

CRUISE & MARITIME VOYAGES

ICELAND AND NORTHERN ISLES



SHORE EXCURSIONS

2011

 CRUISE & MARITIME
VOYAGES

Dear Passenger

Introducing Your Shore Excursions

It is with great pleasure that we enclose the shore excursion brochure and booking form for your forthcoming Cruise & Maritime Voyages cruise.

This Cruise & Maritime Voyages shore excursion brochure has been designed to help you make the most of your time ashore at each port of call on your cruise. Visiting new destinations around the world is always an exciting prospect and at each port we have planned a variety of excursions designed to appeal to all tastes and budgets. By taking a shore excursion you can be sure that you are making the very most of your time in port.

Enjoy amazing experiences, magnificent sights and explore the destinations on your cruise. The shore excursions featured in this brochure provide detailed information on each excursion so that you can make the right choice for you.

Several of the shore excursions offered may have limited capacity and to avoid disappointment we strongly recommend you book your shore excursion in advance of sailing. To pre-reserve your shore excursions, please complete one reservations form per booking reference. There is no need to send any money as settlement is made at the end of your cruise through your shipboard account. A confirmation of your pre-reserved shore excursions is usually sent to you in advance of the sailing with your cruise tickets.

We thank you for choosing to sail with us and look forward to having the pleasure of your company on board and ashore on our shore excursion programme.

Yours sincerely,

A handwritten signature in blue ink, appearing to read 'M. Lupino', with a period at the end.

Michelle Lupino, Manager of Shore Excursions

GENERAL SHORE EXCURSION INFORMATION & CONDITIONS

To enhance the enjoyment of your cruise, we have created a programme of optional shore excursions designed to show you the highlights of each of our ports of call. Our Shore Excursions staff will be pleased to assist you with your choice of tours to help make the most of your time ashore.

PRE-RESERVATION SERVICE

It is strongly recommended that you use our pre-reservation service to ensure that places are reserved on the excursions of your choice. Several of the excursions we offer may have limited capacity. **Kindly complete one shore excursion booking form per booking reference.** Alterations to the pre-reservations, including cancellations, can only be accepted up until the date shown on the booking form; **after which time all pre-reserved tours will be considered as confirmed bookings.** When you take advantage of our pre-reservation facility, a copy of your signed shore excursion booking form will be passed to the Shore Excursion Manager on board. You will therefore find your pre-reserved excursion tickets will be delivered to your cabin within 24 hours of your Embarkation and the cost of your pre-reserved excursions will be debited to your shipboard account.

HOW TO BOOK ON BOARD

Just complete and sign the booking form with your excursion selections and hand it in at the Shore Excursions Office on board. Desk opening hours will be shown in your daily programme.

PAYMENT

Payments are debited to your shipboard account and the Shore Excursions team will ask you to sign in agreement that the amount to be charged is correct and will then issue your tickets accordingly.

EXCURSION TIMINGS

The duration and departure times shown on the booking form are approximate and the final tour departure times will be confirmed on board. Following the ship's arrival in a port of call the relevant local authorities have to complete various formalities in order to clear the vessel and give the permission for passengers to be allowed to disembark. The time this procedure can take varies from port to port and shore excursions may only commence once these clearance formalities have been completed. Please consult the daily programme which will instruct you to assemble at a designated meeting point approximately ten to fifteen minutes prior to a tour's scheduled departure. Members of staff will direct each group of participants to the quayside and the coaches at the appropriate time. Please have the excursion ticket available to hand to the guide or driver as you board your coach.

EXCURSION PRICES

The shore excursion prices are in Sterling and include transport, guides, meals and entrance fees according to the published description. Child prices shown apply to children between the ages of 3 and 12 inclusively. Children over the age of 13 will need adult tickets. Infants under the age of 3 can travel on the excursion free of charge, as long as they do not occupy a seat and it is not a flight or overnight excursion. Please note that all minors (under 18 years) must be accompanied by an adult on shore excursions.

REFUNDS AND CANCELLATIONS

In the event of an excursion being cancelled, prior to operating, for reasons beyond our control, a full refund will be credited to your shipboard account. Shore Excursions will operate in all weathers unless the Shore Excursion Manager is advised by the local agent that it is inappropriate or unsafe to do so. We regret we are unable to refund the cost of excursions which are cancelled by passengers after the advertised time that the bookings close, unless the cancellation is for medical reasons duly certified by the Ship's Doctor. From sailing day, until bookings close, a cancellation fee of 10% will be charged on any excursion cancelled by passengers for any reason other than certified medical conditions. Details of the times when bookings close will be featured in the daily programme.

CHOOSING THE RIGHT TOUR

Our organised shore excursions are designed to be a pleasurable experience and an enhancement of your cruise. Therefore we recommend, before you book an excursion, that you consider the physical requirements of that particular excursion, such as the amount of walking involved, to ensure that it is right for you. Please be aware that some archaeological sites, palaces, temples, museums and old city quarters can sometimes only be reached by walking on uneven paths or lots of steps, which could prove to be very difficult for those with limited mobility. Our Shore Excursions team will be pleased to assist you with any further information that you may require about individual excursions.

TRANSPORT

Dependent on the part of the world that you are visiting, the standard of transportation used for shore excursions may vary considerably. Please bear in mind that coaches may not be air-conditioned and accessibility may be challenging for some passengers. In some ports, particularly in the West Indies and in the more remote countries, local buses, taxis, minibuses, jeeps and even open trucks may be pressed into service where coach availability is limited or non-existent. The notes in the excursion description should indicate if this is known in advance, but the Shore Excursions team on board will be able to provide additional information.

DRESS WHILST ASHORE

In general we recommend that you wear appropriate clothing and, if necessary, weather-proof coats or jackets. Footwear should be sturdy, flat and comfortable as some walking will be necessary to gain full enjoyment from the excursion programme. When you visit churches and other religious sites, please bear in mind that conservative dress will be

required. Please always take your boarding pass with you and it is also prudent to have a photocopy of your passport. Leave on board jewellery, valuables, passports and other personal documents, and take only as much cash as you need for the excursion. You may find it beneficial on excursions, particularly on full day itineraries, to take with you from the ship a bottle of water or soft drink.

EXCURSION DESCRIPTIONS

These are deemed to be correct at the time of printing but the planned content of excursions is subject to last-minute change such as detours because of heavy traffic or unexpected changes in the means of transportation. It should be noted that some of the listed attractions in an excursion may be viewed in a different order to avoid possible congestion. The term 'visit' in a description implies an inside visit to a building, monument or attraction, whereas when the term 'see' is used in a description, it indicates an external view only. When lunch is offered during full day excursions, usually one soft drink per person is included. If not mentioned specifically in the excursion description, there is no time reserved for shopping. Short comfort stops are usually included in each tour.

ACTIVITY & WATER BASED EXCURSIONS

You and all those in your party should be aware that some of the excursions offered may involve some degree of physical exertion and/or activity such as hiking, snorkelling, swimming etc. When booking this type of excursion you are confirming that you and all those in your party are in good physical condition and for example only, have not history of conditions such as seizures, heart conditions, respiratory problems, dizziness or fainting. It is your responsibility to ensure that you are fit and well enough to take part in the activities booked and you are reminded to take care for your safety at all times. There is a possibility you may be asked by the shore excursion provider to sign a document which may limit the excursion provider's liability. For any excursion which involves water you are advised to exercise care. Alcohol and eating a full meal should be avoided before swimming. If buoyancy aids are provided, they must be worn. Please bear in mind that the sea and swells can be unpredictable and lifeguards are unlikely to be present at all beaches/venues visited. All activities on the beach and in the sea are undertaken at your own risk.

TOUR ESCORTS

In addition to a local guide, we endeavour to send a Ship's Escort with each excursion but we are unable to guarantee that every coach or group will have its own escort from the ship. These staff members fulfil these tour duties around their own work schedules and rehearsals or emergency drills being called may prevent participation at short notice.

PHOTOGRAPHY

Prior to taking any pictures in churches, museums or palaces etc. please check with the guide that there is no restriction on photography or video filming in that location. In some ports of call special camera and video permits need to be purchased in advance but full information will be given on board during the relevant cruises.

RESTORATION WORK

Please be aware that restoration work on certain buildings or sights in a port of call may involve the use of scaffolding and/or screens, which may impair the view.

SMOKING

For the comfort of all passengers, smoking is not permitted aboard the excursion coaches/vessels.

IMPORTANT NOTES

For the safety and assurance of passengers, all the excursions are operated under the management of responsible and experienced local ground handling agencies, which hold the appropriate insurance cover to offer such services. Cruise & Maritime Voyages do not provide or supply the excursions services. Only the authorised Shore Excursion team on board are permitted to arrange or accept payment for such excursions or act as Excursion Agents during the cruise. Any excursions purchased form part of the single contract evidenced by the passenger ticket issued prior to the commencement of the cruise and are subject to all the terms and conditions of that contract. It is essential that before booking any shore excursion, you ensure that your travel insurance extends to cover the specified activity you may be participating in. This information represents the shore excursion plans and intentions at the time of printing. Subsequent events may cause us unavoidably to change our plans, which could affect the published itineraries and/or fares. In the event of such changes or alterations, wherever possible you will be advised in advance, and thus all information in this booklet must be considered as subject to alteration.

INDEPENDENT SHORE LEAVE

Once the vessel has been cleared, shore excursion participants on early departures will be called to disembark first and then you can go ashore on your own as well, as long as it is not forbidden due to visa requirements; or where the ship has only a very limited layover time in ports when a technical call is scheduled to disembark or embark shore excursion passengers only. If you go ashore on your own, it is at your own risk. It is not possible to guarantee that there will be an adequate amount of taxis available in each port of call. On rare occasions, a transfer bus from the port to the respective city centre may be organised and full information will be given on board in such instances. Please note that you have to return on board 30 minutes prior to the planned departure of the vessel. The ship cannot wait for passengers who go ashore independently and return late. Our organised shore excursions offer the safest and best way to explore each city during each call.



AKUREYRI, Iceland

Jewels of the North

Tour 301A – Approx. 8 hours

The capital of the north, Akureyri, is reputed to be the nation's loveliest town: with its attractive houses and colourful well-kept gardens, it is blessed with a more favourable climate than you may imagine – warm in summer and hospitable in winter.

You leave the city, cross the fjord and head to Godafoss, 'the waterfall of the gods,' a raging but majestic waterfall which hurls down a huge volume of water. The name celebrates the throwing of Thorgeir's pagan gods into the Falls in the year 1000; Thorgeir was a chieftain and a leader at Althing who had decided in favour of Christianity.

Your next stop is Lake Myvatn, the third largest lake in Iceland, where a sizeable community has developed around this bird-watchers' paradise. The area is a remarkable display of nature at its most threatening and most endearing: lava fields, abundant craters, surreal rock formations, boiling springs, sulphur pits, mud pools and a breathtaking blue lake. The marshy shore of the lake is rich in wildfowl, and it's an important bird sanctuary harbouring the world's most diverse duck colony, many of which breed here during spring.

Stop to explore some of the moon-like pseudo-craters at Skutustadir, before lunch, which includes a starter, main course of local trout and local spring water and coffee or tea. Afterwards, you continue to Dimmuborgir, an amazing lava landscape with bizarre formations of columns and arches. The striking geothermal field at Namaskard is another highlight of this tour, where you will see mud pools, steam vents, sulphur deposits, boiling springs and fumaroles.

After passing through the village of Reykjahlid, return alongside the shores of Lake Myvatn to Akureyri, where you enjoy a short orientation tour of the city, before returning to the quayside.

👉 **By coach/on foot, subject to a minimum of 25/maximum 500.**

👉 **Please note: Lake Myvatn is a known breeding ground for midges which can be a nuisance in summer, so it may be advisable to take with you an insect repellent. There is approximately 1½-2 hours of walking over some rough ground with steps involved. Comfortable walking shoes are essential and you should take a wind/waterproof jacket. At the Godafoss Falls there is an uneven, lava surface and no handrails; you are advised to exercise caution here.**



Leisurely Akureyri & Godafoss Waterfall

Tour 301B – Approx. 3 hours

This tour takes you from Akureyri, the cultural and commercial centre of the North with approximately 16,000 inhabitants, towards the beautiful Godafoss, ‘waterfall of the gods’, a beautiful crescent of cascading water. Its name celebrates the historical event that took place at this waterfall in the year 1,000 when the Chieftain, Thorgeir, made a public declaration in favour of Christianity by throwing his carvings of the pagan Norse gods into the falls. Thorgeir was also president of the Althing, or Parliament, at that time and it was he who was landed with the difficult task of deciding the nation’s fate in regard to its choice of religion.

At Fossholl, on the eastern bank of the river Skjalfandaflljot, stop for photos of these impressive falls, which carry a huge volume of water. Returning to Akureyri, a friendly town colourfully framed by the sea and the mountains, you drive through the oldest part of the town to see how Danish influence, from the time Iceland was under the Danish Crown, has left its mark. Become acquainted with the newer parts of Akureyri before arriving at the Botanical Gardens for a visit. The gardens house examples of every species indigenous to Iceland, as well as an extensive collection of plants from all over the world.

➤ **By coach/on foot, subject to a minimum of 25/maximum 200.**

➤ **Please note: This tour involves approximately 1 hour of optional walking and there are some steep, gravelled pathways at the Botanical Gardens. The gardens’ flora and fauna is dependent on weather conditions experienced throughout the year. This can affect the collections and viewing may be limited. At the Godafoss Waterfall there is an uneven, lava surface and no handrails; you are advised to exercise caution here. Comfortable walking shoes are essential.**

Whale Watching & Godafoss Waterfall

Tour 301C – Approx. 8½ hours

Your tour starts with a drive through the town, passing the Akureyri church which dominates the skyline, and then crosses the fjord and heads for Godafoss, ‘the waterfall of the gods,’ a raging but majestic waterfall which hurls down a huge volume of water.

From Godafoss, travel across Köldukinn, taking the most direct route to Husavik, a delightful fishing village of 2,500 inhabitants where on arrival you will be welcomed at the Whale Centre. Over the past six years Husavik has become the ‘whale watching capital of Europe’, and in this excellent non-profit information centre you will learn something of the habitat of the whales around Iceland, and what to expect during your whale watching cruise.

Following the visit, enjoy lunch, which includes a starter, main course of local trout and local spring water and coffee or tea. Then it’s time to board one of the restored wooden fishing vessels for the 3 hour journey heading due west across the Skjalfandi Bay towards the magnificent mountains of Kinn, rising more than 1,000 metres above sea level.

No two voyages are ever the same, and as you set sail you will be given information about the various species that may be seen on the trip. Soon the excitement mounts for both crew and passengers as they keep a lookout for whales ‘blowing’ or tail fins flipping out of the sea. Although sightings cannot be guaranteed, the success rate is very high, and Minke whales are seen on virtually every excursion and often approach and play around the boat, giving excellent photographic opportunities. Among the larger whales Humpbacked are most common, but Sei whales, Fin whales, and even the mighty Blue whales have been spotted in the area. At the end of the voyage, you rejoin your coach for the return drive to Akureyri.

➤ **By coach/boat, subject to a minimum of 25/maximum 100.**

➤ **Please note: This tour is dependent on fair weather conditions. Warm, protective clothing and flat, non-slip shoes are essential. The drive to Husavik is approximately 2 hours. If you are prone to seasickness, please take the necessary precautions. The boats are oak wood fishing style boats, and may not be exclusive. There are inclined gangways and some steps to negotiate; limited seating is available inside. At the Godafoss Waterfall there is an uneven, lava surface and no handrails; you are advised to exercise caution here.**

Off the Beaten Track

Tour 301D – Approx. 6½ hours

Board a super 4x4 jeep and head out on unfrequented roads to explore the wonders of the northern part of Iceland. Heading east out of Akureyri you leave Eyjafjörður taking an old mountain road over Vadlaheiði which gives great views of the vicinity. From the River Fnjoska you head to Skjalfandaflljót, one of two big glacier rivers which run along their riverbeds to the glacier Vatnajökull over the highland to the north.

Your jeep follows Skjalfandaflljót driving along a gravel road through Barðardalur where a short stop will be made at Kiðagil to explore stories of outlaws in Oðaðhraun.

Aldeyjarfoss Waterfall is located at the end of the highland road called Sprengisandur, which connects the north and the south. One of the most interesting features of the Waterfall is the contrast between the black basalt columns and the white waters cascading into the ravine.

From Aldeyjarfoss the tour continues along a mountain road which connects the communities of Bardardalur and the Myvatn area. In this area you can enjoy the view over the lake and make a short stop at Skutustaðir. The Myvatn area is not only known for marvellous scenery and nature, but also for its food tradition and culture. Lunch will be served in one of the local restaurants of the Myvatn Area and includes a starter, main course of local trout and local spring water and coffee or tea.

From Myvatn you head back towards Akureyri with a stop by Godafoss Waterfall which is among Iceland's most interesting and well known waterfalls.

👉 **By jeep/on foot, subject to a minimum of 4/maximum 30.**

👉 **Please note: Lake Myvatn is a known breeding ground for midges which can be a nuisance in summer, so it may be advisable to take with you an insect repellent. At the Godafoss Falls there is an uneven, lava surface and no handrails; you are advised to exercise caution here. Comfortable walking shoes are essential and you should take a wind/waterproof jacket. This trip is not suitable for those with injuries or conditions, which may be affected by the bumpy ride. Pregnant women and children under 8 years of age cannot participate. The jeeps are fitted with seatbelts which must be worn when the vehicle is in motion.**

Nature, Folk & Flora

Tour 301E – Approx. 4 hours

During a short sightseeing tour you will view what remains of the old town of Akureyri before crossing the fjord and heading on to Godafoss, 'waterfall of the gods'. Through the wide-open valley Fnjoskadalur you drive into the part known as Dalsmynni. The Laufas Folk museum originally served as a manor farm and vicarage. The turf farmhouse dates back to 1866 and contains the usual household and agricultural implements used by the gentry during that period and earlier. The church was built in 1865. Enjoy a pleasant drive along the fjord of Eyjafjörður back to Akureyri.

Back in Akureyri you will pay a visit to the Botanical Gardens which houses examples of every species indigenous to Iceland and an extensive collection of high-latitude and high-altitude plants from around the world.

👉 **By coach/on foot, subject to a minimum of 25/maximum 200.**

👉 **Please note: This tour involves approximately 1 hour of optional walking and there are some steep, gravelled pathways at the Botanical Gardens. The gardens' flora and fauna is dependent on weather conditions experienced throughout the year. This can affect the collections and viewing may be limited. At the Godafoss Waterfall there is an uneven, lava surface and no handrails; you are advised to exercise caution here. Comfortable walking shoes are essential.**

Polar Flight to Grimsey

Tour 301F – Approx. 3 hours

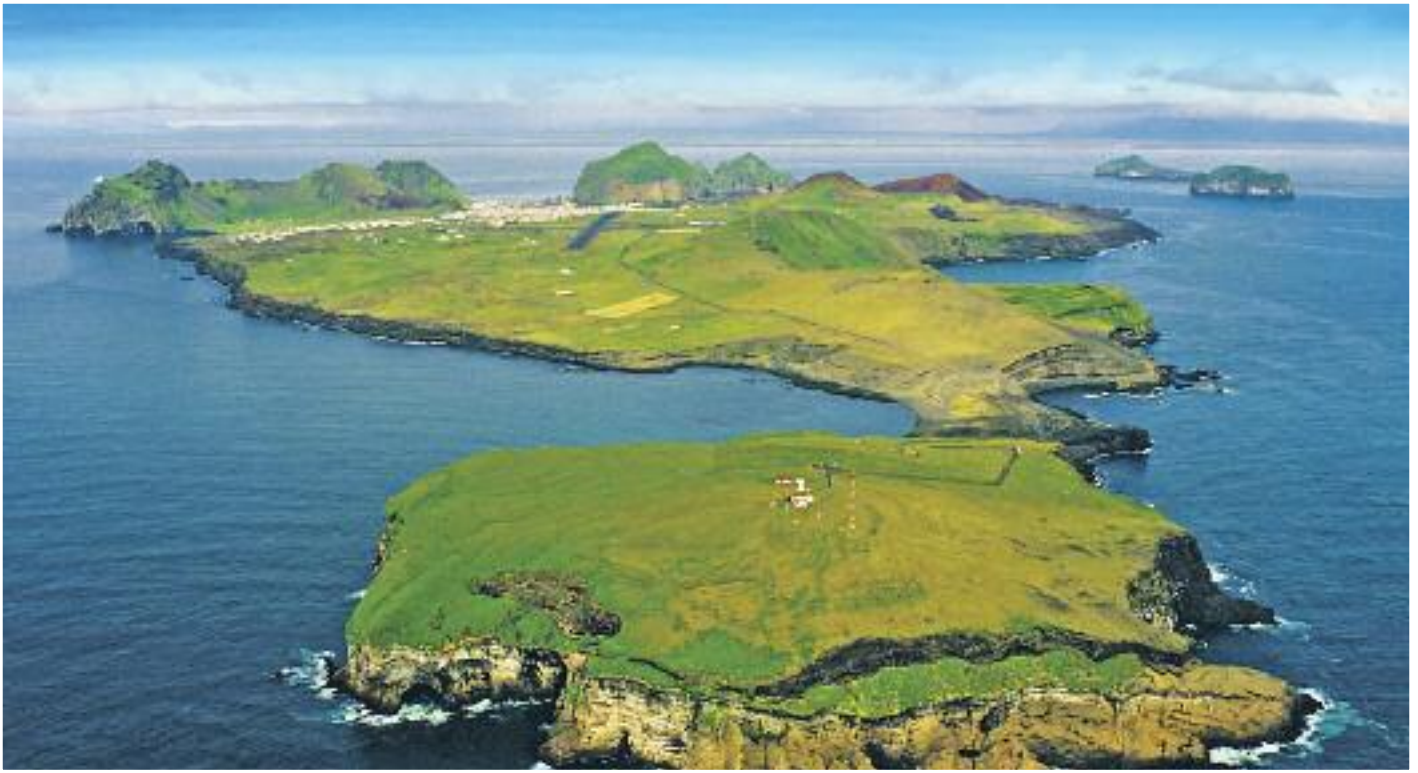
Just inside the Arctic Circle at 66° North and only about 40 kilometres from the mainland lies Grimsey Island, with a population of 115 inhabitants, mainly fishermen and farmers, and the extensive bird colonies are said to accommodate at least 60 different species of birds, of which 36 nest on the island.

You will be transferred from the quayside to Akureyri Domestic Airport for the 30-minute flight aboard either a Piper Chieftan or Twin-Otter aircraft to this isolated island where the sun never sets in mid-summer. In good weather conditions the short flight will give you a splendid view of the wild mountains on both sides of the Eyjafjörður.

On arrival you will enjoy a guided walking tour which will introduce you to the main highlights of the island. Historically, Grimsey is renowned for its bird life such as puffins, kittiwakes, guillemots and terns, as well as its abundant supply of fresh eggs, and the waters around it are some of Iceland's richest in fish. On the west coast there are beautiful coves decorated with basalt columns, and the east coast boasts 100-metre sea cliffs where conditions for bird watching are unique. On your return, you will receive a certificate confirming your visit to the Arctic Circle on this memorable tour.

👉 **By plane/on foot, subject to a minimum of 10/maximum 18.**

👉 **Please note: This tour is subject to safe flying weather conditions and can be cancelled at short notice at the pilot's discretion. It is not considered suitable for passengers with wheelchairs or those with walking difficulties. Warm clothing and flat, comfortable footwear are recommended. The flight to Grimsey is approximately 30 minutes each way. The terrain is mostly paved with a slight incline and some uneven ground. Approximately 1- 1½ hours will be spent on the island with limited shopping available.**



HEIMAËY, Westman Islands, Iceland

Scenic Island Tour

Tour 302A - Approx. 2½ hours

Heimaey is the largest and only inhabited island of the Westman Islands group. The town suffered a volcanic eruption in 1973, which created a new mountain, Eldfell - Mount Fire with a height of 900 feet and covered a large part of the town with ashes and lava.

Our sightseeing tour will include the main attractions of the island and, after driving along the harbour area, the first stop will be at Sprangan, a cliff where the young islanders are taught the art of rope swinging. The sport has been developed from the old method of the egg-gatherers who collected guillemot eggs from the steep cliffs around the island. Continue to the Herjolfsdalur valley where there are ruins of old farmhouses dating back to A.D.650 and along the west of the island which has good views of the outer islands like the newest one, Surtsey, which was born from a volcanic eruption in 1963. Our next stop is at Storhofdi, which during the spring and early summer is home to the largest puffin colony on Heimaey. From here there is an excellent view over the island towards the glaciers of mainland Iceland.

Heading back towards the town, you pass between two volcanoes of contrasting ages, Helgafell (Holy Mountain) at 5,000 years old and Eldfell (Mount Fire), from the eruption of 1973. A stop is made at a viewpoint at the base of Eldfell. From the crater you drive past a lovely wooden church called Skansinn, donated to the people of the Westman Islands by the state of Norway commemorating the millennium of Christianity in Iceland. From there, you visit a unique, modern archaeology dig. The eruption in 1973 destroyed a large part of the town, now more than 30 years have passed and the memories and signs of that spectacular natural fury are somewhat fading, but the lava and ash of the eruption silently covers almost 400 homes and buildings. 'Pompei of the North' is the name given to the project to excavate some of these homes. Its objective is to give visitors the opportunity to see with their own eyes what actually happened in the eruption. From here you drive directly into town, passing the ruins of a house buried in the lava, and along the main streets back to the harbour.

➤ **By coach, subject to a minimum of 25/maximum 150.**

➤ **Please note: Early booking of this tour is recommended due to the limited transport capacity on the island.**

Boat Trip Around Heimaey

Tour 302B - Approx. 1½ hours

Start your tour from the harbour in Heimaey, which has long been a haven for the Icelandic fishing fleet but was almost lost in the volcanic eruption on the island in 1973. You sail past the cliffs surrounding the harbour to start an interesting and informative journey, passing bird colonies with millions of inhabitants and exploring caves that are only accessible by boat.

The birdlife you shall see on this tour is magnificent, as the Westman Islands have one of the largest varieties of sea bird species in Iceland. Nowhere else on earth can boast such a large concentration of these birds in such close proximity to man. The islands are home also to one of the world's largest gannet and guillemot colonies, and numerous other species of nesting sea birds can be found.

In addition to the bird life, whales are also often sighted, including orcas, as well as dolphins and porpoises. After observing the island and bird cliffs from a number of favourable vantage points, the tour ends by sailing into Klettshellir (Cliff Cave) where a musical instrument is played on board. The amazing acoustics in the cave provide a memorable experience before you return to the harbour, having circumnavigated this small island just off the south coast of Iceland.

➤ **By boat, subject to a minimum of 25/maximum 50.**

➤ **Please note: Early booking of this tour is recommended due to the limited transport capacity on the island. This tour is dependent on fair weather conditions, and it is sometimes not possible to circumnavigate the island. If this should occur, then passengers are assured of viewing the bird cliffs from various different locations. Not all seats on the boat are under cover, so warm, protective clothing is strongly recommended.**



ISAFJÖRDUR, Iceland

An Insight to Ísafjörður

Tour 304A - Approx. 3 hours

Ísafjörður with approximately 3,500 inhabitants is the municipal centre and largest settlement in the West Fjords peninsula, Iceland's least populated region. Mountains surround Ísafjörður on three sides with the sea on the fourth, and it is situated on a long flat hook-shaped gravel spit that reaches out into the fjord. The town is still predominantly a fishing centre, but a lively cultural and artistic scene flourishes as well.

You start the tour from the quayside and travel through the centre of town along a narrow coastal road to the village of Bolungarvík, situated in a picturesque bay surrounded by steep mountains, where you stop to view the distinctive architecture of the local church. A short distance away is Osvor, a former harbour for rowing boats, where you stop to visit a restored old fisherman's hut. Inside the hut you will see a replica of a fishing outfit from the rowboat era that is among the oldest of its kind in the country and learn something of the harsh life of Icelandic fishermen at the beginning of the 20th century.

On your return drive to Ísafjörður enjoy splendid views of the magnificent mountains of the 'Djup', overlooking the largest fjord in the area. Continue through the oldest part of the town, Nedstíkaupstaður, where houses dating from the 18th century bear witness to the importance of Ísafjörður for hundreds of years as one of the main trading centres in Iceland. The Maritime Museum is situated in an old merchant's warehouse, one of the oldest wooden buildings in Ísafjörður, and here you will gain a fascinating insight into the life of Icelandic mariners. Afterwards you will be invited to sample some typical Icelandic refreshments, including schnapps and dried fish, before you return to the ship.

➤ **By coach on foot, subject to a minimum of 25/maximum 200.**

➤ **Please note: This tour involves some walking, some of which is over uneven ground, as well as a number of steps at the Maritime Museum, and is not suitable for passengers with wheelchairs or those with walking difficulties. Flat, comfortable footwear is recommended. The venues are sometimes visited in a different order to avoid congestion.**



Boat Trip to Vigur Island

Tour 304B - Approx. 3 hours

Vigur is a lovely island, two kilometres long and 400 metres wide at its widest point, a green oasis in the blue waters of the fjord Isafjardardjup. During spring the island is the nesting place for countless birds, and during the summer it is home to puffins as well as large numbers of arctic terns and black guillemots. Vigur is privately owned and the same family, who are farmers but also live off the island's bird life, have lived here since 1884.

Your tour starts with a 30-minute boat trip to Vigur, where you can enjoy a leisurely walk around the island and have a perfect opportunity to see an abundance of breeding birds, including colonies of puffins and eider in their natural environment. Eiderdown is collected during the spring and cleaned, whilst the nests of the ducks are carefully protected. Some relics of old farming methods are preserved on Vigur including Iceland's only corn mill, built in 1840 and used until 1917 for grinding imported wheat from Denmark. The corn mill has been carefully preserved as well as a 200-year-old eight-oar rowing boat, which is still in use to ferry sheep to the mainland.

The houses also date back to the 19th century, and Viktoria House was erected in 1862 of wood which was pre-cut into shape in Norway. In 1993 the house was lovingly restored by the National Museum of Iceland. The second house was erected by a young priest in 1884, an ancestor of the family living in Vigur today.

Following our one-hour guided walk, refreshments of coffee or tea and home-made Icelandic cakes will be served in Viktoria House by the farmer's family. Nearby is one of the smallest post offices in Europe, and you will have an opportunity to purchase stamps and send home a postcard or two before you return to the mainland by boat.

➤ **By boat/on foot, subject to a minimum of 25/maximum 70.**

➤ **Please note: The sailing to Vigur Island is aboard a boat which is partially covered and has toilet facilities. This tour involves considerable walking, and is not suitable for passengers with wheelchairs or those with walking difficulties. Some of the walk is over long grass which may be wet, so sturdy footwear and suitable outdoor clothing is recommended.**

Glacier Fjords & Hesteyri Boat Trip

Tour 304C - Approx. 4½ hours

This relaxing afternoon tour takes us by boat to the secluded coves and deserted beaches of Hornstrandir, one of the most beautiful and remote areas in Iceland. The delightful cruise through the Glacier fjords gives us an opportunity to admire the stunning views while perhaps seeing birds such as the arctic tern.

After sailing for approximately one hour, you arrive at our destination, Hesteyri, the westernmost bay of the Glacier Fjords. With very limited lowland, this isolated spit of land is framed with steep cliffs and has the backdrop of steep, snow-flecked mountains. Until the early 1950s Hesteyri had a small and scattered community with a whaling station and later a herring processing factory as a main source of income. This visit gives us a fascinating insight into the difficulties faced by the people who lived here without telephones, electricity and roads, and eventually deserted the village, tired of the isolation and hardships the location imposed on them when in 1940 herring fisheries came to an abrupt end. The ruins of the factory are still very evident, and a dozen or so houses are still maintained as summer residences by their old inhabitants and their relations.

In 1975 the area was turned into a nature reserve and represents today one of the main wild regions in Iceland. There will be ample time to stroll around the village and afterwards stop for light refreshments of Icelandic pancakes and traditional rye-bread together with coffee or tea served at the former Doctor's residence before returning to Ísafjörður.

➤ **By boat/on foot, subject to a minimum of 25/maximum 35.**

➤ **Please note: This tour involves some walking over uneven gravel and muddy ground as well as several steps to negotiate at Hesteyri Pier, so it is not suitable for passengers with wheelchairs or those with walking difficulties. Sturdy footwear and suitable outdoor clothing are essential. Early booking is recommended owing to limited capacity.**



KIRKWALL, Orkney Islands, Scotland

Scenic Orkney

Tour 113A - Approx. 4 hours

During this scenic circular tour explore areas containing some of the most spectacular wildlife and places of botanical interest in the British Isles amid some of its most rugged and forbidding landscape.

From Kirkwall you travel in a southerly direction towards the former naval base at Scapa Flow, where you will hear dramatic wartime stories that make this one of the best-known stretches of water in the world.

You then head inland towards the heart of Neolithic Orkney, designated a World Heritage Site by UNESCO in 1999, where you stop at the imposing Standing Stones of Stenness, one of the earliest stone circles in Britain.

There will be a brief stop for tea or coffee and delicious home-bakes at a local café before heading for the sandy beach at Birsay Bay, from where you can see the wild and spectacular 300-foot-high cliffs at Marwick Head, a designated RSPB Reserve (Royal Society for the Protection of Birds) and arguably the best sea bird cliffs in Orkney. Across the bay lies the Brough of Birsay, a small tidal island around which Orkney's political and religious power was centred for centuries and upon which stands David A. Stevenson's Lighthouse, established in 1925.

At the magnificent cliffs of Yesnaby you will find one of the most dramatic seascapes in Orkney as well as the rare *Primula scotica*, the Scottish primrose which blooms only in May and July. Finally you pass the great ceremonial stone circle known as the Ring of Brodgar, en route back to Kirkwall.

➤ **By coach/on foot, subject to a minimum of 35/maximum 180.**

➤ **Please note: There is some walking on this tour with uneven ground at the Stones of Stenness and a grassy path. At Yesnaby there are gravel paths and rocks and care should be taken.**

Skara Brae & Skail House

Tour 113B - Approx. 4 hours

During this scenic circular tour explore the beautiful West Mainland and location of one of the greatest concentration of World Heritage prehistoric sites in Britain. Leave Kirkwall, the capital and administrative centre of the Orkney Islands, and after passing through an area of rich farmland, stark rolling hills and moorland fringed by magnificent rugged cliffs, you arrive at the great ceremonial circles of Stenness and Brodgar.

The next stop is Skara Brae, Orkney's most exciting and oldest monument: a 5,000 year-old Neolithic village beautifully preserved and complemented by a recently opened visitors' centre. Lying beside the pretty, sandy crescent of the Bay of Skail, this ancient stone settlement was totally buried under sand for thousands of years before being revealed after a violent storm in 1850.

Among the fascinating relics found here are tools, beads, pottery and whalebone artefacts, spanning many ages of occupation based on a farming economy. Looking across at the village, it is easy to imagine how it would have looked all those centuries ago, and closer inspection of the dwellings gives a unique insight into how our ancestors lived.

The hardship of life in Skara Brae can be directly contrasted when you visit the nearby Skail House, Orkney's finest manor house built by a powerful bishop on the site of an ancient graveyard.

On our return we drive past the natural deep-water harbour of Scapa Flow, where H.M.S Royal Oak was torpedoed by a German U-boat in 1939 with very heavy casualties.

👉 **By coach/on foot, subject to a minimum of 35/maximum 180.**

👉 **Please note: This tour involves a walk of more than a quarter of a mile each way from the coach park to Skara Brae over an exposed and uneven foot path. Flat, comfortable footwear and suitable outdoor clothing are recommended. At the Stones of Stenness there is a grassy flat path. At the Ring of Brodgar there is a slightly hilly grassed path.**

Leisurely Orkney

Tour 113C - Approx. 3¾ hours

This relaxing tour takes you for a scenic drive through the southern Orkney Islands where you will have an opportunity to shop for local souvenirs and afterwards enjoy refreshments at a charming waterside location.

From Kirkwall we head in a southerly direction towards the former naval base at Scapa Flow, where you will hear dramatic wartime stories that make this one of the best-known stretches of water in the world.

Leaving Mainland, you travel via causeways known as Churchill Barriers linking the islands, which were constructed during the Second World War to protect the naval base at Scapa Flow from enemy submarines. Your first stop is on the island of Lamb Holm to visit the beautifully hand-painted Italian Chapel. Known as the miracle of Camp 60, this remarkable structure was built by Italian Prisoners during the last World War. The Chapel has been preserved and maintained for its historical connection with the soldiers from Italy.

From here you continue south to the island of South Ronaldsay and on to the pretty village of St Margaret's Hope. Local legend says that the village is named after Margaret, Maid of Norway, who died near here on her way to marry King Edward II of England. Stop for a while here to explore the excellent Craft Workshop or take a walk through the old street. .

Turning north, you pause for tea or coffee and a scone at the Sands Hotel, located in a delightful setting overlooking the peaceful harbour of Burray Village, before returning to the ship at Kirkwall.

👉 **By coach, subject to a minimum of 35/maximum 135.**

👉 **Please note: This tour involves very little walking.**

South Island & Distillery

Tour 113D - Approx. 3¾ hours

This tour combines the scenic southern Orkney Islands with a visit to the northernmost whisky distillery in Scotland and to see the impressive St. Magnus Cathedral.

Just outside Kirkwall, you visit the unique Highland Park Distillery, the world's most northerly producer of whisky founded in 1798 producing highly acclaimed 12-year-old malt. After an interesting guided tour and audio-visual presentation, you will be offered the traditional 'peedie dram' and afterwards there will be time to browse in the attractive gift shop.

From here you drive close to the Second World War Naval Base of Scapa Flow and hear dramatic wartime stories that make this one of the most famous stretches of water in the world. The causeway that links the two islands together was originally built from cement blocks to restrict access to the Naval Base in World War II, but is now surfaced with a roadway to provide a service to the islands which were previously only connected by ferry. On Lamb Holm, visit the beautifully hand-painted Italian Chapel, built by Italian Prisoners during the last World War.

From here continue to the centre of Kirkwall for some free time to enjoy this pretty town, dominated by the magnificent and beautiful 12th century red sandstone Cathedral of St Magnus, known locally as the 'Light of the North' and the finest medieval building in northern Scotland. The most poignant memorial in the Cathedral is dedicated to the 833 sailors who lost their lives when a German U-boat sank the British battleship HMS Royal Oak just a few months after the declaration of war. Nearby there are many narrow, winding streets and lanes which have hardly altered over the centuries, and there will be free time to wander round and shop for souvenirs before returning to the ship.

👉 **By coach/on foot subject to a minimum of 35/maximum 135.**

👉 **Please note: The itinerary of this tour may be reversed. The tour does not include entrance to the Cathedral, but you may wish to visit independently during free time. Photography is not permitted inside the Distillery. There is some walking on this tour and flat, comfortable walking shoes are recommended. It may be possible that your visit will be during 'silent season' of the distillery. If this is the case then there will be certain areas which are not accessible although you will still learn about all the processes involved.**



LERWICK, Shetland Isles, Scotland

Scenic Shetlands

Tour 114A - Approx. 3½ hours

Shetland is the crossroads of the northern seas and unlike anywhere else in Scotland. The sight and sound of the sea is almost always present, woven into the island's maritime heritage. Spectacular vertical stacks coated with seabird colonies, cliffs and coves curtained with wild flowers, hidden white beaches on an endless coast, small crofts and settlements sheltering by the sea edge: all these are typical Shetland scenes, and the pollution-free air has an unbelievable clarity beloved of photographers and painters.

After a short sightseeing tour of the town with its narrow main street and small shops, you leave Lerwick and travel to the Pictish Broch at Clickimin, where you stop to view on foot (in the distance) a good example of a Broch Tower with surrounding buildings dating from the Iron Age. The tour then continues through Gulberwick and Over and heads in a westerly direction through small agricultural areas, passing the distinctive black and brown Shetland sheep grazing in pastures enclosed by neat dry-stone walls which are a feature of the landscape.

You then drive across heather-clad hills to Scalloway, former capital of the Shetlands and an important fishing village on the western side of Shetland. During free time you may wish to see Scalloway Castle, a forbidding ruin dominating the town, built by Earl Patrick Stewart in 1600 using forced local labour, or visit Scalloway Museum – the choice is yours.

Then, your route takes you northwards, passing the pretty Loch of Tingwall with its Norse heritage to the Gott Pony Stud, where we will meet the owner and have an opportunity to photograph the delightful Shetland ponies.

Travel through an area of uninterrupted views across farmland, small lochs and streams. The road passes a collection of farm buildings, and then suddenly there are belts of trees, the only ones of any significance on Shetland, rising abruptly amongst the barren hills. A short stop is made at Shetland Jewellery, where traditional Shetland gemstones are still hand-crafted in the Celtic – and Norse-inspired fashions. On your return drive, pause for splendid panoramic views across the water to Whiteness Voe and Stromfirth before arriving back at Lerwick.

➤ **By coach, subject to a minimum of 35/maximum 180 – varies depending on call date.**

➤ **Please note: This tour involves very little walking.**



Shetland Contrasts

Tour 114B - Approx. 4 hours

Shetland is a mosaic of over one hundred islands where land and water intermingle and the past and present merge. The most northerly part of the British Isles, it is inhabited by approximately 22,000 people and an abundance of wildlife. It is a land shaped by the sea, varying from dramatically sculptured cliffs to tranquil, sandy bays. There are over 100 islands ranging in size from the large island of Mainland, 351 square miles, to the numerous small skerries (islands) and islets along the coast. Both the Atlantic Ocean and the North Sea wash Shetland's coast, which is dramatic and beautiful. Lerwick has always been an important centre for fishing: not only are the home waters productive, but it lies on the edge of the valuable northern fishing grounds.

Leaving the harbour area, we drive through Lerwick, capital of the Shetland Isles, and follow the coastal road in a southerly direction through crofting communities to Hoswick, where we will stop at the Visitor Centre. It has an interesting local museum where you will learn something about Shetland life and the world-renowned Shetland weaving industry. Following the visit, we continue to Sumburgh, the most southerly tip of the Shetland mainland.

Here sitting side by side in complete contrast are the modern airport and the famous archaeological site of Jarlshof, which has evidence of human habitation spanning 3,000 years. A violent storm in 1905 uncovered this remarkable archaeological site sprawled over a low green promontory by the sea, revealing remains from the Stone Age and settlements from the Bronze Age. Rectangular stone houses from an ancient Viking community can also be seen, and we shall be able to explore independently the remains of these village settlements. Following the visit, refreshments of coffee, tea and biscuits will be served at the nearby Sumburgh Hotel.

On our return drive, we shall also see the distinctive black and brown Shetland sheep grazing in pastures enclosed by neat dry-stone walls, and the delightful, inquisitive Shetland pony, once an essential part of crofting life.

- **By coach/on foot, subject to a minimum of 35/maximum of 180 – varies depending on call date.**
- **Please note: This tour involves some walking, so flat, comfortable footwear is recommended. The refreshments are sometimes served at the Hoswick Visitor Centre. The stop at the Sumburgh Hotel is for refreshments only and has been reserved as part of the tour. The Hotel can only cater for the pre-booked group visit and not ad-hoc visits or lunch requests without reservations.**

Lerwick Walking Tour

Tour 114C - Approx. 3 hours

The ancient fishing port of Lerwick is the cultural and administrative hub of the Shetland Isles, the most northerly islands in Britain. Situated amidst an archipelago of islands with strong maritime links, the town has fascinating stories to tell as well as unique vernacular architecture to discover.

The town itself dates from the 17th century when it began to grow as a trading port for Dutch herring fishermen. Local merchants built Lodberries - houses and warehouses, each with its own pier, from which they could serve incoming fishing boats, directly from their own property - these are still there today, along the harbour front.

Overlooking the harbour, you see Fort Charlotte - built in 1665 and later rebuilt in 1780 - named after Queen Charlotte, George III's consort. Fine views over the harbour can be gained from the fort which, though not in use today, was once a prison and a Royal Navy reserve base. 465 German passengers were once billeted here after the ship *Lessing*, bound for America, was shipwrecked off the Fair Isle in 1868.

The Victorian Town hall on Hillhead Street displays fine architecture and offers a delightful insight into the development of the islands through its stained glass windows - these depict the main events in Shetland's history, in pictorial narrative.

Opened in June 2007, the Shetland Museum provides an interesting insight into island life, past and present. You will enjoy some free time to view the various displays about local archaeology, folk life, social and maritime history, as well as exhibitions of contemporary art.

You also explore the intriguing 'closses' (narrow lanes), which run from the harbour area to the top of the hill, home to many secret tales from the lives of the town's inhabitants, including the smugglers who used to run clandestine operations beneath the town. This walking tour will allow you to take in all of these highlights, and provide an excellent backdrop for further exploration of the town.

- **On foot, subject to a minimum of 10/ maximum 100.**
- **Please note: This tour involves walking up steep lanes and on cobblestones and so sturdy walking boots and waterproofs are essential.**



REYKJAVIK, Iceland

The Golden Circle

Tour 305A – Approx. 8½ hours

This memorable tour encompasses the ‘Big Three’ - Gullfoss, Geysir and Thingvellir. They are collectively known as the ‘Golden Circle’ and will introduce you to many of the natural wonders for which Iceland is justly renowned.

From the quayside you travel inland in an easterly direction to Thingvellir National Park - a UNESCO World Heritage Site, one of Iceland’s top tourist attractions. It is revered as the nation’s most sacred historic shrine, as one of world’s oldest legislative assemblies, the Althing, originally convened here in AD 930. Of particular interest are the Law Speaker’s Rock and the remains of the turf shelters. These shelters were once used as dwellings during the two-week assemblies which were held on alternate years. Thingvellir abounds not only in history but in outstanding natural beauty, with its stunning lake, lava landscape, and rugged chasm walls on the rift where Europe meets America at the Continental Divide.

Leaving Thingvellir, your tour continues to Gullfoss Waterfall, the most magnificent of the country’s many waterfalls, whose thundering waters throw a perpetual rainbow over a lunar landscape. Here the River Hvita drops 96 feet in two falls, creating an awesome spectacle. After a short drive you arrive at the Geysir area, where hot springs are in abundance, and the most active one, Strokkur, is likely to spout a high column of boiling water up to 60 feet high every few minutes. On a fine day it is possible to see in the distance the Langjökull Glacier, the second largest in Iceland. Amidst these splendid surroundings lunch including Icelandic salmon followed by a coffee or tea will be served at a nearby restaurant.

Our return journey crosses the mountain plateau of Hellisheidi, covered by post-glacial lava fields. Arriving back at Reykjavik, you make a stop at the Pearl vantage point, a dome of glass built on top of hot water storage tanks, for a superb panoramic view of Iceland’s capital and the surrounding area before the tour concludes at the quayside.

➤ **By coach/on foot, subject to a minimum of 30/maximum 500.**

➤ **Please note: This tour involves considerable walking; however, most sights can be viewed from the coach. The terrain at most of the sites is rough and uneven. There are approximately 10 steps at Thingvellir National Park. Sturdy, closed toe shoes and a rainproof jacket are recommended. Should you choose to walk close to the Gullfoss Waterfall, you are advised that there is a steep gravel and mud path and many steps, which can often be slippery when wet.**

Panoramic Reykjavik

Tour 305B – Approx. 2½ hours

This Classic City tour takes in all the highlights of the Northernmost Capital in the world, Reykjavik. A stop is scheduled for half way through the tour at the Pearl Vantage Point. You leave the harbour and head towards the Laugardalur or 'warm water valley' passing the city's main sports and recreation area with its outdoor geothermal swimming pool. From Laugardalur you continue on the scenic road that leads you to Bessastaðir peninsula, where the residence of the President of Iceland is located. From this beautiful peninsula you have a great view over to Reykjavik.

You return to the hustle and bustle of the inner city, driving past the open-air museum at Arbaer. Cross the Ellidaar, one of the world's cleanest salmon rivers known to flow through a capital city and then make a stop at The Pearl or Perlan. Here, the panorama from the viewing platform is clear making it a great place for a view of Reykjavik.

You then drive past the Hallgrímskirkja Church, and head for the charming old quarter of Reykjavik with its colourful wooden houses and narrow streets. The drive continues through the University of Iceland complex and alongside the city lake, Tjornin with its rich birdlife, before heading towards the old harbour area where there will be a short photo-stop. Returning to the pier you follow the coastline and pass by the famous Hofdi house where the summit meeting between President Ronald Reagan and Secretary General Mikhail Gorbachev was held in 1986.

👉 **By coach, subject to a minimum of 25/maximum 200.**

👉 **Please note: This tour involves very little walking, and may be more suitable for passengers with walking difficulties than the Discover Reykjavik tour. The Pearl Dome has two very spacious lifts providing access to each floor of the Dome and to the viewing platform.**

Glacier Adventure

Tour 305C – Approx. 9 hours

Start your adventure by coach with a visit to Iceland's first National Park Thingvellir, a UNESCO World Heritage Site, where the oldest still existing parliament in the world was founded and assembled through centuries in a grandiose landscape. The route ascends to an elevation of 700m above sea level over Kaldidalur, a valley-like, rocky and barren area between the snow-capped Ok (1198 m) and Langjökull Glacier (1355 m). This spectacular glacier is a continuous, solid shield of ice, in places up to 900 m in thickness and about 1,000 square kilometers in area, the country's second biggest field of ice.

Board an 8-wheel snow truck heading onto the icy world of the glacier. For the next hour, the snow-truck is your 'coach' on the glacier and is ideally suited for travelling around the wonder-world of ice. After returning from this marvelous adventure you will have a picnic-box lunch at a basic mountain hut.

Continue to the Borgarfjörður district, visiting the extraordinarily beautiful Barnafoss and Hraunfossar, where water emerges in many small falls from beneath a lava field. Drive past Reykholt where the 13th century historian and Prose Edda writer, Snorri Sturluson, lived. Enjoy a stop at Deildartunguhver, Europe's largest hot spring, with 180 litres of boiling water per second. Continue over mountain ridges and through pretty lake dotted valleys towards one of the longest fjords of the country, the scenic Hvalfjörður fjord before driving along the shores back to Reykjavik.

👉 **By coach/snow truck/on foot, subject to a minimum of 30/maximum 50.**

👉 **Please note: This tour is not recommended for passengers with neck or back problems. The ground can be wet and slippery and care should be taken. Flat, closed-toe footwear should be worn. You must follow any instructions or safety precautions given by your guide.**

Leisurely Reykjavik & the Blue Lagoon

Tour 305D – Approx. 4 hours

Start with a drive over the lava fields of the Reykjanes Peninsula towards the Blue Lagoon, which owes its existence to a nearby geothermal power plant. The water of the lagoon is warm, mineral-rich and reputed for its healing properties. This natural and very popular health spa is now a major attraction in the region. You will have approximately 45 minutes to spend viewing the Blue Lagoon. Regrettably there is insufficient time on this tour for you to bathe in the Lagoon. The complex does however have a tax-free shop and café.

During a short sightseeing tour of Reykjavik you will drive through the Breiðholt residential area, offering extensive views over the city, the bay and mountains beyond. Pass the Arbaer Open Air Museum to where many houses from Reykjavik's past have been moved and restored. Continue to the Laugardalur valley, a recreation area with sports facilities, including an Olympic-sized swimming pool. Drive past Hofdi House, site of the 1986 Reagan/Gorbachev Summit meeting, before stopping at the Pearl, a glass dome on top of geothermal water tanks. The Pearl also serves as a vantage point offering the opportunity to enjoy the magnificent view by way of the viewing platform.

Before returning back to the ship you will drive into the older part of the city, dominated by the imposing Hallgrímskirkja Church whose high steeple serves as a landmark. Moving closer to the centre of the city, on our way back to the pier, you see the City Hall and Reykjavik's main square, Laekjartorg.

👉 **By coach/on foot, subject to a minimum of 30/maximum 200.**

👉 **Please note: The journey time from Reykjavik to the Blue Lagoon is approximately 45 minutes each way. There is a walk from the parking area to the main building at the Blue Lagoon of approximately 492 feet each way. The paths at the Blue Lagoon are paved. There is insufficient time for bathing at the Blue Lagoon on this tour.**



Relaxing in the Blue Lagoon

Tour 305E – Approx. 3½ hours

Your tour starts with a drive past Perlan, ‘The Pearl’, a glass dome built on the top of the hot-water storage tanks in Reykjavik, and then through Reykjavik’s suburbs towards Hafnarfjordur. From there, you continue through the rugged lava fields of the Reykjanes peninsula towards the Blue Lagoon, one of the most popular attractions in Iceland.

The Blue Lagoon owes its existence to the nearby geothermal power plant, and a new facility was opened in July 1999 offering a tax-free shop, café and excellent changing-room facilities. This pool of pure, mineral-rich geothermal seawater located in the middle of a lava field attracts more than 100,000 visitors a year in search of health, relaxation and recreation.

You will stop for approximately one-and-a-half hours in order to indulge in the warm waters of the lagoon which are approximately 37-39°C and reputed for their healing properties. The blue colour of the water, the steam and the four-metre-high lava wall surrounding the lagoon succeed in creating a unique atmosphere. Afterwards there will be time for refreshment or to browse for souvenirs in the gift shop before returning to the ship.

➤ **By coach/on foot, subject to a minimum of 30/maximum 300.**

➤ **Please note: The journey time from Reykjavik to the Blue Lagoon is approximately 45 minutes each way. Please remember to take swimwear and a towel. The Lagoon is not a pool for regular swimming, rather a unique, relaxing bathing experience. It is expected that you take a shower and wash without swimwear before entering the Lagoon. Separate dressing rooms and showers are provided for men and women, with lockers, large enough for a small sports bag. Towels and swimsuits can be hired. You enter the Lagoon at your own risk and are responsible for any children accompanying you. The Blue Lagoon establishment does not assume responsibility for any personal valuables. You may not bring food or drinks for consumption on the premises or into the Lagoon. It is recommended that you wear a bathing cap or use a hair conditioner, as the silica has a drying effect on the hair. Avoid getting silica into your eyes. Removal of silica from the Lagoon is not permitted. The temperature of the Lagoon is between 37-40°C/100-110°F. Many pregnant women bathe in the Lagoon, but it is important that every woman evaluates her physical condition before entering. Some women may find the Lagoon too warm, so it is important to drink plenty of fresh water and avoid being hungry during the visit. Passengers with special medical conditions such as high or low blood pressure, heart disease, circulatory problems, diabetes or any other illness should avoid staying too long in the Lagoon. A break from bathing should be taken if passengers feel uncomfortable or drained at any point. The Blue Lagoon’s natural sand bottom may be uneven and slippery.**

Whale Watching Experience

Tour 305F – Approx. 4 hours

Your trip begins with a short drive to the harbour area in the city centre. After meeting the friendly crew, the whale watching boat sets sail and your adventure really begins. The chance to enjoy the spectacular Icelandic nature from the sea and the close proximity to the awesome mammals swimming beneath the surface make whale watching an experience unlike any other.

Whale Watching in Iceland only started in 1995, but has had one of the highest growth rates for whale watching in the world. Iceland has become the whale watching capital of northern Europe in less than 10 years. About twelve to fifteen species of whales (42% of the 86 whale species currently known around the world), can be seen in Icelandic waters so the potential for whale watching in Iceland is excellent! Among the species of whales found in the waters surrounding the country are blue, fin, humpback, minke and sei-whales.

Your boat is equipped with a double-engine that propels it at up to 24 miles per hour, allowing you to cover a large area in a relatively short time - making it all the easier to locate all types of whales. On board, there is a dining room with a bar. There is also seating on the ship’s deck for those who want to enjoy close proximity to the Icelandic nature. No two trips are ever the same and consequently there is always a feeling of excitement and anticipation.

➤ **By coach/boat, subject to a minimum of 10/maximum 75.**

➤ **Please note: If you are prone to seasickness please take the necessary precautions. As you will be searching for animals in their natural habitat, sightings cannot be guaranteed, although the success rate for seeing some species of whale is very high. Refreshments are not included, but can be purchased on board. There are several steps to negotiate into the interior of the boat. Please take a warm jacket and wear flat comfortable shoes.**

Super 4x4 Adventure

Tour 305G – Approx. 3½ hours

Nowhere but in Iceland will one find vehicles like those you travel in during this excursion. Crafted for uniquely tough conditions, each 'Supertruck' is custom built with up to three separate transmissions, two separate steering systems, fully in-cab adjustable four corner air suspension, turbocharged engines, an array of radio equipment, marine-type satellite navigation and the largest available legal road tyres in the world. Expert drivers will take you to places magically created by the power of volcanoes, ice and time on this Super 4x4 adventure.

Shortly after leaving Reykjavík, drive up the mountain Ulfarsfell, where you have a spectacular view over Reykjavik and the bay. Onwards to Nesjavellir, where you make a short stop at a vantage point with a panoramic view over Lake Þingvallavatn, active volcano Hengill, the geothermal powerplant of Nesjavellir and its surroundings.

Nesjavellir Power Plant, which was formally opened in 1990, powers a 190-megawatt geothermal plant, using the nearby field of boreholes, developing the largest high-temperature field in Iceland. This incredible geothermal field is in fact one of the main sources of hot water harnessed to heat houses of Reykjavik.

From Nesjavellir you take the gravel road alongside Lake Þingvallavatn, driving past farmlands of the south with the landscape and scenery changing until you come to the birch grown area of Thrastarlundur. Here in this beautiful area there will be a short comfort stop before continuing your adventure.

After re-boarding the vehicles, you head off the beaten track, by way of a trail known as 'The Thousand Waters'. The supertruck winds its way through numerous rivers, mud banks and streams. Before you arrive back in the Capital, these magnificent machines are put to their final test by climbing some of the nearby hills. From here it's back to reality and tarmac as you head back to Reykjavík.

👉 **By super 4x4, subject to a minimum of 5/maximum 50.**

👉 **Please note: This tour is not suitable for those with injuries or conditions, which may be affected by the bumpy ride. Pregnant women and children under 12 may not participate.**

Glaciers & Volcanoes Flightseeing

Tour 305H – Approx. 2½ hours

What better way to experience the contrast of Iceland's spectacular scenery than from the air. Following a short transfer from the quayside to the local airport, this magnificent flightseeing experience offers you a unique opportunity to see glaciers, ice and snow fields as well as the most famous of Iceland's volcanoes, Hekla, which last erupted in 2000.

The Valley of Thorsmork, the realm of Thor, the God of Thunder, is considered one of the pearls of Icelandic nature. In the shelter of three glaciers, a glorious oasis has been formed. This valley is only accessible by four-wheel jeep owing to the numerous glacial rivers flowing through it, but you will have a birds-eye view from the air.

Landmannalaugar, a region that lies in the highlands of Iceland is said to be one of the most beautiful in the country because of the varied shades of the landscape caused by multi-coloured lava ashes clinging to the sides of the volcanoes.

Other places of interest en route include the majestic Tindfjallajökull and Eyjafjallajökull glaciers; Thingvellir, site of the world's oldest legislature; the magnificent Gullfoss golden waterfall and Geysir, the area of hot springs and mud pools that gave its name to the English word 'geyser'.

👉 **By coach/aircraft, subject to a minimum of 3/maximum 20.**

👉 **Please note: This tour is dependent on weather conditions and may be cancelled at short notice at the pilot's discretion. It is not considered suitable for passengers with wheelchairs or those with walking difficulties. You will be contacted on board regarding your final flight times. The flight will last approximately 1½ hours.**

Rising from the Ashes

Tour 305J – Approx. 7½ hours

This tour takes you close to the volcano whose name no one can pronounce - Eyjafjallajökull. It offers the unique opportunity to understand how the eruption disrupted the life of the people living under the volcano and affected the whole world's flying programmes.

The drive takes you over the mountain road Hellisheidi where a geothermal power plant with its contraptions can be seen and down into the richest farmland in Iceland. The road continues past the small village of Hveragerdi, where they grow cucumbers, tomatoes and roses in greenhouses. From there you travel through two small villages, crossing Iceland's longest river Thjorsa and the clear River Ranga where salmon fisherman stand all day long in the hope of a good catch.

The first stop is at Seljalandsfoss the amazing waterfall that offers the traveller a view of its back as well as the front. From there you drive to Thorvaldseyri the prosperous farm that was most affected by the eruption. Here a new exhibition dedicated to the volcanic activity is open to viewing. You will stop to explore the photos taken by the farmer before, during and after the eruption. One of those was the first photo of the natural disaster and was transmitted all over the world within few seconds via the Internet. You will also have the opportunity to watch an illuminating documentary on how the eruption changed life on the farm. This particular farm has a long and interesting history and the same family has lived there for hundred years but now they face new questions and challenges. This offers a unique chance to watch how nature has already begun to mend the damage made by the heavy ash fall.

After this interesting stop you drive to Skogar Museum where lunch awaits. The Museum and its surroundings are very interesting and there will be time to explore them after lunch which includes an Icelandic meat soup with bread followed by coffee or tea.

👉 **By coach/on foot, subject to a minimum of 25/maximum 100.**

👉 **Please note: This tour involves some walking over gravelled surfaces and comfortable walking shoes are recommended.**



SEYÐISFJÖRÐUR, Iceland

Essence of East Iceland

Tour 306A – Approx. 4½ hours

You leave Seyðisfjörður, which boasts one of the best natural harbours in the country, and head over the mountain pass of Fjardarheidi to Egilsstaðir, the centre of regional communications in the east of Iceland. From Egilsstaðir, continue by skirting Iceland's third largest lake, 'Lagarfljót'. The lake's bed lies 100 metres below sea level, gouged out by the mighty force of the glaciers over thousands of years. It is well known for its 'monster' that resides far below in its inky depths, and is 'spotted' once in a while, attracting considerable attention.

The tour continues alongside the lakeside, with the waterfall Hengifoss providing a backdrop in the far distance. You then drive to Skriduklaustur, an unusual structure of basalt blocks with white cement. Formerly the site of a monastery, this building acts as a residence for artists and writers, both Icelandic and foreign. Your next stop is at Valthjofsstaður, the 13th century church estate and manor farm in Fljotsdalur. The church was consecrated in 1966. From Valthjofsstaður you continue to visit Vegardur Power Station visitor centre where you will see a short film about the building of the controversial power plant Karahnjúkar on the highland. Pass Hallormstaður, one of the county's most successful government forestry stations set in the beautiful Hallormsstaðarskógur forest.

- 👉 **By coach/on foot, subject to a minimum of 35/maximum 300.**
- 👉 **Please note: This tour may operate in reverse to that described.**



Hike to Hengifoss Waterfall

Tour 306B – Approx. 5 hours

Seyðisfjörður is surrounded by mountains on all sides with the most prominent Mt. Bjölfur to the West and Strandartindur to the East. The town of Seyðisfjörður is well-known for its old wooden buildings and has remnants of urban street configurations within its urban fabric. Upon leaving Seyðisfjörður, you head over the mountain-pass of Fjardarheidi to Egilsstadir and continue alongside Iceland's third largest lake, the 'Lagarfljót'. From here you hike to the third highest waterfall in the country - Hengifoss, at 120m high. The Waterfall is set in a magnificent gorge, facing the forestry Hallormsstadur in Hallormsstadarskogur. The hiking trail climbs up a 2½ km trail to the base of the falls. The last 1 km of the hike is narrow and the terrain is rough. On the way up, you might notice smaller waterfalls deep in the gorge adjacent to the trail. From Hengifoss you continue past Hallormsstadur, a government forestry station in the beautiful Hallormsstadarskogur forest, where over forty species of trees from various parts of the world are growing. It is Iceland's biggest forest and has the country's highest trees. Following a short stop in the town of Egilsstadir you head back to Seyðisfjörður and the ship.

➤ **By coach/on foot, subject to a minimum of 30/maximum 100.**

➤ **Please note: The hike to Hengifoss takes approx. 2½ hours (1½ hour up and 1 hour down). The walking path consists of grass and gravel and the walk is of medium difficulty for those who are fit for walking. This tour is recommended only for fit and active participants and sturdy walking boots and layered warm clothing are recommended. Please follow the instructions of your guide at all time and keep to the trail, taking care as the ground can be slippery under foot.**

Skálanes Nature Reserve

Tour 306C – Approx. 4 hours

This is a unique opportunity to visit one of Iceland's most remote places that few Icelanders have been able to witness. Begin your tour with a bus ride to Thorarinsstadir where there will be a short stop at the abandoned farm where an important excavation of an early settlement graveyard and church took place. Continue through the grass valleys surrounded by high mountains to Skálanes, experiencing Icelandic nature en route as you cross rivers and admire the natural phenomena of rock formations and ditches.

Skálanes Nature and Heritage Centre are situated in a restored farm house set within its own nature reserve at the mouth of Seyðisfjörður. Snow capped mountains, vast sea cliffs, secluded beaches and vibrant meadows are all bounded by the sea making Skálanes a place to study the environment of East Iceland.

As a visitor to Skálanes you will see that the area is perfect for research on the environment and Icelandic cultural history. The diversity of ongoing projects running at Skálanes gives us access to ecology, natural history, geology, archaeology, conservation, and traditional skills.

Birdlife is prolific with colonies of Arctic Terns, Puffins, Eider Ducks and many other species within close proximity of the Centre. During your stay it may be possible to spot whales and seals in the water, as long as the swell is not too strong.

Before heading back to Seyðisfjörður you will enjoy some Icelandic refreshments typical of this area.

➤ **By coach/on foot, subject to a minimum of 20/maximum 30.**

➤ **Please note: This tour is recommended only for fit and active participants as the walk is approximately 1 hour in duration over uneven terrain. We recommend that you wear sturdy walking shoes and layered warm waterproof clothing.**



TÓRSHAVN, Faroe Islands

Kollafjørður & Kvivík

Tour 300A - Approx. 3½ hours

You will board your coach at the harbour, just across from the historic town of Tinganes, the rocky peninsula in Tórshavn harbour where the ancient Vikings held council meetings and now home to the Faroese Government. You travel up to the scenic, ridge-top road that runs along the southern part of Streymoy Island, pausing above Tórshavn for a photo stop at a viewpoint overlooking this colourful capital city.

In the green, sheep pastures above Tórshavn, be on the lookout for stone cairns, which marked the footpaths between villages in olden times. Further north views of Kaldbak and Kollafjørður fjords open below you – a perfect photo opportunity. Winding down into a valley, you pass a charming mountain tarn and pause to admire the hand-hewn stone salmon ladders leading to Lake Leynar.

Arriving in Leynar you may choose to visit the local woodcarver and watch him work or take a walk on the Leynar beach during some free time. Afterwards a short drive will take you further west where you can discover the colourful village of Kvivík situated in a beautiful broad valley, running from the high mountains down to the sea. You will explore the ruins of a well preserved Viking farmstead dating from the 10th century. Traditional stone fences still mark the boundary between infield pastures and the wild reaches of the mountains above, and an attractive stream runs through the middle of the village.

Afterwards, you continue on to the village of Kollafjørður, which lies along a broad fjord and is home to many salmon farms. Step back in time with a visit to the old Lutheran church built in 1837, constructed in typical Faroese style with black-tarred wooden sides and a turf roof and white bell tower.

Your journey back to Tórshavn takes you through a three-kilometre long tunnel and then along a fjord at sea level.

➤ **By coach/on foot, subject to a minimum of 40/maximum 120.**

➤ **Please note: The tour may operate in reverse order to avoid congestion at the sites visited. Flat, comfortable footwear is recommended. There is approximately 45 minutes of walking on this tour, over mainly flat and gravelled ground, with steps at the wood-turner's home. There are 2 tunnels, the longest of which is approximately 1½ miles.**

Coastal Villages

Tour 300B - Approx. 3½ hours

You will board your coach at the harbour, just across from the historic town of Tinganes, the rocky peninsula in Tórshavn harbour where the ancient Vikings held council meetings and now home to the Faroese Government. Your first stop will be at Kollafjørður, which lies along a broad fjord and is home to many salmon farms. Step back in time with a visit to the old Lutheran church built in 1837, constructed in typical Faroese style with black-tarred wooden sides and a turf roof and white bell tower.

Afterwards, you head for the village of Saksun, one of the most idyllic villages in the Faroes, with its small cove and deep sloping grassy banks almost completely enclosed by the surrounding mountains. A narrow, curving inlet is the only indication that the great swell of the Atlantic is just beyond, and oyster catchers, the national bird of the Faroes, abound along a shallow stream.

Of special interest is the old turf-roofed farm house, Duvugardar. Now a museum, it is a well preserved and typical example of a Faroese farm house of any period from medieval times to the end of the 19th century. On display here are many interesting old domestic utensils and household objects and furniture. The local people have managed to retain many of the characteristics and values of the old established life of subsistence farming, fishing and hunting.

As the coach makes a leisurely return to the harbour there will be a stop to admire the panoramic beauty of the colourful town of Tórshavn.

👉 **By coach/on foot, subject to a minimum of 40/maximum 120.**

👉 **Please note: The tour may operate in reverse order to avoid congestion at the sites visited. Flat, comfortable footwear is recommended.**

Vestmanna Sea Cliffs

Tour 300C - Approx. 4 hours

Travel by coach from the harbour and journey alongside the fjords, savouring the views, past colourful coastal villages, to Vestmanna to board a boat and sail out to the famous sea cliffs. All your senses will awaken with the sound of sea birds, the salty scent of the sea and its cool spray on your face, the stunning, weather-beaten cliff formations and the raucous riot of squawking birds who call the sea cliffs home. You sail along the cliff wall, into a narrow gorge where sheer rock walls rise vertically on both sides towards the sky. The boat slowly enters one of the many grottoes, and for a moment, daylight disappears. Darkness and the sound of dripping water surround you and then, suddenly, you emerge on the other side. The boat stops for a while so you can enjoy the scenery. Take photographs to help you remember the details.

After the boat trip, return to Tórshavn via the mountain road and stop at the viewpoint looking over the capital.

👉 **By coach/boat, subject to a minimum of 40/maximum 90.**

👉 **Please note: This tour is weather dependent and may be cancelled with short notice. Passengers who suffer from sea-sickness are recommended to take precautions in case of sea swells. The bird cliffs at Vestmanna are a breeding area and boats are not permitted to approach too closely; we suggest you take binoculars. We recommend you take a wrap or jacket as it is cooler at sea, than on land. Owing to the limited capacity, early booking is recommended. Many species of birds migrate from the bird cliffs from mid-August. Wildlife sightings are likely but are not guaranteed.**

Panorama & Tinganes

Tour 300D - Approx. 2½ hours

You board a coach at the harbour across from historic Tinganes, the rocky peninsula in Tórshavn harbour where the ancient Vikings met. Travel up to the scenic, ridge-top road that runs along the southern part of Streymoy Island, pausing above Tórshavn for a photo stop at a viewpoint overlooking this colourful capital city.

In the green, sheep pastures above Tórshavn, be on the lookout for stone cairns, which marked the footpaths between villages in olden times. Pause for another photo stop above Norðradalur (North Valley) where on clear days a dramatic view of the Island of Koltur stands gloriously before you. Further north views of Kaldbak and Kollafjørður fjords open below you.

Winding down into a valley, you pass several colourful villages. The journey back to Tórshavn takes you through a three-kilometre long tunnel and then along a fjord at sea level. Arriving in Tórshavn you visit the old part of the city 'Tinganes' for a short walk in the narrow streets between the old houses with traditional turf roofs.

👉 **By coach/on foot, subject to a minimum of 40/maximum 200.**

👉 **Please note: There is little walking involved on this tour.**

Island of Vágur

Tour 300E - Approx. 4 hours

You will leave Streymoy Island via Kaldbakfjord and the Kollafjørður Valley then pass through the new underwater tunnel to arrive on the Island of Vágur.

This trip gives you the chance to see Vágur's changing scenery and explore its villages. At Sandavágur you will visit the village church. We drive through Midvagur and pass the largest lake in the Faroe Islands before reaching Vatnsoygar and then Bøur for a visit to see both old and new houses with green sod roofs. There is a spectacular view of the Tindhólmur islet and the Island of Mykines in the distance as you drive up to the tunnel which takes you to Gásadalur, Vágur's westernmost village, and the last road to be connected with the rest of the island.

Return to Tórshavn via the mountain road to capture the extraordinary panoramic views out over the fjords and the capital.

👉 **By coach/on foot, subject to a minimum of 40/maximum 120.**

👉 **Please note: There is little walking on this tour over mainly flat and gravelled ground.**



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