



MS ROALD AMUNDSEN

VOYAGE HANDBOOK



MS ROALD AMUNDSEN VOYAGE HANDBOOK
2019-2020

Dear adventurer,

Congratulations on booking an extraordinary cruise on board our extraordinary new vessel, MS Roald Amundsen.

The ship's namesake, Norwegian explorer Roald Amundsen's success as an explorer is often explained by his thorough preparations before departure. He once said "victory awaits him who has everything in order." Being true to Amundsen's heritage of good planning, we encourage you to read this handbook.

It will provide you with good advice, historical context, practical information, and inspiring information that will

make your voyage even more enjoyable.

This handbook includes information on your chosen destination, as well as other destinations this ship visits during the 2019-2020 sailing season. We hope you will find this information inspiring.

We promise you an amazing adventure!

Welcome aboard for the adventure of a lifetime!

Your Hurtigruten Team

Contents

Dear Adventurer	2
Europe	4
Norway	6
Greenland	8
The Northwest Passage	12
Alaska	14
South America	16
Antarctica	20
Environmental Commitment	24
Important Information	28
Frequently Asked Questions	29
Practical Information Before and After Your Voyage	30
Life on Board MS Roald Amundsen	34
Pack Like an Explorer	40
Our Team on Board	42
Landing by Expedition Boats	44
Important Phone Numbers	45
Maritime Expressions	45
MS Roald Amundsen Deck Plan	46

EUROPE



© DENNIS VAN DE WATER / SHUTTERSTOCK

Explore the European coastline with Hurtigruten, from the captivating ports on the Atlantic coast to remote islands in the North Atlantic Ocean, and prepare to be amazed sailing along these historical coastlines.

—From the remote islands in the North Atlantic Ocean to the scenic region along the southern coasts of Spain and Portugal, our voyages let you explore iconic and picturesque destinations in an active and immersive way, giving you rare insight into European history and culture. Our itineraries include both well-known sights and hidden gems, ancient civilizations, and magnificent cities, and our expedition team will prepare lectures to enhance your experience and enable a better understanding of each place we visit.

CLIMATE Europe lies mainly in the temperate climate zone. The climate is milder in comparison to other areas of the same latitude due to the influence of the Gulf Stream. During spring and autumn months, temperatures in this area will normally be around 10–15° Celsius (50–59° Fahrenheit).

CURRENCY The Euro is the most prevalent currency in Europe, but there are still a few countries that use their own currency. Small bills have been replaced by coins. There are ATMs widely available in Europe (at airports, train stations, and scattered across cities, etc.). Most ATMs have an English language option. At ATMs, you will be given local currency at the exact current exchange rate. Most European businesses take credit/debit cards; Visa and MasterCard are the most widely accepted.

HISTORY Europe was the birthplace of Western civilization, playing an important role in global affairs by the 16th century. Between the 16th and 20th centuries, European nations had colonies all over the world, and European explorers searched for new

lands and new trading routes. After World War II, there was a decline in Western European dominance in world affairs, when the United States and the Soviet Union became very powerful. During the Cold War, Europe was divided along the Iron Curtain between NATO in the west and the Warsaw Pact in the east. European integration led to the formation of the European Union, which has expanded eastward since the fall of the Soviet Union in 1991. Today, 28 nations are a part of the European Union.

LANGUAGE The languages of the places we visit include Portuguese, Spanish, French, and German.

MOBILE PHONES ASHORE Using your mobile phone with roaming can be very expensive. Check with your mobile provider before traveling. Access to Wi-Fi varies from destination to destination and can change rapidly.

NATURE AND WILDLIFE Europe has a relatively large land mass that stretches from the extreme north to the far south, and we can see great

variations in landscape within small areas. The coastline of Europe offers it all, from hilly lands to rolling plains, busy towns to sleepy villages, deep fjords to white beaches, high mountains, green valleys, and lush forests. Migrating birds can be seen in almost all areas, and each region has its own wildlife. Our expedition team will offer lectures on the nature, history, and geology of the places you'll visit during your voyage.

POPULATION The archipelago of the Azores has a population of around 250,000 people unevenly distributed across the islands, with the majority living on São Miguel. Spain has over 46 million people, and with less than 92 inhabitants per square km, it is less populated than most other Western European countries. France's current population is over 65 million and continues to grow.

SHOPPING ASHORE Sales and import taxes have already been figured into the display price at most stores and shops.



© MARTIN LEHMANN / SHUTTERSTOCK / HURTIGRUTEN



© SEAN PAVONE / SHUTTERSTOCK

NORWAY



© ANDREA KLAUSSNER / HURTIGRUTEN

Norway, officially the 'Kingdom of Norway,' is Europe's most northwestern country. It is a sovereign and unitary monarchy whose territories includes the island of Jan Mayen and the archipelago of Svalbard.

— The western boundary is formed by the North Atlantic, with deep fjords and thousands of islets creating a remarkable coastline. Inland Norway is dominated by the Scandes mountain range, with vast countryside and unoccupied areas as most Norwegians live along the coast.



© DAN LAWSON / GUEST IMAGE / HURTIGRUTEN

Norway is a unique country that continuously impresses with its enormous contrasts.

CLIMATE The climate shows a high range of variation due to the 1,000 miles from the south to the north and the vast differences in altitude.

The North Atlantic drift has a positive influence on the climate on the western side of the Scandes; the eastern side experiences a more continental climate with extremely cold winters and warmer summers. While the Gulf of Bothnia can be frozen for a month, the Atlantic coastline stays ice free. The North Atlantic drift means the possibility of a vast expanse of agriculture, even in North Finnmark at a latitude of 70° North. The height of the Scandes causes the enormous rainfall at the windward side of the mountain range. For example, the city of Bergen is famous for its rain, while on the leeward side, the farmers often need an irrigation system for an efficient harvest.

CURRENCY The currency in Norway is Norwegian Kroner (NOK). Foreign currencies may be exchanged into local currency at most banks during the voyage. Credit cards are accepted in most places. Please note that there is no currency exchange service on board.

HISTORY 'The way to the North' - Norway - has a very long, eventful, and colorful history. Settled by nomadic hunter as far back as 6600 B.C., Norway

came to prominence during the Viking era (800-1050 B.C.), with strong trade relations and colonies in Greenland, Ireland, England, Scotland, and Normandy. Norwegian history is synonymous with this era, which was responsible for the major expansion of the entire Nordic region.

Christianity was introduced in the 11th century, but took many centuries before it was fully accepted. It is believed that Norway's Golden Age was the late 13th and early 14th century, when it enjoyed substantial international trade with Britain and Germany. Norway suffered the Black Death (also known as the Great Plague and the Black Plague) in 1349, when many communities were entirely wiped out. This ended Norway's Golden Age. From 1380 onward, there were many political alliances between various Scandinavian countries, with Norway gaining independence briefly in 1814 before a forced union with Sweden, which lasted until 1905, when Norway proclaimed full independence. Norway is rich with natural resources, and with large reserves of petroleum and natural gas discovered in the 1960s, it is now a prominent and wealthy country with one of the highest standards of living in the world.

LANGUAGE Norwegian is the most widely spoken language and is closely related to Swedish and Danish. English is commonly spoken across Norway

MOBILE PHONES ASHORE Using your mobile phone with roaming can be very expensive. Please check with your mobile provider before traveling. Access to Wi-Fi varies from destination to destination, and coverage changes from place to place.

NATURE AND WILDLIFE

Deep fjords, islets, and the high mountains of the Scandes, which belong to the Caledonian mountain range, characterize the Norwegian landscape. The climate differences create a variation in the vegetation, from the northern European deciduous forests in the south to the Boreal and Fjellbirke forests to the tundra vegetation in the north and on the mountain plateaus ('fjell'). Approximately 200,000 elk ramble through the Norwegian forests, and most reindeer are half domesticated and belong to the Sámi population, but several thousand wild reindeer still live in the Hardangervidda and the Dovrefjell regions. The wolf was on the verge of extinction, but there are now various projects in place to protect them. Brown bears and wolverine live in the forests but are rarely seen. Norway's birdlife is abundant and varied, and within the rich waters of the Norwegian sea there are vast amounts of fish, including cod, halibut, and coalfish.

POPULATION Norway's population in 2018 exceeded 5.2 million.

SHOPPING ASHORE In Norway, sales tax/VAT is included in the retail price. Norway is a great place to shop for traditional Norwegian clothes, and the sweaters are of great quality.

GREENLAND



© ANDREA KLAUSNER / HURTIGRUTEN

Greenland is a land of contrasts that offers unique encounters with isolated Inuit communities.

— Colossal icebergs calve from the inland ice sheet against a backdrop of green mountains, long fjords, and beautiful wildflowers. A rich variety of wildlife adds to its splendor, including sea mammals, game, and birds by the million. Still, the best description of what Greenland is all about is the Greenlandic name for the world's biggest island: Kalaallit Nunaat—the 'Land of the people.'



© THOMAS MALINER / HURTIGRUTEN

Greenland is a green and white oasis in the middle of a rough sea, with exceptional interaction between man and nature

Greenland is in a world of its own. Probably best known for its ice sheet, glaciers, and icebergs, Greenland also has alpine mountains, beautiful Arctic flowers, deep fjords, and dramatic cliffs. Wildlife thrives here, both at sea and on land, including whales, seals, reindeer, Musk oxen, and a rich variety of birds. And in the north, the King of the Arctic rules – the polar bear. You can leave your watch in your cabin. North of the Arctic Circle, the day has no beginning and no end. The midnight sun gives magical colors to the

icebergs and the soft rays of the low-hanging sun bathe the remarkable landscapes in a wonderful palette of pink, purple, yellow, and orange. Greenland's culture is shaped by the extreme conditions people live in and the rich resources provided by nature. The traditional life of sealers and hunters in small isolated communities is reflected in today's language, music, myths, clothing, food, and homes. Much is now history, but the cultural roots are very much alive, and easily visible to any visitor to Greenland

CLIMATE The average temperature in summer is 5° to 10° Celsius (41° to 50° Fahrenheit). The weather varies between sun, fog, and low clouds. There is usually little rain.

CURRENCY The currency onshore is Danish Kroner (DKK). Foreign currencies may be exchanged into local currency at banks, but few banks are to be found during our cruises. It is advisable to bring cash to Greenland in DKK for use on shore. Credit cards are accepted in some places, but not interna-

tional bank cards (i.e. German EC Karte). Please note that there is no money exchange service on board.

ENVIRONMENT It is prohibited to pick Arctic flowers as the ecosystem is very vulnerable and the flowering season is very short. Please watch where you step and remember to follow the paths. It is strictly prohibited to walk upon cultural/historical ruins. Please follow the instructions given by the guide/expedition team. Hurtigruten adheres to the AECO (Association of Arctic Expedition Cruise Operators) guidelines.

HISTORY Greenland's history is of a life under extreme Arctic conditions with an ice sheet covering approximately 80% of the island, which restricts most human activity to the coastal areas. Vikings settled on the world's largest island at the end of the 10th century, and the ancestors of the Inuit Greenlanders who live there now appear to have migrated around 1200 A.D.

LANGUAGE Greenland is bilingual, with Greenlandic as the

© MADS PIHL - VISIT GREENLAND / HURTIGRUTEN





© ANDREA KLAUSSNER / HURTIGRUTEN



© ANDREA KLAUSSNER / HURTIGRUTEN

main language and Danish the secondary language.

LOCALS Please respect the locals by asking their permission before taking their photograph. Some Greenlanders do not like having their photo taken. Please do not give candy, gifts, or money to the local children unless permission is given by their parents.

MEDICAL EMERGENCIES AND MEDICATION In case of a medical emergency in Greenland, the only means of evacuation is by airplane/helicopter to the nearest town with a hospital, and if they are not able to handle the situation, the patient is sent to Nuuk. This is very expensive and dependent on favorable weather conditions. Therefore, comprehensive travel protection/health insurance that also covers medical evacuation is strongly

recommended. Please note that there are a limited number of hospitals in Greenland – only the larger towns have a hospital and the settlements might only have a nurse. There is a lack of doctors in Greenland so hospitals are only used for emergencies.

MOBILE PHONES ASHORE Using your mobile phone with roaming can be very expensive. Please check with your cell phone provider before traveling. Access to Wi-Fi varies from destination to destination, and coverage changes from place to place.

NATURE AND WILDLIFE The majority of Greenland is covered by the ice sheet, which make it inhospitable to most forms of life. However, the land and surrounding waters manage to support a wide variety of plant and animal species. Some familiar land

mammals include the Arctic hare and fox, musk oxen, and the caribou. There are nearly two million seals inhabiting the coast, with numerous whale species forming part of the rich marine life. The world's largest national park is in the northeastern part of the country.

POPULATION The population of Greenland is approximately 57,000, with almost 15,000 inhabitants living in the capital of Nuuk. The second largest city is Sisimiut (with approximately 5,000 inhabitants), followed by Ilulissat and Qaqortoq, all of which are situated on the west coast. There are 18 towns and 120 villages in which the rest of the population lives. Greenlandic settlements have between 50 – 500 inhabitants



© ANDREA KLAUSSNER / HURTIGRUTEN

THE NORTHWEST PASSAGE

Being at the top of the world means sailing in the midst of ice. On cruises to this destination, like the voyages of explorers before us, we will go where the ice allows. No matter where we sail or what we see, we can promise a safe and thrilling expedition. After all, we sail into the Northwest Passage, something few ships even attempt today. The Northwest Passage is the perfect destination for explorers searching for the unexpected. This is an expedition where the elements rule, and the weather, wind, and ice conditions will determine our final schedule. Safety is paramount and the captain will decide the sailing itinerary during the cruise. Therefore, the prospective itinerary is just an indication of what you can experience, and why every expedition to this region with Hurtigruten is unique.



© KRISTEN BLOSRUP / HURTIGRUTEN



© ANDREA KLAUSSNER / HURTIGRUTEN



© ANDREA KLAUSSNER / HURTIGRUTEN

CLIMATE We expect the temperature to be around 0° Celsius (32° Fahrenheit) while sailing in the Northwest Passage.

CURRENCY The currency in Canada is the Canadian dollar (\$). Credit cards might be accepted in some places. We do recommend you bring some cash in smaller denominations. Please note that there is no money exchange service on board.

ENVIRONMENT It is prohibited to pick Arctic flowers as the ecosystem is very vulnerable and the flowering season is very short. Please watch where you step and remember to follow the paths. It is strictly prohibited to walk upon cultural/historical ruins. Please follow the instructions given by the guide/expedition team. Hurtigruten adheres to the AECO (Association of Arctic Expedition Cruise Operators) guidelines.

HISTORY Connecting the Pacific and Atlantic Oceans, the Northwest Passage is a beautiful and unforgiving route, having claimed the lives of many explorers over the years. Since the

late 15th century, the search for this fabled seaway through the Canadian Arctic was a holy grail for hardy adventurers. There are records of almost 40 expeditions that sailed these waters, either to explore this unknown territory or to find the sea route to Asia.

The first recorded attempt was the voyage of John Cabot in 1497. The most famous journey here was James Cook's failed attempt to sail the passage in 1776, and, of course, the ill-fated Franklin expedition of 1845. The first explorer to conquer the Northwest Passage by ship was Norwegian explorer Roald Amundsen on an expedition that lasted from 1903 to 1906, aboard the converted herring boat, Gjøa.

LANGUAGE Canada has two official languages – English and French.

MEDICAL EMERGENCIES AND MEDICATION In case of a medical emergency in the Northwest Passage, the only method of evacuation is by airplane or helicopter to the nearest town with a hospital. This is very expensive

and dependent on favorable weather conditions. Therefore, comprehensive travel protection/health insurance that also covers medical evacuation is strongly recommended.

MOBILE PHONES ASHORE Using your cell phone with roaming can be very expensive. Please check with your cell phone provider before traveling. Access to Wi-Fi varies from destination to destination, and coverage changes from place to place.

NATURE AND WILDLIFE The Northwest Passage is an area rich in wildlife with possible sightings of polar bears, narwhal, and beluga whales.

POPULATION Cambridge Bay is the largest stop for passenger and research vessels traversing the Northwest Passage. In 2016, Cambridge Bay had 1,766 inhabitants.

ALASKA



The name 'Alaska' is derived from the Aleut word 'Alyeska,' meaning 'great land.' Some also refer to it as 'the final frontier.'

—Alaska is the largest state in the United States, with dense forests, vast national parks teeming with wildlife, and a coastline that is home to magnificent marine animals. Alaska offers diverse towns and cities, such as Ketchikan, with its collection of Native American totem poles; Sitka, with its strong Russian colonial influence; and Petersburg, an Alaskan fishing town known as 'Little Norway,' since it was founded by Norwegian fishermen over 100 years ago.

CLIMATE Alaska temperatures vary dramatically, with some of the hottest and coldest temperatures occurring centrally around the area near Fairbanks. The average temperature in Nome in September is 6° Celsius (43° Fahrenheit), while Southeast Alaska has some of the mildest temperatures in the state.

CURRENCY The currency on shore is the US Dollar (\$). Common foreign currencies may be exchanged into local currency at larger banks found along our voyages, but not every town will have that option. Credit cards are accepted in most places. Please note that there is no money exchange service on board.

ENVIRONMENT It is prohibited to pick eagle feathers, Arctic flowers, and other natural elements as the environment is very vulnerable. Leave no trace, and keep only memories for souvenirs. Please be aware of where you step and remember to follow the sanctioned paths. It is strictly prohibited to walk onto cultural/ historical remains. Please follow the instructions of the guide/expedition team.

HISTORY Numerous indigenous people have occupied Alaska since 10,000 B.C. – long before Europeans arrived in the area. In 1741, Czar Peter the Great sent explorer Vitus Bering to explore beyond the far eastern reaches of Russia and to claim new

territory for the Russian Empire. From the late 1700s until 1867, Russia controlled most of Alaska. Later, Bering Strait was named after Vitus Bering. On March 30, 1867, the United States purchased Alaska from the Russian Empire for \$7.2 million.

LANGUAGE There are at least 20 different native languages spoken in Alaska. However, English is the primary language, which approximately 84% of the population speaks.

MEDICAL EMERGENCIES AND MEDICATION Alaska is a remote state where small towns and villages are often only equipped with basic medical services. Therefore, in the case of a critical medical emergency, helicopter evacuation to a larger city could become necessary. It is highly recommended that all passengers obtain a comprehensive travel and health insurance policy that covers medical evacuations and associated costs prior to the trip.

MOBILE PHONES ASHORE The cellular coverage in Alaska is quite sporadic. Service is usually good in towns, but varies greatly from good to non-existent between towns. Check with your carrier company for cell phone coverage along the route of your trip. Guests may use their own telephones on board the ship at all times as long as we have connection. International rates will apply. The

price will vary depending upon which mobile operator you use. Please check with your carrier company for rates and to see if your subscription is valid on the MCP Satellite System used on board.

NATURE AND WILDLIFE Alaska is known for the diversity of wildlife that varies greatly in different parts of the state. This is thanks to a vast Alaskan wilderness, and a number of national and state parks keeping the spirit of the last frontier alive. Alaska's national parks offer spectacular wildlife viewing opportunities, and enable visitors to experience up-close encounters with wildlife and witness the unspoiled beauty of Alaskan land and water environments. Encounters with bears are the most renowned, while whales, seals, and sea otters abound in Alaskan waters.

POPULATION The biggest state in the United States by size, it is the least populated state, with Juneau as its state capital. The biggest city, Anchorage, is home to half of Alaska's inhabitants, which in 2017 numbered nearly 740,000.

SHOPPING ASHORE Native-made arts and crafts are typically available in every port, the most notable are wood and bone carvings, Ulu knives, and miniature totem poles.



SOUTH AMERICA



© EKATERINA POKROVA/SKYSHUTTERSTOCK / HURTIGRUTEN

Chile, Peru, Ecuador and Colombia – the immense west coast of South America is marked by fjords, the Andean mountains, lively metropolises, sunny beaches and an enormous amount of species.



© ANDREA KLAUSSNER / HURTIGRUTEN



© FLOCU / SHUTTERSTOCK / HURTIGRUTEN

CLIMATE The climate of South America's west coast is greatly influenced by the Humboldt Current, which keeps the Pacific refreshingly cold even in summer.

CURRENCY Except for Ecuador, which uses the U.S. dollar, all other countries have their own currency. Exchange rates can differ from day to day. In general, it is recommended to use the local currency for each country. ATMs are common. Cirrus (Mastercard) and Plus (Visa) networks work here. Look at the back of your card to see which network you are on. Be sure to know your PIN number and daily withdrawal limit before your departure, and check with your bank for possible fees. U.S. dollar notes in small denominations are a good backup as they are widely accepted in all South American countries. Traveler's checks are difficult to exchange and not recommended. German EC-Karten are not accepted. Note that most vendors prefer small bills and exact change.

ENVIRONMENT According to international laws, trading endangered wildlife is prohibited. **IMPORTANT:** Any kind of purchase of sea-turtle products, snake or cat skins, corals, or-

chids, etc., contributes to continued hunting and the exploitation of endangered species and is therefore strictly forbidden.

HISTORY South American history is still relatively unknown. Scientists have found evidence of life dating back to 8000 B.C. The settlement of Caral in Peru is, at approximately 4,600 years old, one of the oldest on the continent. The Incan civilization dominated the Andes region from 1438 to 1533, with their capital in Cusco in Peru. This highly developed empire of approximately 14 million people left precise and unparalleled stonework, as can be seen in Machu Picchu and in the Sacred Valley. The Spanish and Portuguese were the first to establish colonies in South America, followed by the British and Dutch. The tensions between colonial countries in Europe, indigenous peoples, and escaped slaves shaped South America from the 16th to the 19th century. Revolutionary movements and right-wing military dictatorships became common after World War II. However, since the 1980s, a wave of democratization went through the continent and democratic rule is now widespread.

LANGUAGE Spanish in various dialects is the primary spoken language in Chile, Peru, Ecuador, and Colombia. Note: South American Spanish differs from European Spanish, as other words are often used. English is spoken in tourist areas. In Southern Chile, German and Mapuche is spoken in some areas. Quechua and Aymara are official languages in several regions of Peru. In Ecuador, Kichwa is spoken widely. Colombia also officially recognizes all indigenous languages.

MEDICAL EMERGENCIES AND MEDICATION The following list is only a recommendation for vaccines when traveling to South America. We recommend: Hepatitis A/B, Typhoid, Diphtheria, Tetanus, and Polio. Malaria risk varies by region and season. Please note that for some countries and regions, such as Colombia and the Peruvian jungle, the Yellow Fever vaccine is required and you must have your vaccination card with you. Please consult your doctor and/or visit a travel clinic at least 6-8 weeks before you travel. We recommend using a good insect repellent in tropical regions. If your pre- or post-cruise Land Adventure includes the Andes, please read up on altitude sick-

ness, which can be felt from an altitude of 7,874 feet above sea level.

MOBILE PHONES ASHORE Using your cell phone with roaming can be very expensive. Please check with your cell phone provider before traveling. Access to Wi-Fi varies from destination to destination, and coverage changes from place to place.

NATURE AND WILDLIFE The natural environment and wildlife of western South America is as diverse as its landscapes, its geography, and its people. With South America's coastlines, Andean Mountains, and jungle regions, there are many opportunities to experience unique flora and fauna in all four countries. Colombia alone is home to over 1,800 species of birds, which is more than Europe and North America have combined. Chile is home to a variety of ecosystems due to its enormous elongated shape. The country's coast provides the perfect habitat for rockhopper

and Magellanic penguins, sea lions, six species of seals, Chilean dolphins, and an abundant whale population. A staggering 19% of the country is designated as conservation areas. One of the largest and most important national parks is Torres del Paine in Patagonia.

Peru is home to approximately 500 mammal species, of which a staggering 70 are endemic. Scientists continue to catalog new species every year, mainly birds. Its coastline is home to many marine mammals, such as sea lions, fur seals, dolphins, and whales.

Being home to tropical rainforests, the Andean Mountains, dry forests, and mangroves, Ecuador is one of the most species-rich countries in the world, with one example being the approximately 120 species of hummingbird.

POPULATION With almost 400 million inhabitants, South America is home to 6% of the world's popula-

tion. With increasing urbanization, metropolises, mostly close to the coast, have developed rapidly.

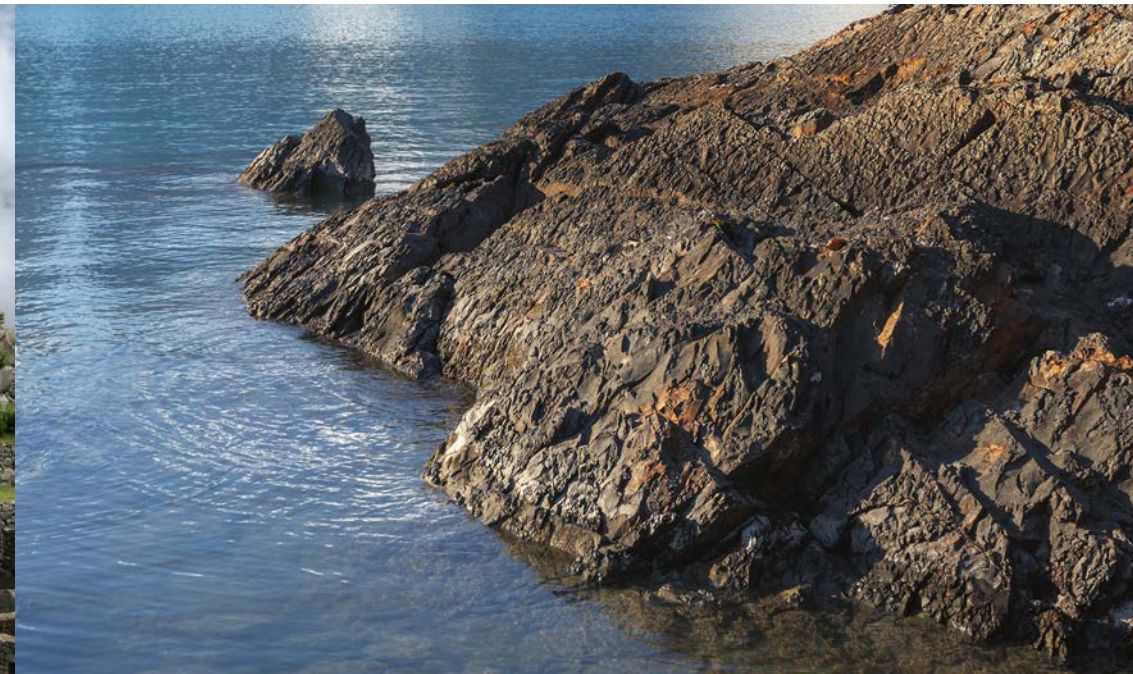
SHOPPING ASHORE Sales and import taxes have already been figured into the display price at most stores and shops. Bargaining is not accepted in stores, but might be accepted in markets.



© ANDREAS KALVIG ANDERSON / HURTIGRUTEN



© CKCHIU/SHUTTERSTOCK / HURTIGRUTEN



© SUNSINGER / SHUTTERSTOCK / HURTIGRUTEN

ANTARCTICA

Antarctica is unlike anything you've ever experienced.

— This is the most remote place on earth, where nature is in absolute command. Where rare wildlife is unafraid of humans. Where *Hurtigruten* has an unparalleled level of expertise to take you into pristine wilderness and raise your journey to a whole new level.

Antarctica contains 90% of the world's ice

Most of this ice is part of the ice sheet that covers the land mass, which is approximately 14 million square kilometers (5.4 million square miles) – the combined area of France, Spain, and Germany is only a tenth the size of this land mass. Every winter, parts of the Southern Ocean freeze over and effectively double the ice-covered area. This freeze is the largest seasonal natural phenomenon on the planet. The cold water current circling the continent cuts it off from warmer climatic zones.

Antarctica is, in all aspects, isolated from the outside world, and travelers will understand what this means when they experience the windiest, coldest, driest, and highest continent on the planet. Someone once said: “The person who is able to express the feeling of being in Antarctica in words has probably not been there.”

Antarctica has no permanent human inhabitants, is home to millions of penguins, is the feeding ground for thousands of whales in the Austral summer, and is a continent dedicated to science and peace. The continent is protected by the Antarctic Treaty of 1959 – however, pre-treaty, eight nations made claims to portions of Antarctica – Norway had the second largest claim, second only to Australia.

The one-and-a-half-day crossing of Drake Passage is just what is needed to prepare travelers for Antarctica. You have time to think and learn about what lies ahead: The giant tabular icebergs broken off the edge of the Antarctic mainland; the shoals of penguins swimming out to sea to hunt for

krill; the torpedo-like leopard seals patrolling the shorelines, keeping a sharp eye on all movements; the breath of the humpback whale that is heard in the distance, followed by the frantic turning of heads trying to locate it!

BUENOS AIRES Buenos Aires is a European-style city with Latin American charm. It's an elegant, vibrant, cosmopolitan metropolis. Buenos Aires is quite unlike any other city in the world. Amid the designer boutiques, interesting neighborhoods, and grand parks, you will find the buzzing street life. Classic Buenos Aires is very much alive in the old-world cafés, Colonial architecture, and interesting outdoor markets. In Buenos Aires you'll enjoy steak, antiques, tango, and shopping... and so much more. We highly recommend you join a Land Adventure that will take you around the city to see the most attractive sights and enjoy the authentic experiences of the metropolis.

CLIMATE Antarctica is the windiest, coldest, driest, and highest continent on Earth. On the Antarctic Peninsula, which is the area in which we sail, the temperature averages 0–5° Celsius (32–41° Fahrenheit) during the austral summer (November – March). During your journey, temperatures will vary from warm summer in Buenos Aires (30°C/86°F) to winter (around 0°C/32°F) in Antarctica. Expect periods of high winds when in Antarctica – cold air travels down the glaciers and ice-shelves. These katabatic winds can occur when you least expect them.

CLOTHING According to IAATO regulations and to avoid the transmission of diseases to the vulnerable ecosystem in Antarctica, we ask our travelers to bring recently

washed clothes to wear ashore. For more information, see the equipment list.

CURRENCY & CREDIT CARDS Argentinian pesos are used in Argentina; Chilean pesos are used in Chile. U.S. dollars (USD) may be exchanged into local currency at either banks or Money Exchange kiosks at the open market exchange rate of the day. Some shops might accept U.S. currency, though this is not a common practice. You can also withdraw currency, from ATMs using your credit card and PIN number. When visiting the Falkland Islands, local pounds (FIP) are used as well as pound sterling. When landing in Antarctica, some bases accept USD only. In Port Lockroy, the following currencies are accepted: GBP, USD, Euro, and major credit cards (for purchases above 100 USD). Please note that there is no money exchange service on board.

ENVIRONMENT Given its isolation, the Antarctic environment is probably the most pristine natural environment on the planet. For visitors, this fact comes with a set of obligations – the most important is to leave no trace behind. The Antarctic Treaty and IAATO regulations strictly prohibit more than 100 people to be onshore at any given time to monitor human traffic in Antarctica. All guests will be given instructions on how to behave when on shore in Antarctica. Antarctic Treaty Recommendation XVIII-1 and IAATO guidelines are mandatory and must be followed. Please see the “PROTECT THE ANTARCTIC ENVIRONMENT FROM INVASIVE SPECIES” section of this handbook for details.

EXCURSIONS On the Falkland Islands, local providers offer excursions with local guides. These excursions can be booked in ad



© ANDREA KLAUSNER / HURTIGRUTEN

© HURTIGRUTEN

vance and on board the ship subject to availability. Pre- and post-Land Adventures in Buenos Aires and Ushuaia can be booked beforehand and at the Hospitality desks at the Emperador Hotel and NH City Hotel Buenos Aires, subject to availability. Unfortunately, Land Adventures are not adapted for guests with limited mobility.

HISTORY It was the ancient Greeks who first came up with the concept of Antarctica. They knew about the Arctic - named 'Arktos' (The Bear) - from the great bear constellation, and surmised that in order to balance the world there should be a similar cold southern land mass that was the same but the opposite 'Ant-Arktos' - opposite 'The Bear.' In 1773, James Cook circumnavigated Antarctica and, although he did not see land, he found deposits of rock on the icebergs, indicating that a continent must exist. The next explorer to cross the Antarctic Circle was Thaddeus Bellinghausen. He made the first sighting of the continent in 1820.

From the late 1800s up to the mid-20th century, many expeditions followed. Mainly, these were marine explorations, and in this same period, sealers and whalers from all over Europe started hunting in various parts of Antarctica and the sub-Antarctic islands. The first person believed to have landed on the continent itself was the Norwegian Carsten Borchgrevink, who also pioneered the use of sled dogs for transportation in Antarctica.

1900-1916 is known as the Heroic Age of Antarctic exploration. There is a saying: "For scientific discovery give me Scott; for speed and efficiency of travel, give me Amundsen; but when your back is against the wall and there's no hope left, get down on your knees and pray for Shackleton." Amundsen won the race

to the South Pole on December 14, 1911. The first International Geophysical Year (IGY) was 1957-1958. The IGY triggered an 18-month year of Antarctic scientific research, where 12 nations built more than 60 research stations and formed an international cooperation effort. In 1961, the Antarctic Treaty came into effect.

IAATO MEDICAL QUESTIONNAIRE To comply with IAATO and Hurtigruten AS regulations, all guests must complete the IAATO medical declaration form, including a confirmation of fitness to travel from your doctor. You must take the completed questionnaire on board and deliver it to the ship's doctor. Guests without the completed questionnaire will be refused embarkation.

IMMIGRATION Please ensure that your passport is valid for more than six months after your return to your home country. Remember to check if you require a visa.

LANDING & ACTIVITIES All landings in Antarctica, South Georgia, and the Falkland Islands are included. Additionally, we offer activities that vary from cruise to cruise, depending on the weather and ice conditions. These activities include kayaking, expedition-boat cruising, camping, and snowshoeing. Kayaking can be pre-booked or booked on board, subject to availability. Other activities are only bookable on board. Please note that space is limited.

MEDICAL EMERGENCIES In case of a medical emergency in Antarctica, the only method of evacuation is by plane to the city of Punta Arenas, Chile, as there are no hospital facilities on Antarctica. This is very expensive and dependent on favorable weather conditions. Therefore, compre-

hensive travel protection/health insurance that also covers medical evacuation is strongly recommended.

MONTEVIDEO Montevideo is Uruguay's capital and biggest city. It is a vibrant and multifaceted city with a rich culture. Located on the north shore of the Río de la Plata estuary, the city has many faces, from its industrial port to its Colonial homes and landmarks to the exclusive beach suburb of Carrasco near the airport. The Plaza Independencia (Independence Square) is the heart of Montevideo and separates the city's downtown from the Ciudad Vieja (old town). Most tourist attractions are located in the Ciudad Vieja area. It offers several museums, art galleries, Art Deco buildings, the famous Palacio Salvo, the Neoclassical Solís Theatre, and the Mercado del Puerto (Harbor Market), a former stall market now filled with steakhouses.

NATURE AND WILDLIFE Being the coldest place on Earth, Antarctica supports no terrestrial mammals - there are no trees or shrubs, and only two species of flowering plants: Antarctic hair grass (*Deschampsia Antarctica*) and Antarctic pearlwort (*Colobanthus quitensis*). The sea supports most creatures found here, such as the penguins and seals.

In Antarctica, you will see thousands of penguins eagerly nesting and feeding during the short summer months. There is a rich variety of mammals in the Antarctic waters. As they have not been hunted for decades, most species are more curious than afraid of humans. There is also an abundance of birds, with the mighty albatross as the king of the sky.



© ANETTE ASBJØRNØY / HURTIGRUTEN



© ANETTE ASBJØRNØY / HURTIGRUTEN

POPULATION There are no permanent residents nor native inhabitants in Antarctica. However, about 4,000 people stay on scientific bases during the short summer period, and around 1,000 people stay in total during the winter months. In addition, around 30,000 tourists visit the area during the austral summer.

USHUAIA Ushuaia is the southernmost town in the world, located on the shores of the Beagle Channel and surrounded by the Martial Mountains. It is the capital of Tierra del Fuego, Antarctica, and the Southern Atlantic Islands Province. This small, charming town offers views of the sea, forests, and mountains. Its 65,000 inhabitants work in the fishing, natural oil and gas extraction, sheep farming, and tourism industries. The streets have colorful houses, good seafood restaurants, and tax-free shopping. Here, you will find excellent souvenirs, locally produced chocolate, and excellent sports/leisure wear at reasonable prices.

PROTECT THE ANTARCTIC ENVIRONMENT FROM INVASIVE SPECIES



The Antarctic remains one of the most pristine natural environments in the world. Non-native species represent a threat to biodiversity globally, as they can cause serious negative impacts to the natural environment.

These are species that are introduced to regions where they are not normally found as a result of human activity. Increasing visitor numbers means a greater chance of more non-native species being introduced. The following guidelines aim to minimize the risk of future introduction of non-native species to the Antarctic.

BE A RESPONSIBLE VISITOR

One of the main ways non-native species can spread to the Antarctic is by our activities there. Seeds, microorganisms, and even insects can hitchhike to the polar regions on footwear, attached to clothing, or in bags that have been used previously. By following a few simple steps, you can ensure that your visit won't lead to non-native species being introduced to these sensitive areas.

BEFORE LEAVING HOME

Examine and clean all clothing, including pockets, seams, Velcro fasteners, and footwear for dirt and organic material. Use a vacuum cleaner, brushes, and water where necessary to ensure all seeds and dirt have been removed. This is especially important if you have used your clothing and equipment previously in parklands, rural settings, or other polar regions.

UPON ARRIVAL

1. Follow the biosecurity procedures on your expedition. This is especially important if you are moving between distinct geographic regions, but also when moving between distinct landing sites.
2. Watch your step. If you notice organic matter on boots, clothing, or gear, make sure to clean it off before leaving a site and use the disinfectant wash between visits. Leave disinfectant to dry between landings.
3. Spread the word. Share this information with others and help protect the Antarctic environment.

MORE INFORMATION:

<http://iaato.org/protecting-the-environment>

©GENNA ROLAND / HURTIGRUTEN



© CAMILLA SEAMAN / HURTIGRUTEN



ENVIRONMENTAL COMMITMENT

Hurtigruten is the world leader in exploration travel, and the world's largest expedition cruise company. This comes with a great responsibility. — With the United Nations Sustainable Development Goals as a framework—a mission focused on innovation, technology, and concrete measures—sustainability is a part of every detail of the Hurtigruten operation.



© ANETTE ASBJØRNROD / HURTIGRUTEN

© DANKA RADONSKA / HURTIGRUTEN

Hurtigruten has been operating and exploring in some of the most challenging waters in the world since 1893, tracing our roots back to the Norwegian polar heroes. We are now facing one of the greatest and most difficult challenges in our 125-year history. Climate change, plastic waste, and unsustainable mass tourism are altering vulnerable ecosystems and threatening wildlife.

We will leave behind a footprint we are proud of

Building on our passion, competence, and heritage, Hurtigruten—with our dedicated crew and staff—is determined to make a difference. We will leave behind a footprint we are proud of, contribute to sustainable development, and create positive change through our operations.

• This is why we are building the first ever hybrid electric-powered expedition cruise ships.

• This is why we—as the first major travel company in the world to do so—have removed single-use plastic from all our ships and hotels.

• This is why we invite our guests to explore the planet on a safer, greener, and more advanced expedition fleet.

• And this is why we aim to educate guests and create ambassadors for every destination on every voyage through actively engaging guests in the culture, ecosystems, and the consequences of climate change—wherever we explore.

Hurtigruten's MS Roald Amundsen and her skilled crew offer life-affirming experiences close to nature's most spectacular landscapes, genuine cultures, exceptional people, and amazing wildlife. Preserving these resources in their natural, unspoiled condition is our priority—you will always experience the highest environmental awareness on board and ashore.

IAATO AND AECO Hurtigruten is a full member of the International Association of Antarctica Tour Operators (www.iaato.org), which promotes safe and envi-

ronmentally responsible travel to Antarctica. In addition, Hurtigruten is a full member of the Association of Arctic Expedition Cruise Operators (www.aeco.no) which is an international organization ensuring that tourism in the Arctic is carried out with the utmost consideration for the vulnerable natural environment, local cultures, and cultural remains, as well as the challenging environment at sea and on land.

As members of these organizations, we comply to guidelines that often go above and beyond legal requirements. Our compliance rests on cooperation with you as a traveler, and we will spend some time early in your voyage briefing you about the guidelines applicable to your specific trip.

MORE INFORMATION about Hurtigruten's environmental commitment: www.hurtigruten.com/about-hurtigruten/our-corporate-social-responsibility/





FREQUENTLY ASKED QUESTIONS

— *Do I have to be in good health to participate in a journey on MS Roald Amundsen?* It is important that you are in good health as a journey aboard MS Roald Amundsen can be long and tiring. Please note that in remote areas there is no immediate access to modern medical facilities. An expedition voyage is not recommended if you have a life-threatening disease or an illness that requires frequent medical care. To be able to participate in landings you must be able to walk on uneven and/or slippery surfaces and to climb on and off the expedition boats used

for landings.

— *How much time do you spend on land?* All landings depend on factors such as the weather, the distance between the landing sites, and the operational conditions. The expedition leader and the captain will arrange the daily route to ensure our guests the best possible experience.

— *Are there any restrictions on activities on land?* As environmental protection is a concern, there are regulations for the protection of wildlife, the environment, and the cultures we encounter that must be

followed. Your expedition leader will provide the necessary information on how to behave appropriately on land.

— *Will there be rough seas on the trip?* It is not possible to predict exact weather conditions. The captain will do everything he can to make the cruise as comfortable as possible. If you are prone to seasickness, we suggest you bring your preferred medication.

IMPORTANT INFORMATION

ITINERARY CHANGES Some of our itineraries are to areas without any infrastructure, or with very limited infrastructure. This, combined with some of the most extreme (polar) conditions on Earth, and changing wind, weather, and ice conditions, as well as changing seafloor conditions and other things outside of our control, will determine our final itinerary.

SAFETY Safety is always the priority and the ship's captain will decide the final itinerary during the voyage.

Therefore, every voyage is unique, and all published routes are only indicative.

DAILY PROGRAM

The daily program is available on the TVs and in public areas. There is a daily program channel for each language (usually English, German, Chinese, and French).

WEATHER CONDITIONS Weather conditions can make landings and cruising in expedition boats diffi-

cult or even impossible. Unforeseen twists often turn out to be the highlight of a trip! Please be open to the unexpected; flexibility is important on our expedition cruises.

NOTE We are also subject to written and unwritten laws, such as assisting vessels or people in need.



© MARSEL VAN OOSTEN / HURTIGRUTEN



© SHUTTERSTOCK

PRACTICAL INFORMATION BEFORE AND AFTER YOUR VOYAGE

SCHEDULED FLIGHTS

The airfares offered are special package tour fares that cannot be altered or cancelled without charge. All flight package prices are based on coach class; if coach class is not available, a supplement may apply. In coach class, you will be served snacks or sandwiches, depending on the airline. If these are not included in the airline's service, you can purchase drinks and snacks for a fee. On international flights, these are usually included. We can offer upgrades to business class on some routes. Depending on the airline, this may also include seats with more legroom. Please note that upgrading may not apply to all flights. Baggage allowance varies between airlines and charges may apply if you

exceed baggage weight, or carriage may be refused. As a general rule, each guest can carry one piece of hand baggage weighing approx. 13-17 lbs (dimensions and weight depend on the respective airline) on board. Your baggage allowance is set to one piece (50 lbs), but may vary depending on the flight connection; please check with your airline. Additional transport guidelines can be found in the respective terms and conditions of our flight partners. If you are planning to take a wheelchair or need assistance at the airport, please advise us at the time of booking. Please note that some flights may be transfers or layovers. Time and/or route changes and change of type

of aircraft are possible. Our common flight partners are Delta, American Airlines, United, Lufthansa, British Airways, KLM/Air France, Norwegian Air Shuttle, Scandinavian Airlines, LATAM, Iberia, and Iceland Air. Please note that rebooking an already issued ticket will be charged before departure. A transfer or refund of a ticket after travel is not possible. Any flight times advised at the time of booking are provisional and subject to change; please verify before you travel.

INCLUDED FLIGHT FROM SANTIAGO DE CHILE-PUNTA ARENAS

The flight from Santiago de Chile to Punta Arenas and vice versa is part of your cruise and usually departs Santia-

go de Chile early in the morning and arrives in Punta Arenas in the afternoon. Please note that the airline will confirm the final flight times only a few days prior to the day of departure. For final flight times and your boarding pass, please contact our hospitality desk at the Hotel in Santiago de Chile one day prior to the flight. We are unable to accept responsibility if you miss your return flight in the event of a delay. Only coach class is available on these flights, an upgrade to a higher air travel classes of service is not possible. A light meal and non-alcoholic drinks will be served during the flight. You can travel with checked baggage with a maximum weight of 22 kg (49 lbs), and bring one carry-on bag on board with a maximum weight of 7kg (15 lbs). Please note that this baggage allowance may differ from the airline used for your flight to/from Buenos Aires. Please check the weight of your bag-

gage to ensure you adhere with airline requirements.

INCLUDED FLIGHT FROM COPENHAGEN-KANGERLUSSUAQ

The flights between Copenhagen to Kangerlussuaq and vice versa are operated by Air Greenland and usually depart Copenhagen in the late evening, and arrive in Copenhagen early in the morning upon return from Kangerlussuaq.

On these flights, we offer seats in coach class, but an upgrade to business class is possible on request and for a supplement, subject to availability. A meal and non-alcoholic drinks will be served during the flight.

You can travel with checked baggage with a maximum weight of 50 lbs (business class 66 lbs), and bring one carry-on bag on board with a maximum weight of 17 lbs.

Please note that this baggage allowance may differ from the airline used for your connecting flight to/from Copenhagen. Please check the weight of your baggage to ensure you adhere with airline requirements.

We are unable to accept responsibility if you miss your own booked connecting flight to/from Copenhagen in the event of a delay of the flight between Copenhagen and Kangerlussuaq.

INCLUDED FLIGHT FROM OSLO-LONGYEARBYEN

Only coach class is available on these flights, no upgrades to higher air travel classes of service is possible. A light meal and non-alcoholic drinks will be served during the flight.

You can travel with checked baggage with a maximum weight of 50 lbs, and bring one carry-on bag on board with a maximum weight of 17 lbs.



© MARSEL VAN OOSTEN

Please note that this baggage allowance may differ from the airline used for your connecting flight to/from Oslo. Please check the weight of your baggage to ensure you adhere with airline requirements.

We are unable to accept responsibility if you miss your own booked connecting flight to/from Oslo in the event of a delay of the flight between Longyearbyen and Oslo.

INCLUDED FLIGHT FROM VANCOUVER-NOME

The flights between Vancouver and Nome and vice versa are operated by different airline partners such as Canadian North, Chrono Jet, or Nolinor, and usually operate early in the morning, and arrive back in Vancouver in the evening upon return from Nome. Only coach class is available on these flights, no upgrades to higher air travel classes of service is possible. A light meal and non-alcoholic drinks will be served during the flight.

You can travel with checked baggage with a maximum weight of 50 lbs, and bring one carry-on bag on board with a maximum weight of 17 lbs.

Please note that this baggage allowance may differ from the airline used for your connecting flight to/from Vancouver. Please check the weight of your baggage to ensure you adhere with airline requirements.

We are unable to accept responsibility if you miss your own booked connecting flight to/from Montreal in the event of a delay of the flight between Vancouver and Nome.

HOTEL

The standard of the hotels we use is equivalent to 4-stars, centrally located, or, if more convenient for your booked arrangement, close to the airport. There is no official hotel rating and local hotel categories apply. All rooms have private bathrooms. Single rooms may be smaller and less conveniently situated, and may be double rooms for solo occupancy or purpose-built single rooms. Hotels may charge for some facilities, such as saunas, for example. The price for overnight hotel stays contains break-

fast, if not stated differently on your confirmation.

TRANSFERS Transfers are included as shown in your personal itinerary. Hurtigruten offers bus transfers from the airport to the pier and some hotels. Transfer times coincide with the ship's arrival and departure times and your flight arrival and departure times. Waiting at the airport is possible. The duration of the airport transfer can vary depending on the destination, but it usually takes between 20 and 45 minutes. Exceptions are possible where a longer transfer time is needed due to a greater distance between airport and port. You will receive further information on your transfer with your travel documents.

For guests who are not fully mobile, wheelchair-accessible transfers are available upon request.

LAND ADVENTURES

Hurtigruten offers a selection of optional Land Adventures that can be added to your Hurtigruten journey. This can be a half-day or full-day Land Adventure, or an overnight tour. A minimum number of participants applies. For guests who are not fully mobile, some wheelchair-accessible Land Adventures are available upon request.

PASSPORT AND VISA REQUIREMENTS

Please take a few minutes to familiarise yourself with the required travel documents you will be asked to provide prior to boarding the ship. It is the sole responsibility of the guest to identify and obtain all required travel documents and have them available when necessary. A passport is the only valid identification. For some destinations, your passport must be valid for more than six months after you return to your home country. At check-in on board, passports will be collected on board the vessel, in order to clear immigrations and customs. They will be kept throughout the whole voyage.

We regret that we are unable to accept any liability if you are denied access to a flight or entry into a country or are

otherwise affected by difficulties or costs resulting from your passport not being approved or if you have not obtained the required documentation. It is the responsibility of each passenger to ensure they comply with any visa travel document requirements at the time of travel.

See the entry requirements for your destinations for updated travel information and visa requirements.

VACCINATIONS

On some voyages vaccinations are required. See the entry requirements for your destinations for vaccination requirements. All passengers are responsible for ensuring they comply with any requirements at the time of travel.

SPECIAL REQUESTS If you have any special requests (dietary or medical), please inform the sales office or your travel agent as early as possible. We will do our best to meet your dietary requirements but cannot guarantee to do so. Please provide information regarding special requests for seating arrangements to the sales office or your travel agent.



© OSCAR FARRERA / HURTIGRUTEN



© KARSTEN BIDSTRUP / HURTIGRUTEN



LIFE ON BOARD MS ROALD AMUNDSEN

© OSCAR FARRERA / HURTIGRUTEN

SHIP CONTACT INFORMATION

Phone: +47 51005300
E-mail: reception.ra@hurtigruten.com

ALCOHOL POLICY

Guests are respectfully reminded that only beverages purchased from the ships' restaurants and bars can be consumed on board. Alcoholic drinks purchased in ports-of-call and from our on-board shops will be stored by the ship and delivered to your cabin on the last day of the sailing.

BAR SERVICE The ship has a bar with an excellent selection of spirits, wines, beer, and soft drinks, and a lounge with coffee service.

CABINS There is a wide range of comfortable cabins on board. All expedition ships have cabins with restrooms and a shower. Please note that check-in at reception may occur

before your cabin is ready for use. You will be informed at check-in when your cabin is ready for use. You may expect some noise and vibration in some cabins. This varies depending on the location of your cabin.

CHANGES TO THE ITINERARY AND EXCURSIONS

Every voyage is unique. All routes and excursions are provisional and subject to change as weather, sea, and ice conditions may affect the itinerary. Excursions may also be subject to minimum/maximum number of participants. Hurtigruten AS reserves the right to change the itinerary and the content of excursions without prior notice (see terms and conditions).

CHILDREN Hurtigruten AS cannot allow children under the age of 5 to travel with us to Antarctica. There is no age restriction on our other destinations. For safety reasons, chil-

dren under 12 years of age will be considered for participation on each landing. It is entirely at the captain's discretion to allow children on shore landings.

COMMUNICATION TO THE SHIP All cabins on the MS Roald Amundsen have a telephone. You can purchase a phone card in the reception to call from the ship. Wi-Fi is available in most areas at additional cost. Both Wi-Fi and telephone lines will be out of range due to the vessel's location from time to time.

CRUISE CARD A cruise card will be issued upon arrival on board as part of the check-in procedure in accordance with ISPS regulations. The card serves as a control system on the gangway. This card, in addition to being the key card for your cabin, is

also your payment card on board. To activate the cruise card account you must have a Visa, American Express, Diners Club, or Mastercard. The credit card must be valid for more than three months after your stay on board. Please note that when using your credit card on board the ship, your account will be debited in EUR. The rate of exchange will be the one validated by your credit card company. In the morning 24 hours before your voyage ends, you will receive a draft copy of your account. The evening before the voyage ends the account will be totalled and settled on board, and a receipt will be out of range due to the vessel's location from time to time.

ENVIRONMENT & GREEN

NAVIGATION Our captains take pride in route planning that minimizes the load of the engines and reduces emissions. All waste is stored on board until it is deposited for treatment ashore. We never deposit waste in the sea, and we ask you not to leave any waste when you are on shore excursions. In populated areas there are containers for depositing litter; please use them. We ask you to respect the saying: "Leave nothing but footprints, take nothing but pictures."

EXPEDITION TEAM The onboard expedition team is comprised of the expedition leader, the assistant ex-

pedition leader, and the expedition coordinator, plus several lecturers and other experts. Your expedition leader will regularly update you on the progress of the trip as well as the different points of interest and wildlife sightings that may occur. Biographies of the expedition team members can be found on the Information bulletin board. At the Expedition desk, you will be able to find information regarding the trip and book optional excursions and activities.

FITNESS ROOM, SAUNA, POOL & HOT TUB On MS Roald Amundsen deck 7, you can find a modern fitness room. There are two outdoor hot tubs on all expedition ships. On MS Roald Amundsen the sauna, hot tubs, and pool are located on deck 10.

GRATUITY POLICY Many of our guests wish to give special thanks to our service crew on board. Of course, how you wish to reward the service given by the crew in bars, restaurants, and cabins is at your discretion. In order to provide some guidelines, we recommend approximately 9 Euro per guest per day as an average gratuity. Whatever amount you decide to give, please fill in the form you will find in your cabin and give it to the receptionist two nights before the end of the cruise. The amount will then be debited from your cruise card account.

INFORMATION & SERVICES There are Reception and Expedition desks, where our staff are available to answer your questions.

LAUNDRY A laundry service is available on board the MS Roald Amundsen, for an additional cost. No dry cleaning is possible on any ship.

LECTURES The ships' experienced lecturers command in-depth knowledge of the areas in which we sail. They will conduct lectures on topics such as biology, history and geology throughout the voyage. The lecture schedule will be announced every day in the on board daily program.

LIBRARY The ship has a small selection of books that are available to guests while on board.

MAIL You can hand in your mail at reception, and, for a service fee and stamp costs, we will forward the post in every port where it is possible. The time from sending the postcard to when it gets to the recipient may be relatively long. Hurtigruten has no responsibility for lost mail.

MANDATORY MEDICAL

QUESTIONNAIRE In accordance with Hurtigruten AS requirements, all travelers to Antarctica, northeast Greenland, and the Northwest Passage must complete a confidential medical declaration form, signed by



© AGURTXANE CONCELLON / HURTIGRUTEN

© AGURTXANE CONCELLON / HURTIGRUTEN

a doctor, stating that they are fit to travel. This form will be sent to you in advance of travel, and the form must be filled out, brought on board, and personally delivered to the doctor upon embarkation. Boarding may be denied if these forms are not presented at the time of embarkation.

MEALS & CUISINE Your voyage includes breakfast, lunch, and dinner. The open seating for the breakfast and lunch buffet creates a relaxed atmosphere. Dinner varies between buffets, set meals, and barbecues. The type of dinner is announced in the daily program. Our headwaiter will assign tables prior to arrival. Information about table number and meal times will be in your cabin upon arrival. If you have a special request regarding seating arrangements, contact the head waiter. On some voyages we may serve the dinner divided into boat groups. Where possible, we plan our menus around seasonal ingredients, taking advantage of local produce to satisfy healthy appetites stimulated by the fresh sea air. Regular coffee/tea is complimentary throughout the whole voyage. Still and sparkling water by carafe is complimentary at breakfast, lunch, and dinner. Other beverages and refreshments during the day are not included, but may be purchased on board in the restaurant, cafeteria and bar.

MEDICAL FACILITIES There is an English-speaking physician and nurse on board the MS Roald Amundsen at all times. The ship has a small medical facility with the necessary equipment and medication to handle minor emergencies. In the event of a serious emergency, the nearest hospital will be contacted. Medical consultations as well as medication will be charged to the passenger affected. Guests are strongly recommended to have personal travel protection/health insurance. If you depend on medication, remember to bring sufficient supplies to last through any unforeseen

delays. We also recommend that you keep your medication in your hand luggage properly labelled and with clear instructions for its use. If you depend on vital drugs, please inform the ship's doctor upon arrival. Illness on board can lead to quarantine and orders from the ship's physician and captain must be followed.

MOBILE PHONE USAGE: Guests may use their own GSM telephones on board at an international price level as long as we have connection. Please check with your carrier to determine if your plan is valid on the MCP Satellite System on board and applicable rates.

OBSERVATION LOUNGE The Observation lounges offer large panoramic windows with ample and comfortable seats.

OUTDOOR DECKS Enjoy the views from the front or back of the ship. Both are perfect vantage points to sit back, relax, and watch the world go by.

RESIDENT PHOTOGRAPHER Our resident photographer on board MS Roald Amundsen will invite you to photography workshops and practical sessions out on deck to enable you to take the best possible pictures on your voyage.

ROOM CLEANING Cabins are cleaned daily on board MS Roald Amundsen. Fresh towels are available at all times.

ROOM SERVICE Food and beverages can be delivered to Arctic Superior and Suite cabins, subject to a service fee plus price per item. A Continental breakfast is delivered to guests in Suite cabins free of charge.

RUBBER BOOTS On board you may borrow a pair of high quality boots free of charge to wear during landings and hikes.

SAFETY ON BOARD The ship complies with all safety requirements and is a modern vessel suitable for



© AGURTXANE CONCELLON / HURTTIGRUTEN



© AGURTXANE CONCELLON / HURTTIGRUTEN

sailing in icy waters. Upon arrival on board, all guests will be instructed in safety procedures and the use and location of the safety equipment. There is a safety plan located on the inside of the cabin door. We stress the importance of becoming acquainted with the ship's safety plan. Special safety regulations will apply on landings with the small boats. Please follow the instructions given by the expedition leader and crew/staff. Special life jackets for use during landings will be handed out to all guests before the first landing.

SEASICKNESS Seasickness pills are available to buy in the reception. If you are prone to seasickness, it is recommended that you bring pills that you are familiar with.

SHIP'S SECURITY Hurtigruten complies with the ISPS-regulations (International Ship and Port Facility Security Code) where all luggage is subject to X-ray/metal detector inspection at a facility or ship. The ISPS regulations also include hand baggage scans in all ports of call throughout the course of the voyage.

SHOP In our onboard shop you may buy clothing suitable for our expedition voyages. Our expedition team will be happy to give you expert advice on how to dress properly in polar areas. We offer a range of both warm and practical clothing, using fabrics with natural fibers. We also offer souvenirs, handicrafts, and postcards. In addition, we also stock a small selection of toiletries, including soap, and other personal effects.

SHORE EXCURSIONS A wide selection of optional shore excursions are available to pre-book. Where available, we will supply you with excursion information in advance, otherwise you will receive full details and prices on board.

SMALL-BOAT LANDINGS These sturdy boats enable water-based exploration and safe landings in otherwise inaccessible areas. On all land-

ings in PolarCirkel boats, guests are required to wear proper footwear. In Antarctica, it is mandatory to use the provided rubber boots for all landings. For all other destinations boots can be useful. You are welcome to bring your own boots.

SMOKING E-Cigarettes, according to Norwegian law, are the equivalent of tobacco cigarettes. On board, smoking is only permitted in designated areas on deck. All cabins are non-smoking. To show respect for the environment, please use the provided ashtrays when smoking. Throwing cigarette butts overboard is strictly prohibited. A cleaning charge of 149 EUR will be applied for smoking in your cabin to return it to a non-smoking standard.

SPECIAL REQUESTS If you have special requests please inform us at time of booking. We will do our best to meet such requests but can not guarantee to do so.

WALKING ON BOARD We kindly remind you to be careful walking on board while at sea, especially venturing out on deck. Be aware that some doors leading to the outer decks are difficult to manage in windy conditions. Please adhere to the signs and announcements when it is not advised to go outside. While walking inside, hold on to railings (not to doorframes!) to avoid injury.

WATER The tap water in your cabin is drinkable. Filtered water by the carafe is available at your table during meals, and complimentary sparkling and still water is available with all meals. We recommend that you bring your own refillable water bottle as, in line with our plastic policy, we do not sell bottled water on board. There are water dispensers available for guests to refill their water bottles.

WELCOME MEETING Upon arrival on board, there will be a mandatory guest safety drill before departure. In addition, there will be a welcome

meeting where security information, as well as practical information about the cruise, will be given. This will also be an opportunity to meet some of the officers, the crew, and expedition team members.

WHAT TO WEAR On board, dress is informal. Although some passengers choose to change for dinner, the dress code is casual rather than formal. The weather can vary during the course of each voyage or even throughout the day. To cater for these variations, we recommend the layered dress approach that enables you to adapt to changes in temperature and weather conditions easily. For all voyages we advise you to bring breathable rain- and wind-proof clothing. A warm hat, gloves, scarf, and thermal underwear can be useful throughout the winter months. Sturdy shoes are important for some shore excursions and a walking stick/trekking pole may be useful.

WHEELCHAIR ACCESS The MS Roald Amundsen is suitable for wheelchairs. Persons in need of special assistance must travel with a companion. Please note that the gangway must be used in order to embark/disembark wheelchairs. In ports where tidal conditions or other circumstances require use of a portable gangway, or during landings with small boats, there is no possibility to use/take wheelchairs.



© AGURTXANE CONCELLON / HURTIGRUTEN



© OSCAR FARRERA HURTIGRUTEN

© AGURTXANE CONCELLON / HURTIGRUTEN

Pack like an explorer

The dress code aboard the ship is informal, relaxed, and casual. You are not expected to dress formally at dinner. Bring casual and comfortable indoor clothing.

For a perfect experience, however, there are several things to remember to bring along when you are coming on a voyage with Hurtigruten.

To make packing a bit easier, we have drawn up a packing list.

If you forget something, don't worry! On board all of our ships you will find a shop with a wide range of clothes and practical items.



REMEMBER TO PACK...

- Warm jacket
- Wind- and water-resistant pants and thermal underwear (top and bottoms)
- Warm hat or headband
- Swimwear
- Scarf or scarf tube
- Warm wool sweater
- Sunglasses with UV-filter lenses
- Warm gloves and/or mittens
- Warm socks
- Extra batteries for your camera
- Shoes with good grip/traction are recommended for outdoor use
- Shoes to wear on board
- Memory card for your camera
- Extra shoelaces
- A pair of good binoculars
- A small waterproof backpack
- Your passport, and an additional copy of your passport
- Sunscreen (SPF 30 +)
- Sunglasses with UV-filter
- Lip balm with UV protection
- Money in the appropriate currency) (Our ships also accept several credit cards
- Sufficient medication to last through any unforeseen delays

Please note that you may borrow a pair of warm rubber boots to wear during the landings and hikes free of charge, and you will receive a light wind- and waterproof jacket that is yours to keep.

OUR TEAM ON BOARD

© KARSTEN BIDSTRUP / HURTIGRUTEN

— The experience of a place is based on a combination of things. Our expedition team is carefully picked for their local knowledge, specific expertise in fields of relevance, and most important of all, their enthusiasm, curiosity, and love for the areas we choose to spend time in on any one of our expeditions.

The role of the expedition team is to interpret observations of wildlife and landscapes; point out things of interest; and give educational lectures on topics such as biology, geology, and history, in addition to being your hosts with the rest of the crew aboard MS Roald Amundsen.

© HURTIGRUTEN



© STEFAN DALL / HURTIGRUTEN





LANDING BY EXPEDITION BOATS

© OSCAR FARRERA / HURTIGRUTEN

LANDINGS IN EXPEDITION BOATS

The crew will show you how to get in and out of the Expedition boats safely. Follow their instructions. After one or two times it will become second nature!

Success depends on the correct handling and proper use of the Expedition motor-driven boats. They are ideal for landings as they can land in otherwise inaccessible places. They have a shallow draft and are extremely stable and sustainable. For each landing with Expedition boats, special safety measures are taken.

PAY SPECIAL ATTENTION TO THE FOLLOWING GUIDELINES

- 1** The boat drivers are responsible for the boats and their landings. You must always follow their instructions.
- 2** All travelers must always wear appropriate life jackets, regardless of the weather and sea conditions.
- 3** Always keep both hands free when embarking and disembarking the small boat. Give your carry-on bag to the helper for he or she to place it on board for you. Keep your hands inside the boat at all times. We advise you to keep your belongings in a small backpack.
- 4** Please limit your personal equipment on board the Expedition boats. Small backpacks and belt bags are ideal for trans-

porting cameras and binoculars, and for carrying additional rain protection. Backpacks can be purchased in the onboard store.

- 5** Always wait for instructions from the driver before embarking or disembarking. Use waterproof bags to protect your binoculars and camera(s). You should also wear waterproof clothing to protect against water spray. The Expedition boats are equipped with a fire extinguisher, chart plotter, extra fuel, communications equipment, and a first-aid kit.

IMPORTANT PHONE NUMBERS

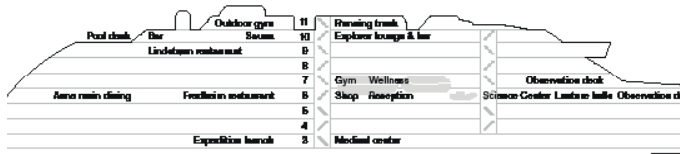
MS ROALD AMUNDSEN PHONE: +47 51005300

MS ROALD AMUNDSEN E-MAIL: reception.ra@hurtigruten.com

MARITIME EXPRESSIONS

STERN	REAR OF THE SHIP
BOW	FRONT OF THE SHIP
STARBOARD	THE RIGHT SIDE OF THE SHIP
PORT	THE LEFT SIDE OF THE SHIP
BRIDGE	THE AREA FROM WHICH THE SHIP IS NAVIGATED
REFUEL	REPLENISH FUEL AT PORTS
CRUISE CARD	ONBOARD PAYMENT CARD
GANGWAY	WALKWAY BETWEEN LAND AND SEA
TO HOIST	TO RAISE A FLAG OR BANNER
BALLAST	WATER SYSTEM USED TO MAINTAIN SHIP STABILITY
CLEARING	RULES WHEN ENTERING AND DEPARTING FROM THE SHIP
KNOT	SPEED OF THE SHIP, NAUTICAL MILE (1.852 KM/(1.1508 MILES) PER HOUR
GALLEY	SHIP'S KITCHEN
LEEWARD SIDE	DOWNWIND
WINDWARD SIDE	UPWIND
PIER	DOCK FROM WHICH THE SHIP WILL SAIL
NAUTICAL MILE	DISTANCE MEASURE: 1 NAUTICAL MILE = 1.852 KM/1.1508 MILES
STABILIZERS	SHIP EQUIPMENT TO COUNTERACT ROLL CAUSED BY WIND OR WAVES

*Hurtigruten reserves the right to make changes. This information is correct at the time of printing but may change at any time.
Date: February 2019.*



MS ROALD AMUNDSEN

- Expedition team
- Stylish Scandinavian interiors with elegant furnishings and comfortable cabins
- 3 different restaurants
- Amundsen Science Center
- Explorer lounge & bar

SHIP YARD: Kleven Verft (N)
 FLAG: Norway
 YEAR OF CONSTRUCTION: 2018
 GROSS TONNAGE: 20,889 t
 CABINS: 264
 OVERALL LENGTH: 459 ft



- 1 Fredheim restaurant
- 2 Corner suite MC
- 3 Amundsen Science Center
- 4 Arctic Superior XT

	CATEGORY	DECK	SIZE (sq ft)	DESCRIPTION	
EXPEDITION SUITES	MA	XL suite	9	495-517	Extra-large corner suites with a private balcony. The ship's most spacious cabins, with large windows, flexible sleeping arrangements, sofa bed, mini-bar, amenity kit, bathrobe, kettle, tea and coffee, espresso maker.
	MB	XL suite	5	474	Extra-large corner suites without a balcony. Aft-corner suites with sofa bed, flexible sleeping arrangements, large windows, mini-bar, amenity kit, bathrobe, kettle, tea and coffee, espresso maker.
	MC	Corner suite	7, 8, 9	215-323	Aft-corner suites with a private balcony and hot tub, large windows, flexible sleeping arrangements, some with sofa bed, mini-bar, amenity kit, bathrobe, kettle, tea and coffee, espresso maker.
	MD	L suite	7	377	Large corner suites with a private balcony, flexible sleeping arrangements, sofa bed, mini-bar, amenity kit, bathrobe, kettle, espresso maker. Accessible to guests with limited mobility.
	ME	Suite	8, 9	215-301	Suites with a private balcony on high decks, with flexible sleeping arrangements, some with sofa bed, mini-bar, amenity kit, bathrobe, kettle, tea and coffee, espresso maker.
	MF	Suite	7	237	Corner suites with large windows, without a balcony, with flexible sleeping arrangements, mini-bar, amenity kit, bathrobe, kettle, tea and coffee, espresso maker.
ARCTIC SUPERIOR	XT	Outside cabin	7, 8	161-205	High-deck cabins with a balcony, queen bed or flexible sleeping arrangements, some with sofa bed, amenity kit, kettle, tea and coffee.
	XTD	Outside cabin	7, 8	161-205	High-deck cabins with a balcony, queen bed, some with sofa bed, amenity kit, kettle, tea and coffee.
	XY	Outside cabin	7	205	High-deck cabins with a wide balcony, queen bed, amenity kit, kettle, tea and coffee. Accessible to guests with limited mobility.
POLAR OUTSIDE	TT	Outside cabin	4, 5	291	Large cabins without a balcony. On middle decks, with flexible sleeping arrangements, sofa bed, amenity kit, kettle, tea and coffee.
	TY	Outside cabin	5	258-280	Large middle-deck cabins without a balcony, with flexible sleeping arrangements, amenity kit, kettle, tea and coffee. Accessible to guests with limited mobility.
	RR	Outside cabin	4, 5	205-248	Larger cabins on middle decks with flexible sleeping arrangements, some with sofa bed. Most are 215 sq ft.
	RS	Outside cabin	4, 5	183	Cabins on middle decks with queen bed.

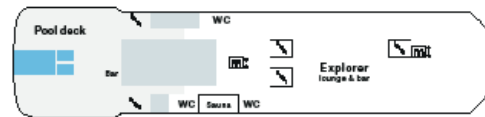
All cabins have a TV and a bathroom with a shower.
 Cabins MD-701, XY-719, XY-726, TY-533, and TY-540 are accessible to guests with limited mobility. These cabins may also be available for general booking.
 Please note: Cabins with flexible sleeping arrangements have queen beds by default. To order twin beds, you must notify Hurtigruten at the time of booking.
 Subject to change.

DECK

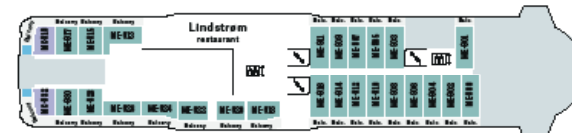
11



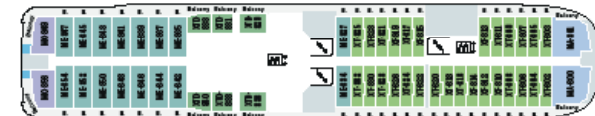
10



9



8



7



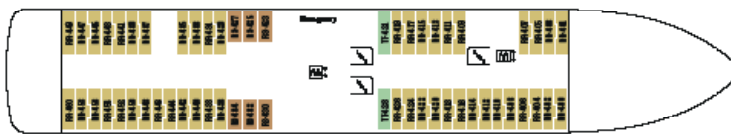
6



5



4



3



□ Indoor area
 □ Outdoor area
 □ Restricted area



Hurtigruten AS: P.O. Box 6144, N-9291 Tromsø
Booking: us.expeditions@hurtigruten.com



Follow us on Facebook, Twitter, Instagram, YouTube, and hurtigruten.com