



# The North Cape Express

## Dear guest

Thank you for choosing to travel with us. We are as excited as you are about your voyage. Sailing from Norway's capital city, Oslo, The North Cape Express voyages deep into the Arctic, and explores the full length of the country's incredible coastline.

In this document, you will find important information about things you need to do before you go, what we recommend you pack, the experience when on board, and what to expect.

Clicking on the underlined links in the document will take you to our website, where you can find further details. Please make sure that you have an internet connection to do this.

You will receive one more mail from us approximately 2-4 weeks before your departure. This will contain your tickets for your itinerary and flights.

We very much look forward to welcoming you on board.  
Please feel free to contact us if you have any questions:

Reservations: 020 8846 2666  
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Web: [hurtigruten.co.uk/the-north-cape-express/](http://hurtigruten.co.uk/the-north-cape-express/)

Kind regards  
Your Hurtigruten team

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# Welcome to our home



**Norway is our home. We have sailed its magnificent coast since our pioneering founder, Captain Richard With, established Norway's first reliable coastal link in 1893. With us, you can see Norway the Norwegian way.**

## **Norway's best-kept travel secrets**

We'll take you on a voyage that encapsulates our pioneering heritage and heralds a future of authentic, sustainable, and meaningful travel that would make our founding father proud. You'll follow the path less travelled and reach locations others can't, discovering hidden gems and exclusive experiences.

These include some of our personal favourite places along

the coast, taking you to special spots few know about let alone visit.

## **All year round**

Along the Norwegian coast, every season has something unique to offer. Whichever season you've selected to sail in, you're sure to fall in love with Norway's magnificent landscapes and unique culture.

Whether it's the Northern Lights of winter, the Midnight Sun of summer, the first blooms of spring or the kaleidoscopic colour of autumn, our voyages showcase the best of Norway, in every season.

## **All the wonders of the coast**

Our voyages venture deep into the Arctic Circle to immerse you in the lives and flavours of Norway's coast, deliver vital supplies to coastal villages, and create memories to last a lifetime. You'll go to the top of the European continent at North Cape or perhaps all the way to the high Arctic

Archipelago of Svalbard. And of course, there's the light. In winter, between October and March, the Northern Lights colour Norway's night skies. Come summer, Norway above the Arctic Circle becomes the land of eternal daylight, even at midnight, granting you extra sunlight hours to explore even more.

## **More to explore**

At each stage of your voyage around our stunning homeland, you'll have plenty of time to explore. Instead of short visits to lots of ports, we spend several hours to really get to know each area, giving you ample time in the magnificent scenery. You can explore the most scenic spots the coastline has to offer and enjoy included excursions to experience even more. And in our onboard Science Center, you can delve deeper into the ecosystems you visit.

## **We know Norway, we are Norway**

With breath-taking fjords and picturesque coastal villages,

Norway is our home. Our knowledgeable team will enhance your experience with insights that can only come from intimate, local knowledge.

As you discover the beauty and charm of the Norwegian coast with us, you'll explore Norwegian culture, history, food, wildlife, geology, and much more. You'll enjoy inspiring interactions with iconic wildlife and local communities. This is our Norway, the real Norway - *velkommen*.

# Before you go



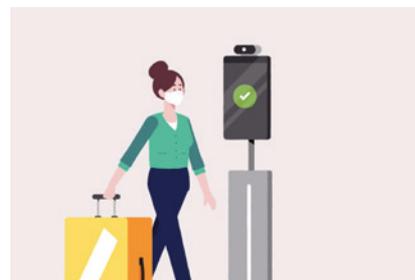
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## Your ship

Flagship of The Svalbard Express and The North Cape Express, MS Trollfjord takes its name from a small but spectacular fjord in the Vesterålen archipelago.

[Discover MS Trollfjord »](#)

## Your adventure is safe with us



We care deeply about your safety, health and wellbeing. This is as true now as it has always been ever since we first began sailing in 1893, perhaps even more so. We've introduced several new procedures throughout all our ships, designed to keep you safe.

[Our safety policy »](#)

## Wish to be more prepared?

We have collected a variety of practical information you might want to know before your travels along the Norwegian coast with Hurtigruten.

[Practical information »](#)

## Discover a World Beyond

The northern lights are a mystery so incredibly alluring they've drawn visitors north for centuries. Learn more about the magic of the northern lights in our award-winning digital magazine.

[Explore from home »](#)

# What to pack



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## There are several things to remember to bring along with you on your trip with us.

Due to the long distances in Norway, the climate and seasons vary quite a lot between regions. While spring is blossoming in the south, winter could still be going strong in the north. Norway also has a Northern Lights season that lasts from October through to the end of March.

### Autumn – lots of layers

While the sun may be shining, you can also expect cooler weather during the autumn months. Make sure to pack thin layers and some warm clothes – a woolly jumper, wind and waterproof jacket and trousers, a hat, gloves and light hiking boots.

### Winter – wrap up warm

It can get quite cold along the coast this time of year, so we recommend you pack base and mid layers, as well as a thick winter jacket, hat, gloves, woolly jumper, scarf, winter boots, and pull-on spikes (for sale on board).

### Spring – cover all bases

As you are likely to encounter three seasons during one sailing in spring, it's important to pack well and layer up. We advise bringing a woollen jumper, warm socks, a thick scarf, winter boots, warm, waterproof trousers and jacket, a hat and gloves.

In addition to your “ordinary” packing list (toiletries and necessary basic clothes), we recommend these items for your voyage:

- Binoculars
- Warm underlayers and mid layers
- Polarized sunglasses and sunscreen
- A camera (in a waterproof bag)
- A memory card with a large capacity
- Wind and water-resistant trousers
- Passport and/or ID card (also applies to Scandinavian citizens)
- Worn-in walking boots to use outdoors
- Swimwear for use in our on-deck pool and hot tubs
- A pair of casual shoes for use onboard

What to bring on your trip to Norway »



# Lounging in style

© ESPEN MILLS

**We care about you and your visit to our home. That's why we do everything we can to make your experience as smooth and as enjoyable as possible, even before you set foot on the ship.**

If you're starting your voyage with us from the city of Bergen, we have a treat in store for you: our new guest lounge.

Before boarding your ship, you'll be able to relax in this beautifully furnished area, decorated in the same style as our ships for a seamless experience from land to sea.

Take a load off in the many comfortable chairs and sofas. Meet and chat to your fellow travellers. Connect to free Wi-Fi and plug into USB chargers and sockets.

A large interactive touchscreen table at the entrance will show detailed information about any bookable optional excursions, while short

films of the voyage highlights play on screens throughout the lounge.

We know you might also get a bit peckish before boarding, so we're taking care of your tummy in the lounge with a complimentary buffet of hot drinks and light refreshments that will whet your appetite for the meals you'll be savouring on the ship.

# See all of Norway

See the stunning beauty of the Norwegian coast from the southernmost point in Lindesnes to the northernmost point at North Cape, including some of our truly iconic highlights.

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## Hardangerfjord

Along Norway's second longest fjord are glaciers, quiet villages, and picturesque apple orchards used in making delicious cider that the region is famous for.



## The Arctic Circle

The magic number 66° 33' marks this line, the Arctic Circle, north of which the midnight sun shines. Above the line, you can see the sun 24 hours a day throughout the summer - or the Northern Lights in the winter, weather permitting.



## North Cape

At 71°10'21 N, the North Cape plateau is just 2,100 kilometres away from the Geographic North Pole, and the closest you may ever be to the top of the world.



## Alta

Besides optimal conditions for experiencing the Northern Lights, this is also a great place for winter activities, like snow-mobiling, dogsledding and mountain hiking.



## Bergen

From the UNESCO-listed Bryggen district and Bergenhus fortress to the famous fish market, the aquarium and the Fløibanen funicular, Bergen has something for everyone.

[UNESCO sites in Norway »](#)

## Did you know?

**2008 was the year** Norway awarded a knighthood to a king penguin Brigadier Sir Nils Olav III.

**X is the length of** Norway's coastline. It's impossible to measure how long it really is.

Administered by Norway, **the 49km<sup>2</sup>** Bouvet Island in the South Atlantic Ocean is Planet Earth's most remote island.

**2 is the number** of official forms of written Norwegian: bokmål and nynorsk.

**In 1980's** Norway introduced the use of salmon as a sushi ingredient to Japan.

# Experience The North Cape Express



© HURTIGRUTEN

Over the 13-day North Cape Express sailing, you spend an average of six hours at each of the 16 carefully chosen stops. These are the places we believe best showcase the iconic flavours, adventures, and pristine beauty of Norway in the colder months, and nobody knows this coastline like us.

Depending on when you sail and the whim of the seasons, you could see the Norwegian coast swathed in late-autumn colours and rapidly lengthening nights, cloaked in the dark nights of early winter, or illuminated by the snow-reflected light that follows. You might even glimpse an early spring warming the sea and earth. The northern lights are guaranteed to make an appearance for much of the season, too.

## **Fresh and pure flavours**

MS Trollfjord's upgraded restaurants and bars and the brand-new show kitchen put the produce and culinary heritage of Norway's coast at the heart of your experience. Choose from three restaurants, a cocktail bar, and the food centre with another small bar.

## **Norway's snowy beauty parade**

The mountains, islands, fjords, and communities of the Norwegian coastline are rarely more splendid than when dressed in snow and garlanded by the aurora.

Watch the beauty parade from the ship's deck or immerse yourself in the scenery. You'll discover the striking architecture of cities old and new. Experience the traditions of secluded villages with UNESCO World Heritage status. Hike from sea

to snow-covered summits. Watch waterfalls plunging into deep blue fjords. Listen for the splash of a breaching whale.

Experience The North Cape Express and voyage to remote communities, amazing activities, and spectacular sights the length of the Norwegian coast.

[Learn more »](#)



# Cuisine that brings you closer

The dining options aboard exquisitely designed MS Trollfjord proudly present Norwegian cuisine at its finest, most classic, and most sustainable.

© CHRISTIAN HOUGE

## Connecting you to the coast through cuisine

Our chefs source the best local ingredients along our route to reimagine dishes of the past. Using short-travelled, homegrown produce, our food is fresh and flavoursome, doing good for both local suppliers and nature. With us, you won't just see Norway; you'll taste it too.

## Show kitchen

MS Trollfjord has its very own show kitchen located on the top deck. There, our talented chefs take you from fjord to fork with in-depth demonstrations, such as fish filleting and curing masterclasses.

These mini-cooking courses are all set against a backdrop of the Norwegian landscape that produced the very ingredients we use. You'll learn about local delicacies and find out how they taste. There are plenty of delights to sample, from wine tasting to a flaming barbecue to traditional Norwegian *lefse* hot off the griddle.

## Main restaurant

Norway is famed for the age-old food preservation techniques developed by our forefathers to survive the hard Arctic winters. Our main restaurant is a celebration of these traditional methods but with added modern flair in a menu that adapts according to what ingredients are fresh for that season.

Whether it's breakfast, lunch, or dinner, you'll find some of Norway's most cherished coastal dishes here.

## Brasseri

In the mood for hearty, traditional food bursting with local ingredients and flavours? Head to Brasseri bistro, for all-day dining. In a relaxed and rustic ambience, you can enjoy retro favourites like whole roasted *kje* legs (kid goat), *boknalam* or Arctic char from Finnmark. And if you'd prefer to grab and go, there are a range of satisfying takeaway sandwiches and burgers that you can eat where you please.

## À la carte - fine dining restaurant

At our à la carte restaurant, savour a sublime fine dining experience where

top-quality local, seasonal ingredients are harnessed to present you with the finest flavours of the Norwegian coast. Craft your own five-course meal from the wide selection of dishes on offer, including recipes born from the gastronomic genius of our Culinary Ambassadors - award-winning local Head Chefs Astrid Næsslander and Halvar Ellingsen. Our resident sommeliers are also on hand to help pair the perfect wine with each dish.

## Panorama bar

On board MS Trollfjord, you can also relish local beverages and afternoon tea in the bar. Situated in the two-story observation deck, it's a great place to unwind and marvel at the outstanding views. You'll find signature cocktails made with berries picked along the coast, beer brewed with water from Trollfjord, gin crafted in the clear fjords of Troms, and a wide selection of Norwegian aquavit.

[Learn more »](#)

The wildlife along the Norwegian coast is as varied as the coast itself.

# Discover wildlife



© GETTY IMAGES / HURTIGRUTEN

## Go wild in Norway

Add some of the world's most magnificent wildlife to Norway's stunning landscape, and you can easily see why it's one of the best destinations in the world. From the predatory white-tailed eagles that rule the sky to the whales along the coast – Norway is a wilderness of peerless beauty.

## A whale of a time

On your Norwegian expedition, you'll have a chance to see the exotic wildlife of the far north from whales to king crab in pristine surroundings. The plankton blooms caused by long summer days attract various whale species, including pilot, minke, orca, humpback, and sperm whales. Seeing these creatures heave their huge frames acrobatically out of the water is always a highlight.

## Iconic animals

You might see one of Norway's most beloved animals, the majestic reindeer. As long as their surroundings are calm and still, they will happily graze around you and even pose for photos if their Sámi owners are nearby. Norway also has a spectacular array of bird species including adorable puffins, nicknamed the 'clowns of the sea'. Fifteen different bird of prey species are found here including the mighty white-tailed eagle.

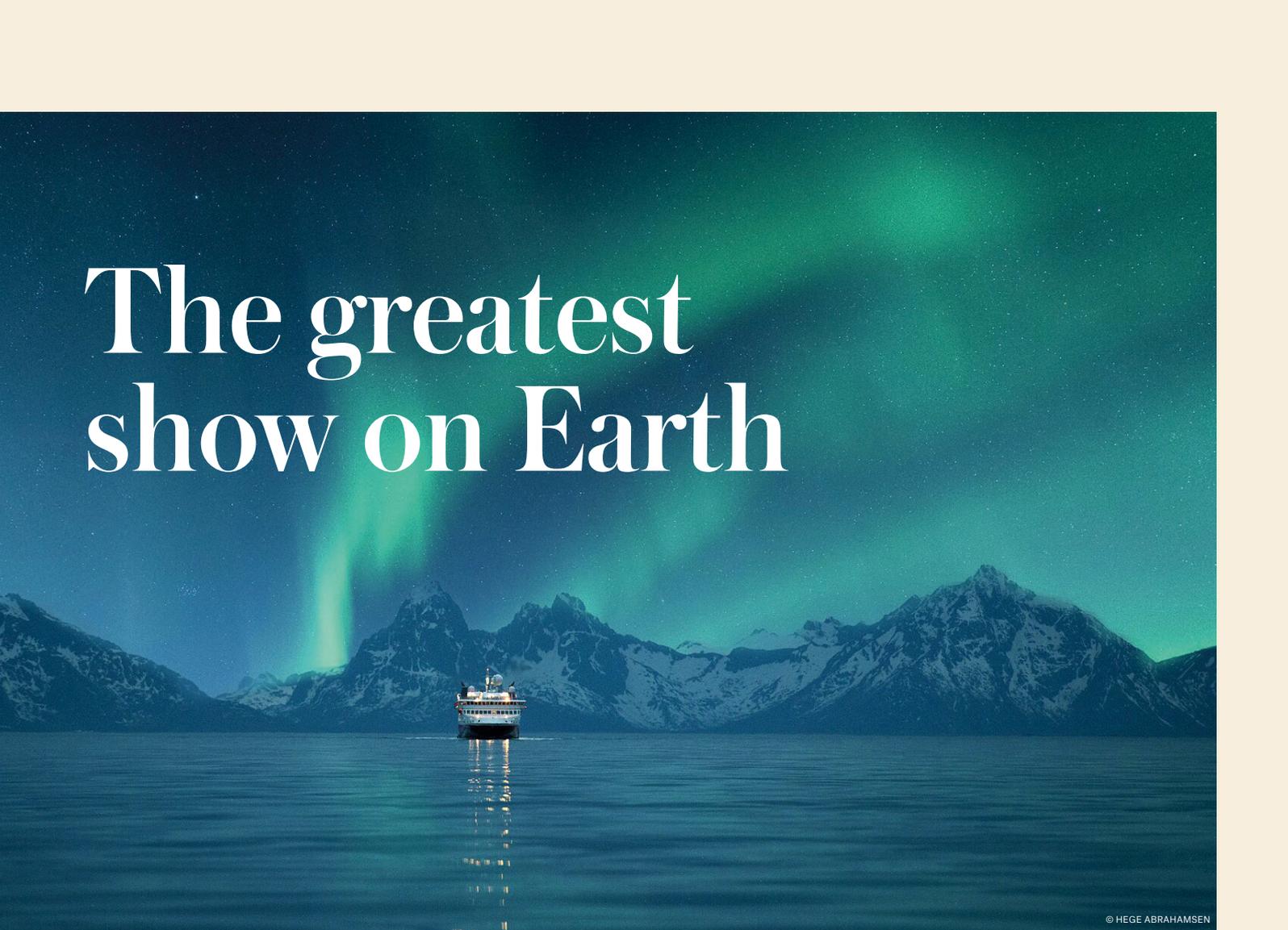
## The fish that built Norway

For more than a thousand years, Vikings produced and ate dried cod, even using it for trade. This makes it Norway's oldest export. The word *skrei* comes from the Norse word *skreið* which means 'fish that wanders'. And wander it does.

Every winter and spring, cod migrate in large numbers to the Norwegian coast, sustaining important livelihoods for locals. Dry fish production and trade still thrives in Norway today, such as in the Lofoten Islands.

Remember that these are natural habitats, so we can't guarantee that certain animals will appear during your trip. Mother Nature will do as she pleases, and no sightings can be set in stone.

# The greatest show on Earth



© HEGE ABRAHAMSEN

**Witnessing the celestial Northern Lights shimmering in the star-studded sky is a life-affirming experience that will remain with you forever. Their wondrous, magnetic beauty is the reason why you'll happily brace the Arctic chill.**

## **Photon-producing particles**

The aurora occurs when electrically charged particles from the sun, also known as the “solar wind” or “solar storms”, collide with gases in the Earth’s upper atmosphere. The Earth’s magnetic field steers the charged particles towards the North and South poles, forming auroral

ovals or zones. The collisions produce photons that appear as jaw-dropping flashes and swirls of light in the sky.

## **In Pole position**

In the northern hemisphere, the best chances in Europe of seeing this spectacular light show is in Northern Norway between October and March. Sitting above the Arctic Circle inside the Auroral Zone, it is a region ideally situated for Northern Lights sightings.

## **A floating observatory**

There’s nowhere better to see the Northern Lights than sailing along pristine fjords with us, far from the ambient lights on shore. Away from air and light pollution, the visibility and vibrancy of the lights improves, along with your odds of a sighting. And as the ship is on the move, we’ll be passing overcast areas, giving aurora hunters a better likelihood of sailing under clear skies.

## **Front-row seats**

You’ll find not knowing exactly when the aurora might appear creates a real sense of suspense and thrill. When you do hear the crew announce a sighting, the frisson of excitement that seems to ripple through the ship is palpable. Everyone hurries up to the observation deck or gazes intently out of the ship’s large windows, eagerly looking skywards.

What patterns, colours, and intensity of light will you be lucky enough to witness on board with us? Each sighting is unique and seeing the aurora parade across the skies, whether for a few minutes or more, is a truly special and magical moment that you’ll cherish forever.

[Northern lights explained »](#)

# Committed to the future of the coast

**True sustainability is the balance between the environmental, the economic, and the social. Everything we've done for the past 130 years has been to serve, nurture, and care for Norway's coast. Our mission: to preserve our beautiful home for generations to come.**

In 2018, we banned all unnecessary single-use plastic, and are proud to be the first cruise line in the world to do so. Our Norway's Coastal Kitchen concept draws from sustainable producers along the coast, meaning minimal food miles and energy used on refrigeration.

All our ships on the Norwegian coast can plug into ports for emission-free power. We've also begun the process of phasing in biofuel use, produced from organic waste. By 2023, we'll implement new green tech upgrades, which together with biofuels will cut CO<sub>2</sub> emissions by up to 25% and NO<sub>x</sub> emissions by 80%. We'll continue to implement pioneering solutions with the aim of bringing emissions from our ships on the coast down to zero.

Our tireless service on the Norwegian coast is a lifeline for the 34 coastal communities we connect. We provide employment for people along the coast, and our partnership with local businesses leaves lasting benefits to the economy here. This is sustainable, small-scale tourism at its best.

Visit [our sustainability web page](#) »



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## Hurtigruten foundation

**We established the Hurtigruten Foundation in 2015 to make a difference to important projects around the world, including the Norwegian coast.**

The total funds we've donated so far sit well over four million Norwegian Kroner across 34 initiatives in ten countries.

You can do your part by hanging a Green Stay tag on your cabin door during your voyage to tell us that your cabin doesn't need cleaning that day. This helps us save on water, cleaning products, and energy. For every day you hang a Green Stay tag during your voyage, we give 5 NOK to the Hurtigruten Foundation. The Foundation then funds various projects along the coast, such as beach clean-ups, hiking paths, and art programmes.