



# Arctic Expedition Cruise

POLAR REGIONS & EUROPE | Oslo, Svalbard Archipelago

**Season: 2023**

 **10** DAYS

 **25** MEALS

 **16** SITES



## Trip Overview

10 DAYS / 9 NIGHTS

ACCOMMODATIONS

2 LOCATIONS

Grand Hotel Oslo  
*Le Boreal*

Oslo, Svalbard Archipelago

AGES

Minimum Age: 8  
Suggested Age: 10+

FLIGHT INFORMATION

**Arrive:** Oslo Gardermoen  
Airport (OSL)  
**Return:** Oslo Gardermoen  
Airport (OSL)  
All Internal Flights Included

25 MEALS

9 Breakfasts, 8 Lunches, 8  
Dinners

DAY  
1

## OSLO

### Activities Highlights:

Arrive in Oslo, After-Hours Welcome Dinner & Experience at Fram Museum

 Dinner Included

 [Grand Hotel Oslo](#)

### Arrive in Oslo

*Velkommen til Norge!* Upon your arrival in Norway's capital, you'll be enveloped in a city that is steeped in a history that dates back to the 11th century, while embracing its role as a modern global city and hub of Norwegian trade, banking, industry and shipping. Oslo is a city of diverse architecture, a robust cultural scene and is a global leader in green initiatives, making it one of the most livable cities in the world.

### Transfer from Oslo Gardermoen Airport to Hotel

Following your arrival, you will be met by an *Adventures by Disney* representative who will help with your bags and ensure a hassle-free transfer to the hotel.

### Check-in at Grand Hotel Oslo & Orientation

A true icon and symbol of elegance, the Grand Hotel Oslo has hosted guests, celebrities and Nobel Peace Prize winners since 1874. This historic landmark is located in the heart of the city and is only a few minutes' walk to many of Oslo's attractions, museums, shops and restaurants.

When you arrive, meet your Adventure Guides at the hospitality desk where you'll get a

brief orientation that includes information and recommendations for Oslo, as well as where to meet for dinner and logistics for the next morning.



### **On Your Own Exploration in Oslo**

Take to the streets of this amazing city and soak up some of what it has to offer, including Frogner Park, the Kon-Tiki Museum, Norsk Folkemuseum and Akershus Fortress. You may also walk through some of the diverse boroughs or stroll along the Oslo Harbor, a popular destination for tourists and locals alike.



### **Private After-Hours Welcome Dinner & Experience at Fram Museum**

Join your Adventure Guides and fellow Arctic Adventurers for a private, after-hours experience at Oslo's renowned Fram Museum. Dine on regional specialties during what is sure to be a unique and special meal.

During the evening, explore the museum's fascinating exhibits that highlight the history of polar expeditions. The museum is also home to the polar ship Fram, the world's strongest wooden ship that made exploring the icy polar waters a possibility. Guests can board the ship for a glimpse into what life was like for early polar explorers.

DAY  
2

## OSLO, LONGYEARBYEN AND AT SEA

### Activities Highlights:

Flight to Longyearbyen, Longyearbyen Activity, Ship Embarkation,  
Welcome Party & Orientation



Breakfast, Lunch and  
Dinner Included



*Le Boreal*



### Breakfast

Enjoy breakfast before your flight to Longyearbyen.



### Flight to Longyearbyen

Transfer from the hotel to Oslo Gardermoen Airport (OSL) where you'll fly to Svalbard  
Airport (LYR) in Longyearbyen.



### Lunch: En Route or in Longyearbyen

A lunch will be provided either en route to Longyearbyen on the flight or in Longyearbyen.  
This will be based on actual flight times. Your Adventure Guides will provide more details  
in destination.



### Longyearbyen Activity

Upon your arrival in Longyearbyen, the northernmost settlement in the world, you will  
board pre-arranged transportation and begin your pre-selected adventure.

**Please note:** Activity options will be confirmed approximately 90 days prior to the start of  
your adventure.

Activity options may include, but are not guaranteed or limited to:

- **Svalbard Museum:** Visit this historic museum where you'll marvel at artifacts from the history of Svalbard beginning from its settlement. Also on display are exhibits of local plants and animals.
- **Mine Exploration:** Learn about the life of a miner as you explore a former working mine.
- **Local Brewery Tour:** Take a tour of a local brewery that showcases Svalbard's newest export—beer!
- **Camp Barentz:** Enjoy the flavors of the region in a cozy cabin while hearing stories about the unique way of life in the Arctic.



### Ship Embarkation & On Your Own Ship Exploration

Arrive at the port and receive a warm welcome aboard your home for the next 7 nights—a luxurious PONANT ship that provides an intimate atmosphere combined with cutting-edge technology and an array of top-of-the-range services. Once you are checked in, you'll find your luggage waiting for you outside your room. After settling into your stateroom, head out to explore the ship and all it has to offer, including:

- **Lounges & Bars:** Relax in a casual atmosphere while you enjoy delicious food, drinks and entertainment
- **Observation Decks:** Revel in your surroundings as you gaze at your scenic surroundings from the observation decks
- **Fitness Studio:** Get your blood pumping with an invigorating workout
- **Kids Club:** Game area with popular game consoles
- **Heated Pool:** Make a splash as you enjoy the surrounding views
- **Spa:** Unwind with a relaxing massage or other spa treatments (additional fees may apply)



### Shipboard Welcome & Orientation

Gather together with your fellow Adventurers and Adventure Guides for a shipboard welcome and orientation where you will meet your Expedition Leaders, naturalists and the ship's crew. You'll also receive a mandatory safety briefing at this time.



### Dinner on Ship

Enjoy a delicious meal at your leisure in either of the ship's 2 onboard restaurant options that will satisfy any appetite.



### Sail Away Party

Say farewell to the city of Longyearbyen as you kick off the start of your amazing Arctic adventure with a celebration as you leave the port behind and sail out towards the ice floes, glaciers and beautiful scenery above the Arctic Circle.

DAYS  
3-8

## SVALBARD ARCHIPELAGO GLACIERS AND FJORDS

### Activities Highlights:

Zodiac Cruises, Landings, Shipboard Activities, Farewell Reception (Day 8)



Breakfast, Lunch and

Dinner Included



[Le Boreal](#)



### Go with the "Floe" Flexible Itinerary

Every day of your Arctic Expedition Cruise is a unique Adventure and it is important to note that flexibility is key. Nature takes center stage on this expedition as ice and weather conditions will determine how the ship's Captain and Expedition Leaders plan each day's excursions and activities—which means that every day is a new adventure offering "in the moment" opportunities to explore this pristine natural environment and the wildlife that calls it home. But whether you're on land or onboard the ship, you'll be surrounded by a breathtaking landscape ranging from icebergs to ice floes to the Arctic tundra.

Daily itineraries for the following day will be shared in the daily program that is distributed each night. Excursions and activities may change due to ice and weather conditions.

Special onboard Guests are also subject to change without notice. Your Adventure Guides will keep you updated on any changes.

**Please note:** The entire ship has been chartered exclusively for *Adventures by Disney*, so all shipboard meals, activities and excursions on Days 2 – 9 will be for *Adventures by Disney* Guests only.



### Daily Excursions

Each day will feature 2 excursions, pending weather conditions—morning and afternoon. The fluid schedule allows you to experience once-in-a-lifetime moments as they unfold.

The following are possible daily stops during the sailing and may include, but are not limited to:

- **Nordvest-Spitsbergen National Park:** Home to glaciers, mountain peaks, hot springs, and the remains of volcanoes, as well as some of Svalbard's main historical monuments which includes the remnants of several Arctic expeditions.
- **Ice Floe Edge:** The area where the sea meets large, flat masses of ice provides a fascinating eco-system where you may spot pods of minke, beluga and bowhead whales as they navigate the openings in the ice.
- **Monaco Glacier:** Visit this massive wall of ice—named after the first Prince Albert of Monaco—and listen to its groaning and cracking as it continues its slow descent into the sea.
- **Raudfjorden:** Enjoy the scenic beauty of this stunning fjord located in Spitsbergen's northern coast. Made up of a varied landscape, the fjord was named "Red Fjord" due to its areas of brownish-red sandstone. It is also the site of Spitsbergen's only Quaternary volcanoes.
- **Kongsfjorden:** Located on the west coast of Spitsbergen, this glacial fjord is an inlet that is home to a rich variety of flora and fauna, as well as to the Kongsfjorden Bird Sanctuary that supports the breeding of populations of pink-footed and barnacle geese, purple sandpipers, red phalaropes and many more.
- **Smeerenburg:** Get a fascinating glimpse into the life of this 17th-century Danish and Dutch whaling settlement that was abandoned due to the decimation of the local bowhead whale population.
- **Ny-Ålesund:** Founded in 1917 as a mining town, this small town with a population of approximately 30-35 people, is now home to the Svalbard Rocket Range, Ny-Ålesund Town and Mine Museum and several research facilities. It is the northernmost functional civilian settlement in the world.

Excursion Experiences may include:

- Send a postcard from the northernmost post office in the world
- Hilltop hikes for panoramic views
- Wildlife hikes in search of reindeer, arctic foxes and birding colonies
- Cruise through glacial waters in search of polar bears, seals and walruses
- Whale watching
- Explore a former whaling colony



## Shipboard Activities

Onboard activities offer fun and informative entertainment for Guests of all ages—including special activities for our Junior Adventurers, as well as some that are just for adults. Activities may include, but are not limited to:

- **Daily Adventure Awaits:** The itinerary for the next day will be shared with Guests during this evening gathering
- **Wildlife Viewing:** Gather on deck as you cruise the sea in search of wildlife in their natural habitat
- **Presentations by Naturalists:** Learn all about the destinations you visit as our experts share their knowledge and expertise to make your adventures come to life
- **Massage and Spa Treatments:** Pamper yourself with a variety of luxurious spa treatments offered in our onboard spa. See important details
- **Performances by PONANT's Entertainment Team:** Enjoy performances from the talented shipboard team
- **Movies:** Relax and enjoy some big screen entertainment or watch on your TV in the privacy of your room. There are also special Disney Movie Nights for our Junior Adventurers
- **Trivia Contests:** Put your knowledge to the test as you go head-to-head with your fellow Adventurers
- **Live Music:** Hear some live tunes performed by our shipboard musicians in the lounges and other venues
- **Tea Time with Music & Games:** Head to the lounge for a refreshing afternoon tea as you play fun games with family and friends
- **Pool Parties:** Soak up some fun at a pool party on deck where you can take a dip in the heated pool while you watch icebergs float by
- **Talent Show:** You and your fellow Adventurers are the stars in a fun talent showcase
- **Fitness Classes:** Get your blood pumping as you energize your mind, body and soul with some fabulous fitness classes
- **Cocktail-Making Class:** Mix things up with this adult class where you'll make some delightful concoctions
- **Summer Solstice Celebration (June 2023 Sailing Only):** Learn about traditional Nordic midsummer celebrations with unique local foods and activities as you journey through the "land of the longest summer."
- **Storytelling with Joe Rohde (July 2023 Sailing Only):** Join special Guest Joe Rohde for an engaging session filled with amazing tales from a storied 40-year career at Walt Disney Imagineering and how his passion for nature and conservation

has influenced the concepts and designs of his projects around the world. You'll also get insightful tips on how to embody your emotions as you capture your experiences in sketches. Learn more about Joe Rohde

**Please note:** Itinerary, activities and special onboard Guests may vary and are subject to change or cancellation and will be confirmed in the daily shipboard program.



### Meals on the Ship

All meals are included and available at leisure in either of the ship's 2 restaurants.



### Farewell Reception on the Ship

On the final evening of your journey at sea (Day 8), join your fellow Adventurers for a farewell reception as you tell tales and swap stories about the amazing adventure you just shared cruising the Svalbard Archipelago.

DAY  
9

## LONGYEARBYEN & OSLO

### Activities Highlights:

Disembark the Ship, Flight to Oslo, Explore Oslo On Your Own

 Breakfast and Lunch  
Included

 [Grand Hotel Oslo](#)



### Breakfast on the Ship

Get your day off to a good start with a final breakfast onboard the ship.



### Disembark the Ship & Transfer to Svalbard Airport

Bid *Le Boreal* a final farewell following an exciting, adventure-filled trip to the Arctic.

Disembark the ship in the morning and transfer to Svalbard Airport (LYR) in Longyearbyen for your flight to Oslo.



### Flight to Oslo & Lunch

Relax and enjoy your flight to Oslo which includes a lunch en route.



### Evening & Dinner On Your Own in Oslo

Spend a fantastic evening exploring the magnificent city of Oslo on your own. The Grand Hotel Oslo is conveniently located in the heart of the city and within walking distance or close proximity to many local shops and popular attractions for you to explore. After you've worked up an appetite exploring Oslo, enjoy a delicious dinner at a local restaurant. Your Adventure Guides will be happy to make a recommendation that you and your family will enjoy or discover a new favorite place as you walk around the city.

DAY  
10

## OSLO

### Activities Highlights:

Journey Home

 Breakfast Included

 None



### Breakfast at Hotel

Enjoy a final breakfast in Oslo and fuel up for your journey home.



### Transfer to Oslo Gardermoen Airport

Bid Oslo, the Arctic and your newfound friends and Adventurers a fond *farvel*. Board pre-arranged transportation from the hotel to Oslo Gardermoen Airport (OSL) to catch your flight home.

## IMPORTANT DETAILS

### Days 3-8

**Please note:** Spa treatments are available for an additional fee.

### Days 6-9

Joe Rohde recently retired from a 40-year career with Walt Disney Imagineering. During that time he was a pivotal figure in the development of Disney's Animal Kingdom and Aulani, A Disney Resort & Spa in Hawai'i, as well as many other projects around the world. He was part of the original design team for the Norway Pavilion at EPCOT, art directing the concept design of the ride, Maelstrom. His last large project was Pandora: The World of Avatar at Disney's Animal Kingdom, which opened the same year as another of his projects, Villages Nature, an eco-resort adjacent to Disneyland Paris.

Joe's work has always been characterized by high levels of authenticity based on extensive field research. He was instrumental in the creation of the Disney Conservation Fund, which has raised over \$100 million for missions worldwide. Joe regularly lectures on design, art history, and conservation and has spoken at TED, NASA, SIGGRAPH, and many other venues. He is an award-winning member of the Explorers Club and carries a large collection of indigenous earrings in his left ear as souvenirs of his many adventures. For fun, he paints and creates art history singalongs for his Instagram account which boasts over 95,000 followers.