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The Arctic Saga: Exploring Spitsbergen via the Faroes and Jan Mayen itinerary will have you traveling under the midnight sun to some of the most remote islands on the planet, where only a small number of adventurers have ever left their footprints. Sailing across the North Atlantic, you’ll be immersed in the region’s rugged beauty and whaling and Viking history, visiting the awe-inspiring and unspoiled destinations of Fair Isle, the Faroe Islands, Jan Mayen and Spitsbergen. Towering fjords, massive glaciers, soaring sea stacks and coastal cliffs teeming with thousands of seabirds, like the amazing Atlantic puffin, will take your breath away. So too will the diverse wildlife of this far-flung region, from Svalbard reindeer to dolphins, seals and whales. Having continuous daylight for part of the voyage means optimum chances to spot these magnificent creatures in their natural habitat at any time of day... or night!

The Arctic has been inspiring explorers for centuries, and our expeditions offer the chance for you to discover why. We’re excited to host you on your unforgettable adventure! Feel free to reach out to our team of Polar Travel Advisers or your travel professional, who can answer your questions and provide assistance at any time.

EXPEDITION IN BRIEF

Follow in the footsteps of the Norsemen on Fair Isle and the Vikings in the Faroe Islands
Explore the volcanic and glacier-covered Jan Mayen island, in the heart of the North Atlantic Ocean
Encounter iconic arctic wildlife, such as puffins, reindeer, whales and seabirds
Cruise in a Zodiac to explore diverse landscapes and wildlife
**DAY 1 | EMBARK IN ABERDEEN, UNITED KINGDOM**

Arrive any time on Day 1 and make your way to your included hotel. The gateway for your arctic adventure, the Scottish city of Aberdeen has many monikers, but its most famous is Granite City, as it was once the granite capital of the world. Wandering the streets, you’ll soon see why, as the Victorian buildings sparkle in the sun. A bustling cultural hub, Aberdeen also offers a range of museums, galleries, theaters, shops, cafés and restaurants to explore.

**DAY 2 | EMBARKATION DAY**

Today you will have some free time before being transferred to the port to board your ship. As you set sail this afternoon, you’ll want to be out on deck, camera in hand—the area’s coastal waters offer excellent possibilities for spotting bottlenose and white-beaked dolphins, harbor porpoises and minke whales.

**DAY 3 | EXPLORING FAIR ISLE**

The U.K.’s most remote inhabited island, the extraordinary Fair Isle is located halfway between the Shetland and Orkney Islands. Boasting a rugged beauty, Fair Isle’s landscape is diverse, with fields and moors dominated by seaside cliffs and an astounding amount of sea stacks, natural arches and caves.

Despite its small size, the island offers activities for history, nature and photography buffs alike. Visit the museum to immerse yourself in local artifacts, photos, knitwear and other...
historic memorabilia. Don’t forget to snap a shot of the circa 1935 classic red phone booth by the post office!

In terms of wildlife, orcas are native to the waters around Fair Isle, and they sometimes come close in pursuit of seals. But the island is best known for its coastal cliffs teeming with seabirds in spring and summer. The star attraction is the Atlantic puffin, a clown-like bird that clings to the steep slopes. Photographers will surely want to capture pictures of their bemused expressions, and Fair Isle’s easily accessible grassy banks make it one of the best places in the Shetlands to observe these colorful creatures. Northern fulmars, kittiwakes, storm petrels, razorbills and guillemots are also likely to be spotted, soaring over the open waters.

Visitors to this community of crofters, artisans and artists may be able to pick up a traditional Fair Isle sweater to keep you warm during the rest of your arctic voyage. Be sure to try one on, along with a matching hat, scarf and mittens, at the town hall.

DAYS 4 AND 5 | EXPLORING THE FAROE ISLANDS

Known for its beautiful, unspoiled landscape, with verdant pastures giving way to rugged, steep cliffs, the Faroe Islands have a storied past, though the details of the archipelago’s early history are a bit hazy. The first settlers may have been seventh-century Irish monks seeking solitude on these islands far removed from any continent. Their isolation ended in 800 AD, with the arrival of Norse farmers, and Norwegian colonization continued throughout the Viking Age. Today, many of the inhabitants of the Faroe Islands, now a self-governing country within the Kingdom of Denmark, are descendants of Norwegian Vikings.

We will have two days to explore this unspoiled and seldom-visited archipelago made up of 18 rugged islands located about halfway between Scotland and Iceland. The mighty North Atlantic is omnipresent wherever we go with no place on the Faroe Islands farther than 3 miles (5 km) from its shores. The sea has always dominated life on the Faroes - throughout history as much as today: rich fisheries, magnificent ocean views and thriving sea bird colonies make up this rare Nordic jewel - often referred to as Europe’s best kept secret.

We will spend a day exploring the outer islands of the archipelago which are separated by narrow sounds and fjords and delight in their surreal landscapes, dramatic cliffs and rock formations, green valleys engulfed by steep mountains, protecting small picturesque villages with colorful turf-topped houses. Wind, weather and sea conditions will influence and shape our activity options, but we will of course always keep our eyes out for marine and bird life especially the iconic Atlantic puffin.

Our second day in the Faroes will be dedicated to the capital city of Tórshavn, where the Vikings established their government in 825 AD. One of the world’s smallest capitals, the picturesque Tórshavn has a relaxed vibe and a number of historical and cultural sites. Meander the maze of narrow laneways of the Old Town, admiring the quaint
wooden houses with traditional sod roofs and white paned windows. If you’re looking for more action, a hike up to the historic fort, built in 1580 to guard against pirate raids, offers stunning views of the port below. Or perhaps you prefer to wander the charming harbor, filled with cafés, pubs and old warehouses, and simply gaze out at the sea while sipping a latte.

**DAYS 6 AND 7 | AT SEA**

Say goodbye to the Faroes as we cruise toward the world’s most northerly volcanic island, Jan Mayen. There are several activities to keep you engaged while at sea. Learn to identify seabirds gliding alongside your ship, attend dynamic presentations by your Expedition Team, relax in our polar library or simply spend some time on deck, admiring the sea. With your binoculars and camera at the ready, keep your eyes peeled for the blow of a humpback, blue or fin whale. Encounters with minke whales or orcas are also possible, since their curiosity can bring them near the ship. If you’re lucky, you may even see harp seals.

**DAYS 8 AND 9 | EXPLORING JAN MAYEN**

North of the Arctic Circle, about 280 miles (450 km) east of Greenland and 340 miles (550 km) north of Iceland, is the mysterious Jan Mayen, deep in the North Atlantic Ocean. Often shrouded in thick fog, the small mountainous island was declared a nature reserve in 2010 and is rarely visited, save for the 18 rotating personnel of the Norwegian military and Norwegian Meteorological Institute, who are the only inhabitants.

Landing here will be dictated by the weather and sea. If conditions allow, as we approach, keep watch on deck as the spoon-shaped island’s highest summit emerges. At 7,470 feet (2,277 meters) high, the breathtaking Beerenberg volcano features a symmetrical cone shape and impressive glaciers that spill into the sea. During the summer months, the island’s lower landscape is covered with grass, moss and a smattering of hardy flowers that add a cheery pop of color to the otherwise barren black lava terrain.

One site we hope to visit is Olonkinbyen and the surrounding area. Named after Russian-Norwegian polar explorer Gennady Olonkin, it’s the island’s only settlement and the location of the meteorological station, where you may have the chance to learn about polar research while seeing how weather is monitored at the top of the world. Another option might be the black sand beach at Kvalrossbukta, where the remnants of a 17th-century Dutch whaling station and a large fulmar colony can be found. In 1632, two Basque ships landed at the small bay and plundered the station. A Dutch party was sent here the following year to protect the land stations during winter, but all seven men perished from scurvy. Whaling in the area came to an end about 20 years later.

If we’re fortunate, we may view the volcano and the stratified cliffs of the

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**IMPORTANT REMINDER**

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spectacular north coast as we Zodiac cruise around the island, searching for wildlife. Designated an Important Bird Area by BirdLife International for the large numbers of breeding seabirds, Jan Mayen supports colonies of northern fulmars, little auks, glaucous gulls, kittiwakes, and black and Brünnich’s guillemots (thick-billed murres). And if we are fortunate, you might see “sea parrots,” the Atlantic puffin again. The waters here are rich feeding grounds for marine life, so keep a lookout for minke, fin, blue or humpback whales.

**DAY 10 | AT SEA**

As we sail farther north, spend some time with your shipmates in the lounge, swapping stories and photos, or pause for a moment on the bridge, joining in as your Expedition Team looks out for whales, seals and a variety of seabirds.

**DAYS 11 TO 13 | EXPLORING SPITSBERGEN, SVALBARD**

Rugged, wild, unspoiled and situated entirely within the Arctic Circle, the largest island of the Svalbard archipelago is unforgettable. From immense glaciers to polar deserts, the landscape here is as varied as the wildlife.

As we explore the fjords of the southwestern corner of this magical island, it won’t take long for you to see firsthand why Spitsbergen is the “wildlife capital of the Arctic.” Some areas we hope to visit include Hornsund and Bellsund fjords and the Lilliehöök Glacier.

The possible landing sites at Hornsund, the island’s most southerly fjord, have rich histories. En route to Isbjornhamna, a bay at the southern end, where we hope to explore the former science station, you may have the opportunity to discover old whale bones. You may spot Svalbard reindeer and colonies of delightful little auks.

A 12-mile (20 km) long sound, Bellsund lured miners a century ago to its natural resources. Today, visitors come to Bourbanhamna and Calypsobyen to see historic mining and trapper sites and marvel at the magnificent vistas. It may also be possible to hike along the colorful tundra, dotted with flowers bursting for a taste of sunshine. Viewing reindeer here is likely, as they frequent the area.

**DAY 14 | DESEMBARK IN LONGYEARBYEN**

The time has come to say farewell to your newfound friends and Expedition Team. After disembarking, spend the day exploring the frontier-style settlement of Longyearbyen or catch your homeward flights.
Arrival & Departure Details

As you prepare for your journey, you may be interested to know the details of your arrival and departure. Since air transportation to and from your voyage is not included in the cost of your expedition, you have some flexibility in planning your flights. Looking to extend your adventure beyond your polar cruise? Learn how to add on a pre- or post-expedition stop—or both!—in your gateway city on page 14.

Arrival Day and Embarkation

ARRIVING IN ABERDEEN
You may arrive in Aberdeen at any time during Day 1 of the itinerary and make your way to the included hotel.

EMBARKATION IN ABERDEEN
On the morning of Day 2, your luggage will be collected from the lobby of your hotel, transferred to the ship and stored in your cabin.

Ship embarkation will occur in the afternoon. You and your shipmates will meet in the lobby of your hotel and board the waiting buses for transfer to the ship. Information about transfer timing will be posted in your Aberdeen hotel.
Final Day and Departure

DISEMBARKATION IN LONGYEARBYEN AND ONWARD
Your ship is scheduled to arrive back in Longyearbyen, between 7am and 8am local time. After breakfast, you will have time to bid farewell to your Expedition Team and shipmates before completing your disembarkation. The process takes about an hour and, due to port logistics, may involve one last Zodiac ride to the pier. After disembarkation, there will be a group transfer either to your hotel if you have booked additional accommodation, or to the airport for those who have booked flights on disembarkation day. Please book your flight home from Longyearbyen to depart as late in the day as possible, or at a date after the end of your expedition. If you are flying out after the disembarkation day, you will be at risk of missing your flight.

Hotel Accommodations
Your included accommodation begins on Day 1 of your itinerary, and the specific hotel(s) will be indicated in your final voyage confirmation. If you are arriving prior to Day 1 of your expedition or are staying after the disembarkation day and would like help booking a pre- or post-stay, please contact your Polar Travel Adviser or travel professional for hotel options. As accommodation space is limited, you are encouraged to request any extra nights as early as possible.

Arrival and Departure Transfers

ABERDEEN AIRPORT TRANSFERS
Arrival transfers in Aberdeen are not included in the expedition; however, a Polar Travel Adviser or your travel professional can arrange one for you.

LONGYEARBYEN AIRPORT TRANSFERS
If you have flights booked for the day of disembarkation, departure transfers are provided to either a downtown location or directly to the airport. Your luggage can be stored in a luggage truck if your flight is scheduled for later in the day.

If you are spending extra time in Longyearbyen after your expedition, a transfer will be provided to your hotel. You will need to arrange your own transfer to the airport if you are flying out after the disembarkation day.

In order to facilitate your transfers, we request that you provide your flight details to Quark Expeditions® at least 30 days prior to traveling.
Quark Expeditions® is pleased to boast the largest polar-class fleet of any polar operator and the ability to offer our guests this great expedition on one of our ice strengthened vessels.

The entire Quark Expeditions® fleet is built for the challenging polar environments, so we can confidently take you to places ordinary cruise companies wouldn’t dream of going.
OCEAN ADVENTURER — Newly Renovated!
Our popular ship Sea Adventurer has been relaunched as Ocean Adventurer after a multimillion-dollar renovation. A team of marine architects, engineers, interior designers and polar expedition specialists worked together to enhance this nimble and intimate fleet favorite. Upgrades include a refreshed look and feel throughout, plus the complete remodeling of the lounge, dining room and bar. All cabins received new linens and bathroom updates. Six new deluxe cabins as well as three new suites have also been added.
Major technical enhancements include two new Rolls-Royce engines, which yield increased speed and fuel efficiency, and a minimized carbon footprint.

SHIP SPECIFICATIONS:
Staff & Crew: 87
Guests: 128
Lifeboats: 4, partially enclosed
Ice Class: 1A
Visit QuarkExpeditions.com to view deck plan details.
Included Activities

Ready for a little adventure beyond your ship? Each Quark Expeditions® voyage offers a variety of fun recreational activities to enhance your polar experience.

ZODIAC CRUISING
Zodiacs are the workhorses of polar expeditions, safely transporting guests to remote shorelines and shallow inlets—places the ships can’t reach. Expedition staff make stepping in and out of them—safe and comfortable.

HIKING
Led by experienced staff, exploring in foot is the best way to appreciate the polar landscapes. Our guides are able to accommodate a range of skill levels to suit every passenger.

PRESENTATIONS
Daily chats with on-board experts—our guides, scientists and other special guests—let guests rub shoulders with historians, ornithologists, biologists, geologists and more.

POLAR PLUNGE
This rite of passage, experienced just once per expedition, sees you safely jumping into icy ocean waters under the watchful eye of our staff—and just about every single camera lens on board!

PHOTOGRAPHY
Documenting your voyage so you can take the memories home is a rewarding experience. Our photography guides will help you learn skills to capture the beauty of the Polar Regions.

OTHER EQUIPMENT ON BOARD
Walking poles are provided at each landing for your convenience. As there are limited number of poles available, please bring your own if you require them on every landing.

Contact your Polar Travel Adviser or your Travel Professional for more information about your Included and Paid Activities, including the necessary experience, physical requirements and cost.
# Dates & Rates

Arctic Saga: Exploring Spitsbergen via the Faroes and Jan Mayen

<table>
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<tr>
<th>Dates</th>
<th>Days</th>
<th>Start / End</th>
<th>Triple</th>
<th>Twin</th>
<th>Porthole Window</th>
<th>Superior</th>
<th>Deluxe</th>
<th>Suite</th>
<th>Owner's Suite</th>
<th>Transfer Package</th>
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<td>ARCTIC 2020</td>
<td>14</td>
<td>Aberdeen/Longyearbyen</td>
<td>$4,995</td>
<td>$5,995</td>
<td>$6,995</td>
<td>$7,995</td>
<td>$8,495</td>
<td>$8,995</td>
<td>$9,995</td>
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Call your Travel Professional or a Quark Polar Travel Adviser at 1.888.892.0073 | Visit QuarkExpeditions.com for additional details
Inclusions & Exclusions

Inclusions

- Shipboard accommodation with daily housekeeping
- All meals, snacks, soft drinks and juices on board
- Beer and house wine during dinner
- All shore landings per the daily program
- Leadership throughout the voyage by our experienced Expedition Leader
- All Zodiac transfers and cruising per the daily program
- Formal and informal presentations by our Expedition Team and special guests as scheduled
- Photographic journal documenting the expedition
- Waterproof expedition boots on loan for shore landings
- Official Quark Expeditions® parka to keep
- Coffee, tea and cocoa available around the clock
- Complimentary reusable water bottle
- Hair dryer and bathrobe in every cabin
- Comprehensive onboard materials, including a map and an informative Arctic Reader
- All miscellaneous service taxes and port charges throughout the program
- All luggage handling aboard the ship
- Emergency evacuation insurance to a maximum benefit of US$500,000 per person
- One night’s pre-expedition hotel night in Aberdeen
- Group transfer from Aberdeen hotel to ship on embarkation day
- Group transfer from the ship to Longyearbyen airport or a designated drop-off location downtown on disembarkation day

Exclusions

- International airfare
- Arrival and departure transfers, except where listed in Inclusions
- Passport and visa expenses
- Government arrival and departure taxes not mentioned above
- Meals ashore unless otherwise specified
- Baggage, cancellation, interruption and medical travel insurance—strongly recommended
- Excess-baggage fees on international flights
- Mandatory waterproof pants for Zodiac cruising, or any other gear not mentioned
- Laundry, bar, beverage and other personal charges unless specified
- Phone and Internet charges
- Voluntary gratuity at the end of the voyage for shipboard staff and crew
- Additional overnight accommodation
Your Expedition Team

Our Expedition Leaders and staff bring diverse polar expertise in subjects as varied as polar history, marine biology, glaciology and photography. Their knowledge will deepen your immersion into the polar environment and further enhance your connection to the Arctic.

With over 29 years of experience bringing passengers to remote polar regions and an industry leading staff to guest ratio, we know how to handle the unexpected to guarantee the safety of all passengers. Ensuring this hard earned experience is passed on, our new expedition staff receive comprehensive training in our newly developed Quark Academy, which provides real-world polar expedition training prior to any staff member’s first voyage as well as ongoing training for experienced staff.

Your Expedition Leader

DAVID (WOODY) WOOD

Hailing from Australia, Woody is a historian with an unquenchable passion for traveling through and sharing the marvels of the Polar Regions. He comes to these wild places at the extreme ends of the planet via a strange path, having worked in a major pediatrics hospital and holding degrees in political science and law. Having spent over a decade at sea, he is passionate about the landscapes, ice, wildlife and history of the Polar Regions and delights in sharing his interests with guests. Woody invites you to come and be astonished, amazed and enchanted by these special places.

*Expedition Leader subject to change, and will be confirmed in final documents.
POST-EXPEDITION TRIP EXTENSIONS
You can extend your trip by booking extra days to explore other northern cities before or after the voyage. Since you’re traveling such a long way, you may want to spend extra time in Oslo or add on a few days in Longyearbyen. Immerse yourself in Norwegian history with a visit to Oslo’s Viking Ship Museum. In the Svalbard capital, learn about the archipelago’s storied past at the museum, wander between colorful wooden houses and grab a pint at the local brewery.

Extend Your Trip
Call your Travel Professional or a Quark Polar Travel Adviser at 1.888.892.0073 | Visit QuarkExpeditions.com for additional details

To discover the best options for extending your adventure, get in touch with your Travel Professional or a Polar Travel Adviser for seamless, worry-free booking of all trip extensions.

FROM TOP: Oslo’s Opera House; Longyearbyen; Oslo’s Viking Ship Museum
If there is one constant at sea, it is that you’ll enjoy delicious meals daily. While meal times may change due to landings and wildlife encounters, you’ll always be served three meals a day. Most dietary restrictions can be accommodated by letting us know prior to your expedition.

Breakfasts and lunches are normally served buffet-style, while dinners are served plated. À la carte meals are made at the time of your order, allowing our chefs to prepare each dish to your individual needs, ensuring you receive top-quality meals during the course of your expedition.

Soft drinks, juices and water are available at all times, and beer and wine are served with dinner, all included in the cost of your package. Spirits, premium wines and champagne are available at an extra cost, which can be billed to your shipboard account. The well-stocked bar is open to enjoy with your fellow shipmates in the late morning, afternoon and evening.
Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your Expedition Team must allow the sea, the ice and the weather to guide route and itinerary details. The following landing sites are a sample of what you may experience on your expedition.

Scotland and Faroe Islands

**FAIR ISLE, SHETLAND ISLANDS**
With a population of just 70 people, Fair Isle is the most remote inhabited island in the United Kingdom. It is also the best place to find rare birds in Britain with 27 first records.

**TÓRSHAVN, FAROE ISLANDS**
The Faroe Islands’ largest city, Tórshavn may be the world’s smallest capital. Picturesque wooden cottages with charming black-tarred sod roofs mingle with modern architecture in the city’s historic Old Town. A symbol of the islands, the oldest of these traditional houses dates back 500 years, though most were built after a devastating fire burned down many of the town’s buildings in 1673. The Vikings founded their government (called “ting”) here in 825 AD, and Faroese parliament remains in Tórshavn to this day. Named after the Norse god of war, Tórshavn means “Thor’s Harbor.”

**Jan Mayen**

**BEERENBERG**
Covered in glaciers, this active volcano dominates northern half of Jan Mayen, taking up a significant part of the island’s mere 144 square miles (373 sq km). A soaring 7,470-feet (2,277 meters) high, it last erupted in 1985.

**KVALROSSBUKTA**
One of only two possible landing sites is Kvalrossbukta. This small bay is the site of the remains of a 17-century whaling station. The island is home to a variety of birds, including fulmars, puffins, gannets and auks.
of birdlife, including a large fulmar colony, which is also located here.

**OLONKINBYEN**
Jan Mayen’s only settlement, Olonkinbyen is located at the southeastern side of the island, by Båtvika (Boat Cove), the other possible landing site. As a designated nature reserve, Jan Mayen remains uninhabited, except for the 18 rotating personnel who reside in the settlement and work at either the nearby weather station or radio station.

**Spitsbergen**

**HORNSUND**
The most southerly fjord in Svalbard offers some of the most spectacular scenery, with dramatic calving glaciers, drifting pack ice and majestic peaks (the highest of which are often shrouded in mist). A Polish research station has operated on the northern shore of Hornsund since 1957. Part of Sør-Spitsbergen National Park, this pristine area is rich in wildlife—reindeer, arctic fox and polar bears can be spotted hunting for food, while ringed seals bask on the fast ice.

**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.

**SAMARINVÅGIN**
The Samarin Glacier dominates the landscape that surrounds the bay, where icebergs, kittiwakes and Brünnich’s guillemots (thick-billed murres) may be seen.

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Packing Checklist

WHAT TO BRING! Packing for the polar regions doesn’t have to be daunting, and to make it easier for you, all Quark voyages include an expedition parka to keep, and a loan of appropriate polar footwear. Additional suggested items include:

FOR SHORE LANDINGS

- Base layers (wool, synthetic or a blend)
- Mid-layer warm/fleece top
- Mid-layer warm/fleece pant
- Wool and synthetic sock (3 to 4 pairs)
- Neck warmer or balaclava
- Warm hat that covers ears
- Waterproof pants
- Waterproof gloves and glove liners
- Sunscreen
- Sunglasses with UV protection
- Spare set of gloves

SUGGESTED ITEMS

- Waterproof, lightweight backpack or dry sack
- Swimsuit (for the polar plunge!)
- Binoculars
- Camera with extra batteries
- Extra memory cards
- Earplugs (in case of noisy cabinmates)
- Eye masks for sleeping
- Seasickness, indigestion, headache or other medicine
- Voltage converters and plug adapters (220V/European outlets)
- Ski goggles (for Zodiac cruising)

FOR ON BOARD

- Comfortable casual clothing (pants/jeans, shirts, sweaters)
- Lighter shirts (in case the ship gets warm)
- Comfortable non-slip close-toed unheeled shoes (NOTE: Flip flops or sandals should not be worn on board due to safety concerns)

For more packing and gear-related info, visit the Quark Expeditions® online Polar Boutique at Shop.QuarkExpeditions.com

WEATHER CONDITIONS & TEMPERATURES
Weather is very variable; temperatures may hover around the freezing mark and winds can be strong. The continuous daylight warms sheltered areas so that you may sometimes find it warm enough for t-shirts. However, you may encounter snow squalls, fog and white-outs during an expedition and should be ready for any conditions.
TO BOOK YOUR NEXT ADVENTURE
Contact your Travel Professional
or a Quark Expeditions® Polar Travel Adviser

1.888.892.0073
QuarkExpeditions.com

PHOTO CREDITS:
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