

ICELAND & NORTHERN ISLES – Shore Excursions 2010 MSC Poesia – 11/13 nts

Legend



Lunch or dinner included



Drink



Level of difficulty: easy



Level of difficulty: moderate



Level of difficulty: difficult



Panoramic Tour



Tastings



Limited availability!



Snack



Long walking tours



Long bus trip



Filming and photographs prohibited, or surcharge for photography and filming required



Walking on rough terrain: comfortable walking shoes advised



There may be opportunities to take a swim. It is advisable to bring a beach towel, bathing suit, sun protection cream, and a hat.

Port Description - Kiel



KIEL is a city in northern Germany, capital of the Schleswig-Holstein Bundesland. Located at the Baltic Sea, the city was the countries long time main naval base until the installations were dismantled after the Second World War. Kiel is famous for sailing events. Every year the "Kieler Woche" is held (the first time in 1882), a series of sailing regattas with a cultural framework. In 1936 and 1972, when the Olympic Games were held in Berlin and Munich, respectively, the Olympic yachting competitions were held in Kiel.

Shore Excursion

KIE01 - HAMBURG (about 6 hours with lunch) - KIE01T or KIE1D

Hamburg, Germany's second largest city, has attracted visitors for centuries. Drive to Hamburg to explore this vibrant city and its colorful history. Catch a glimpse of City Hall, and visit the impressive St. Michael's Church and the narrow lane of Krameramtsgasse. Enjoy a scenic tour of Hamburg, passing by the Alster Lake and the Speicherstadt, with its romantic canal. Enjoy a typical German lunch and, after leaving your guide in Hamburg, return to Kiel.

Note: Guides may not be available in all languages. The transfer to Hamburg takes 1.5 hours each way. The excursion will end at the port for transit guests and at the airport for disembarking guests; disembarking guests must have their flight home after 5 p.m.

To book and prepay this tour before your cruise, please use KIE01T if you are in transit in Kiel port or KIE01D if you are disembarking in Kiel.

Price per person starting from: \$ 149 Adults - \$ 104 Children

KIE02 - MARITIME KIEL (about 4 hours) - KIE02T or KIE02D

This is a scenic tour of Kiel, the capital of the state of Schleswig-Holstein and a traditional maritime and naval city. During the transfer to Laboe, guests can admire the imposing canal that connects the Northern Sea to the Baltic. In Laboe, visit the Navy Memorial, a monument dedicated to the soldiers lost at sea during World War I and World War II. From the top of the memorial, there is a magnificent view over the landscape of Northern Germany. Make sure not to miss the ancient submarine. Enjoy a snack, including fish typical of Kiel and a soft drink.

Note: Guides may not be available in all languages. This excursion involves a great deal of walking. This tour is not recommended for guests with mobility problems or in wheelchairs. The excursion will end at the port for transit guests and at the airport for the disembarking guests; disembarking guests must have their flight home after 4 p.m.

To book and prepay this tour before your cruise, please use KIE02T if you are in transit in Kiel port or KIE02D if you are disembarking in Kiel.

Price per person starting from: \$ 80 Adults - \$ 56 Children

KIE04T - LUBECK (about 6 hours with lunch)



Enjoy a pleasant drive across the beautiful German landscape to the Hanseatic city of Lubeck. Discover the charming old town declared a World Heritage site by the UNESCO. Discover the historic alleyways and courtyards that are remnants of the late 19th Century when the trade of the Hanseatic League was in full bloom. Admire the world-famous Holsten Gate, the seven spires, the Hospital of the Holy Ghost dating back to 1280 and St. Mary's Church (home to the world's largest mechanical organ). A traditional German lunch included. The guide departs in Lubeck, while guests return to Kiel.

Note: This excursion is only available for guests in transit in the port of Kiel. Guides in some languages may not be available. The transfer to Lubeck takes 1.5 hours each way. There is a great deal of walking on pebbly streets. This excursion is not recommended for guests with walking disabilities or in wheelchairs.

Price per person starting from: \$ 149 Adults - \$ 104 Children

KIE06T - MOLFSEE (about 4 hours)

Enjoy a short scenic tour of Kiel, the capital of the state of Schleswig-Holstein and a traditional maritime and naval city. Leave the port and begin a ride to a place where time seems to have stood still. Reach the open air museum of Molfsee, where farmhouses, cottages, and barn windmills from all over northern Germany can be found. Taste typical cheese and milk before returning to the port.

Note: This excursion is available only for guests in transit in the port. Guides in some languages may not be available. There is a great deal of walking involved, including steps and pebbly streets. The transfer to Molfsee takes about 1 hour each way.

Price per person starting from: \$ 83 Adults - \$ 58 Children

KIE12T - CASTLES, LAKES & ROSES (about 6 hours and half with lunch)

Leave the port and drive through the beautiful countryside to Schleswig-Holstein and Ploen, admiring the old castle nestled between lakes and majestically located on a hill. Then embark on a charming boat ride over five adjacent lakes to Malente. The lakes are very popular due to the combination of clear water and medieval villages scattering the banks; the huge forests that enclose the area create a fairy tale atmosphere. In Malente, visit the glass factory and watch craftsmen demonstrate their skills on their renowned glass products. Then continue to Eutin, the "city of roses," to explore the gardens of the castle as well as the narrow streets around the lovely marketplace. A delicious lunch will be served on the bank of Lake Uklei before returning to Kiel.

Note: This tour is available only for guests in transit in the port of Kiel. Long walking on cobblestones path is involved; therefore, this excursion is not recommended to guests with walking disabilities or in wheelchairs. A limited number of seats are available. Guides in some languages may not be available.

Price per person starting from: \$ 109 Adults - \$ 76 Children

KIE12TB - PLOEN, MALENTE & KIEL (about 6 hours and half with lunch)

Leave the port and drive through the beautiful countryside of Schleswig-Holstein and Ploen will be the first visit ; you will admire the old castle nestled between lakes and majestically located on a hill. Then embark on a charming boat ride over five adjacent lakes to Malente. The lakes are very popular due to the combination of clear water and medieval villages scattering the banks, enclosed with huge forests, recreating a fairytale atmosphere. In Malente you will visit the glass factory ; see the craftsmen demonstrate their skills on their renowned glass products. Then return to Kiel for a photo stop at the Kiel Canal before proceeding for an orientative bus tour of Kiel. A delicious lunch will be served on the bank of Lake Uklei.

Note : this tour is foreseen only for guests in transit in the port of Kiel. Long walking on cobblestones path involved therefore this excursions is not recommended to guests with walking disabilities or in wheelchair. Limited seats. Guides in some languages may not be available. This tour is foreseen only for the following dates: 27 June, 21 & 22 August 2010.

Price per person starting from: \$ 109 Adults - \$ 76 Children

Port Description - Bergen



A jewel of a city set among seven sweeping hills and close to some stunning fjords, Bergen is Norway's second-largest city. A lively university town, Bergen is steeped in culture and offers an inspiring mix of the ancient and the modern. The city is pleasantly compact and features a labyrinth of cobblestone streets as well as green and verdant areas perfect for rest and relaxation.

Shore Excursion

BER01 - INTRODUCTION TO BERGEN (about 3 hours)

Bergen was founded in the year 1066 and, up to 1830, the city was the largest town in the country and a center for commerce and shipping. The excursion will start with a walk along the Bryggen quarter with its characteristic wooden buildings and pointed gables facing the harbor. The excursion includes a transfer ride on the famous Flybanen funicular up to Floein Mount; from its top you will enjoy a magnificent view over Bergen and the surroundings. Enjoy some free time for shopping at the Fish Market and a scenic tour of the peninsula before heading back to the ship.

Price per person starting from: \$ 67 Adults - \$ 47 Children

BER02 - TREKKING THROUGH BRYGGEN UP TO FLØEIN MOUNT (about 4 hours)

This excursion is run completely by walking through the German pier, Bryggen, with the characteristic wooden buildings with pointed gables facing the harbor. Continue up through the woods and to the funicular up to Fløein Mount, where a 2.5-hour hours trekking tour will start. From its top, you will enjoy a magnificent view over Bergen and the surroundings. At the end of the tour, walk back to the ship.

Note: At Floein Mount you will walk for about 2.5 hours; it is recommended that guests wear trekking shoes and bring water. This tour is not suitable for passengers who experience mobility problems. There is limited space available.

Price per person starting from: \$ 54 Adults - \$ 38 Children

BER03 - FLIGHT EXCURSION (about 1 hours and a half)

The 50-minute flight takes guests over the city of Bergen and the surrounding area, covering sea and mountains, fjords and glaciers.

Note: There are a limited number of seats available. This tour is without guide and the pilot speaks only English. This tour is not suitable for passengers who experience mobility problems. The maximum number of guests who can fly together is 4.

Price per person starting from: \$ 348 Adults - \$ 348 Children

BER04 - NORWAY IN A NUTSHELL (8 hours with lunch)

Pass through Bryggen and the Hanseatic quarters before heading to the winter resort village of Voss, located by a peaceful lake. Board a train to ride across agricultural areas and then up to the mountains. At Myrdal, change trains to board the Flam Line, one of the most spectacular railroads in Europe. Upon arriving in Flam, on the Sognefjord, Norway's longest fjord at 126 miles, there will be a short introduction to the village before continuing to Gudvangen, the bay of Gods. Lunch will be served in a famous hotel. The afternoon tour continues by bus to Tvinde Waterfalls, with time to take photographs.. In Voss there will be a short break in the town before returning to Bergen.

Note: There are a limited number of seats available. The excursion includes a long train ride through a series of tunnels and curvy roads before arriving at the restaurant.

Price per person starting from: \$ 207 Adults - \$ 145 Children

BER05 - HARDANGERFJORD AND FANTOFT STAVE CHURCH (8 hours with lunch)

Leave the vessel and pass by Bergen while heading through Hardangerfjord. Stop at Fossen Bratte and at Steindalsfossen waterfalls which is famous because you can walk behind it without being wet! Continue to the village of Oystese where we will have lunch in a restaurant on the fjord. Your afternoon tour will continue across forests to reach a ferry to sail to Hatvik where we visit the church of Fantoft, a typical Norwegian wooden church, built in 1150 and rebuilt after the fire of 1992 like the original model.

Note: There are a limited number of seats available.

Price per person starting from: \$ 171 Adults - \$ 120 Children

BER07 - BERGEN SIGHTSEEING TOUR (2 hours)

Join this bus tour through Bergen, the Norwegian city which, up until 1830 was the largest city in Norway. Pass all the main sights, such as Bryggen, with the old wooden warehouses from the Hanseatic period, and Haakons Hall, erected during the reign of King Haakon Haakonsson (1247-1261) and the most important building of the royal residence in the 13th Century. Continue to Rosenkratz Tower, built in the 13th Century and rebuilt around 1560 as a combined fortress and residence. There will also be time to admire St. Mary's Church, dating back to the 12th Century, and Grieg Hall.

Price per person starting from: \$ 44 Adults - \$ 31 Children

BER08 - BERGEN BY LAND AND SEA (3.5 hours)

Discover Bergen, set between the sea and its islands and the mountains. Bergen reached high prosperity around the year 1100 with the trade of dried cod and soon became the center of trade in Norway. Start with a drive along the German pier, Bryggen, the typical quarter with a series of Hanseatic commercial buildings and wooden houses. Today, these buildings have been converted into restaurants, souvenir shops and pubs. Stop and walk through the ancient buildings and alley ways, sensing what it was like to live in the town during Middle Ages. After the walking tour, board the bus and drive through the city and its beautiful surroundings. After one hour you will arrive at the pier to board a boat for a relaxing cruise in the Bergen archipelago and Lysoy Fjord. On this one-hour cruise you will see Bergen from a different perspective, and there will be idyllic views.

Note: There are a limited number of seats available. The order of the visits can vary; some groups will start the itinerary by boat and return to the pier by bus.

Price per person starting from: \$ 90 Adults - \$ 63 Children

BER09 - THE LOVELY HARDANGERJORD & THE WATEFALLS (6,5 hours)

This excursion starts with a short city orientation drive past the fish market, the Bergenhus Fortress and the Rosenkrantz Tower. The road then cuts through a variety of landscapes, following the Sør fjord and passing quaint little market towns on the way to Nordheimsund. Having passed the Kvamskogen Mountain Plateau, the excursion descends toward the Tokagjelet Gorge. Kvamskogen is a popular recreation area with many chalets and summer houses. Capture on film the sights at Fossen Bratte and Steindalsfossen waterfall, which you can actually walk behind without getting wet! The tour continues with more scenic drives through small forests and alongside the Hardangerfjord to Granvin and the Skjervefossen waterfall, along the typical landscape of western Norway with small farms on the steep hillsides. After about 1.5 hours of scenic driving, the excursion will stop at Voss for a coffee break and typical Norwegian cakes at the Fleischer's Hotel. On the return to Bergen, you will be passing mountain lakes and several suburban villages. A short stop for shopping is included in the tour.

Note: There are a limited number of seats available. The order of the visits can vary.

Price per person starting from: \$ 128 Adults - \$ 90 Children

Port Description - Torshavn

Tórshavn is the capital and largest town of the Faroe Islands. It is located in the southern part on the east coast of Streymoy. The city was founded in the 10th century and may well be the oldest capital in Northern Europe. The name of the city means Thor's Harbour, named after the god of thunder and lightning in Norse mythology. The city's coat of arms shows Thor's hammer Mjólnir, which tells people that Tórshavn dates back to pre-Christian times. The Faroese usually refer to their capital as Havn - harbour. In 1856 free trade came to the Faroe Islands. It opened the islands up to the world and transformed the economy and Tórshavn forged ahead. The farming land was rented out to townspeople who could later buy it if they wished to. These small plots of land eased peoples existence considerably, as they now could be able to keep a cow and perhaps some sheep. The population grew considerably. In 1866 Tórshavn's town council was founded. The town has been the capital of the Faroe Islands ever since. And later, in 1909, Tórshavn became a market town with the same municipal charter as Danish market towns. In 1927 Tórshavn had a modern harbour built. This made it possible for larger ships to berth. Today Tórshavn is prosperous and full of activity.

Shore Excursion

TSH01 - INTRODUCTION TO TORSHAVN (2 hours)

Tórshavn is one of the smallest and most pleasant capital cities in the world, blending the historical and picturesque with all the features of a modern city. Leave the pier and begin the exploration with a stop at Skansin to explore the old fort before driving to the beautiful Nordic House cultural center. Visit Tinganes, which is the historic part of Tórshavn, as well as the modern sections of the city. Before returning to the port, stop at the viewpoint overlooking the capital.

Note: There is a limited availability of guides, which will be confirmed during your cruise. A limited number of seats are available; the order of the visit can be changed.

Price per person starting from: \$ 71 Adults - \$ 50 Children

TSH02 - TRANSFER TO KIRKJUBØUR (2 hours)

Leave the port and enjoy a scenic transfer with lovely views of the islands of Koltur, Hestur, Sandoy and Vágur. Arrive at Kirkjubøu, which was the ecclesiastical and cultural center of the Faroes during the Middle Ages. Visit the village dominated by the imposing ruins of Saint Magnus Cathedral, whose construction is thought to have begun in the late 13th Century. Admire the Roykstovan, standing on the wide, stone foundation of a portion of the Bishop's Palace. Covered with a traditional turf roof, it is a large building made of logs which are said to have come drifting all the way from Norway some 700 years ago. The farmhouse interior reflects the lifestyle of a large Faroese farm.

Note: There is a limited availability of guides, which will be confirmed during your cruise. A limited number of seats are available.

Price per person starting from: \$ 71 Adults - \$ 50 Children

TSH03 - THE ISLAND OF VAGAR (4 hours)

Leave the pier and head toward Vágur along Kaldbak fjord and Kollafjørð. Leave Streymoy Island and drive through the new underwater tunnel for a five-minute ride to Vágur. View Vágur's changing scenery and explore its villages, as the guide talks about the island, its history and life today. Pass through the villages of Sandavágur and visit the church and Miðvágur. Before reaching Vatnsöyrar, the excursion passes the largest lake in the Faroe Islands. Next stop will be Bøur, a little village with both old and new houses with green grass turf roofs and a charming old tar-blackened church. From there, there is a spectacular view of the Tindhólmur islet and the island of Mykines beyond. Leave Bøur and drive up the tunnel to Gásadalur, Vágur's westernmost village and the last village on Vágur to be connected by road with the rest of the island. Return to Tórshavn via the mountain road to capture the breathless views over the fjord and the capital.

Note: There is a limited availability of guides, which will be confirmed during your cruise. A limited number of seats are available. The order of the visit can be changed.

Price per person starting from: \$ 90 Adults - \$ 63 Children

TSH04 - VESTSMANNA SEACLIFFS (3.5 hours)

Travel by bus to the village of Vestmanna to board a boat to cruise to the bird cliffs to see thousands of birds and to admire the changing colors all around. The cruise travels along the cliffs and into a narrow gorge and then into one of the many grottoes. The daylight suddenly disappears while entering the grotto before emerging on the other side. Return to Tórshavn via the mountain road to capture the breathless views over the fjord and the capital.

Note: There is a limited availability of guides, which will be confirmed during your cruise. A limited number of seats are available. The order of the visit can be changed.

Price per person starting from: \$ 123 Adults - \$ 86 Children

TSH05 - PANORAMIC TOUR OF FAROE (2 hours)

Board the bus and drive up the scenic, ridge-top road that runs along the southern part of Streymoy Island. The first stop is at the viewpoint for enchanting views over the colorful capital city. Next, stop at Norðradalur – “north valley” – where on clear days a dramatic view of the island of Koltur gloriously stands. Winding down into the valley, the tour passes colorful villages. The journey back to the capital city takes us through a 1.8-mile-long tunnel and then along a fjord at sea level. Watch for salmon jumping in sea farms near the shore.

Note: There is a limited availability of guides, which will be confirmed during your cruise. A limited number of seats are available. The order of the visit can be changed.

Price per person starting from: \$ 71 Adults - \$ 50 Children

TSH06 - FJORD AND SEA SAFARI BY RIB BOAT (1,5 hours)

Experience the beauty of the landscape and the wild force of nature on a speedy RIB boat. After the safety briefing and putting on life vests, leave the port of Tórshavn for an adventure into the fjords close to the capital city. Sail close to the high sea cliffs for the best possible views of the wildlife. The experienced captain will make sure participants have an exciting and adventurous excursion.

Note: The captain will act as guide, speaking in English. A limited number of seats are available. The sailing itself lasts about one hour.

Price per person starting from: \$ 131 Adults - \$ 92 Children

TSH07 - THE NORTHERN PART OF EYSTUROY (4,5 hours)

From Tórshavn, the tour drives north, passing colorful villages and the old whaling station at Áir. The only bridge over the Atlantic, as it is sometimes called, spans the narrow channel of Sundini to connect Eysturoy with the larger island of Streymoy. The channel is so narrow that spectacular eddies form at the base of the bridge when the current is running strong with the tide. Pass Eiði and cross the mountains to Gjógv; on the way, admire the “Giant and the Hag,” two very distinctive sea stacks. The excursion also passes the highest mountain in the Faroe Island, Slættaratindur (2,893 feet high). Return to Tórshavn via the mountain road to capture the breathless views over the fjord and the capital.

Note: There is a limited availability of guides, which will be confirmed during your cruise. A limited number of seats are available. The order of the visit can be changed.

Price per person starting from: \$ 87 Adults - \$ 61 Children

Port Description - Akureyri

Akureyri is a town in the northern part of Lýðveldið Ísland (Republic of Iceland). It is the second largest urban area after the Greater Reykjavík area but is the fourth largest municipality in Iceland after Hafnarfjörður, Kópavogur and Reykjavík. The city is nicknamed the "Capital of North Iceland." The area was settled in the 9th century but did not receive a municipal charter until 1786. The area has a warm climate due to geographical factors. Akureyri is an important port and fisheries centre. It is a regional population centre and has not lost population due to the city being a tourist center. There is a thriving cultural scene in Akureyri. There are bars and well-known restaurants (such as "Greifinn and Bautinn"). The Icelandic folk dance ensemble "Vefarinn" comes from Akureyri. Folk culture in general is more prevalent in Akureyri than in Reykjavík. During the summer there are several festivals in Akureyri and its surroundings. One example is the medieval festival held every summer at Gásir.

Shore Excursion

AKU01 - THE WATERFALL OF THE GODS & LAUFAS MUSEUM (4 hours)

Take a short transfer to Godafoss, known as “the waterfall of the gods,” the most spectacular waterfall in Iceland with a height of almost 40 feet over a width of almost 100 feet. The name of the waterfall comes from an event that took place around the year 1000 when the chieftain president of the Parliament at that time decided in favor of Christianity and threw his carvings of the pagan gods into the waterfall. Stop to admire the falls and the majesty of the surrounding scenery – this is a good photo opportunity. The next stop will be the Laufas Folk Museum. The museum originally served as manor farm and vicarage. The farmhouse dates back to 1866 and contains the household and agricultural implements used by the gentry during that period or even

earlier. Return to Akureyri for a short visit to the botanical garden with its exhibition of high-latitude and high-altitude plants from around the world.

Note: Seating is limited. The number of guides available for this excursion is limited and will be confirmed during your cruise. The order of the stops may be altered. This tour includes walking on uneven ground.

Price per person starting from: \$ 93 Adults - \$ 65 Children

AKU02 - GODAFOSS WATERFALL & AKUREYRI SIGHTSEEING (3 hours)

Akureyri is often called the capital of Northern Iceland. A beautiful town surrounded by majestic mountains, it is a perfect mixture of urban, rural and marine life. This excursion combines the beauty of the scenery (a visit to the spectacular waterfall Godafoss), the beauty of nature (a visit to the botanical garden) and the beauty of this lively town with its 16,000 inhabitants. Admire the majesty of Godafoss, “the waterfall of the gods,” with a height of almost 40 feet and a width of almost 100 feet. This excursion will also include a drive through the old part of Akureyri to see how Danish influence left its mark on the town when Iceland was under the Danish crown. Pass the modern part of the town and make a stop at the botanical garden with examples of every plant indigenous to Iceland as well as high-latitude and high-altitude plants from around the world.

Note: Seating is limited. The number of guides available for this excursion is limited and will be confirmed during your cruise. The order of the stops may be altered. This tour is well-suited to disabled guests, since most of the sites can be observed from the bus.

Price per person starting from: \$ 83 Adults - \$ 58 Children

AKU03 - THE BEAUTIES & THE LANDSCAPES OF THE NORTH (8 hours with lunch)

This excursion allows guests to admire beautiful landscapes enhanced by unique colors and volcanic sceneries as well as the majesty of the waterfalls. Travel to Godafoss, the “waterfall of the gods,” to admire the majestic falls and learn about the history of this site. Around the year 1,000, Thorgeir, chieftain of Ljosavatn district and law speaker of the Parliament at that time, was entrusted with the task of deciding whether Icelanders should adopt the Christian faith. When his decision was formally accepted, he went home and threw his statues of the pagan gods into the waterfall. The name Godafoss is said to derive from this event. Continue to Lake Myvatn, one of Iceland’s natural treasures. The lake was created by volcanic eruptions, and its surroundings are of great geological interest. Admire the craters at Skutustadir as well as the magnificent lava landscape with its unusual 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. Take a brief tour of Akureyri before returning to the port. Lunch included.

Note: Seating is limited. The number of guides available for this excursion is limited and will be confirmed during your cruise. The order of the stops may be altered. This tour includes walking on uneven ground. Water is included with the lunch; guests must pay for additional drinks.

Price per person starting from: \$ 167 Adults - \$ 117 Children

AKU04 - MYVATN NATURE BATHS (5 hours)

Located in the heart of northeast Iceland about 65 miles south of the Arctic Circle, Lake Myvatn and its surroundings are one of Europe’s greatest natural treasures. The landscape around the lake was shaped by repeated volcanic eruptions through the ages, resulting in surreal lava sceneries, crater formations and sulphur-streaked mountains. At Myvatn Nature Baths, which opened in 2004, enjoy a completely natural experience with a relaxing dip in clouds of steam rising up from a fissure deep in the Earth’s surface. The unique experience of the warm, soothing waters of the Baths is said to be beneficial to both your spirit and your skin. On the way back to Akureyri, you will have the opportunity to take photos during a stop at the spectacular Godafoss waterfalls

Note: Seating is limited. The number of guides available for this excursion is limited and will be confirmed during your cruise. This tour is well-suited to disabled guests since there is easy access to all facilities at Myvatn Nature Baths. For hygienic purposes and in line with local customs, it is compulsory to take a shower without swimwear before entering the lagoon. Separate dressing rooms and showers for men and women are provided.

Price per person starting from: \$ 142 Adults - \$ 99 Children

AKU05 - AKUREYRI & SANTA'S HOUSE (3 hours)

Leave the pier and begin your excursion to discover the city of Akureyri, the cultural and commercial center of the North, a small "city" with flourishing art, scenery as well as an interesting history. It is difficult to find a place in Iceland where the Danish influence from the time that Iceland was under the Danish crown is as visible as Akureyri. The first stop will be at the botanical garden with examples of every plant indigenous to Iceland as well as high-latitude and high-altitude plants from around the world. Then proceed to Nonni's Museum, a museum dedicated to the writer and Jesuit priest Jon Sveinsson, known as "Nonni." Nonni went abroad at the age of 12 and delivered altogether about 5,000 lectures around the world. He also wrote 12 books known as Nonni's books, which have been translated into 40 languages. The tour also includes a stop at Santa's House, a Christmas store that operates all year round, with a wide selection of Christmas-related merchandise. The last part of the tour is a short visit to Akureyri Church, which stands on a high hill and has become the town's symbol. Guests can then return to the port by bus or on foot for a last opportunity to stroll through the town center.

Note: Seating is limited. The number of guides available for this excursion is limited and will be confirmed during your cruise.

Price per person starting from: \$ 94 Adults - \$ 66 Children

Port Description - Isafjordur



Ísafjörður (ice fjord in Icelandic) is a town in the north west of Iceland. The town draws its name from the fjörd and the fjord was given name simultaneously to the island. Ísafjörður is the largest town in the peninsula of Vestfirðir, and the seat of the Ísafjarðarbær municipality, which includes the nearby Hnífsdalur, Flateyri, Suðureyri, and Þingeyri. It is located on a spit of sand, or eyri, in the Skutulsfjörður fjord which meets the waters of the larger Isafjarðardjúp fjord. Fishing has been the main industry in Ísafjörður, and the town has one of the largest fisheries in Iceland. A vast decline in the fishing industry, due

to many reasons such as political fishing restrictions in the early eighties and natural causes, has led the inhabitants to seek work elsewhere making the population numbers decreasing. The harbor also serves ferries to nearby settlements as well as larger cruise ships for tourists visiting the area. Despite its size, small population, and historical isolation from the rest of the country, the town has a rather urban atmosphere.

Shore Excursion

IFJ01 - BOAT TRIP TO VIGUR ISLAND (3 hours)

Vigur is a green oasis in the blue waters of the fjord Isafjardardjup. In spring time the island is the nesting place for countless birds and, in the summer months, puffins, Arctic terns, black guillemots and eider ducks can be seen in large numbers. A 30-minute boat ride takes guests to Vigur for a leisurely walk around the island to discover its natural beauty and environment. Eiderdown is collected during the spring and the nests of the ducks are carefully protected. View relics of old farming methods and Iceland's only windmill, built in 1840 and used to grind the imported wheat from Denmark. The houses on the island date back to the last centuries: Viktoria House was erected in 1862 and the second house was erected by a young priest in 1884, an ancestor of the

family living in Vigur today. Before returning to Isafjordur, guests will see one of the smallest post offices in Europe and stop to taste coffee and Icelandic cake.

Note: Guides are available in limited number and availability will be confirmed during your cruise. There are a limited number of seats available. This tour is not recommended for disabled guests with mobility problems as most of the sites have no wheelchair accessibility. Bird sightings cannot be guaranteed. The tour includes some walking on uneven, gravel and muddy ground.

Price per person starting from: \$ 119 Adults - \$ 83 Children

IFJ02 - LIFE & CULTURE IN ISAFJORDUR (3 hours)

The town of Isafjordur is the biggest settlement in the west fjords of Iceland and the center for trading and culture of the area. In the oldest part of the town, Nedstikaupstadur, old houses from the 18th Century are evidence that of the important role that Isafjordur has played for hundreds of years as one of the main trading centers of Iceland. Drive along a narrow coastal road to the small town of Bolungarvik, which lies at a picturesque bay surrounded by steep mountains; visit the church and Osvor, an old fisherman's hut, restored in 1988. Drive to Isafjordur and admire great views of the magnificent mountains of the fjord. The excursion will also provide the opportunity to pass through Isafjordur's oldest part to the Maritime Museum, located in one of the oldest houses in Iceland. Enjoy a typical Iceland snack, including schnapps and dried fish.

Note: A limited number of guides are available; availability will be confirmed during your cruise. There are a limited number of seats available. This tour is not recommended for disabled guests with mobility problems as most of the sites are not wheelchair-accessible.

Price per person starting from: \$ 100 Adults - \$ 70 Children

IFJ03 - GLACIER FJORDS & HESTERYRI BY BOAT (4,5 hours)

Board a boat to reach one of the most beautiful and remote areas in Iceland, the beaches of Hornstrandir, one of the most inaccessible areas in Iceland. After a one-hour cruise, the tour reaches Hesteyri, the westernmost bay of the Glacier Fjords: with very limited lowland stripes, this isolated piece of land is framed with steep cliffs and has two beautiful mountains as its backdrop. Until the 1950s Hesteyri had a small and scattered community with a whaling station and a herring processing factory as its main sources of income. This tour provides an insight into the difficulties people living in this place faced that led them to eventually desert the village when the herring fisheries closed. This area was turned into a nature reserve and is one of the wildest areas in Iceland. Enjoy the walk and then stop for a light snack made of Icelandic pancake, rye bread served with smoked lamb and coffee.

Note: A limited number of guides are available; availability will be confirmed during your cruise. There are a limited number of seats available. This tour is not recommended for disabled guests with mobility problems as most of the sites are not wheelchair-accessible. The tour includes some walking on uneven, gravel and muddy ground.

Price per person starting from: \$ 123 Adults - \$ 86 Children

Port Description - Hafnarfjordur



Hafnarfjörður is the warm-hearted town in the lava, just south of Iceland's capital Reykjavík. Hafnarfjördurs name simply means harbour fjord and refers to the excellent natural harbour, which has Iceland's longest history of continuous port trade - since the 1300s. Hafnarfjörður is Iceland's third-largest town. The number of the inhabitants is open to debate, since legend has it that some of Iceland's elves and hidden people live in Hafnarfjördurs lava cliffs and rocks, in peaceful coexistence with the town's human residents. Naturally the town also offers plenty of more conventional outdoor activities, from

golf and swimming to horse riding and whale-watching. Museums and galleries turn the spotlight on history, music and visual arts. And every summer hordes of Norsemen invade the town for the annual Viking Festival, held this year from 16-20 June.

Shore Excursion

HJR01 - PANORAMIC OF REYKJAVIK (3 hours)

This classic excursion features highlights of the northernmost capital in the world. Leave the pier and head to the city's municipal conservation area of Heidmork, crossing the Ellidaar River, one of the world's cleanest salmon rivers flowing through a capital city. On the way, the tour passes the open air museum of Arbaer, where old houses from the city and other parts of Iceland have been relocated. The first stop is at Heidmork by Raudholar craters to view the surrounding lava fields and the imposing mountain ranges and spectacular landscapes. Then, following the coastline, the excursion passes Hofdi House, where the famous meeting between President Reagan and Secretary General Gorbachev was held in 1986. There will be a photo stop at the old harbor area before continuing by the Hallgrímskirkja Church and the charming old quarter of Reykjavik with its colorful wooden houses and narrow streets. There will be a stop at the "Pearl" for a chance to view the beautiful panorama of the city from the viewing platform before returning to the port.

Note: The number of guides is limited and their availability will be confirmed during your cruise. A limited number of seats are available for this excursion. This tour is recommended for disabled guests as long as they can enter/exit the coach. Itinerary can be done on reverse order.

Price per person starting from: \$ 61 Adults - \$ 43 Children

HJR02 - THE GOLDEN CIRCLE (8,5 hours with lunch)

Spend some time in touch with the power of nature to discover the scenic wonders of Iceland. After leaving the port we will begin the tour with a bus ride to the lovely Thingvellir National Park – a UNESCO World Heritage site – 30 miles from Reykjavik. This park is a "must" for any visit to Iceland, with some of the most outstanding scenery in the country, including a vast lava plain of green moss and wild flowers. This site is regarded by Icelanders as a special place, since the world's oldest legislative parliament was founded here. Next stop will be Gullfoss Waterfall (the "golden waterfall"), the most famous waterfall of all Iceland with its two falls and awesome views. The third visit is the geyser area which, together with Thingvellir Park and Gullfoss Waterfall, make up what is collectively known as the "Golden Circle." Here there is nature with all its power, including the hissing springs and other geothermal phenomena; lunch will be served in this surreal and powerful setting. Return to Reykjavik via the "Pearl" viewing point before returning to the port.

Note: Guides are available in limited number and will be confirmed during your cruise. A limited number of seats are available. The order of the visit can be changed. This tour includes walking on uneven ground but most of the sights can also be seen from the bus. Water is included in the lunch; additional drinks must be paid for at the lunch site.

Price per person starting from: \$ 187 Adults - \$ 131 Children

HJR03 - BATHING IN THE BLUE LAGOON & PANORAMIC OF REYKJAVIK (5 hours)

The Blue Lagoon is located in the middle of a beautiful lava field that offers the opportunity to experience this unique landscape. A 30-minute bus transfer takes guests to the lagoon that owes its existence to the nearby geothermal power plant; here you will have about 2 hours to indulge in the warm (98-100° F), mineral-rich waters of the lagoon that are reputed to have healing properties. Relax and enjoy a unique atmosphere created by the blue color of the water, the steam and the 13-foot-high lava wall surrounding the lagoon. On the way back to the port, discover the city of Reykjavik, Iceland's capital and its main population center; a short sightseeing tour will provide a fascinating mixture of the traditional and the modern.

Note: A limited number of guides are available and will be confirmed during your cruise. A limited number of seats are available. For hygienic purposes and in line with local customs, it is compulsory to take a shower

without swimwear before entering the lagoon. Separate dressing rooms and showers for men and women are available.

Price per person starting from: \$ 129 Adults - \$ 90 Children

HJR04 - DISCOVER THE CITY OF REYKJAVIK (4 hours)

As Iceland's capital and its main city, Reykjavik is a fascinating mixture of the traditional and the modern. Observe the clean lines of the modern buildings and the fresh bright colors, with the number of traditional buildings increasing as you approach the old city center. The tour starts with a drive to the open air museum of Arbaer, where old houses from the city and other parts of Iceland have been relocated. Enjoy a pleasant walk and visit an old turf church from the northern part of the country and a turf farm building. Next stop will be the Pearl, a vantage point on the hot-water storage tanks in the outdoor area of Oskjuhlid. The building itself is very interesting from an architectural point of view, with its dome of reflecting glass panels on a hollow steel frame. The building has a viewing platform on the top of the hot-water tanks with full circle opportunity of view the entire city. Take a short walk to discover the colorful wooden houses and narrow streets before returning to port.

Note: Guides are available in limited number and will be confirmed during your cruise. A limited number of seats are available. This tour is not recommended for disabled guests with mobility problems. Itinerary may be done in reverse order.

Price per person starting from: \$ 87 Adults - \$ 61 Children

HJR05 - JEEP ADVENTURE IN ICELAND (3,5 hours)

Board a unique Jeep-style vehicle called a "supertruck" crafted for tough conditions and enjoy a ride to places magically created by the power of volcanoes, ice and time. The excursion begins with a transfer to Nesjavellir Power Plant, formally opened in 1990, developing the largest high-temperature field in Iceland and one of the main sources of heat for houses of Reykjavik. Then, travel the gravel road along Lake Thingvallavatn, driving along the lush farmlands of the south. Watch the landscape and scenery change as you arrive at the birch grown area of Trastarlundur. Enjoy a short stop in this lovely natural landscape before continuing along a beaten track on a trail known as "The Thousand Waters." Pass through numerous rivers, mud banks and streams. The last stop will be on a hill for a final view of the unique, surreal Icelandic landscape.

Note: This tour is only guided in English. A limited number of seats are available. This tour is not recommended for disabled guests with mobility problems.

Price per person starting from: \$ 210 Adults - \$ 189 Children

HJR06 - KRYSUVIK GEOTHERMAL FIELD & BLUE LAGOON (4,5 hours)

The excursion starts with a pleasant drive through the town of Hafnarfjordur, located picturesquely on an ancient lava flow. Continue along the enchanting Kleifarvatn Lake, one of the deepest lakes in Iceland, where there will be a short stop for photos. Next, continue to the geothermal fields of Krysuvik to admire the powerful jets of steam escaping from deep below the earth's crust; admire the solfatara and the multi-colored pools of boiling muds before reaching the bustling village of Grindavik and the Blue Lagoon. The Blue Lagoon owes its existence to the nearby geothermal power plant; the warm (98-100° F), mineral-rich waters of the lagoon are reputed to have healing properties. After viewing the lagoon, the tour drive over the lava-covered Reykjanes Peninsula to the outskirts of the little town of Njardvik to visit the newly built Viking Museum and admire the Viking ship "Islingur," a fully seaworthy replica of an average-sized Viking vessel; in Viking times it would have carried a crew of 70. The tour ends with a drive back to Hafnarfjordur and to the pier.

Note: Guides are available in limited number and will be confirmed during your cruise. A limited number of seats are available. This tour is not recommended for disabled guests with mobility problems. Itinerary can be done in reverse order. Guests will only visit the Blue Lagoon but will not bathe in it.

Price per person starting from: \$ 109 Adults - \$ 76 Children

Port Description - Lerwick



Lerwick is the capital and main port of the Shetland Islands, Scotland, located more than 100 miles (160 km) off the north coast of mainland Great Britain on the east coast of the Shetland Mainland. Lerwick is a name with roots in Old Norse and its local descendant, Norn, which was spoken in Shetland until the mid-19th century. The name "Lerwick" means bay of clay. Lerwick has strong ties with Scandinavian countries, particularly Norway (Lerwick has a friendship agreement with Måløy in Norway), and this is reflected in the street names of Lerwick. The first settlement to be known as Lerwick was

founded in the seventeenth century as a herring and white fish seaport to trade with the Dutch fishing fleet. This settlement was on the mainland (west) side of Bressay Sound, a natural harbour with south and north entrances between the Shetland mainland and the island of Bressay. Fort Charlotte was built in the mid 17th Century on Lerwicks waterfront and permanent stone built buildings began to be erected around 'the fort' and along the shoreline. The principal concentration of buildings was in the lanes area; a steep hillside stretching from the shoreline to Hillhead at the top. As Lerwick became more prosperous through sea trade and the fishing industry during the 19th century, the town expanded to the west of Hillhead. Lerwick Town Hall was built during this period of expansion.

Shore Excursion

LER01 - ISLAND TOUR (2.5 hours)

The excursion starts with a bus ride through Lerwick, Shetland's only town dating back to the 1600s, to reach Scalloway, the former Shetland capital. Visit Scalloway Castle, built in 1600 by the tyrant Earl Patrick Stewart, and the Scalloway Museum, which houses a special Shetland Bus exhibition depicting the village's unique role in the World War II operation. Enjoy free time to walk along Main Street and view the waterfront before leaving the town to travel through Tingwall Valley with its Norse heritage to Gott Farm. Visit the farm and learn how ponies are bred. The tour continues northward through peat- and heather-covered landscape and Shetland's largest plantation of trees. En route back to Lerwick, take the opportunity to photograph one of the spectacular views of the islands that make up the Shetland archipelago.

Note: A limited number of seats are available. Guides speak English; guides in other languages are subject to availability. This tour is not recommended for disabled guests, as walking on uneven ground is required.

Price per person starting from: \$ 64 Adults - \$ 45 Children

LER02 - JARLSHOF & SOUTH COAST (3.5 hours)

Pass Lerwick, the only town in Shetland dating back to the 1600s, as you travel to the south of the Shetland Mainland. View the fertile limestone community of Fladdabister; there will be time for a short stop to take pictures of the world's best preserved Iron Age Broch, on the island of Mousa. In the tranquillity of Hoswick, visit Laurence Odie Knitwear and the Hoswick Visitor Center or enjoy free time along the peaceful shore. Then cross the 60-degree North line of latitude to the rugged Atlantic coast. Admire the view of St. Ninian's Isle, hear the story of Pictish treasure, and view white sandy beaches. Travel through 4,000 years of Shetland history at Jarlshof, Europe's most complex archaeological site, ranging from the New Stone Age up to the 1600s. On the way back to the port, hear more of Shetland's culture and heritage.

Note: A limited number of seats are available. Guides speak English; guides in other languages are subject to availability. This tour is not recommended for disabled guests, as walking on uneven ground is required.

Price per person starting from: \$ 84 Adults - \$ 59 Children

LER03 - WALKING TOUR (1.5 hours)

Start the excursion in the heart of the old town of Lerwick at Victoria Pier, stepping over 200 years in time. A leisurely stroll uncovers the delights of Lerwick's unique 18th Century Lodberries, the Market Cross, imposing toll booth and intricate web of lanes. The walk continues to Lerwick's elegant Town Hall and then to Fort Charlotte, which has dominated Lerwick since the early 18th Century and from which panoramic views extend across the harbor to the island of Bressay. Explore Lerwick's shopping opportunities in local craft and knitwear shops on your way back to the ship.

Note: A limited number of seats are available. English guides are provided; guides in other languages are subject to availability. This tour is not advised for disabled guests, as walking on uneven ground is required.

Price per person starting from: \$ 36 Adults - \$ 25 Children

Note

Please note that the excursion prices will be in €uro during the cruise; the price in the currency stated on the website only applies to prepaid excursions by individual or groups before the cruise begins. For tours bought during the cruise the price in €uro will be converted to your currency at the rate of exchange applicable on each cruise.

The excursions mentioned in the above program are intended to give all MSC guests an idea of tours that can be organized in each port of call.

This program is merely indicative and varies according to the conditions prevailing in each port. Each excursion (with description and prices) will be reconfirmed during your cruise with full information in the onboard Tour Magazine.