



MSC

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Cruise : **NORTHERN EUROPE & CRUISES FROM UK**

**Hamburg, Invergordon, Reykjavik, Isafjordur, Akureyri, Kirkwall, Hamburg**

Cruise Ship: **MSC PREZIOSA**

Departing from: **Hamburg, Germany**

Itineraries: **Invergordon, Reykjavik, Isafjordur, Akureyri, Kirkwall (Orkney Is.)**

Departure Date: **26/05/2024**

Duration: **12 Days, 11 Nights**

## Invergordon

Tue 28 May 2024

### CULTURE AND HISTORY

#### LOCH NESS, WATER MONSTERS & HIGHLAND CASTLES - IVG03



**Duration**  
8 h



A great day off the ship awaits you discovering Scotland's famous Loch Ness, the highland capital of Inverness and two romantic medieval castles on this exciting tour. Board your coach with your English-speaking guide and enjoy a scenic route heading south-west taking you to Loch Ness, the UK's largest inland body of freshwater. The loch's murky depths are said to be home to weird creatures, the most famous of which is the alleged Nessie, the Loch Ness monster. Next up is the 14th-century Urquhart Castle, the ruins of which are magnificently situated right on the edge of the loch. After a guided tour of the castle's modern visitors' centre, the tour continues to Inverness, the "capital of the highlands", for a coach-based sightseeing tour and a chance to explore on your own and have lunch (price not included in the tour). Your last stop is the pretty village of Cawdor and the 14th-century Cawdor Castle, which is surrounded by beautiful gardens and is approached via a drawbridge. The tour concludes with your return to the port.

Please note: The cost of the lunch (optional) is not included in the price of the tour.

#### GRAND DUNROBIN CASTLE & ROYAL DORNOCH - IVG05



**Duration**  
4 h



This tour takes you up the northern stretch of the highland coast, passing through the enchanting, historic town of Dornoch and visiting the magnificently located Dunrobin Castle. After leaving the port with your English-speaking guide, a scenic drive north from Invergordon offers a taste of the wonderful countryside in this part of Scotland. You will pass through the pretty town of Tain before crossing the Dornoch Firth and continuing on via the fishing village of Golspie, where the Duke of Sutherland's monument can be seen high on the nearby beinn (Gaelic for mountain). Dunrobin Castle dramatically reveals itself at the end of a long, tree-lined drive. The impressive house is the largest in the northern highlands, contains 189 rooms, with a rich collection of fine furniture, paintings, tapestries, and objects d'art. Displays include antique household equipment, ceremonial robes, uniforms, arms, and a fully functional 19th-century fire engine. You will have an opportunity to stroll in the magnificent park and beautiful formal gardens that surround the castle and enjoy gorgeous views of the sea. The tour includes a drive through the 12th-century town of Royal Dornoch before returning to the ship.

Please note: The guide will give explanation only outside the Castle; guests will visit the site individually. This tour is not suitable for guests with walking difficulties. This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion.



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## SCENIC ROUTE

### LOCH NESS PANORAMIC - IVG07



**Duration**  
3:30 h



Take a trip to Loch Ness, one of Scotland's most popular destinations and the site of an abiding modern monster mystery. After leaving Invergordon with your English-speaking guide, a coach will take you along the Cromarty Firth, a North Sea inlet, for a first brief stop at Beauly en route to the village of Drumnadrochit, where beyond lies Loch Ness, the UK's largest body of freshwater by volume. However, the loch's greatest claim to fame is its alleged star resident: Loch Ness Monster, aka Nessie. Thought by some to be one of a small group of otherwise extinct plesiosaurs, Nessie has fuelled the imagination of countless explorers ever since the story broke in the early 1930s. Have your zoom-lens camera ready for a shot of the elusive creature - you would make history if your photo proved Nessie's existence. The route then continues along the main road flanking the loch, with more stunning scenery before you reach the loch-side Clansman Hotel - about as close as you can get to the water without needing a boat. As one of the prettiest spots Loch Ness has to offer, this is the perfect place to take some more photos before you return to Invergordon.

Please note: It is necessary to climb steps to reach the panoramic viewpoint at Clansman Hotel.

## NATURAL WONDERS

### ROGIE FALLS & SILVERBRIDGE FOREST WALK - IVG09



**Duration**  
4:30 h



Meet your English-speaking guide at the pier and start to travel from Invergordon initially along the shores of the Cromarty Firth, a scenic North Sea inlet, you will then head up to one of the most beautiful spots in the Inverness region, the breathtaking Rogie Falls near the small spa town of Strathpeffer. The sturdy suspension bridge over the Black Water River provides spectacular views of the falls. Reboarding the coach, you then drive a short distance to the location of your second walk. In the Silverbridge Forest, you follow the dark waters of the river downstream, watching them tumble over giant boulders and through a series of rapids. As you make your way through the bosky gloom, your guide will point out some of the local flora and fauna, which may include leaping salmon and red squirrels. You will also cross a traditional stone arched bridge that spans the river at Little Garve - the halfway point of your walk. The trail will then take you back upstream to return to the starting point. Next up is a short drive to the pretty town of Strathpeffer, a popular spa town in its Victorian heyday, where you will have some free time to explore on your own. Scenery that is more stunning awaits you on your return journey to your ship, which ends your tour.

Please note: This tour is unsuitable for guests with walking difficulties as it involves walking on 3 km and climbing approx. 200 steps. This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion.

### PROTECTOURS: SEA SAFARI & WILDLIFE ADVENTURE - IVG10



**Duration**  
2 h



This thrilling sea safari and wildlife adventure will take you to explore the incredible beauty of the Cromarty and Moray Firths from the best perspective possible: the water. In addition, to turn the fun factor up to the max, you will be boarding a special high-speed RIB (Rigid Inflatable Boat). Fast and nimble, this is an excellent craft on which to see all the key sights and observe the varied wildlife. Each of these tours is unique and as you travel, an experienced skipper and knowledgeable guide will provide a wealth of intriguing information and amusing anecdotes to entertain you. After a short introduction, the tour starts from Invergordon harbour and will then see you speed your way to the small historical village of Cromarty. As you go, be sure to watch out for marine mammals such as dolphins and harbour porpoise (a smaller relative of the dolphin), which are frequent visitors to the area throughout the year, as well as minke whales, which only come during the warmer summer months. Then, as you head towards the Moray Firth, you will pass bird colonies, coastal cliffs with sheer drops to the water, old defences dating back to WWI and WWII as well as several other points of scenic and historical interest. This seafaring tour ends with your return to the port of Invergordon and your ship.

Please note: this tour is subject to weather conditions; wildlife sightings not guaranteed. This tour is unsuitable for pregnant women or guests with mobility/back/neck problems or who are seriously overweight. Children aged 5/8 years old are accepted on tour subject to weather conditions on the day of call; an adult must accompany each child under 12 years old. The skipper of the boat will offer a commentary during the tour in English. This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion.

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## Reykjavik

Thu 30 May 2024

### CULTURE AND HISTORY

#### THE GOLDEN CIRCLE - KEF02

**Duration**  
8 h

Join this tour and prepare to spend time enjoying some of the natural splendours that have helped make Iceland famous. Leave the port with your English-speaking guide for a 45-minute coach drive to the lovely Thingvellir National Park - a UNESCO World Heritage Site situated 30 miles from Reykjavik. This park is a must during any visit to Iceland; you will experience one of the most outstanding scenery in the Country, a vast lava plain of green moss and wild flowers. Icelanders regard this site as a sacred place and the world's oldest legislative parliament was founded here. Next stop will be the huge Gullfoss or "golden" Waterfall; this twin cascade is one of the most powerful in Europe and offers amazing views. Our third visit takes in the Iceland Geysers, which, together with Thingvellir Park and Gullfoss, form the "Golden Circle" tourist route. Here you will see nature in all her glory as we marvel at the hissing hot springs and other geothermal phenomena and it is in this surreal environment that we will have a 2-course lunch. Return to the port.

Please note: This tour includes walking on uneven ground but most of the sights can be seen from the coach; comfortable shoes recommended. Only tap water is included in the lunch; additional drinks to be paid for on site. Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. This tour is available on the first, on the second or on both days depending on the time in port of the ship. Please select code KEF02 if you wish to take part in this tour on the first day and code KEF18 if you wish to take part in this tour on the second day. Due to local rules in Iceland every guest must be properly sitting on the excursion coach. This includes also children aged from 0 up to three years old. If you travel with children in this age, please contact the Shore Excursions' Desk to have a baby chair on the excursion coach and for any additional information. Please be aware that the cost of the baby chair will be debited to you. On some dates, dinner may replace lunch.

### CITY TOUR

#### DISCOVER THE CITY OF REYKJAVIK - KEF04

**Duration**  
3:30 h

Iceland's capital city, Reykjavik, is a fascinating mix of the tradition and technical modernity. Visitors are always struck by the juxtaposition of the clean-lined, boldly coloured modern constructions and the quaint historic buildings that characterise the old city centre. After meeting your English-speaking guide at the pier, your tour starts with a drive to the Arbaer Open Air Folk Museum where historic homes from Reykjavik and other parts of Iceland have been recreated in a display of Icelandic life. Enjoy a pleasant walk around the museum and see the traditional northern Icelandic turf church and turf farm buildings. Your next stop will be the "Pearl" and we can enjoy a panoramic city view from the vantage point of its hot-water storage tanks! The Pearl is of architectural interest as it features a dome built of reflective glass panels set on a hollow steel frame. After viewing the city from above, you can continue exploring on the ground as we stop at the Hallgrímskirkja Church and take a short walk through the historic district, admiring Reykjavik's colourful wooden houses and pretty, narrow streets. Return to the port.

Please note: Although most of the sites are wheelchair-friendly, there may be some restrictions on visiting some old houses at the Arbaer Open Air Museum. This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion. Guests are requested to wear appropriate attire for religious visits. This tour is available on the first, on the second or on both days depending on the time in port of the ship. Please select code KEF04 if you wish to take part in this tour on the first day of and code KEF20 if you wish to take part in this tour on the second day. Due to local rules in Iceland every guest must be properly sitting on the excursion coach. This includes also children aged from 0 up to three years old. If you travel with children in this age, please contact the Shore Excursions' Desk to have a baby chair on the excursion coach and for any additional information. Please be aware that the cost of the baby chair will be debited to you.



**Wheelchair and disabled-friendly tour - Wheelchair guests must be accompanied by their own helper to get on/off the coach. Wheelchairs must be foldable as the coach is not provided with ramps or lifts. Once onboard, please contact Excursions Desk staff promptly so they can help make arrangements.**

**MSC****EXCURSIONS**  
Discoveries designed for you**NATURAL WONDERS****GEOHERMAL FIELD & VIKING HISTORY - KEF06****Duration**  
4 h

Iceland's unique landscape has been shaped by great geothermal and volcanic activity over millions of years. This tour takes you to some of the country's geological wonders and includes a visit to a museum dedicated to the nation's Viking history. The journey commences with a pleasant drive through the lively port town of Hafnarfjörður, situated picturesquely on an ancient lava flow. Next, the itinerary continues with a drive over the lava-covered Reykjanes Peninsula to the outskirts of the little town of Njardvik to visit the newly built Viking Museum. Here you can admire the "Islendingur" Viking ship, a fully seaworthy replica of an averaged-size Viking vessel, which would have carried a crew of 70. After the visit and continuing along the road, you'll eventually reach Gunnuhver Geothermal Area where the striking landscape has been shaped by volcanic eruptions and violent movements of the earth. In the geothermal field powerful jets of steam escape from deep below the earth's crust and the multicoloured pools of boiling water. Then, leave the main road and continue along the enchanting Kleifarvatn Lake, one of the deepest lakes in Iceland where you will have a little time to stretch your legs, snap a few photographs, and enjoy the rugged but scenic landscape. Before returning to the port, head on across the impressive volcanic plateau of Reykjanes with its lava flows and Reykjavik city.

Please note: This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion. This tour is available on the first, on the second or on both days depending on the time in port of the ship. Please select code KEF06 if you wish to take part in this tour on the first day and code KEF22 if you wish to take part in this tour on the second day. Due to local rules in Iceland every guest must be properly sitting on the excursion coach. This includes also children aged from 0 up to three years old. If you travel with children in this age, please contact the Shore Excursions' Desk to have a baby chair on the excursion coach and for any additional information. Please be aware that the cost of the baby chair will be debited to you.

**LAVA TUNNELS AND CRATERS: WILD ICELAND - KEF09****Duration**  
6 h

Treat yourself to an amazing outing to the rugged volcanic landscape of the Reykjanes peninsula, which is located a short distance to the south of Reykjavik. Together with your English-speaking guide and safely ensconced in a super-truck, a vehicle that has been modified to face even the harshest road and weather conditions, you will first head for Eldvörp, a 10-km-long row of scoria and spatter cones in offset (EN echelon) sections, with centrally placed geothermal features and a borehole. You then head to the charming fishing village of Grindavík where a stop in a local restaurant to savour a light lunch made of fish soup and freshly baked bread is all that it takes to proceed for our next destination. After boarding the super-truck again, a short scenic drive takes you to Krýsuvíkurbjarg Cliff which stretches for 15 kilometers, making it one of the longest birdwatching cliffs in Europe. The tour continues driving to Krýsuvík geothermal area where the striking landscape has been shaped by volcanic eruptions and violent movements of the earth. Powerful jets of steam escape from deep below the earth's crust and the multicolored pools of boiling mud bubble and pop continuously. Your last stop is Raufarholshellir Cave, one of the longest and best-known lava tubes in Iceland. Once you have been issued with a safety helmet and a high-beam torch, your guide will take you into the mysterious depths of the Icelandic underworld. Enjoy a unique experience and a great opportunity to witness the inner workings of a volcanic eruption as you visit this huge cave and marvel at the many colours you can spot all around. The scenery inside the cave is so atmospheric and surreal that you will feel very small in such an immense environment. It is imperative to have a camera at hand to capture these unique moments for your travel album. Your journey into the wild finally ends with the coach drive to Reykjavik and to the pier.

Please note: Due to the substantial walking, hiking, and caving the tour entails, this tour is classified a grade 4 hike and is suitable only for guests with a high fitness level. It is unsuitable for pregnant women or for guests who suffer from claustrophobia. Trekking shoes, layered clothing and waterproof jackets recommended. Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. Min. age to take part in the tour: 12 years. This tour is available on the first, on the second or on both days depending on the time in port of the ship. Please select code KEF09 if you wish to take part in this tour on the first day and code KEF23 if you wish to take part in this tour on the second day. On some dates, dinner may replace lunch.

**LUNAR LANDSCAPES: CRATERS & HOT SPRINGS - KEF11****Duration**  
5:30 h

Your tour begins with meeting your English-speaking guide for a scenic drive from the capital to the Reykjanes Peninsula, an area of extreme geothermal activity. The powerful forces of nature are prominent on the peninsula, be it in the sheer rugged beauty of the North Atlantic coastline, the savage bleakness of the seemingly endless lunar-like landscape or in the hardness of the region's flora and fauna. The tour also includes a visit to the bird cliffs near the Reykjanes lighthouse, after which you will continue on to an impressive row of volcanic craters, complete with hissing thermal springs that give off a pungent "eggy" odour. Finally, you will visit the newly built Viking Museum to admire the "Islendingur" Viking ship, a fully seaworthy replica of an averaged-size Viking vessel that would have carried a crew of 70. Before returning to the port, a stop will be made at one of the city's most famous landmarks, the remarkable "Perlan" building (The Pearl). Built in 1988, the building features a shiny cupola that sits atop a number of huge tanks containing natural hot water to heat Icelandic homes. As a final treat on the tour, you can enjoy wonderful views of the city's colourful rooftops from the 4th-floor viewing platform of the Perlan building. The return drive to the port and your ship ends this tour of volcanic Iceland.

Please note: This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion. This tour includes walking on uneven ground; comfortable shoes recommended. This tour is available on the first, on the second or on both days depending on the time in port of the ship. Please select code KEF11 if you wish to take part in this tour on the first day and code KEF25 if you wish to take part in this tour on the second day. Due to local rules in Iceland every guest must be properly sitting on the excursion coach. This includes also children aged from 0 up to three years old. If you travel with children in this age, please contact the Shore Excursions' Desk to have a baby chair on the excursion coach and for any additional information. Please be aware that the cost of the baby chair will be debited to you.



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## THE RING OF FIRE - KEF14



**Duration**  
5:30 h



Located just a short drive from Reykjavik lies one of Iceland's 30 active volcanoes, Mount Hengill, whose surrounding area is still dotted with fumaroles, hot springs, and steam vents - a gentle reminder of its last eruption 2.000 years ago. Leaving the port with your English-speaking guide, the Hellisheidi power plant uses the geothermal energy to supply the region with hot water and power and is your first destination. After viewing the geoscience, geo technology, historical and environmental exhibits at the visitors' centre, you will move on to Hveragerdi, a town that sits on an old magma chamber. You will visit the hot springs in the middle of town, take a look at the small greenhouse and then enjoy refreshments at a local restaurant. Following the path of the River Sogid, you will pass the Ljósafoss hydropower station en route to the Thingvellir viewpoint, a UNESCO World Heritage Site that marks the spot of Iceland's first parliament. Passing Thingvallavatn, Iceland's largest lake, will finally take you to a vantage point on the lower flanks of the volcano to catch views of hot springs before you return to the ship.

Please note: Guests using a wheelchair must be aware that the Hveragerdi hotsprings area is not accessible for wheelchairs and that there are two steps to enter the restaurant. This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion. This tour includes walking on uneven, gravel ground; sturdy shoes recommended. Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. This tour is available on the first, on the second or on both days depending on the time in port of the ship. Please select code KEF14 if you wish to take part in this tour on the first day and code KEF26 if you wish to take part in this tour on the second day. Due to local rules in Iceland every guest must be properly sitting on the excursion coach. This includes also children aged from 0 up to three years old. If you travel with children in this age, please contact the Shore Excursions' Desk to have a baby chair on the excursion coach and for any additional information. Please be aware that the cost of the baby chair will be debited to you.



*Wheelchair and disabled-friendly tour - Wheelchair guests must be accompanied by their own helper to get on/off the coach. Wheelchairs must be foldable as the coach is not provided with ramps or lifts. Once onboard, please contact Excursions Desk staff promptly so they can help make arrangements.*

## WHALE WATCHING & WHALE MUSEUM - KEF15



**Duration**  
4:30 h



If you're passionate about whales, Iceland is a prime destination. It's widely regarded as one of the best places in northern Europe to observe these magnificent marine creatures. Iceland's waters are home to approximately half of the 36 European whale species, including blue, fin, humpback, minke, and sei whales. This half-day tour, conducted exclusively in English, begins with boarding a boat to venture into Icelandic waters in search of whales. While on board, you have the option to relax in the dining room with a bar or stay on deck for an unobstructed view of Iceland's natural beauty. The second part of the excursion includes a 45-minute visit to the newly opened Icelandic Whale Exhibition. It features presentations on all 23 whale species known to frequent Icelandic waters and showcases full-size models of the largest species, including the colossal blue whale. Additionally, numerous other life-size models and skeletons of various whales are on display. This visit provides an engaging opportunity to learn everything you've ever wanted to know about whales, including aspects of their biology and behaviour. The tour concludes with your return to the ship.

Please note: You will meet your guide directly on the boat. It can be considerably colder on the water than on land. We recommend dressing in warm layers. Floatable overalls, raincoats and blankets are provided, but warm hats and gloves come in handy. Wildlife sightings is likely, but not guaranteed. This tour is available on the first, on the second or on both days depending on the time in port of the ship. Please select code KEF15 if you wish to take part in this tour on the first day of call and code KEF27 if you wish to take part in this tour on the second day of call. The transfer to and from the Whale Exhibition area is unguided.

### ACTIVE & ADVENTURE

## JEEP ADVENTURE TO LANGJÖKULL GLACIER & GLACIER CAVE VISIT - KEF29



**Duration**  
9 h



With information shared in English only along the itinerary this is an amazing experience not to miss! Take a day off the ship to touch base with Iceland's rugged landscape in a modified 4x4 vehicle, with a first photo stop planned at the Hraunfossar and Barnafossar waterfalls after approx. 2-hour drive. A buffet lunch follows at Húsafell, a settlement on the green outskirts of the glacier, after which you'll leave for your glacial adventure. Soak up the views as your expert driver chauffeurs you across the amazing white terrain to reach the Langjökull Glacier - the country's second largest icecap - and a man-made ice cave, whose blue ice passageways you'll walk through. Then, head for the starkly beautiful Cold Valley, also called Kaldidalur by the locals. As one of Iceland's highest mountain passes, the road is only open at certain times of the year. Last up is a UNESCO World Heritage Site and one of the country's most popular attractions: the Þingvellir National Park. Be sure to take some photos from the viewpoint, whose rift valley location not only affords great views of the Mid-Atlantic Ridge, but also of the original location of Iceland's parliament - the Alþingi - which was founded in 930. Your tour concludes with the return to the ship.

Please note: the tour is unsuitable for guests with limited mobility, back/ neck problems, pregnant women or who are claustrophobic; it is subject to road conditions and may be cancelled at short notice. There are high steps to get on the 4x4. The amount of time spent at and the distance travelled on the glacier depend on the weather and snow conditions; the itinerary may change to suit. Guests are recommended to wear warm, windproof clothes as well as sturdy, waterproof, non-slip shoes. Please prepare for all weather conditions. The buffet lunch does not include drinks which can be bought on spot. Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. Guests must be at least 4 years of age to take part. This tour is available on the first, on the second or on both days depending on the time in port of the ship. Please select code KEF29 if you wish to take part in this tour on the first day of call and code KEF44 if you wish to take part in this tour on the second day of call. Warm suit as well as the equipment to get into the ice cave will be provided. On some dates, dinner may replace lunch.



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## Reykjavik

Fri 31 May 2024

### CULTURE AND HISTORY

#### THE GOLDEN CIRCLE - KEF18



Duration  
8 h



Join this tour and prepare to spend time enjoying some of the natural splendours that have helped make Iceland famous. Leave the port with your English-speaking guide for a 45-minute coach drive to the lovely Thingvellir National Park - a UNESCO World Heritage Site situated 30 miles from Reykjavik. This park is a must during any visit to Iceland; you will experience one of the most outstanding scenery in the Country, a vast lava plain of green moss and wild flowers. Icelanders regard this site as a sacred place and the world's oldest legislative parliament was founded here. Next stop will be the huge Gullfoss or "golden" Waterfall; this twin cascade is one of the most powerful in Europe and offers amazing views. Our third visit takes in the Iceland Geysers, which, together with Thingvellir Park and Gullfoss, form the "Golden Circle" tourist route. Here you will see nature in all her glory as we marvel at the hissing hot springs and other geothermal phenomena and it is in this surreal environment that we will have a 2-course lunch. Return to the port.

Please note: This tour includes walking on uneven ground but most of the sights can be seen from the coach; comfortable shoes recommended. Only tap water is included in the lunch; additional drinks to be paid for on site. Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. This tour is available on the first, on the second or on both days depending on the time in port of the ship. Please select code KEF02 if you wish to take part in this tour on the first day and code KEF18 if you wish to take part in this tour on the second day. Due to local rules in Iceland every guest must be properly sitting on the excursion coach. This includes also children aged from 0 up to three years old. If you travel with children in this age, please contact the Shore Excursions' Desk to have a baby chair on the excursion coach and for any additional information. Please be aware that the cost of the baby chair will be debited to you. On some dates, dinner may replace lunch.

### SCENIC ROUTE

#### BATHING IN THE BLUE LAGOON & PANORAMIC OF REYKJAVIK - KEF19



Duration  
5 h



The Blue Lagoon is located in the middle of a beautiful lava field and our excursion to this destination offers an intriguing introduction to the unusual Icelandic landscapes. Meet your English-speaking guide, board your coach and enjoy a 45-minute coach drive to the Lagoon which owes its existence to the nearby geothermal power plant; you will have two hours to indulge in the reviving lagoon waters which remain at a temperature 37°-39°C, are rich in minerals and renowned for their healing properties. Relax into the unique atmosphere as you soak up the blue waters, surrounded by the steam and the four-metre high lava wall that surrounds the Lagoon. On the way back to the port, you will visit Iceland's capital city Reykjavik for a short sightseeing tour including a stop at the famous landmark "Pearl" vantage point.

Please note: For hygienic purposes and in line with local customs, it is compulsory to take a shower without swimwear before entering the lagoon. Dressing rooms and showers for men and women separated. Bathing in the Blue Lagoon is allowed to children aged 3 years onwards. Children under the age of 9 are required to wear arm floaters in the Blue Lagoon for safety reasons. These are provided free of charge. Guests with diabetes should keep hydrated and eat. Guests with low blood pressure and heart problems are requested to evaluate their personal level of stamina and ability before taking part and should limit their time in the lagoon waters. This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion. This tour is available on the first, on the second or on both days depending on the time in port of the ship. Please select code KEF03 if you wish to take part in this tour on the first day and code KEF19 if you wish to take part in this tour on the second day. Due to local rules in Iceland every guest must be properly sitting on the excursion coach. This includes also children aged from 0 up to three years old. If you travel with children in this age, please contact the Shore Excursions' Desk to have a baby chair on the excursion coach and for any additional information. Please be aware that the cost of the baby chair will be debited to you.



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## CITY TOUR

### DISCOVER THE CITY OF REYKJAVIK - KEF20



**Duration**  
3:30 h



Iceland's capital city, Reykjavik, is a fascinating mix of the tradition and technical modernity. Visitors are always struck by the juxtaposition of the clean-lined, boldly coloured modern constructions and the quaint historic buildings that characterise the old city centre. After meeting your English-speaking guide at the pier, your tour starts with a drive to the Arbaer Open Air Folk Museum where historic homes from Reykjavik and other parts of Iceland have been recreated in a display of Icelandic life. Enjoy a pleasant walk around the museum and see the traditional northern Icelandic turf church and turf farm buildings. Your next stop will be the "Pearl" and we can enjoy a panoramic city view from the vantage point of its hot-water storage tanks! The Pearl is of architectural interest as it features a dome built of reflective glass panels set on a hollow steel frame. After viewing the city from above, you can continue exploring on the ground as we stop at the Hallgrímskirkja Church and take a short walk through the historic district, admiring Reykjavik's colourful wooden houses and pretty, narrow streets. Return to the port.

Please note: Although most of the sites are wheelchair-friendly, there may be some restrictions on visiting some old houses at the Arbaer Open Air Museum. This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion. Guests are requested to wear appropriate attire for religious visits. This tour is available on the first, on the second or on both days depending on the time in port of the ship. Please select code KEF04 if you wish to take part in this tour on the first day of and code KEF20 if you wish to take part in this tour on the second day. Due to local rules in Iceland every guest must be properly sitting on the excursion coach. This includes also children aged from 0 up to three years old. If you travel with children in this age, please contact the Shore Excursions' Desk to have a baby chair on the excursion coach and for any additional information. Please be aware that the cost of the baby chair will be debited to you.



*Wheelchair and disabled-friendly tour - Wheelchair guests must be accompanied by their own helper to get on/off the coach. Wheelchairs must be foldable as the coach is not provided with ramps or lifts. Once onboard, please contact Excursions Desk staff promptly so they can help make arrangements.*

## NATURAL WONDERS

### GEOTHERMAL FIELD & VIKING HISTORY - KEF22



**Duration**  
4 h



Iceland's unique landscape has been shaped by great geothermal and volcanic activity over millions of years. This tour takes you to some of the country's geological wonders and includes a visit to a museum dedicated to the nation's Viking history. The journey commences with a pleasant drive through the lively port town of Hafnarfjörður, situated picturesquely on an ancient lava flow. Next, the itinerary continues with a drive over the lava-covered Reykjanes Peninsula to the outskirts of the little town of Njardvik to visit the newly built Viking Museum. Here you can admire the "Íslendingur" Viking ship, a fully seaworthy replica of an averaged-size Viking vessel, which would have carried a crew of 70. After the visit and continuing along the road, you'll eventually reach Gunnuhver Geothermal Area where the striking landscape has been shaped by volcanic eruptions and violent movements of the earth. In the geothermal field powerful jets of steam escape from deep below the earth's crust and the multicoloured pools of boiling water. Then, leave the main road and continue along the enchanting Kleifarvatn Lake, one of the deepest lakes in Iceland where you will have a little time to stretch your legs, snap a few photographs, and enjoy the rugged but scenic landscape. Before returning to the port, head on across the impressive volcanic plateau of Reykjanes with its lava flows and Reykjavik city.

Please note: This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion. This tour is available on the first, on the second or on both days depending on the time in port of the ship. Please select code KEF06 if you wish to take part in this tour on the first day and code KEF22 if you wish to take part in this tour on the second day. Due to local rules in Iceland every guest must be properly sitting on the excursion coach. This includes also children aged from 0 up to three years old. If you travel with children in this age, please contact the Shore Excursions' Desk to have a baby chair on the excursion coach and for any additional information. Please be aware that the cost of the baby chair will be debited to you.



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## LAVA TUNNELS AND CRATERS: WILD ICELAND - KEF23



**Duration**  
6 h



Treat yourself to an amazing outing to the rugged volcanic landscape of the Reykjanes peninsula, which is located a short distance to the south of Reykjavik. Together with your English-speaking guide and safely ensconced in a super-truck, a vehicle that has been modified to face even the harshest road and weather conditions, you will first head for Eldvörp, a 10-km-long row of scoria and spatter cones in offset (EN echelon) sections, with centrally placed geothermal features and a borehole. You then head to the charming fishing village of Grindavík where a stop in a local restaurant to savour a light lunch made of fish soup and freshly baked bread is all that it takes to proceed for our next destination. After boarding the super-truck again, a short scenic drive takes you to Krýsuvíkurbjarg Cliff which stretches for 15 kilometers, making it one of the longest birdwatching cliffs in Europe. The tour continues driving to Krýsuvík geothermal area where the striking landscape has been shaped by volcanic eruptions and violent movements of the earth. Powerful jets of steam escape from deep below the earth's crust and the multicolored pools of boiling mud bubble and pop continuously. Your last stop is Raufarhólshellir Cave, one of the longest and best-known lava tubes in Iceland. Once you have been issued with a safety helmet and a high-beam torch, your guide will take you into the mysterious depths of the Icelandic underworld. Enjoy a unique experience and a great opportunity to witness the inner workings of a volcanic eruption as you visit this huge cave and marvel at the many colours you can spot all around. The scenery inside the cave is so atmospheric and surreal that you will feel very small in such an immense environment. It is imperative to have a camera at hand to capture these unique moments for your travel album. Your journey into the wild finally ends with the coach drive to Reykjavik and to the pier.

Please note: Due to the substantial walking, hiking, and caving the tour entails, this tour is classified a grade 4 hike and is suitable only for guests with a high fitness level. It is unsuitable for pregnant women or for guests who suffer from claustrophobia. Trekking shoes, layered clothing and waterproof jackets recommended. Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. Min. age to take part in the tour: 12 years. This tour is available on the first, on the second or on both days depending on the time in port of the ship. Please select code KEF09 if you wish to take part in this tour on the first day and code KEF23 if you wish to take part in this tour on the second day. On some dates, dinner may replace lunch.

## LUNAR LANDSCAPES: CRATERS & HOT SPRINGS - KEF25



**Duration**  
5:30 h



Your tour begins with meeting your English-speaking guide for a scenic drive from the capital to the Reykjanes Peninsula, an area of extreme geothermal activity. The powerful forces of nature are prominent on the peninsula, be it in the sheer rugged beauty of the North Atlantic coastline, the savage bleakness of the seemingly endless lunar-like landscape or in the hardness of the region's flora and fauna. The tour also includes a visit to the bird cliffs near the Reykjanes lighthouse, after which you will continue on to an impressive row of volcanic craters, complete with hissing thermal springs that give off a pungent "eggy" odour. Finally, you will visit the newly built Viking Museum to admire the "Islegringur" Viking ship, a fully seaworthy replica of an averaged-zie Viking vessel that would have carried a crew of 70. Before returning to the port, a stop will be made at one of the city's most famous landmarks, the remarkable "Perlan" building (The Pearl). Built in 1988, the building features a shiny cupola that sits atop a number of huge tanks containing natural hot water to heat Icelandic homes. As a final treat on the tour, you can enjoy wonderful views of the city's colourful rooftops from the 4th-floor viewing platform of the Perlan building. The return drive to the port and your ship ends this tour of volcanic Iceland.

Please note: This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion. This tour includes walking on uneven ground; comfortable shoes recommended. This tour is available on the first, on the second or on both days depending on the time in port of the ship. Please select code KEF11 if you wish to take part in this tour on the first day and code KEF25 if you wish to take part in this tour on the second day. Due to local rules in Iceland every guest must be properly sitting on the excursion coach. This includes also children aged from 0 up to three years old. If you travel with children in this age, please contact the Shore Excursions' Desk to have a baby chair on the excursion coach and for any additional information. Please be aware that the cost of the baby chair will be debited to you.

## THE RING OF FIRE - KEF26



**Duration**  
5:30 h



Located just a short drive from Reykjavik lies one of Iceland's 30 active volcanoes, Mount Hengill, whose surrounding area is still dotted with fumaroles, hot springs, and steam vents - a gentle reminder of its last eruption 2.000 years ago. Leaving the port with your English-speaking guide, the Hellisheidi power plant uses the geothermal energy to supply the region with hot water and power and is your first destination. After viewing the geoscience, geo technology, historical and environmental exhibits at the visitors' centre, you will move on to Hveragerði, a town that sits on an old magma chamber. You will visit the hot springs in the middle of town, take a look at the small greenhouse and then enjoy refreshments at a local restaurant. Following the path of the River Sogid, you will pass the Ljósafoss hydropower station en route to the Thingvellir viewpoint, a UNESCO World Heritage Site that marks the spot of Iceland's first parliament. Passing Thingvallavatn, Iceland's largest lake, will finally take you to a vantage point on the lower flanks of the volcano to catch views of hot springs before you return to the ship.

Please note: Guests using a wheelchair must be aware that the Hveragerði hotsprings area is not accessible for wheelchairs and that there are two steps to enter the restaurant. This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion. This tour includes walking on uneven, gravel ground; sturdy shoes recommended. Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. This tour is available on the first, on the second or on both days depending on the time in port of the ship. Please select code KEF14 if you wish to take part in this tour on the first day and code KEF26 if you wish to take part in this tour on the second day. Due to local rules in Iceland every guest must be properly sitting on the excursion coach. This includes also children aged from 0 up to three years old. If you travel with children in this age, please contact the Shore Excursions' Desk to have a baby chair on the excursion coach and for any additional information. Please be aware that the cost of the baby chair will be debited to you.



*Wheelchair and disabled-friendly tour - Wheelchair guests must be accompanied by their own helper to get on/off the coach. Wheelchairs must be foldable as the coach is not provided with ramps or lifts. Once onboard, please contact Excursions Desk staff promptly so they can help make arrangements.*



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## WHALE WATCHING & WHALE MUSEUM - KEF27

**Duration**  
4:30 h

If you're passionate about whales, Iceland is a prime destination. It's widely regarded as one of the best places in northern Europe to observe these magnificent marine creatures. Iceland's waters are home to approximately half of the 36 European whale species, including blue, fin, humpback, minke, and sei whales. This half-day tour, conducted exclusively in English, begins with boarding a boat to venture into Icelandic waters in search of whales. While on board, you have the option to relax in the dining room with a bar or stay on deck for an unobstructed view of Iceland's natural beauty. The second part of the excursion includes a 45-minute visit to the newly opened Icelandic Whale Exhibition. It features presentations on all 23 whale species known to frequent Icelandic waters and showcases full-size models of the largest species, including the colossal blue whale. Additionally, numerous other life-size models and skeletons of various whales are on display. This visit provides an engaging opportunity to learn everything you've ever wanted to know about whales, including aspects of their biology and behaviour. The tour concludes with your return to the ship.

Please note: You will meet your guide directly on the boat. It can be considerably colder on the water than on land. We recommend dressing in warm layers. Floatable overalls, raincoats and blankets are provided, but warm hats and gloves come in handy. Wildlife sightings is likely, but not guaranteed. This tour is available on the first, on the second or on both days depending on the time in port of the ship. Please select code KEF15 if you wish to take part in this tour on the first day of call and code KEF27 if you wish to take part in this tour on the second day of call. The transfer to and from the Whale Exhibition area is unguided.

### ACTIVE & ADVENTURE

## ADVENTURE TO LANGJÖKULL GLACIER & GLACIER CAVE VISIT - KEF44

**Duration**  
9 h

touch base with Iceland's rugged landscape in a modified 4x4 vehicle, with a first photo stop planned at the Hraunfossar and Barnafossar waterfalls after approx. 2-hour drive. A buffet lunch follows at Húsafell, a settlement on the green outskirts of the glacier, after which you'll leave for your glacial adventure. Soak up the views as your expert driver chauffeurs you across the amazing white terrain to reach the Langjökull Glacier - the country's second largest icecap - and a man-made ice cave, whose blue ice passageways you'll walk through. Then, head for the starkly beautiful Cold Valley, also called Kaldidalur by the locals. As one of Iceland's highest mountain passes, the road is only open at certain times of the year. Last up is a UNESCO World Heritage Site and one of the country's most popular attractions: the Þingvellir National Park. Be sure to take some photos from the viewpoint, whose rift valley location not only affords great views of the Mid-Atlantic Ridge, but also of the original location of Iceland's parliament - the Alþingi - which was founded in 930. Your tour concludes with the return to the ship.

Please note: the tour is unsuitable for guests with limited mobility, back/ neck problems, pregnant women or who are claustrophobic; it is subject to road conditions and may be cancelled at short notice. There are high steps to get on the 4x4. The amount of time spent at and the distance travelled on the glacier depend on the weather and snow conditions; the itinerary may change to suit. Guests are recommended to wear warm, windproof clothes as well as sturdy, waterproof, non-slip shoes. Please prepare for all weather conditions. The buffet lunch does not include drinks which can be bought on spot. Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. Guests must be at least 4 years of age to take part. This tour is available on the first, on the second or on both days depending on the time in port of the ship. Please select code KEF29 if you wish to take part in this tour on the first day of call and code KEF44 if you wish to take part in this tour on the second day of call. Warm suit as well as the equipment to get into the ice cave will be provided. On some dates, dinner may replace lunch.

### SCENIC ROUTE

## PANORAMIC OF REYKJAVIK - KEF52

**Duration**  
2:30 h

This comprehensive sightseeing excursion takes in all the highlights of Reykjavik, the northernmost capital in the world. You will leave the pier with your English-speaking guide and head to the conservation area of Heidmork, crossing the Ellidaar River, which is one of the cleanest metropolitan salmon rivers in the world. En route, we will pass the Arbaer Open Air Folk Museum where historic homes from Reykjavik and other parts of Iceland have been recreated in a display of Icelandic life. Your first stop will be at Heidmork to see the Raudholar craters and from where we can admire the surrounding lava fields and the imposing mountain ranges. Board the coach again and follow the coast road, past Hofdi House where President Reagan and Secretary General Gorbachev held a key summit in 1986. The pretty harbour area will be the site of your main photo stop before driving past the Hallgrímskirkja Church and the charming old quarter of Reykjavik with its colourful wooden houses and narrow streets. You will stop at the famous landmark "Pearl" for a fantastic panorama of the city from the building's viewing platform. Return to the port.

Please note: Guests are requested to wear appropriate attire for religious visits. This tour is available on the first, on the second or on both days depending on the time in port of the ship. Please select code KEF51 if you wish to take part in this tour on the first day and code KEF52 if you wish to take part in this tour on the second day. Due to local rules in Iceland every guest must be properly sitting on the excursion coach. This includes also children aged from 0 up to three years old. If you travel with children in this age, please contact the Shore Excursions' Desk to have a baby chair on the excursion coach and for any additional information. Please be aware that the cost of the baby chair will be debited to you.



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## Isafjordur

Sat 1 June 2024

### SOMETHING SPECIAL

#### LIFE & CULTURE IN ISAFJORDUR - IFJ02



Duration  
3 h



The town of Isafjordur is the biggest settlement in the west fjords of Iceland and a key centre for trade and culture. The oldest part of the town, Nedstikaupstadur, features houses from the XVIII century that pay testament to Isafjordur's former importance as one of the main trading centres in Iceland. Starting at the pier with your English-speaking guide, drive into the centre of the town along a narrow coastal road passing the small town of Bolungarvik; here we will visit the church and "Osvor", an old fisherman's hut, restored in 1988. The village of Bolungarvik lies on a picturesque bay surrounded by steep mountains. The scenic drive to Isafjordur offers fantastic views of the mountains that surround the fjord. Our trip also takes us through the historic district of Isafjordur, to the Maritime Museum, located in one of the oldest houses of Iceland. Enjoy a typical Icelandic snack complete with schnapps and dried fish.

Please note: Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion. Due to local rules in Iceland every guest must be properly sitting on the excursion coach. This includes also children aged from 0 up to three years old. If you travel with children in this age, please contact the Shore Excursions' Desk to have a baby chair on the excursion coach and for any additional information. Please be aware that the cost of the baby chair will be debited to you.

### NATURAL WONDERS

#### GLACIER FJORDS & HESTERYRI BY BOAT - IFJ03



Duration  
4:30 h



Leave the pier with your English-speaking guide and board a boat to one of the most beautiful and remote areas of Iceland, the beaches of Hornstrandir. An hour-long cruise takes us to Hesteyri, the westernmost bay of the Glacier Fjords. With very limited lowland, this isolated spit of land is framed by steep cliffs and is set against a backdrop of two beautiful mountains. Until 1950s, Hesteyri only had a small and scattered community centered around a whaling station and a herring processing factory. By joining this tour, you will gain insight into the difficult lives of those living in this remote place and learn how these communities were obliged to leave when herring fisheries closed. Now a beautiful nature reserve, this is one of the wildest spots in Iceland and we can enjoy the area in all its glory during a walking tour before stopping for a light snack of Icelandic pancake, homemade bread and coffee.

Please note: This tour is not unsuitable for guests having walking difficulties. Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. Not all seats are inside, some seats are also outside; this tour runs in all weather conditions, so you are advised to take suitable rainwear. This tour is not available in May.



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## ACTIVE & ADVENTURE

### HIKING TO THE TROLL'S THRONE - IFJ04



**Duration**  
2 h



Wild and rugged, uncompromising, and mesmerizingly beautiful, geologically, and volcanically active, a place of thermal springs, mountains, valleys, rivers, and waterfalls: the incredible island of Iceland is all of these things. In addition, - as everybody surely knows - the island's craggy mountainsides provide a comfortable home for the world's remaining trolls, those formidable creatures of Norse mythology. According to a legend told by the locals of Ísafjörður, a huge troll once lived in the area and one day, he decided to go for a walk in the fjord. However, soon getting tired from all the exercise, the troll spotted a nice tall mountain high above the town that looked like the perfect spot to have a rest. However, when the thickset troll sat down, his incredible weight squashed part of the mountainside, leaving a large indentation that remains visible to this day: the so-called Troll's Throne, or Naustahvilt to give the place its proper name. Situated only a few hundred metres up the mountain from the port, the Troll's Throne is a popular hiking destination for tourists and locals alike. Your walking experience with your English-speaking guide up to the bowl-like "throne", which was actually formed by a glacier, will take you over ideal hiking terrain: a good mixture of grass, soil and sheep-trodden paths. Once at the top, you will be rewarded with wonderful views over the port and the picturesque fjord. Your return hike back down the mountain to your ship marks the end of this troll-themed tour.

Please note: This tour is suitable only for guests with a high fitness level. Due to the substantial walking and hiking the tour entails, it is classified a grade 4 hike as it's a total 1 km hike, ascending 225 metres and rather steep with uneven, rough ground. Please wear good hiking boots with ankle support. This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion.

### PROTECTOURS: CALM FJORD KAYAKING - IFJ05



**Duration**  
2 h



The calm and secluded fjord setting of the Ísafjörður Djúp, the last word of which literally means "deep", offers a pristine environment for a few hours of sea-kayaking. Coupled with the rhythmic splashing of the paddles, the serene backdrop provided by Iceland's verdant fjord landscape makes this almost meditative kayaking tour a perfect stress-busting experience. Stupendous views await you from a unique angle as you explore the great outdoors. Sports enthusiasts and bird watchers alike will delight in observing the local bird life at such close quarters and enjoy this opportunity to feel truly at one with the natural environment. Information will be shared in English only. Your leisurely kayaking tour ends with your return to the pier and your ship.

Please note: this tour is unsuitable for guests having mobility problems. Sighting of birds not guaranteed. Min. age to participate: 13 years old. Guests aged 13 - 16 shall be accompanied by a paying adult.

## CITY TOUR

### THE MANY FLAVOURS OF SUDUREYRI - IFJ07



**Duration**  
3 h



This palate-pleasing tour will transport you not quite to somewhere close to foodie heaven at the delightful eco-village of Sudureyri - a hamlet with only several hundred inhabitants - where you will get to explore its many flavours. After the coach drops you off in Sudureyri, you will go on a walk with your English-speaking guide around the tiny village, with plenty of stops to sample and savour the tasty local produce. But the village is not all about food, since it is also home to a savvy businessman who discovered an innovative use for fish waste and was crowned an honorary African chief for his efforts as well as the only place in the region to have sufficient geothermally heated water to provide every home with winter warmth and even fill the local - outdoor! - swimming pool. The ride back to the port and your ship then brings the tour to a close.

Please note: This tour is unsuitable for guests having walking difficulties. Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion. Due to local rules in Iceland every guest must be properly sitting on the excursion coach. This includes also children aged from 0 up to three years old. If you travel with children in this age, please contact the Shore Excursions' Desk to have a baby chair on the excursion coach and for any additional information. Please be aware that the cost of the baby chair will be debited to you.

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**CULTURE AND HISTORY****ARCTIC FOX CENTRE & AVALANCHES - IFJ08****Duration**  
3 h

This entertaining tour with information shared in English only, begins with a scenic coastal coach ride to reach the tiny, yet notable village of Súðavík, once a hub of the whaling industry, the site of several catastrophic avalanches in the mid-1990s and home to the marvellous Arctic Fox Centre, which you'll visit. The Norwegian-built 19th-century part of Súðavík was largely destroyed by the natural disaster and the so-called "new town" was rebuilt in a safer spot at the foot of Mount Kofri. A short stop at the Avalanche monument, located in the old town, allows the guests to learn about the tragic avalanche that hit the village in 1995. After visiting the timber village church, which was originally constructed in Hesteyri in 1899 and later relocated to Súðavík, you'll move on to the Langeyri peninsula where two whaling stations once stood. While the buildings have long gone, there are a few whale bones that were recently salvaged from the bottom of the fjord. The route then takes you via the pretty inner fjord to reach the Arctic Fox Centre. Find out about Iceland's only native terrestrial mammal at the research centre and museum, then enjoy a break at the cosy coffee shop, following which you'll return to your ship.

Please note: This tour is unsuitable for guests with walking difficulties as it includes walking on uneven, muddy ground. Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. Guests are requested to wear appropriate attire for religious visits. The inside visit to the whale stations is not part of the tour; guests will only pass by. Due to local rules in Iceland every guest must be properly sitting on the excursion coach. This includes also children aged from 0 up to three years old. If you travel with children in this age, please contact the Shore Excursions' Desk in order to have a baby chair on the excursion coach and for any additional information. Please be aware that the cost of the baby chair will be debited to you.

**NATURAL WONDERS****DYNJANDI WATERFALL & LOCAL VILLAGE - IFJ13****Duration**  
5 h

We invite you to on a tour combining a visit to Dýnjandi, a picturesque waterfall that is one of the main attractions of the West Fjords, and the sustainable village of Sudureyri. All in one experience with information shared in English only. After leaving the port of Ísafjörður, enjoy an hour coach drive following a scenic route to reach Dýnjandi Waterfall. You will have a chance to walk around this special spot, take photos and admire the series of cascades that thunder down around 100 m (330 ft.) of mountainside from a distance. Next, board the coach again and reach the remote village of Sudureyri which is known for its sustainable food producers and scenic location. During the stop in Sudureyri, you will walk the popular seafood trail and get acquainted with local life at the edge of the Arctic Circle. You'll see how the thriving community processes Iceland's finest fish. You will also taste the product and learn about how the fish can be on your dinner plate just 36 hours after leaving the ice-cold ocean waters off the coast. The coach drive to the port will conclude your excursion.

Please note: This tour is unsuitable for guests with walking difficulties as it includes walking on uneven, muddy ground. Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. Due to local rules in Iceland every guest must be properly sitting on the excursion coach. This includes also children aged from 0 up to three years old. If you travel with children in this age, please contact the Shore Excursions' Desk to have a baby chair on the excursion coach and for any additional information. Please be aware that the cost of the baby chair will be debited to you.

**SCENIC TOUR TO DYNJANDI WATERFALL - IFJ17****Duration**  
4:30 h

Optimise your time in the Westfjords by taking this express tour to Dýnjandi waterfall, the jewel of the region. Leaving the pier with an English-speaking guide, a 1.15-hour scenic drive will take you to this magnificent waterfall, which is located in the beautiful fjord Arnarfjörður. At 100 metres tall, it cascades down a mountainside, spreading out like a bridal veil. The tour also gives you a great taste of the glacier-carved region in the oldest part of Iceland. The stunning scenery features everything from narrow passes across sharp mountain ridges to deep, beautiful fjords where the farms and villages cuddle together on a narrow strip of land. On arrival at the waterfall, you will have about an hour to explore. Take your time to walk around, take pictures and enjoy the stunning views of both the majestic waterfall and the surrounding landscape. The tour concludes with the return to the port.

Please note: Guests of limited mobility are requested to evaluate their personal level of stamina and ability before taking part. As this tour includes driving under some tunnels, it may result uncomfortable for guests sufferings from claustrophobia. Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. Due to local rules in Iceland every guest must be properly sitting on the excursion coach. This includes also children aged from 0 up to three years old. If you travel with children in this age, please contact the Shore Excursions' Desk to have a baby chair on the excursion coach and for any additional information. Please be aware that the cost of the baby chair will be debited to you.



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#### ACTIVE & ADVENTURE

### EXHILARATING RIB WHALE WATCHING EXPERIENCE - IFJ18



**Duration**  
2:30 h



Join this adventurous whale watching safari on a Rigid Inflatable Boat (RIB) on Ísafjardardjúp. Enjoy your tour through one of Iceland's largest fjords, known for its breathtaking views and unique landscapes. You will pass snow-flecked mountain ranges such as Snæfjallaströnd (meaning the "snow-mountain coast") and picturesque fjords, as well as the beautiful island of Vigur, a paradise for birds. Chances are high that you will encounter whales swimming across your sailing route at some point. Keep an eye out for tell-tale signs in the water, such as their flukes and spouts (when they breathe). You may also spot a variety of other wildlife including puffins and seals. The captain of the boat will provide some information along the way in English only.

Please note: Wildlife sightings are likely, but not guaranteed. This tour is unsuitable for guests with neck or back problems or for pregnant women. We recommend dressing in warm layers and sturdy shoes. This tour is weather dependent. The RIB safari boats are rubber boats with powerful motors that bounce and bob on the water. Guests must therefore be prepared for a raucous ride. They will be given overalls to put on before departure. The overalls are not only to keep the guests warm, but they are also a protection - a flotation suit.

#### SCENIC ROUTE

### WHALES & WILDLIFE BOAT TOUR - IFJ19



**Duration**  
3 h



Enjoy the breathtaking views from the sea over the unique landscapes of Iceland's Westfjords while looking out for local wildlife in its beautiful natural environment. This whale watching tour sails from Ísafjörður town in a comfortable boat where there are enough indoor seats for everyone, with the option of going outside when you like to take in the view. The captain of the boat will provide some information in English only along the itinerary. The route takes you into one of Iceland's largest fjords, Ísafjardardjúp, a stunning region with beautiful inner fjords and picturesque mountain ranges. Sail along the beautiful Snæfjallaströnd ("snow-mountain coast") while looking out for whales in the water. You may also encounter seals and dolphins. The area, and especially the beautiful island Vigur, is also known for its rich bird life. Keep your eyes on the water as chances are high that you will spot puffins too.

Please note: Wildlife sightings are likely, but not guaranteed. We recommend dressing in warm layers and sturdy shoes.





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## Akureyri

Sun 2 June 2024

### NATURAL WONDERS

#### THE WATERFALL OF THE GODS & LAUFAS MUSEUM - AKU01



Duration  
4 h



Although not one of the highest waterfalls in Iceland, a trip to Godafoss, "The Gods' Waterfall", is a must on any visit to Akureyri and you will discover with your English-speaking guide. At 12 metres high and 30 metres wide, it is one of the most spectacular waterfalls in the north of the country and a place full of charm and history. Located just 45 minutes by coach from Akureyri, the waterfall owes its name to both pagan legends and one of the country's most important historical events. In 1000 AD, after paganism was banned in the region and Christianity was accepted, the chieftain Thorgeir was forced to throw his statues of pagan gods into the falls. The surrounding volcanic landscape, the roar of the water and the spectacle of the three falls, which are vaguely reminiscent of Niagara Falls, make this an ideal place to take some unique photographs. The next stop is the Laufas Folklore Museum, a building that has been reconstructed several times over the centuries. The current version, although much larger than the normal houses of the time, is a good example of a gabled turf farmhouse. Typical domestic and agricultural tools are kept in the museum. Back in Akureyri, you will have a little time to visit the Botanical Garden on your own. Located in the city centre and a short walk from the waterfront, the Garden contains numerous plants from all over the world despite its proximity to the Arctic Circle. The tour ends with the return to the ship.

Please note: This tour is unsuitable for guests with walking difficulties as the ground may be stony, uneven, and muddy; sturdy shoes recommended. Early in the season plants and flowers are not in full bloom. Due to local regulations in Iceland, every guest must be seated properly on the excursion bus. This includes children aged from 0 to 3 years of age. If you travel with children in this age, please contact the Shore Excursions' Desk for a baby seat on the excursion bus and for further information. Please note that the cost of the baby seat will be charged to you. This tour may have several departures during the time the ship is in port. You will be given full details of your specific departure the day before the excursion.

### SCENIC ROUTE

#### GODAFOSS WATERFALL & AKUREYRI SIGHTSEEING - AKU02



Duration  
3 h



The "Capital of Northern Iceland", Akureyri is a beautiful city surrounded by majestic mountains and a unique blend of urban, rural, and marine life. With a focus on seeing the best of the area's natural attractions, this tour combines views of the Icelandic countryside with a trip to the spectacular Godafoss waterfall, a tour of lively Akureyri and its 20.000 inhabitants with your English-speaking guide and an unguided visit to the botanical gardens. Located just 45 minutes by bus from the city, Godafoss, "The Waterfall of the Gods", is a must see. At 12 metres high and 30 metres wide, it is one of the most spectacular waterfalls in the north of the country and a place full of charm and history. The surrounding volcanic landscape, the roar of the water and the spectacle of the three falls, which are vaguely reminiscent of Niagara Falls, make this an ideal place to take some unique photographs. Back in the city, enjoy a drive through the old town of Akureyri, where the Danish influence is clearly visible, a legacy of the country's former rule by the Danish Crown. Then, head to the newer part of Akureyri before having some time to visit the Botanical Garden on your own. Located in the city centre and a short walk from the waterfront, the garden contains many plants from all over the world, despite its proximity to the Arctic Circle. The tour ends with a return to the ship.

Please note: This tour is unsuitable for guests with walking difficulties as the ground may be stony, uneven, and muddy; sturdy shoes recommended. Early in the season plants and flowers are not in full bloom. Due to local regulations in Iceland, every guest must be seated properly on the excursion bus. This includes children aged from 0 to 3 years of age. If you travel with children in this age, please contact the Shore Excursions' Desk for a baby seat on the excursion bus and for further information. Please note that the cost of the baby seat will be charged to you. This tour may have several departures during the time the ship is in port. You will be given full details of your specific departure the day before the excursion.



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## NATURAL WONDERS

### BEAUTY & LANDSCAPES OF THE NORTH - AKU03



Duration  
8 h



Legends, lava landscapes and lakes... come and experience Iceland's unique scenery of surreal volcanic fields and magical cascading waterfalls. Drive from the pier with your English-speaking guide to the lava landscape of Dimmuborgir and then to the geothermal field of Namaskard, full of mud pots, steam vents, sulphur deposits, boiling springs, and fumaroles. More natural treasures are to be found at Lake Myvatn, one of Iceland's most geologically interesting lakes, with shallow waters and rich nutrients that attract a diverse flora and fauna. Continue to Skutustadir, where you can stop to admire the craters and the surrounding lava landscape with its strange formations, columns, and arches. A delicious lunch will be served in a local restaurant before we head to Godafoss, the "Waterfall of the Gods", to admire the impressive waterfall and learn about the history of this site. The origins of this spectacular site date back to 1000 A.D. when an elderly chieftain, Thorgeir, was forced to throw his pagan carvings into the waterfall after converting to Christianity. The surrounding volcanic landscape, the roar of the water and the spectacle of the three falls, vaguely reminiscent of Niagara Falls, make this an ideal place to take some unique photographs. On the way back to the port, a short drive through the city of Akureyri will complete your day.

Please note: Tap water included in the lunch; additional drinks to be paid on the spot. Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. This tour is unsuitable for guests with walking difficulties as the ground may be stony, uneven, and muddy; sturdy shoes recommended. Depending on the weather conditions on the day of the visit, it is possible that mosquitoes are near the waterfall and Myvatn lake. Due to local regulations in Iceland, every guest must be seated properly on the excursion bus. This includes children aged from 0 to 3 years of age. If you travel with children in this age, please contact the Shore Excursions' Desk for a baby seat on the excursion bus and for further information. Please note that the cost of the baby seat will be charged to you.

### MYVATN NATURE BATHS - AKU04



Duration  
5:30 h



Imagine the classic Scandinavian setting of a steam sauna, but on a much larger scale. Glass windows, natural hot pools, steam, an atmospheric setting, and you are in the spectacular Myvatn lagoon. Leave the port with your English-speaking guide for an about 1.5-hour drive into the heart of north-east Iceland to Lake Myvatn, which is one of Europe's greatest natural treasures. The lava landscapes, craters and sulphurous mountains give the area an almost surreal atmosphere. Once you arrive at the natural thermal baths, opened in 2004, you will have a unique experience. As well as two steam baths that draw heat from the depths of the earth, there are showers, changing rooms and a swimming pool. Amidst clouds of steam, this revitalising experience is truly unique: the warm thermal waters will provide the perfect relaxation for your skin and mind. On the way back to the port, you will also stop at another of the natural beauties of this part of Iceland. Keep your camera handy to get the best shots of the "Waterfall of the Gods", as Godafoss is also known. At 13 metres high, its beauty makes it one of the most visited sites in the country, and one that will certainly be in your travel album.

Please note: For reasons of hygiene and local custom, it is compulsory to shower without swimwear before entering the lagoon. There are separate changing rooms and showers for men and women. Guests should bring their own swimwear and towels, which can be hired at the baths. There are ramps leading down to the bathing area at the Natural Baths, but no lifts available. Guests with diabetes should stay hydrated and eat. Guests with low blood pressure and heart problems are asked to assess their personal fitness and ability before participating and should limit their time in the lagoon waters. Depending on the weather conditions on the day of the visit, it is possible that mosquitoes are near the waterfall and Myvatn lake. Due to local regulations in Iceland, every guest must be seated properly on the excursion bus. This includes children aged from 0 to 3 years of age. If you travel with children in this age, please contact the Shore Excursions' Desk for a baby seat on the excursion bus and for further information. Please note that the cost of the baby seat will be charged to you.

### WHALE WATCHING FROM HÚSAVÍK - AKU07



Duration  
8 h



This tour combines land-based sightseeing with a seaborne opportunity to spot marine mammals in their natural habitat, all with your English-speaking guide. After leaving the port of Akureyri and an hour drive crossing lush, sweeping valleys dotted with picturesque farms, you will reach the place known as the "whale-watching capital of Europe", the coastal town of Húsavík. Apart from minke, killer and humpback whales, you may also sight many other marine mammals and seabirds when they come into the bay to feed. Examples include white-beaked dolphins, who will playfully swim alongside the boats, and puffins. The sea leg of the tour is followed by a lunch served in a local restaurant and a visit to the award-winning whale museum, the Húsavík Whale Centre. The informative exhibits will tell you all you ever wanted to know about the lives these majestic ocean creatures lead in the frosty Icelandic waters. To round off your tour, a stop at the incredibly beautiful "cascade of the gods", the Godafoss Waterfalls - sporting a generous 30-metre breadth and a dizzying 12-metre drop - will give you time to take some memorable photos before you return to the port and your ship.

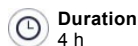
Please note: wildlife sightings are likely, but not guaranteed. This tour is unsuitable for guests with walking difficulties; there might be a few steps to get in and out of the traditional oak boats. The ground may be stony, uneven, and muddy; sturdy shoes recommended. Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. Coffee, tea and tap water included in the lunch; additional drinks to be paid on the spot. Due to local rules in Iceland every guest must be properly sitting on the excursion coach. This includes also children aged from 0 up to three years old. If you travel with children in this age, please contact the Shore Excursions' Desk to have a baby chair on the excursion coach and for any additional information. Please be aware that the cost of the baby chair will be debited to you.



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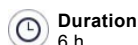
## WHALE WATCHING EXPERIENCE - AKU10

**Duration**  
4 h

Leave the ship with your English-speaking guide and prepare for a dive into wild nature. Iceland has earned itself a rightful name as a prime European location for whale watching and the port of Akureyri is one of the country's very best spots for sighting marine mammals who come to feed in its year-round ice-free bay. In addition to an abundance of seabirds such as puffins, bay visitors include minke, fin and blue whales as well as playful harbour porpoises and white-beaked dolphins who like to surf alongside boats and other watercrafts. But the certain star of this bay-watch show are humpback whales, easily identified by their black and white flippers, lumpy snouts, and huge fountain-like blows. Humpbacks are particularly known for their aquatic acrobatics, so watch out for common behaviours such as breaching, fluking, tail and fin slapping, bubble blowing and spyhopping during your exploration of Eyjafjörður, the fjord adjoining Akureyri bay. You'll return to shore with a new appreciation of these majestic marine dwellers, complete with unforgettable memories to savour on board the ship.

Please note: This tour is not suitable for guests with walking difficulties; there might be a few steps to get in and out of the boat. You need to walk approx. 10 minutes to reach the boat. Wildlife sightings are likely, but not guaranteed. This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion. All seats on the boat are inside.

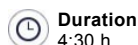
## BEAUTY & LANDSCAPES OF THE NORTH - AKU12

**Duration**  
6 h

Legends, lava landscapes and lakes... come and experience Iceland's unique scenery of surreal volcanic fields and magical cascading waterfalls. Leave the pier with your English-speaking guide for a 45-minute drive to Godafoss, the "Waterfall of the Gods" to admire the impressive falls and learn about the history of this site. The origins of this spectacular spot date back to 1.000 AD when a senior chieftain, Thorgeir, upon converting to the Christian faith, was compelled to hurl his Pagan god carvings into the waterfall. More natural treasures are in store at Lake Myvatn, one of Iceland's most geologically interesting lakes, due to its particularly shallow waters and rich nutrients that attract diverse flora and fauna. Admire the pseudo craters at Skutustadir and the magnificent surrounding lava landscape with its strange formations, columns, and arches. Another highlight of the tour will be the geothermal field, full of mud-pots, steam vents, sulphur deposits, boiling springs, and fumaroles. Your tour also includes a stop en route to enjoy refreshments.

Please note: This tour is not suitable for guests with walking difficulties as the ground may be stony, uneven, and muddy; sturdy shoes recommended. Guests with any type of food intolerance are required to communicate it to the Shore Excursions Office at least two days before the call. Due to local rules in Iceland every guest must be properly sitting on the excursion coach. This includes also children aged from 0 up to three years old. If you travel with children in this age, please contact the Shore Excursions' Desk to have a baby chair on the excursion coach and for any additional information. Please be aware that the cost of the baby chair will be debited to you.

## ARCHITECTURAL AND NATURAL WONDERS OF AKUREYRI - AKUBK1

**Duration**  
4:30 h

The Vikings first settled in Akureyri back in 890. Now it's your turn to discover this mountain-backed city on the Eyjafjörour Fjord, immersing yourself in the experience as only a bike tour allows. Riding past old merchant townhouses, you'll reach the main square to admire the Town Hall before calling at Akureyri Church. This enormous sculptural edifice was built in 1940, and boasts a stained-glass window brought from Coventry Cathedral during World War II. Afterwards, keep a lookout for Iceland's wild ponies as you travel through a beautiful wide valley of emerald meadows and fields. From here, you'll climb the hillside to enjoy sensational views over Akureyri and sparkling Eyjafjörour below. Make sure you bring your camera! Next, you'll see the roaring Glerargil falls before riding back into town alongside the Glæra River and admiring Akureyri's Botanical Gardens, the most northerly in the world and home to 2.000 species of plants. Concluding your tour, you'll cycle along the shores of Eyjafjörour, passing the Airport runway built on the sea as you return to your ship.

Please note: guests will have to cycle 35 km with 250 metres in elevation. Children who are at least 155 cm tall are welcome to take part in this tour with the parent's/guardian's written consent.



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## THE MAJESTIC MOUNTAINS OF AKUREYRI - AKUBK2



**Duration**  
5 h



This tour is made easier by riding a pedelec - an electrically powered bicycle which assists the rider's pedal power at speeds of up to 25 km/h. Now prepare to explore the mountains! Leaving the port of Akureyri, you'll ride towards the compact city centre of around 18.000 inhabitants. Crossing the Town Hall Square, you will head up to Akureyri church, where you can admire a beautiful view of your ship and the Arts and Leisure Centre. Climbing up to the Hlíðarfjall Ski Resort, you will be rewarded with a splendid panorama of the fjord and Akureyri before continuing to the magical Glerárgil waterfall. After a smooth descent, the tour continues to the Botanical Gardens and longer break to explore its attractions, or simply enjoy a well-earned rest. On the final leg, your guide will take you back to the ship over the foothills of the Hamrar Mountain, crossing small bridges and cycling along gravel roads around the airport back to the port.

Please note: guests will have to cycle 35 km with 500 metres in elevation. Children who are at least 155 cm tall are welcome to take part in this tour with the parent's/guardian's written consent.



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## Kirkwall (Orkney Is.)

Tue 4 June 2024

### PROTECTOURS: KIRKWALL WALKING TOUR - KWL01



**Duration**  
2:30 h



This walking tour offers an opportunity to explore some of the architectural sites on the Orkney Isles on foot with an English-speaking guide. Transfer to Kirkwall town and then start at Kirkwall pier a leisurely stroll will take you through the historical old town of Kirkwall, the Viking capital of the Orkney Islands. The magnificent 12th-century, red sandstone cathedral of St. Magnus, known locally as the "Light of the North", is the first stop on the tour. Nearby there are many narrow, winding streets and lanes, which have hardly altered at all over the centuries. Afterwards, the tour continues to the ruined Bishop's Palace and then to the Earl's Palace, one of Scotland's most elegant Renaissance buildings. The tour concludes at Tankerness House Gardens, where you will have time to visit the museum or take a stroll around the town before returning to the ship.

Please note: On special events or in case of religious celebrations, the visit to the Cathedral may be cancelled; guides will give information outside the venue. Guests are requested to wear appropriate attire for religious visits. This tour is unsuitable for guests with walking difficulties. This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion. In case the ship is at anchor, the tour will start directly on foot. Comfortable, non-slip fat shoes and a raincoat recommended. The Museum is closed on Sunday.

#### NATURAL WONDERS

### ORKNEY SIGHTSEEING TOUR - KWL02



**Duration**  
3:15 h



Experience a haven of wildlife, breathtaking panoramas and fascinating history during this scenic island exploration. On leaving Kirkwall with your English-speaking guide, you will head north via Finstown and the Parish of Evie to then enjoy stunning views across Eynhallow Sound to the island of Rousay. Skirting the nearby Birsay Moors RSPB Reserve (Royal Society for the Protection of Birds), the next stop for a picture is the sandy beach at Birsay Bay with views of the imposing cliffs at Marwick head. Travelling inland we make our way to the "Heart of Neolithic Orkney", which was designated a World Heritage Site by UNESCO in 1999. The tour concludes by taking you along the beautiful coastline of the historical bay of Scapa Flow while your guide relates the sort of dramatic wartime stories that have made this one of the best-known stretches of water in the world. You will then return to Kirkwall and your ship.

Please note: Depending on the weather, the ground at the Ring of Brodgar may be uneven, muddy, and slippery. Walking, non-slip fat shoes recommended. This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion.



*Wheelchair and disabled-friendly tour - Wheelchair guests must be accompanied by their own helper to get on/off the coach. Wheelchairs must be foldable as the coach is not provided with ramps or lifts. Once onboard, please contact Excursions Desk staff promptly so they can help make arrangements.*



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## CULTURE AND HISTORY

## SKARA BRAE &amp; SKAILL HOUSE - KWL05

Duration  
3 h

Come and discover the beautiful west coast of Orkney's Mainland and a major prehistoric site: Skara Brae. After leaving Kirkwall with your English-speaking guide, the scenic coach ride to this UNESCO World Heritage Site - one of the best-preserved Neolithic villages in Northern Europe that even predates Stonehenge - will take you through rich farmland, rolling hills and stark moors. Occupied from c. 3.180 B.C. to 2.500 B.C., Skara Brae remained hidden under a large knoll until a severe storm in 1850 uncovered the outline of several roofless buildings. The collection of Skara Brae artefacts displayed at the visitors' centre includes tools, beads, pottery, and objects made of whalebone that reflect the region's tough seafaring economy. The site still affords a good idea of how the village must once have looked, while the houses themselves illustrate the rigours of prehistoric life. The next stop will then see you visit the nearby Skail House, a lovely residence built in 1620. You will also pass the great Neolithic henge called the Ring of Brodgar and the ancient Standing Stones of Stenness, another Neolithic monument that was erected more than 5.000 years ago. Your prehistoric tour ends with your return to the ship and all the comforts of modern life.

Please note: The walk from the coach car park to Skara Brae and back from Skail House is around 1 km on a good path, although it is sometimes exposed to the harsh weather. Comfortable, non-slip fat shoes and a raincoat recommended. This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion.

## SCENIC ROUTE

## ANCIENT STANDING STONES &amp; DRAMATIC LANDSCAPES - KWL07

Duration  
2 h

Treat yourself to a tour that will take you to discover some of Orkney's natural wonders and UNESCO World Heritage Sites - from wild seascapes to ancient stone circles set within the peaceful countryside. On leaving the quayside in Kirkwall with an English-speaking guide, your tour begins with a panoramic drive through the pastoral landscape along the west coast of Mainland, the largest of the Orkney Islands, to reach the stunning Bay of Skail. Some of the island's most spectacular scenery can be enjoyed from this bay on the rugged coastline of the Atlantic Ocean. Continuing on to the "Heart of Neolithic Orkney" - an area designated a UNESCO World Heritage Site in 1999 - you will first pay a visit to the ceremonial stone circle known as the Ring of Brodgar, which is situated on a strip of land separating Lochs Harray and Stenness that is known as the Ness of Brodgar. This astonishing Neolithic monument is the third largest of its kind in the British Isles and was created roughly 4.500 years ago. Once thought to have formed a perfect circle made up of 60 stones, the 27 remaining stones are an impressive reminder of the ingenuity and endeavour of these ancient islanders. On the return drive back to Kirkwall and your ship, you will also pass by the imposing Standing Stones of Stenness, one of the earliest henges in Britain dating back around 5.000 years. Please note: This tour is unsuitable for guests with walking difficulties. Comfortable, non-slip fat shoes and a raincoat recommended. This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion.

## ISLAND DRIVE - KWL09

Duration  
2:30 h

This scenic drive takes us on leisurely exploration of Orkney, from fascinating First World War and Second World War relics on the South Isles to remarkable West Mainland World Heritage. Discover an island haven abounding with captivating history and astonishing ancient wonders. Departing quayside Kirkwall with an English-speaking guide, we travel through the pastoral landscape of Orkney's East Mainland and along the southeast shore of historic Scapa Flow, the chief base of the British naval fleet in World War I and World War II, that you can see from a distance during a short bus stop. We cross the first of the four Churchill Barriers, causeways built during World War II to protect the eastern approaches of Scapa Flow and to connect the South Isles to the Orkney Mainland. On the tiny island of Lamb Holm, we visit the beautifully hand-painted Italian Chapel. Built by Italian prisoners of war during World War II, the Chapel has been preserved as a symbol of peace and hope in times of strife, and Orkney's enduring friendship with the soldiers from Italy. We continue to the West Mainland and into the Heart of Neolithic Orkney designated a World Heritage Site by UNESCO in 1999, passing by the imposing Standing Stones of Stenness. Dating back more than 5.000 years, this archaeological treasure is one of the earliest stone circles in Britain. Finally, we return to our ship at Kirkwall.

Please note: This tour may have multiple departures throughout the ship's time in port. You will receive all information about your specific departure the day before the excursion.



*Wheelchair and disabled-friendly tour - Wheelchair guests must be accompanied by their own helper to get on/off the coach. Wheelchairs must be foldable as the coach is not provided with ramps or lifts. Once onboard, please contact Excursions Desk staff promptly so they can help make arrangements.*





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## ACTIVE & ADVENTURE

### WIDEFORD HILL PANORAMIC HIKE - KWL11



**Duration**  
4 h



Hike to the summit of Wideford Hill for views of the surrounding landscape and islands. Leaving from the pier on foot with your English-speaking guide, you'll immediately start the 8.3-mile hike to the summit of Wideford Hill (1.010 ft.), passing through Hatston. Once known as HMS Sparrowhawk, this was the first WWII airfield to be built in Orkney, and operational when war broke out in 1939. Passing the old Norse harbour and then the Pickaquoy sports centre, you'll make your way up Muddisdale towards Wideford Hill. As you gain height, you'll enjoy views from the coach first over Scapa Flow to the south and then, at the summit, over Orkney's North Isles – a view nothing short of spectacular. You'll also be able to see your ship, the town of Kirkwall and the Peedie Sea, while your guide recounts the fascinating history of Orkney's Norse era and the saga of St. Magnus. Your return journey will take you into the centre of Kirkwall, finishing on the steps of St. Magnus Cathedral, the magnificent 12th century red sandstone cathedral founded by the Viking Earl Rognvald in 1137. You can then continue exploring at your leisure or return directly to your ship by shuttle.

Please note: This tour is unsuitable for guests with walking problems. We recommend dressing in layers, wearing stout walking shoes, and bringing a raincoat and a wind jacket.

## CITY TOUR

### STROMNESS EXPRESS - KWL12



**Duration**  
3:30 h



Take a few hours to discover the second largest town on Orkney - Stromness - and the island's pretty countryside on this appealing half-day outing with an experienced English-speaking guide. You can savour first views of Orkney's verdant landscape on a 40-minute coach ride to Stromness, during which you'll also pass the Ring of Brodgar and the Standing Stones of Stenness - two impressive Neolithic stone circles. Once in town, you can join an optional 10-minute guided walk before then exploring the town at your leisure on your own. Must-sees include buildings with their own pier, Stromness Museum, the collection of 20th-century art at the Pier Arts Centre as well as local shops, cafés, and restaurants. The 40-minute return drive to the ship will then deliver views of Scapa Flow, a naturally sheltered harbour that played a key role in both world wars.

Please note: The admission fee to Stromness Museum and the Pier Arts Centre is not included in the price of the tour.



*Wheelchair and disabled-friendly tour - Wheelchair guests must be accompanied by their own helper to get on/off the coach. Wheelchairs must be foldable as the coach is not provided with ramps or lifts. Once onboard, please contact Excursions Desk staff promptly so they can help make arrangements.*



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## KEY TO SYMBOLS

Possibility of swimming	Long route by bus	Best seller	<b>DIFFICULTY LEVEL</b> <b>Easy</b> May involve a limited quantity of steps, uneven surfaces and/or periods of standing <b>Moderate</b> May involve inclines, steps, uneven surfaces and/or extended periods of standing <b>Strenuous</b> Active excursions recommended only for guests in good physical health
Tasting included	Shooting videos and/or taking pictures is not allowed or subject to fee	New	
Lunch or dinner included	Shopping	<b>Wheelchair and disabled-friendly tour</b> As guests in wheelchairs must be accompanied by their own helper, please inform Excursions Desk staff promptly so they can help make arrangements	
Drink included	Mini Tours		
Snack included	Limited seat		
No guide available			

## OUR EXCURSIONS CATEGORIES

**ACTIVE & ADVENTURE**

Head ashore in search of adventure! Opportunities for sport and fun range from trekking and snorkelling to kayak tours and 4x4 vehicle adventures. The active choice.

## MSC BIKE ADVENTOURS

**CITY TOUR**

Explore the city centre with a guided tour and soak up the local scenery with a comfortable coach ride. The easy way to get to know your destination.

**CULTURE AND HISTORY**

Learn all about the history and culture of your destination, with visits to must-see locations and guided tours of key sites. The ideal route to local knowledge.

**NATURAL WONDERS**

Immerse yourself in spectacular scenery and discover the fascinating flora and fauna of your destination. Your passport to the wonders of the natural world.

**SCENIC ROUTE**

Admire your destination in total comfort, with a scenic coach tour taking in the best views and the main places of interest. The relaxing road to discovery.

**SOMETHING SPECIAL**

Pursue your interests in new places! From gastronomic tours and guided shopping trips to religious visits, there's a world of pastimes and passions to explore.

## MSC PROTECTOURS

Some excursions are very popular and therefore availability cannot always be guaranteed, it is advisable to book in advance to avoid disappointment.



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#### ALL AREAS

The tour can be provided in 5 languages (ENG-DEU-FRA-ESP-ITA) and it depends on the availability of guides. The final language will be confirmed on board during your cruise

#### ONLY SOA

The tour can be provided in 6 languages (ENG-DEU-FRA-ESP-ITA-POR) and it depends on the availability of guides. The final language will be confirmed on board during your cruise