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Sorry! There are no remaining departures for "Norwegian Fjords and Realm of the Polar Bear" (XVLRNX), [but here are some similar trips.](#)



Norwegian Fjords and Realm of the Polar Bear

22 days, Edinburgh to Longyearbyen

Trip code XVLARNX

What's included

- 21 nts aboard the G Expedition
- Meeting point to ship transfer
- Zodiac and land excursions with our expert expedition team
- Lectures and educational programs
- Orkney Islands guided tour of ancient ruins
- Shetland Islands visit
- Olden visit
- Geirangerfjord visit
- Trondheim visit
- Vega Island visit
- Svartisen glacier excursion
- Local village visit (Lofoten Islands)
- Tromsø city tour
- Wildlife spotting opportunities
- Hornsund excursion and Bellsund visit (weather dependent)
- Insulated, waterproof boots supplied for USA sizes 4 - 16
- Expedition parka

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 26th, 2020 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Edinburgh

The G Expedition departs in the late afternoon, sailing towards Kirkwall.

The expedition begins near Scotland's incomparable capital city. Board the ship this afternoon in the suburb Port of Leith, to embark on a voyage to the Arctic. The G Expedition departs in the evening through a lock which leads down to sea level, before heading out to sail down the Firth of Forth. While on deck, keep a lookout for common eiders and northern gannets.

Please make sure to be at the Leonardo Hotel before 13:00 as luggage will be transferred to the ship at that time. Meet back at the hotel no later than 15:00 for a group transfer to the Port of Leith at 16:00.



Meals included

Dinner



Today's Activities

Arrival Day

Begin your adventure today. There are no planned activities so feel free to explore or rest up for the excitement ahead.

Private Vehicle

Edinburgh - Leith

Settle in and scan the scenery from the convenience of a private vehicle.

Expedition

Leith - Kirkwall

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 2

Kirkwall/Orkney

Visit historic and mystical sites by coach on this remote island. Explore the Standing Stones of Stenness, the intriguing Ring of Brodgar, and the village of Skara Brae.

There are few places in the world that offer as much as the Orkneys. Only six miles off the coast of Scotland, the islands are famous for their abundant marine bird life and dramatic coastal scenery. Enjoy an afternoon to explore the ancient history of the people of these Scottish Isles.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Orkney Islands Ancient Ruins Guided Tour

Kirkwall

Take a guided coach tour of the many mystical historical sites on the island. Visit the UNESCO World Heritage site the Ring of Brodgar, the standing stones of Stennes, and the 4500 year old village of Skara Brae.

Expedition

Kirkwall - Orkney

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Continue northwards to the remote Shetland Islands. Opt to visit Jarlshof or join the Puffin Bus to focus on puffins and seabird photography at Sumbrugh Head (weather dependent). Enjoy additional time to explore Lerwick.

The Shetland archipelago is an engaging mix of Scotland and Scandinavia blessed with spectacular coastlines, varied and abundant birdlife and a number of archaeological sites that date back thousands of years.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Expedition

Orkney - Shetland

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Lerwick Visit

Lerwick

Visit Lerwick on the Shetland Islands and discover the unique mix of Scotland Scandinavian culture in the area. Opt to visit Jarlshof, a remarkable archaeological site where Neolithic houses and several Norse longhouses were discovered after a violent storm uncovered the settlement. Another option for your time here is to join the Puffin Bus to focus on puffin and seabird photography at Sumbrugh head. Each tour option will allow a few hours to explore Lerwick after. With your free time, opt to enjoy the Shetland Museum or take a walk through the village.

Free Time

Lerwick

1h30m

Take some free time to explore.



Optional Activities - Day 3

Shetland Museum visit

Lerwick

Visit the Shetland Museum to learn more about this fascinating area.

Day 4

Olden

Cruise into the Olden Fjord before a short bus ride to the Birksdal area. Enjoy a moderate hike to Briksdalbreen glacier, or, for an easier option, take a trolley ride with a shorter walk to make it to the glacier lake.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Glacier Hike

Nordfjord

Stretch out your legs on a hike from the Birksdal area to the nearby Briksdalbreen glacier in Jostedalbreen National Park. For the first 20-30 mins the grade is uphill (moderate to strenuous), but the footing is easy. If you'd rather not make the trek, hop on the trolley to take you most of the way. As you approach, you'll need to walk the last quarter mile to reach the glacier lake. The views are worth the effort!

Expedition

Shetland - Olden

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 5

Geiranger

Sail deep into one of Norway's most beautiful, and most visited, fjords. Enjoy a coach tour to Dalsnibba, soaking in the views at this UNESCO World Heritage site. For the more adventurous, opt for a 10km mountain hike exploring the area and taking in amazing views of the fjord from above.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Expedition

Olden - Geiranger

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Geirangerfjord Visit

Geirangerfjorden

The fjord is one of Norway's most visited tourist sites and has been listed as a UNESCO World Heritage Site. The fjord is 15 km (9.3 mi) long, surrounded by spectacular mountains, lush green trees, waterfalls, and several farms. Have a camera ready for some spectacular photo opportunities.

Day 6

Trondheim

Continue on to Trondheim. Choose between hiking in Bymarka Nature Reserve before visiting the Sverresborg Folk Museum, or enjoying a city tour including the Folk Museum and the elaborate Nidaros Cathedral, built between 1070 and 1300. Enjoy a free afternoon to explore the area on your own.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Expedition

Geiranger – Trondheim

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Trondheim Visit

Trondheim

Trondheim is a modern city surrounded by beautiful forests and mountains, and is home to the remarkable Nidaros Cathedral. Built over the burial site of Saint Olav, the king of Norway in the 11th century, Nidaos Cathedral is the traditional location for the consecration of the King of Norway.

Expedition

Trondheim – Brønnøysund

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 7

Torghatten/Vega

The rugged coastline of central Norway features some of the world's most beautiful scenery. Hike up to the famous hole in the mountain, with fantastic views of the region. Keep an eye out for Norway's mythical trolls. In the afternoon, head to the quaint and picturesque Vega Island, a UNESCO site. Wander the fishing villages, go on a guided nature hike, and appreciate the slow pace of life.

The mountain scenery and coastline offer breathtaking views. The goal is to visit Torghatten, one of the most bizarre rock formations in Norway and a significant local landmark.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Torghatten Excursion

Torghatten

Enjoy a short, but scenic, coach ride into the Treana archipelago. Our goal is to visit Torghatten, one of the most bizarre rock formations in Norway and a significant local landmark. We will also try to move towards the Treana archipelago that is comprised of over 1000 islands. Expedition guides will provide information on the local areas, and the ship's photography expert will be on hand to offer advice on how to capture the perfect shot.

Expedition

Brønnøysund - Vega

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Vega Island Visit

Vega

Access one of the small islands and picturesque fishing villages of Vega by Zodiac. Learn about life on the island from a local guide and hear how the unique farming techniques and elder down production gained the island UNESCO World Heritage site status.

Expedition

Vega - Svartisen

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Visit Svartisen, and Vikingen, to see beautiful glaciers and a globe sculpture which marks Vikingen as a point directly on the Arctic Circle.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Svartisen Land Excursion

Svartisen

Visit Svartisen, Norway's second-largest glacier. Hike to one of the outlet glaciers of Svartisen, Engabreen, which ends at the lowest point of any glacier on the European mainland, at 90 meters above sea level (in 2018). The first 30 to 45 minutes of the hike are easy with no incline. The remaining hike is guided in small groups as it can be a challenging and complicated maze of rocky outcroppings leading to a close encounter with the ice. Everyone should reach a beautiful lookout over the lake. Opt to visit the café for waffles and coffee.

Viking Longhouse in Unst Visit

Baltasound

Expedition

Svartisen - Lofoten

Not too big, not too little, our 128-passenger polar expedition ship is just right.

The Lofoten archipelago is an enchanting area of picturesque villages by the sea backed with jagged peaks. Go ashore by Zodiac for a day trip of the area. Start by visiting the Tørrfiskmuseum to learn about traditional work of the islands before visiting Nusfjord, one of Norway's oldest and best-preserved fishing villages for lunch at a local restaurant. After, stop in Henningsvær for time to see local art or explore the quaint fishing village. In the evening, stay on deck as you cruise into one of Norway's most famous fjords, the short yet dramatic Trollfjord. Search the cliffs on your continuing quest to spot trolls.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Å Village Visit

Lofoten

Enjoy a coach tour across the Lofoten Islands visiting the Tørrfiskmuseum (Stockfish Museum) and Svolvær. Stop for photos and other visits along the way including the Viking Museum at Bøstad.

Expedition

Lofoten

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 10

Tromsø

Tromsø, the capital of northern Norway, is known as the "Gateway to the Arctic" as it was the embarkation point for many Arctic expeditions. Learn about past Arctic expeditions and opt for some hiking or to explore the city on your own.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Tromsø Guided Tour

Tromsø

Spend the day exploring Norway's largest northern city. Choose between hiking on the mountain top overlooking Tromsø, or wandering the city's streets before taking a cable car to the mountain top. Enjoy a delicious lunch of traditional open faced sandwiches while gazing over the city. Everyone will have a chance to visit some of the major sites including the Polar and Tromsø Museums and (weather permitting) enjoy a stunning view from a cable car.

Expedition

Lofoten - Tromsø

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 11

At Sea/Bjørnøya

Sail past mist-shrouded Bjørnøya (Bear Island) – a birdwatcher's paradise featuring spectacular views.

Sail past Bear Island. Weather permitting, there may be an opportunity to explore mist-shrouded Bjørnøya by Zodiac - the weather is temperamental, so this is a 50/50 chance. Bear island even from afar has spectacular views, thousands of species of birds like fulmars, kittiwakes, guillemots and gulls.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Arctic Lectures and Educational Programs

Attend lectures hosted throughout the day on anything from local wildlife to the history and exploration of the Arctic.

Expedition

Tromsø - Hornsund

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 12

Hornsund

Explore this archipelago of deep fjords, mountains and massive ice sheets. Keep your eyes open for walruses, seals, reindeer, Arctic foxes and, of course, polar bears.

Our flexible itinerary and experience here allow us to take the best advantage of ice and weather conditions. Each season we attempt to discover new landing sites to explore to enhance your expedition experience. Shore walks and Zodiac adventures bring us up close to mystical landscapes, icebergs, and wildlife.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Hornsund Shore Walks and Zodiac Adventures

Hornsund

Explore the natural beauty of Hornsund and take advantage of the spectacular photo opportunities. The Expedition team will select the best areas to explore by Zodiac depending on weather conditions.

Day 13

Svalbard

Soak in the sights and sounds of Svalbard. Glaciers, nesting birds, sea mammals like polar bears, walruses and whales plus land mammals like the Arctic fox and reindeer all call this region home.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Expedition

Hornsund - Bellsund

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 14

Svalbard/Longyearbyen

Continue exploring the icy wonderland of Svalbard.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Expedition

Bellsund - Isfjorden

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Expedition

Isfjorden - Longyearbyen

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 15

Longyearbyen/Spitsbergen

Spend your day relaxing on board the G Expedition or head out to explore Longyearbyen, the starting point for many early explorers on expedition to the North Pole. Embark on your journey to Spitsbergen in the late afternoon.



Meals included

Breakfast | Lunch | Dinner

This voyage is spent travelling in the world in which the polar bear survives. Our wildlife viewing opportunities are enhanced by exploring as many remote areas as possible. Spotting wildlife like the Arctic fox, Svalbard reindeer, and land or sea birds can be difficult, but well worth the effort. Ice and weather conditions permitting we can explore near sea ice, through fjords that lead to glaciers and icebergs, and discover bird nesting colonies, all from the platform of the ship. Alternatively, hop in a Zodiac to explore more closely, or be brought to land to visit historical sites and experience the tundra. We are always on the lookout for wildlife, ranging from endangered and rare polar species to sea mammals and birds. And, of course, we'll have our eyes peeled for polar bears - they can be found all throughout this region, but finding them can require patience and persistence. Come join us in the search!

Early-season voyages often provide the greatest opportunity to see large ice floes in the Arctic pack ice, which usually means excellent wildlife viewing. Later in the season, the group can cover more territory, which may allow the chance to explore more of the archipelago. This can lead into the less explored regions, or the continental edges where large whales are attracted by nutrient rich upwellings.

Each day will be planned to take advantage of local ice and weather conditions. Distances are relatively short in the Archipelago and as there are no ocean crossings, the seas are normally calm. During these six days visit ice covered seas, fjords with breathtaking mountain scenery and glaciers flowing into the sea.

Possibility to cruise in Zodiacs along the ice edge viewing seals or walrus, in fjords with glaciers spilling down to the sea or in front of spectacular seabird cliffs.

The evening of our last full day of adventure will find the expedition ship anchored off Longyearbyen.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Zodiac Excursion (Arctic)

Jump into a Zodiac, and head out to explore. Keep an eye out for wildlife. The expert Expedition staff will teach the group about the flora and fauna along the way. This activity depends on weather and ice conditions.

Arctic Lectures and Educational Programs

Attend lectures hosted throughout the day on anything from local wildlife to the history and exploration of the Arctic.

Expedition

Svalbard

Not too big, not too little, our 128-passenger polar expedition ship is just right.



Optional Activities - Days 16-21

Arctic Polar Plunge

Arctic Ocean

You remembered to pack your bathing suit, right? Depending on weather conditions, opt to do the polar plunge and jump into the frigid waters of the Arctic. Convince some of your fellow passengers to join and you'll be left with an amazing group experience no one will ever forget!

On the departure day, there will be transfers available to the Longyearbyen airport for all passengers with flights scheduled.

General disembarkation from the vessel is at approximately 8:00am. You will be transferred to the airport depending on the time of your flight. Transfer times will be confirmed and communicated onboard prior to departure. Luggage storage at the port will be available until time of departure.

Due to restrictive airline schedules for flights departing from Longyearbyen, we are pleased to offer an early morning disembarkation and transfer to the airport for those passengers with flights departing Longyearbyen around 7:40am (dependent on airline schedules).



Meals included

Breakfast



Today's Activities

Departure Day

Not ready to leave? Your CEO can help with any onward travel arrangements you require.

Private Vehicle

Longyearbyen - Svalbard Airport

Settle in and scan the scenery from the convenience of a private vehicle.

What's included

- 21 nts aboard the G Expedition
- Meeting point to ship transfer
- Zodiac and land excursions with our expert expedition team
- Lectures and educational programs

- Orkney Islands guided tour of ancient ruins
- Shetland Islands visit
- Olden visit
- Geirangerfjord visit
- Trondheim visit
- Vega Island visit
- Svartisen glacier excursion
- Local village visit (Lofoten Islands)
- Tromsø city tour
- Wildlife spotting opportunities
- Hornsund excursion and Bellsund visit (weather dependent)
- Insulated, waterproof boots supplied for USA sizes 4 - 16
- Expedition parka

What are the main highlights of this trip?

Explore the Standing Stones of Stenness on the remote island of Kirkwall, Wander through fishing villages and appreciate the slow pace of life, Search cliffs for trolls, Enjoy some of the world's most beautiful scenery along Norway's rugged coastline, Sail past mist-shrouded Bjørnøya – a bird watcher's paradise featuring spectacular views, Spend time on deck searching for polar bears and whales, cruise through breathtaking fjords and admire massive glaciers, experience the midnight sun, learn about Arctic history and ecology from our expert guides, brave the Arctic waters and take the polar plunge, enjoy the silence of the Arctic tundra

What important notes should I be aware of before the trip?

Please note: While it is our intention of adhere to the route described above, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable, to make alterations. On the first day of your tour, your Expedition Leader will give you an expedition overview.

The G Expedition is an adventure expedition ship and does not offer an elevator.

ACTIVITY LEVEL

The activity level for this trip as a whole is graded "Light", as the itinerary includes light walking and hiking suitable for most fitness levels. Please be advised that there are two activities included on this tour that are graded as "Moderate". Travellers are able to opt out of any excursion that they are not comfortable participating in. The two activities of higher activity grading are the following:

1. Glacier Walk: The first 20 – 30 minutes of this activity is a moderate to strenuous walk; the grade is slightly steep but the footing is easy. If you are unable to manage this walk, there will be a trolley car available to take you most of the way to the glacier hike.

2. Svartisen Land Excursion: The first 30 – 45 minutes of the hike is easy on a flat surface. The remaining hike is guided in small groups as it can be a challenging maze of rocky outcroppings leading to a close encounter with the ice.

BOOTS FOR ZODIAC LANDINGS

- Complementary waterproof boots for use on board will be supplied in the following sizes:
- USA size 4 - 16
- EURO size 35 - 49

Please be advised that there are limited numbers of the smallest and largest sizes.

If you wish to bring your own boots, you should follow the guidelines below:

Rubber, waterproof boots that are just below your knees (12-16" high or 30-41cm) with a strong, ridged non-skid sole are essential for wet landings via the Zodiacs. You usually have to step from the Zodiac into the water, which can be up to 1 ft or 30 cm high on most landings. Do not bring heavy, cumbersome boots that make it difficult to walk. Do not bring boots with metal cleats as they cannot be used for the landings. Try out your boots before your voyage.

The electricity onboard is 220AC electrical outlets, with European 2 pin round holes, as well as 110-volt shaving sockets in the bathroom for electric razors only. You may wish to bring an international adapter. A limited supply of electrical adapters are available to borrow free of charge at the Purser's Desk.

KAYAKING EXCURSIONS

For the more adventurous, our kayaking trips provide the opportunity to encounter the intimacy and power of the polar regions in ways very few people can lay claim to having experienced. For more details about this extra optional activity, including prep notes and full terms and conditions, please visit our [Polar Excursions](#) page.

Please note: Arctic Kayaking Excursions (offered on select departures) must be confirmed prior to your trip. You may include this extra to your itinerary at the time of booking. If you wish to add this extra after you have confirmed your trip, please contact your travel agent.

What is the group leader like?

A carefully chosen team will lead our voyage. The G Expedition boasts an international team of professional naturalists and lecturers. Their goal is to provide an informed and balanced interpretation of the destination, accomplished through stimulating lectures, day-to-day briefings, and informal discussions. Your lecturers and Expedition Leader will cover all aspects of the voyage including ornithology, marine biology, geography, geology, history and the environment, as well as practical things like photography. The expedition staff work conscientiously with you on deck and in the field, improving your observational skills to allow you to experience all that the destination has to offer. Their strong sense of ethics and ecological knowledge make for stimulating and mindful conversation whether onshore or at the dinner table. The expedition staff will be experienced drivers who will pilot the Zodiac landing crafts used for shore landings and Zodiac cruises in a responsible manner consistent with our safety standards on board.

How large will the group be?

Max 134 aboard the G Expedition.

What meals are included in this trip?

21 breakfasts, 20 lunches, 21 dinners

What are the meals like on this trip?

Onboard our expedition ships you'll find a diverse offering of gourmet international cuisines prepared and catered by professional chefs. All meals are included in the price of your expedition cruise. Dining is casual, tables are unassigned and the dining room is capable of seating the entire passenger complement at one time. There is always a selection of different meals available, and vegetarians will find plenty of options. Special dietary requirements can be accommodated with advance notice, please advise us at time of confirmation. Coffee, tea and water are all provided free of charge. All other beverages, alcoholic and non-alcoholic are not included and can be purchased in the dining room, pub, or in the lounge.

What are the modes of transportation on my trip?

G Expedition, Zodiac, local bus, coach, walking.

Where will we stay during the trip?

Aboard the G Expedition in quad-, triple-, twin-share cabins, or suites (all with en suite bathrooms and porthole or window, 21 nts). Please note that all cabins consist of twin-size berths and are ocean-facing. Suites have one queen-size bed.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

EMERGENCY CONTACT NUMBERS

G Adventures Local Representative (Longyearbyen, Norway)

Barbara Fogden: +47 9500 6076

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

Are there any additional packing suggestions I should consider?

Your luggage should be a clearly labeled suitcase, or rucksack, plus a daypack. Most airlines allow one checked bag and two carry-on per person. To avoid any problems on check-in and with possible excess baggage charges, please consult the airline for specific restrictions.

Dress on board is informal. Plan to bring comfortable, casual clothing for all activities. Bring wind and waterproof outer layers. Beware of tight clothing that leaves no room for trapped air, which is an excellent insulator. Wool, silk and some of the new synthetic fibers, like polar fleece, retain heat better than cotton. When packing, we suggest that you do not weigh yourself down with too many clothes or too much gear. Select informal, practical attire that can be worn in layers.

In the world's most remote destinations that the G Expedition travels to we cannot offload our plastics, glass or tin waste for recycling. Therefore, we try to reduce what single use items that we use. You will see on the ship that every effort is being used to stop the use of single use plastic containers, bags and other items. In an effort to prevent plastic waste from entering the waste stream, we are asking for your help. We offer exceptional drinking water on the ship with refilling stations for your re-useable water containers. You will be provided a complimentary water bottle to fill up as needed. Plastic items such as single use shampoo/conditioner plastic containers cannot be recycled, so please plan to bring any plastics back to your home countries for recycling. Please do not bring single use items that you intend to leave behind such as plastic bags and throw away razors. Your participating in helping to prevent pollution and promote recycling is greatly appreciated.

Weather conditions during the period, July to August

- Average temperature approx. 5°C
- Daylight around the clock
- Cold wind is usual
- Snow-covered areas at North and east Spitsbergen
- The ground is often wet because of melting snow

What should be on my packing list?

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

When can I do my laundry on this trip?

Aboard the G Expedition, laundry is available to be serviced by our shipboard team at an additional charge.

What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. While on board our Expedition ships, please note that the currency for all purchases is USD.

What should I know about currency, credit cards, and exchanging money while on this tour?

Before and after the cruise:

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work overseas. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollars or Euros cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

While on board the G Expedition:

Cash and most major credit cards (VISA, Mastercard and American Express) are accepted to clear incidental bills at the end of the cruise by the ship's Purser (eg: bar bills, laundry, crew tips, etc).

Should I be tipping on my trip?

Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. It is an expression of satisfaction with the persons who have assisted you on your expedition. The industry standard and suggested amount is USD \$10 - 15 per person per day spent on board. Of course, tipping is a personal choice and the suggested amount is set only as a guideline. Crew tips may be settled using most major credit cards (VISA, Mastercard and AMEX) by the ship's Purser. The money is collected by the Hotel Manager at the end of the voyage and distributed amongst the crew and Expedition Staff. The Officers choose not to participate in the tipping pool.

What activities are optional on this trip?

Lerwick

- Shetland Museum visit

Arctic Ocean

- Arctic Polar Plunge

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

Please consult your doctor for up-to-date medical travel information well before departure. We require all passengers traveling on the G Expedition to review our medical questionnaire. The questionnaire can be found online at:

www.gadventures.com/medical_form

Passengers with preexisting medical conditions are required to submit a medical form signed by a physician to their booking agent. It is very important that we are advised of any special meal requirements, food allergies, or prescribed medication when you confirm your tour. The ship is equipped with a small infirmary with typically required medications and limited equipment. The ship's doctor is available for visits during the day and is available 24 hours per day for emergencies.

In case of an emergency, please also bring with you a signed and dated letter from your physician (to be given to our doctor on board, as well as for any medical authorities) stating any health problems and dosage requirements. International health regulations do not currently require any inoculations for the countries that you will visit on our voyage. We suggest that you confer with your own physician to be sure your routine immunizations, such as tetanus, diphtheria and hepatitis A, are up-to-date before travelling. Older travelers, in particular, may wish to consider preventive measures against influenza and pneumonia.

What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

What is Planeterra?

Every G Expedition cruise raises thousands of dollars for G Adventures' non-profit partner, Planeterra, supporting both the Ocean Health Fund and Planeterra's community social enterprise programs. The Ocean Health Fund helps combat waste which threatens ocean health, conducts scientific research on ocean animals and climate change, as well as investing in programs that work with local communities to promote ocean conservation and stewardship. Onboard the G Expedition, there are many opportunities to learn about these initiatives, to participate in Citizen Science programs, or purchase items in the gift shop from Planeterra-supported communities around the world.

The Planeterra Foundation planeterra.org is a Canadian non-profit organization that helps empower local people to develop their communities, conserve their cultures, and create humane and supportive systems for their endeavours. Planeterra provides capacity building and catalyst grants to get community social enterprises off the ground. These businesses address local challenges by providing benefits for indigenous people, empowering marginalized women, and granting disadvantaged youth access to education, employment, and brighter futures. Planeterra also works to ensure these businesses have a thriving customer base by integrating programs into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs so 100% of your donation will bring opportunity to people in need.

Dollar-a-Day Program

G Adventures' Dollar-a-Day Program provides travellers with the opportunity to give back to the people and places visited on our tours by donating one dollar for every day you are on trip. 100% of these donations go directly to support community development projects worldwide that are implemented by Planeterra.

How old must I be to join this trip?

Minimum age of 10 years for this trip.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.