

Tromsø, Bear Island and Longyearbyen: Fjords and Bears

Venture from Tromsø deeper into the Arctic Circle past iconic fjords towards the usually ice-bound Svalbard Archipelago. We'll discover the rarely-visited Bear Island, an important bird area. We'll explore the wildlife haven of Spitsbergen, a rugged land of deep fjords, mountains and ice sheets. And we'll spend our time here searching for walrus, seals, reindeer, arctic fox and the illusive polar bear. You'll also marvel at the colorfully-carpeted tundra which we'll be able to see first-hand on some of our hikes.

EXPEDITION IN BRIEF:

- Unique Arctic wildlife: polar bears, walrus, reindeer
- Polar desert exploration
- Continuous daylight
- Hiking and Zodiac cruising
- Optional kayak adventure opportunities
- Combine this voyage with *Scotland to Norway: Crossing the Arctic Circle*

DID YOU KNOW? *The largest pinniped in the Arctic, the walrus, has a curious scientific name. Odobenus rosmarus means 'tooth-walking sea horse'. In case you were wondering, no, the walrus does not walk on its tusks nor is it related to any horses.*

Adventure Options

Booking an Adventure Option on your *Ocean Nova* expedition is a great way to enhance your Polar experience. These options are all subject to availability and fill up quickly, so be sure to book yours early.

KAYAKING

Imagine gliding along the surface of a bay in the presence of icebergs and glaciers! Our kayaking adventures are the best way to feel at one with the sea. Taken in small groups of 10-16 people, multiple times per voyage, kayaking adventures are only done during calm weather conditions. We recommend you have some prior kayaking experience, including the capability to do a wet exit.

More information about your Adventure Options, including physical requirements and cost of each option is available by contacting your Polar Travel Adviser.

INCLUDED OPTIONS

HIKING

Hiking is a great way to appreciate the immense windswept landscapes of the Arctic. The tundra comes alive during the brief Arctic summer, with bursts of color from shrubs and plants that eke out a living in this polar environment. You'll find each hike is different - exploring communities, shorelines or glaciated landscapes, often on the lookout for wildlife. Hiking participation is optional and your Expedition Team will advise you of what you can expect prior to each excursion.

SNOWSHOEING

A novel way to experience the beauty of the Polar landscape, and discover remote alcoves and hidden valleys. The rewards of walking atop the snow are well worth the effort, as we'll be able to visit new places that are inaccessible on foot.

This traditional means of transport across the deep snow

comes from the indigenous people of North America. While you can appreciate a connection with the past, the snowshoes we use today are much lighter and more forgiving than the old wood-weave snowshoes used during the days of the North American fur trade.

Itinerary

DAY 1 Tromsø, Norway

You may plan to arrive early to see all that Tromsø has to offer before boarding the *Ocean Nova* in the afternoon. (Please note embarkation occurs at approximately 4pm)

DAY 2 Hammerfest

Hammerfest is known as the center of Sami culture, the northernmost indigenous people of Europe. It's also the oldest town in Norway, though it was almost completely destroyed in WWII. You'll also be invited here to join the Royal and Ancient Polar Bear Society, which is neither royal nor ancient (founded in 1963) but membership does include a hat and a pin.

DAY 3 Porsangerfjorden and Nordkapp

Porsangerfjorden is Norway's fourth longest fjord at 76mi (123km), and an amazing example of the legendary Norwegian fjords. We'll visit one of the small settlements for a taste of small-town Norway. As we head out to sea, we'll pass by Nordkapp, with its 1,000ft (307m) high cliff face.

DAY 4 Bear Island

Today we will have a full lecture schedule in advance of our landing at



Actual itinerary may vary based on conditions and voyage length.

Bear Island, the southernmost island in the Svalbard Archipelago. It is poorly named as we rarely find polar bears here, but we will encounter hundreds of thousands of sea birds. It has been identified as an 'Important Bird Area' by Bird Life International on account of the great numbers of northern fulmars, black-legged kittiwakes, little auks and thick-billed guillemots. We will also find the remnants of a whaling station in Walrus Bay and a coal mining station in the north. Due to the cold and dry climate, you'll find the ruins to be

remarkably-well preserved.

DAYS 5-11 Exploring Spitsbergen

We'll sail around this magical island on a constant search for wildlife. Your expedition will cover western Spitsbergen as well as some stunning fjords and outlying islands to the north. From polar flora to immense glaciers, the natural landscape here is just as varied as the wildlife.



WANT TO STAY LONGER, OR ARRIVE EARLIER?

Contact our Polar Travel Advisers via email, live chat or phone (1.888.892.0073) for seamless, worry-free booking of all trip extensions.

Each expedition presents new opportunities and different weather and ice, so there is no fixed itinerary, however we do have some favorite destinations, including the 14th of July Glacier, Smeerenburg, Monaco Glacier and Gashamna. The destinations visited on your voyage will be selected for optimum wildlife viewing and appreciation of the history and geology of Spitsbergen. Polar bear viewing is almost guaranteed, with Hornsund being one of their preferred hunting areas.

Poolepynton is great for walrus viewing and photography. Coming across a walrus haul-out is a moment you won't forget. These lumbering giants of the Arctic create quite a noisy scene, as each walrus vies for a choice spot of coastline.

If you're itching for a more personal and intimate view of the Arctic scenery, consider booking the optional kayaking excursions which will give you several occasions to paddle during your voyage to some of the more isolated pockets of Spitsbergen. Smeerenburg is a great place for a snowshoeing excursion, if conditions permit. You can visit a memorial erected in 1906. This historical site remembers the whalers who lost their lives in the 17th and 18th centuries while working in extreme Arctic conditions.

There is no shortage of natural beauty in Spitsbergen. The tundra can be surprisingly colorful in summer, with wildflowers bursting for a taste of sunshine. Each day you'll see something new, whether it is a rare bird

species, a polar bear on the hunt, or a century-old abandoned hut.

DAY 12 *Disembarkation Day in Longyearbyen, Svalbard, Norway*

Your adventure ends in the frontier-style settlement of Longyearbyen. From here we'll transfer you directly to the airport for your flight home.

(Please note disembarkation occurs approximately between 8am and 9am)

IMPORTANT REMINDER *Embracing the unexpected is part of the legacy – and excitement – of expedition travel. When travelling in extremely remote regions, your expedition staff must allow the sea, the ice and the weather to guide route and itinerary details. The above is a tentative outline of what you'll experience on this voyage; please be aware that no specific itinerary can be guaranteed.*



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Inclusions

THIS EXPEDITION INCLUDES

- Shipboard accommodation with daily housekeeping
- All breakfasts, lunches, dinners and snacks on board throughout your voyage
- All shore landings per the daily program
- Leadership throughout the voyage by our experienced Expedition Leader
- A daily program of lectures by noted naturalists, historians and scientists
- All Zodiac transfers and cruising per the daily program
- Formal and informal presentations by our Expedition Team and Special Guests as scheduled
- Downloadable photographic journal documenting the expedition
- A pair of waterproof expedition boots on loan for shore landings
- An official Quark Expeditions parka to keep
- Coffee, tea and cocoa available around the clock
- Hair dryer and bathrobe in every cabin
- Comprehensive pre-departure materials, including a map and an informative Arctic Reader
- All miscellaneous service taxes and port charges throughout the program
- All luggage handling aboard ship
- Emergency Evacuation Insurance for all passengers to a maximum benefit of US\$100,000 per person
- Cruise Passenger Taxes

- Transfer from your previously booked hotel or our designated hotel to the ship on embarkation day (check your final documents for location)
- Group transfer from the ship to the airport on disembarkation day

THIS EXPEDITION EXCLUDES

- *International airfare*
- *Passport and any applicable visa expenses*
- *Government arrival and departure taxes not mentioned above*
- *Any meals ashore*
- *Baggage, cancellation, interruption, and medical travel insurance*
- *Excess baggage charges*
- *Laundry, bar, beverage and other personal charges unless specified*
- *Telecommunications charges*
- *The voluntary gratuity at the end of the voyage for shipboard staff and crew*
- *Any overnight accommodation required due to flight connections*
- *Optional kayaking activities*
- *Any pre-expedition hotel nights in Tromsø*

Dates & Rates

TROMSO, BEAR ISLAND AND LONGYEARBYEN *Fjords and Bears* Expedition Aboard the Adventure Ship **OCEAN NOVA**

Dates	Days	Emb/Disemb	Quad	Triple	Upper/Lower	Upper Deck	Bridge Deck	
Jun 09 - Jun 20, 15	12	Tromsø/Long	\$6,995	\$7,595	\$8,795	\$9,295	\$9,995	• • •

Please note that these prices are guaranteed against fuel price increases. No fuel surcharge will be applied.



HOW TO BOOK YOUR EXPEDITION & ADVENTURE OPTIONS

To book your cabin or inquire about the availability of adventure options, contact a Polar Travel Adviser **1.888.892.0073 (+1.203.803.2666)**.

1-888-892-0073

TROMSØ, BEAR ISLAND AND LONGYEARBYEN

POSSIBLE LANDINGS AND WILDLIFE SIGHTINGS

HAMMERFEST

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PORSANGERFJORDEN

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BEAR ISLAND

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LILLIEHÖÖK GLACIER

In 1906, His Serene Highness Prince Albert I of Monaco visited Lilliehöök Glacier to conduct scientific investigations. His great-great-grandson visited the glacier 100 years later. He, too, was part of a scientific investigation, this time to further our understanding of the Arctic clam, a species that lives for more than a century. The growth rings of a single clam's shell contain evidence of the chemicals encountered by the clam. Scientists can determine the variations of the water's temperature and pollutant content by studying the shell.

LONGYEARBYEN

Eighteen hundred people inhabit the administrative capital of Svalbard, which is situated on the shore of Isfjorden. The settlement was founded in 1905 by John Munroe Longyear, the majority owner of the Arctic Coal Company of Boston.

MONACO GLACIER

HSH Prince Albert I of Monaco, a pioneer of oceanography, led an expedition to Svalbard in 1906. His team used sophisticated photographic techniques to understand the shape and position of several glacier fronts. Monaco Glacier honors the expedition, the prince and the principality over which he reigned.

NORDAUSTLANDET ISLAND

This is the second-largest island in the entire Svalbard Archipelago. The largest glacier in Europe is located on the island, which is a known habitat for reindeer and walrus.

PALANDERBUKTA

On the western coast, this bay stretches south and east from the Wahlenberg Fjord. This is a typical Polar desert scene where the 'ice bear' can sometimes be seen roaming in search of food.

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Last updated November 5, 2014