All year round (pre booking in winter) Duration: 5 hours Capacity: 50 Visit the North Cape and learn about the Sami way of life. Cook reindeer meat over the open fire while listening to a joik. Make a small souvenir to take with you to remember this perfect day out.

Nature Safari by Boat

Duration: 3 hours Capacity: 11 Season: May -August Explore the North Cape by sea and search the fjords for wildlife. Be amazed with the naked landscape. A guide will fill in with storytelling.

Deep-sea rafting

Duration: 1.5-3 hours Capacity: 6 - 24 Season: May -August Spot the local wildlife and learn about island history during an exciting rafting trip. Small groups, lots of fun and unforgettable moments guaranteed.

PORT OF NORDKAPP

Position: N: 70° 58.990' Ø: 25° 57.115 Visiting address: Holmen 2 E-mail: post@nordkapphavn.no Website: www.nordkapphavn.no Phone: +47 469 22 881 VHF: Chanel 12 Berths for cruise: 4 Distance to town centre: 0 m

DOCKING INFORMATION

Landing largest ship: 380 m Air draft: No limit Tidal movement: 173 cm Terminal contact: Øyvind Larssen, Port officer, +47 957 86 129, oyvind@nordkapphavn.no

TERMINAL FACILITIES (TURNAROUD)

Wi-Fi service Tourist Information Taxi Shuttle bus Distance to airport 4 km



Snowmobile safari. Photo: Destinasjon 71 Nord

WINTER EXCURSIONS

(The season for some of the activities is dependent on snow conditions).

Snowshoe Tour Duration: 2-3 hours Capacity: 30 Season: December-April Even on a thick layer of snow, it's easy to climb the hills with high performance lightweight snowshoes. Snowshoeing safaris are an excellent and safe way to exercise and spend time outdoors. Tours include a hot drink and light snack. Can be combined with ice fishing.

Snowmobile Safari

Duration: 5 hours Capacity: 16 Season: January-April Discover the beauty of Arctic winter as you drive your snowmobile through the snow-covered landscape. Includes scenic views. Join us on a day tour or evening tour where we chase the Northern Lights in places no other vehicles can reach.

TRANSIT AND T/A EQUIPMENT Forklifts: Yes- by agent

PORT SERVICES

Fresh water bunkering Waste landing: Yes- by agent Sludge landing: Yes- by agent Grey water landing: Yes- by agent Special waste: Yes- by agent VAT refund

SECURITY & ENVIRONMENT

Fenced terminals (ISPS) Security service Max ships per day: No limit Max passengers per day: No limit

ANCHORAGE

Max GT: No limit Type of bottom: Mud Minimum depth: 25 m Distance from anchorage to tender pier: 1 nm



Hunting the Northern lights - by bus

Duration: 4 hours Capacity: 62 Visit the Aurora Centre to learn more about the Northern Lights during a short film, get guidance to set your camera and set off into the darkness to capture the natural phenomenon: the Aurora Borealis.

Northern Lights Excursion the North Cape

Duration: 4.5 hours Capacity: 4-20 Season: October-March Hunt the Northern Lights on an ATV or snowmobile safari to the northernmost point of mainland Europe, the North Cape Plateau. Stand next to the globe, tick it of your bucket list and gaze at the endless sea in search of the Aurora Borealis.

Museums, galleries and sights

The North Cape Museum Honningsvåg Church The Gallery "East of the Moon" and "West of the Moon" Aurora Centre.

For more information about the tours, please contact: info@northcape.no / www.nordkapp.no

TOURIST INFORMATION

Visiting address: Fiskeriveien 4D Postal address: Postbox 34, 9751 Honningsvåg, Norway E-mail: info@northcape.no Phone: +47 78 47 70 30 Web: www.nordkapp.no/en Distance from port: At the port







KIRKENES Where Lapland meets the Arctic Ocean

Welcome to Kirkenes, a unique town on the shore of the Arctic Ocean, at 70 degrees North. Kirkenes has a rich and unique history influenced by different cultures from all over the North Calotte. Kirkenes is the northeastern most town in Norway and was founded in 1826. For hundreds of years, people have harvested from natural riches under the Northern Lights and Midnight Sun - first with farming, fishing and hunting, and later also with mining. The Arctic coastal town of Kirkenes offers a great variety of experiences, activities and sights, providing guests with memories for a lifetime. Cruise port Kirkenes is also situated on the northern shores of Finish Lapland with its very varied and rich tourism market content. This unique combination allows us to offer content of a magnitude and variety unparalleled in Northern Europe and beyond.

ATTRACTIONS

BUGØYNES-«PIKKU SUOMI» Bugøynes is a fishing village located on the glearning shores of the Varangerfjord. The village is known for its King Crab and rich history from being established by Finnish settlers in the 19th century. Enjoy a sauna and bathe in the Artic Ocean, hike on the trails surrounding Bugøynes, pick seashells and explore our little village.

https://www.visitbugoynes.no/

EXPERIENCE FOR ALL SEASONS

There is no shortage of activities in Lapland North Destinations throughout the year. Sami, local, gold and gourmet cultures are available any time of the year. Experience the Arctic way of life in Lapland. Kirkenes offers access to Lapland during overnight mooring or pre- and post- cruise stays.

https://laplandnorth.fi/en/things-to-do/

FINNISH LAPLAND

Finland's two largest national parks and six wilderness areas are located in the Lapland North Destinations region. Nature is close and easily accessible. Lake Inarijarvi offers many recreational possibilities, from boat trips, canoeing and swimming to snowmobiling and ice fishing.

https://laplandnorth.fi/en/about-the-area/inari/



Photo: Snow Hotel

SNOW HOTEL

Welcome to Snow Hotel Kirkenes, the most unique hotel in Scandinavia as the first hotel completely made from snow and ice open 365 days a year! Experience a real winter wonderland, all seasons. Suitable for both couples and families. You can experience activities ranging from husky mountain hikes to fishing in the Barents Sea.

https://www.snowhotelkirkenes.com/

ANDERSGROTTA

Snow Hotel Kirkenes is proud to present one of the best historical attractions in Kirkenes. Visit Andersgrotta - Kirkenes largest bomb shelter, built in 1941. Kirkenes was one of the most strategically important places in Europe during the Second World War and was one of the most bombed towns in the world. Learn about the lives of civilians during wartime.

https://www.snowhotelkirkenes.com/andersgrotta



Photo: Ørjan Bertelsen

SUMMER EXCURSIONS

Distance is not a problem in Kirkenes. We have beautiful nature with fjords, mountains and the Pasvik Taiga forest. Experience exciting trips, world class dining and a King Crab safari. Kirkenes is the best town to experience the Midnight Sun. Be fascinated by 24 hours of sunshine and daylight. Use the long days to go on one of our great excursions.

https://www.visitkirkenes.info/en/summer/

HUSKY MOUNTAIN HIKES

Snow Hotel Kirkenes offers a summer camp in the idyllic Sandnesdalen valley surrounded by mountains and fjords. Enjoy the Arctic summer life, meet our reindeer and feed them with their favourite food – tundra lichen. Visit a husky farm and meet 180 friendly huskies and adorable puppies. When you have found a four-legged friend in the dog yard, then you are ready for a husky mountain hike, and to admire the breathtaking views in the mountains.

https://www.snowhotelkirkenes.com/ husky-mountain-hike



Photo: Snow Hotel

NORTHERN LIGHTS

Northern Lights safaris take place during the winter season where the chance of seeing the world's greatest natural phenomenon is the highest. All excursions are in natural wilderness far away from artificial light. The safari can be experienced either by bus, snowmobile or husky sled.

RIVERBOAT SAFARI

Visit Boris Gleb - an Icon of the Norwegian-Russian border history. You will travel by riverboat from Kirkenes to a facility at the Russian borderline where you will be served king crab, local cloudberries with cream and coffee or tea. You will learn that the cultural history of the Laplanders and the Orthodox church of Russia are closely connected to the border area. You will be so close to the border that you can almost touch it!

http://www.barentssafari.no/en/home/

PORT OF KIRKENES

Postion: 69°43'37" N 30°02'44"E. Website: www.kirkeneshavn.no E-mail: havnevakt@svk.no Phone: +47 414 54 992 Contact person: Viktor Nerland E-mail contact person: nrne@svk.no Phone contact person: +47 401 03 403 Distance from pilot station: 1 nm South: 5 nm North: 8 nm Pilot channel: Ch.13 Port VHF channel: Ch. 12-16 Barents Watch: https://www.barentswatch.no/arcticinfo/ point/30.049770444312088_69.72514031235804

Tourist / Destination information

Website: www.visitkirkenes.info E-mail: info@visitkirkenes.info Phone: +47 988 34 863 Location : Dr. Wesselsgate 15 B, 9900 Kirkenes Local Guide service: Yes Which languages: Norwegian/English

PORT INFORMATION

Designated cruise quay: Dypvannskaia ISPS: Yes Water Depth: 13,5 m Length: 94 m Height: 4,5 m over LAT 0 Fender: Tires Maximum ship length: 350 m Maximum ship length: 350 m Maximum beam: Unlimited Bollard strength (certification): 20 ton / 100 ton Tidal movement: 4 m maximum Designated cruise quay: Industrikaia Water Depth: 9,3 m Length: 120 m + 32 m duc d`Albe (mooring post) Height: 4,5 m over LAT 0 Fender: Tyres

ANCHORAGE/ TENDER: YES

Max size: None Ship tenders allowed: Yes Type of bottom: Mud Depth: Location 1: 70 Location 2: 80 m Location 3: 17 m

PORT SERVICES

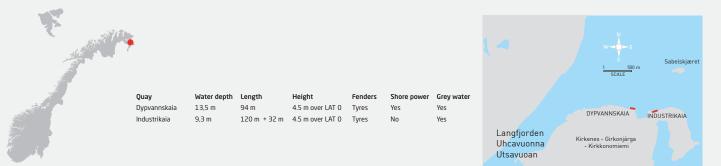
Gangway available: None Tugboats: Yes Crew facilities: No Bunkers delivery: Yes LNG bunkering: Possible Waste handling: Yes Grey water: Yes

SUSTAINABILITY

Shore power: Yes - 1 000 AMP EPI: No ESI: No Max ships per day: 2 Max passengers per day: 2 000 - 5 000 pax Restrictions in harbour: None

GENERAL INFORMATION

Turnaround facilities: Yes Terminal/Toilet facilities in pier area: No Shuttle bus Yes: On order Parking place for buses: 30 parking places Public transportation close by port: Yes Distance from port to airport: 15 km Distance from port to nearest hospital: 5 km





SPITSBERGEN, SVALBARD Longyearbyen - the gateway to Svalbard and the High Arctic wilderness

One of the world's largest areas of untouched wilderness awaits you in the High Arctic. During the summer, Svalbard comes alive with calving glaciers, teeming bird cliffs, unique polar wildlife and hardy flowers, all set against a backdrop of majestic mountain ranges and endless Arctic tundra. During your call, you can enjoy a range of excursions, suitable for all ages and interests. We also recommend spending a day slow cruising in the magnificent Isfjord, where a wide variety of landscapes, wildlife and cultural heritage sites are on display.

ATTRACTIONS Svalbard Museum

The museum is the essential stop to give you the overview of the natural environment and the history of Svalbard. We welcome you to take part in our interactive experiences focusing on Arctic animals, climate change, the Northern Lights and amazing prehistoric creatures.

Welcome to an exciting learning experience.

North Pole Expedition Museum

The museum conveys the stories about expeditions to the North Pole, mainly involving airships but also skis, dog sleds and boats. The museum exhibits old documents, newspapers, pictures, original expeditions movies, historical artifacts, letters and more. The exhibition makes visible the explorers' effort to reach the North Pole and mysterious frozen horizons, driven by curiosity, personal ambitions and scientific research.

Nordover

Nordover is the northernmost art centre in the world. Enjoy temporary art exhibitions and programmed events by Nordnorsk Kunstmuseum and the permanent Kåre Tveter Foundation Collection. Our goal is to offer high-quality art exhibitions and events for visitors and the local community with a focus on issues that relate to Svalbard and the polar regions. In addition to a unique art experience, you can enjoy a cup of locally roasted coffee and delicious cakes in the relaxing café, and browse the gallery shop that offers sustainable handicrafts and artwork from artists all over the Arctic region.

Svalbard Church

The world's northernmost church, Svalbard Kirke, is always open. Visitors are welcome to explore it, and the many local artworks and historical items housed there. The church holds regular Lutheran services on Sundays and religious festivals, as well as many local activities.

Galleri Storø

The blue light of Svalbard's nature creates unique scenery. Painter Olaf Storø fell in love with the landscape, the nature and the light. His studio by the seaside, including a lithographic press, is open on request.

Spitsbergen Artists Centre

Eleven local artists have studios in the Spitsbergen Artists Centre, many of whom have been working on their art and craft in Longyearbyen for many years. Their work includes organic soaps made with local materials, fine art prints, historical photographs and paintings, to name but a few. The Artists Centre is a strong association of dedicated artists and craftspeople.

Svalbard Brewery

Six years of efforts to change the law from 1928, which prohibited the production of alcohol in Svalbard, ended with success. Taste locally produced beer containing 2,000-year-old glacial water from Boge glacier in Svalbard. Make sure you serve local Svalbard beer onboard when you sail along the Spitsbergen coast.

EXCURSIONS

Sightseeing by bus An excellent introduction to this fascinating area and the exciting history of the archipelago. Sightseeing trips range from one to four hours, and can include

guided visits to museums, a coalmine and/or dog yards.



Kayaking in ice. Photo: Jarle Røssland

Summer dog sledding

Experience dog sledding in summertime by driving your own sled and meeting our friendly polar dogs. The huskies love to be active, and their eager barks will welcome you on arrival, before you head off on a fascinating trip in the specially made wheeled sleds.

Boat trips

A variety of trips are available, from open boats that take you speeding towards the bird cliffs, to larger, comfortable boats with half-day or full-day trips to the Russian settlements or the glaciers of the Isfjord.

Kayaking

You can experience the Adventfjord in a sturdy kayak, accompanied by an experienced guide and wearing a warm and modern dry suit. Some kayaking trips include a guided walk to the abandoned settlement of Hiorthamn and a hot lunch on the beach, while others include a mountain hike.

Wandering and hiking Explore the area on foot by joining a walking trip. Whether it be a relaxed wandering through the open polar tundra looking for fossils, or a series off-trail mountain hikes, Longyearbyen offers a myriad of options for every guest to stretch their legs after a day at sea.

PORT OF LONGYEARBYEN

Position: 78°14 N , 15°36 E Website: www.portlongyear.no E-mail: bykaia@lokalstyre.no Phone: +47 911 22 300 Contact person: Kjeti Bråten E-mail contact person: bykaia@lokalstyre.no Phone contact person: +47 911 22 300 Distance from pilot station: 5 nm Pilot channel: Ch.13 Port VHF channel: Ch. 12

TOURIST INFORMATION

Website: www.visitsvalbard.com E-mail: info@visitsvalbard.com Phone: +47 790 25 550



Boat safari on the Isfjord. Photo: Jarle Røssland

Taste of Svalbard

Enjoy a culinary adventure and learn about both the historic and modern traditions in Longyearbyen. Local restaurants, wine cellars and Svalbard Brewery can be included on this tour.

Life as a miner

Change into miners' clothes, put on a helmet and sign yourself in, just as the miners did when starting their day in Coal Mine no. 3. With your headlamp, you can peak around corners and look for forgotten memories in this living monument of the mining history in Spitsbergen.

SvalBad Arctic Sauna

SvalBad is a floating sauna in the Arctic waters at 78 degrees North. Relax in the sauna heat, have something cold to drink and sweat your worries away. If you are brave, you can join the "polar bear" experience and take a refreshing dip before returning to the sauna.

Local life & living

Meet the locals for a brisk walk through town, a home visit or a hike to the mountain tops surrounding Longyearbyen. We would love to tell you about our life close to the North Pole.

PORT INFORMATION

Designated cruise quay: Bykaia ISPS: Yes Maximum ship length: 350 m Maximum ship draft: 9,0m Maximum beam: N/A Maximum air draft: N/A Bollard strength (certification): 50-150 tonn Tidal movement: Max 2 m

ANCHORAGE / TENDER

Max size: N/A Ship tenders allowed: Yes Type of bottom: Clay Depth: 40 -70 m

PORT SERVICES

Gangway available: No Tugboats: No Crew facilities: Yes Bunkers delivery: Yes, by truck LNG bunkering: No Waste handling: Yes Grey water: Yes



Hybrid-electric cruising on the Isfjord. Photo: Hurtigruten Svalbard

Tax-free shopping

Longyearbyen offers a variety of shops stocking everything from food, sports and leisure equipment to gifts and souvenirs like jewellery and handicrafts. Svalbard is exempt from customs and VAT regulations.

Slow cruising on the Isfjord

The huge Isfjord almost divides the island of Spitsbergen in two as it stretches from west to east. This fjord offers magnificent possibilities for slow cruising, experiencing untouched Arctic wilderness, massive glacier systems and historical sites.

Svalbard Cruise Forum

The forum was established on the initiative of Visit Svalbard as a collaboration between main local cruise stakeholders, including the Association of Arctic Expedition Cruise Operators (AECO). The Svalbard Cruise Forum has logistics, regulations and local economic impact on the agenda, and works to minimise the strain on the local community by working to spread the cruise calls and coordinating the logistics around arrivals. The ambition is to increase the local economic impact and minimise the local environmental footprint through dialogue between the industry and local businesses.

SUSTAINABILITY

Shore power: No EPI: No ESI: No Max ships per day: N/A Max passengers per day: N/A Restrictions in harbour: No drones allowed Sustainable activities:Tourist information on pier, Longyearbyen Community Guidelines, city hosts and city bikes

GENERAL INFORMATION

Turnaround facilities: Yes Terminal/Toilet facilities in pier area: Yes Shuttle bus: If ordered Parking place for buses: 5 parking places Public transportation close by port: N/A Distance from port to airport: 3 km Distance from port to town centre: 2 km Distance from port to nearest hospital: 2 km



Akvariet | i Bergen

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Located in the heart of Bergen, our aquarium is easily accessible and promises an unforgettable experience for visitors of all ages.

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Open every day!

May 1 - Aug. 31: kl 9-18. Sep 1 - April 30: kl 10-18. Closed on May 17, Christmas Eve, Christmas Day and New year's Eve.

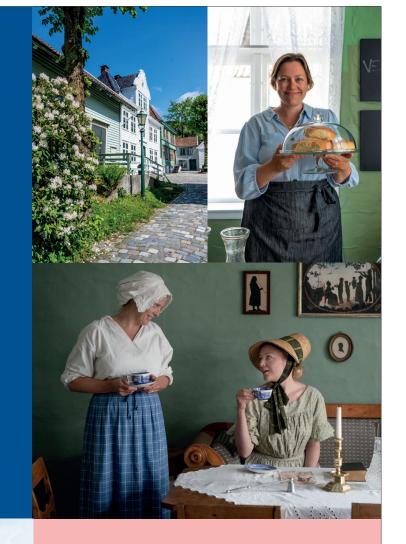
> REAL ANIMALS REAL EXPERIENCES



akvariet.no/en

A breath of nostalgia at Old Bergen Museum!





Where history comes alive

In the 1800s, Bergen was Europe's largest wooden city, characterized by closely spaced wooden buildings, bustling streets, markets and alleys.

The cobbled streets in the open air museum invites visitors to explore the houses, interact with actors portaying historical figures and gain insight into the city's past. Here you can fully immerse yourself in the old days.

The Museum's location is in close proximity to the city center, and is surrounded by scenic beauty.







Is there a better way to see a city than with a red Hop On-Hop Off double decker? It is a fun and flexible way to experience a new destination, and you decide on your own where to hop on or off. The sightseeing bus will take you to all the main attractions, and at the same time guide you through the tour.

Our open top double-decker buses will take you to discover and experience all the must-sees. With the help of our multi-lingual commentary and our 24hours valid ticket you will be able to explore the city at your own leisure. Oslo
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 Stavanger
 Ålesund
 Bergen
 Hellesylt
 Olden/Loen
 Kristiansand
 Haugesund



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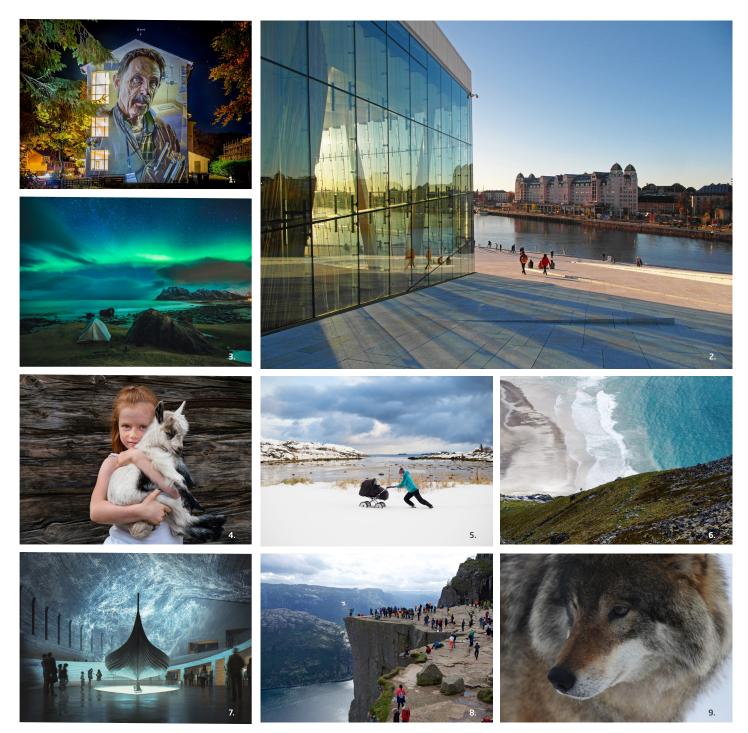


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