

EXPLORATIONS

BY NORWEGIAN®

Onshore Explorations Guide

Exploration from Copenhagen to London

EMBARK Copenhagen 19 October 2026

DISEMBARK Southampton (London) 31 October 2026



DISCOVER

Some of the world's most significant historical, cultural and artistic landmarks, thoughtfully designed to enrich every destination you visit.



To make choosing your experience simple, our onshore explorations are grouped into three clear categories:

Highlights

Effortlessly experience the must-see sights and key points of interest in each port.

Local Discovery

Go deeper into the destination, with immersive experiences that reveal local life, culture and character.

Active

Explore your ports of call from a fresh perspective through engaging activities such as cycling, hiking, kayaking and more.

Every port offers a carefully curated collection of tours and adventures. Experience awe-inspiring natural sights, world-renowned landmarks and authentic local culture, history and cuisine that bring these destinations to life.

Reasons to Explore Onshore

Seamless and Secure Experiences

All excursions are carefully monitored by shipboard staff and depart directly from the pier for your comfort, safety and convenience.

Expert Local Guidance

Enjoy insightful commentary from professional, English-speaking guides who bring each destination to life.

Thoughtfully Planned Itineraries

Our experienced excursion specialists design every tour to help you make the most of your time ashore.

Premium Transportation

Travel with trusted, licensed and insured tour operators using the best available climate-controlled vehicles.

Helpful Hints for Your Onshore Exploration

- Wear casual, weather-appropriate clothing and comfortable walking shoes suitable for the day's activities. For more active experiences, sturdy, non-slip footwear or hiking shoes are recommended.
- Dress respectfully when visiting cultural or religious sites. Shoulders and knees should be covered where required.
- Bring a hat, sunglasses and sunscreen to stay protected from the sun.
- Carry bottled water to stay hydrated, particularly during active or warmer excursions.
- For water-based activities, remember to bring swimwear and a towel.
- Insect repellent may be useful for outdoor or nature-focused explorations.



While excursions may be shown for embarkation and disembarkation ports, they may not be available to book on the day you board or leave the ship due to operational requirements. The excursions listed are offered exclusively for ports of call during the voyage.

Once onboard, you are welcome to visit the Destinations Desk to discuss your onward travel plans. In some cases, transfer services may be available to suit your individual arrangements. Please note that these services are not listed in this document, as they cannot be pre-booked and are available for purchase only whilst onboard **Regatta**.

Important Information About Onshore Explorations

Onshore Explorations offered through **Explorations by Norwegian** are operated by independent, licensed third-party providers. Explorations by Norwegian facilitates these experiences but does not operate them directly.

Details such as itineraries, routes, duration, departure times, pricing and availability are provided as a **guide only** and may be updated, adjusted or withdrawn without notice. Onshore Explorations may be modified or cancelled due to weather conditions, safety considerations, capacity limitations or other operational requirements.

Participation in any Onshore Exploration is at the guest's own discretion and risk. Explorations by Norwegian is not responsible for the actions, services or omissions of third-party tour operators. Cancellation terms and conditions may vary depending on the specific Onshore Exploration and operator.

All pricing is listed in US\$ on a per person basis. Pricing is correct as at 10 March 2026 but may be subject to change.

Official Port Name	Country	Tour Code	Onshore Explorations Category	Tour Name	US\$ Cost Per person	Duration (Hours)	Walking	Overview	Please note
Copenhagen	Denmark	CPH-001	Highlights	CASTLES OF NORTH ZEALAND	\$199	5	MODERATE	See how the Danes go for Baroque in a big way on this excursion into the beautiful North Zealand landscape, Denmark's answer to the Riviera. Sweeping seaside panoramas on one side, impressive manor homes and castles on the other...a person could get used to this life. You'll have a chance to see how they lived it in the 1600s as you tour one of North Zealand's most splendid former residences, Frederiksborg Castle, now the National Museum of History. It's spread across three islands, sports a fabulous garden, and contains Denmark's most important artwork collection. The castle's seriously ornate chapel houses the Compenius Organ, built in 1610 and the world's oldest still in use. Later in this journey, you'll drop by the Danish Royal Family's summer palace in the charming village of Fredensborg, This Italian Baroque stunner was built in the early 1700s and is used for state dinners. You'll use it as the perfect backdrop for photos of your travels.	
Copenhagen	Denmark	CPH-002	Highlights	LEISURELY HIGHLIGHTS OF COPENHAGEN	\$129	2	EASY	Acquire an excellent introduction to Copenhagen and its 850-year history on a panoramic driving tour of this scenic capital's most essential sites. Among the highlights you'll pass and learn about are the brightly painted quays of Nyhavn and stately Amalienborg Palace, the Royal Family's winter residence safeguarded by bearskin-capped Royal Guards. Other top sights include historic Tivoli Gardens amusement park, the Old Stock Exchange with its unusual spire formed by entwined dragons' tails, and granite-and-copper Christiansborg Palace, situated on its own tiny island and now home of the Danish Parliament, But the city's most enduring – and endearing – icon is its beguiling Little Mermaid. This life-size bronze figure, inspired by Hans Christian Andersen's famous fairy tale, has been seated on her rock along Copenhagen's shoreline since 1913. You'll likely be inspired yourself after this relaxed two-hour survey of Copenhagen's landmark beauty.	This tour is panoramic in nature with limited optional walking at stops made. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Those with mobility concerns are cautioned to evaluate their personal level of ability and stamina before participating.
Copenhagen	Denmark	CPH-003	Highlights	SCENIC COPENHAGEN BY SEA	\$139	2	EASY	See Copenhagen from an ideal vantage point: aboard a private canal boat plying its many scenic waterways and passing its showiest landmarks. Your adventure begins even before you're afloat, with a stop by the city's most beguiling icon, the bronze Little Mermaid perched on her famous rock along the shoreline. Then it's time to climb aboard and cruise gently through Copenhagen's waterways. colourful homes and businesses cluster around the canals, always hubs of activity. Along the route, you'll pass the granite-and-copper-clad Christiansborg Palace, situated on its own tiny islet. Its foundations date back to 1167 and today it's home of the Danish Parliament. Nearby is the Old Stock Exchange, its trademark spire formed by entwined dragons' tails. The colourful old gabled buildings along Nyhavn quay are photogenic, and Christianshavn's narrow canals are wonderfully atmospheric. The waterways widen substantially toward Copenhagen harbour, where your vessel will eventually make its way to the end of this enthralling – but brief – grand tour.	
Copenhagen	Denmark	CPH-004	Highlights	ROYAL HIGHLIGHTS OF COPENHAGEN	\$189	3	MODERATE	Enjoy a rolling panoramic excursion through Copenhagen, taking in its most notable sights with a special accent on its Royal landmarks. Perched on her trademark rock not far from the pier, the bronze Little Mermaid is perhaps Copenhagen's most iconic symbol. She's not royalty but she's much beloved. Christiansborg Castle has accumulated over 800 years of history as Denmark's royal power base; these days it's home to the Danish Parliament. A stop at its impressive granite-and-copper exterior promises a magnificent photo or two. The Old Stock Exchange sports a trademark spire formed by entwined dragons' tails. The colourful gable-houses along Nyhavn quay house vibrant outdoor cafés and taverns, while famed Tivoli Gardens and the master-painted works at Glyptek Art Museum offer their own vibrant colours. But the real sparkle – in this case, Denmark's precious crown jewels – resides within Dutch Renaissance-style Rosenborg Castle, built for King Christian IV in 1607. His crown and a hefty gem studded sword are among the top treasures safeguarded here. Their Highnesses moved out of Rosenborg in 1710, leaving the interiors excellently preserved..	Should Christiansborg Palace be closed, due to official functions or state visits, you will visit Rosenborg Castle instead. Tour involves approximately 90 minutes of moderate walking/standing and a considerable number of steps to negotiate at the palace (approximately 90). This tour is not available to wheelchair guests and is not recommended for those guests with mobility concerns. Flat, comfortable walking shoes are suggested. Camera and video photography are not permitted in the palace as well as handbags, camera bags, jackets, umbrellas and/or backpacks.
Copenhagen	Denmark	CPH-005	Highlights	TIVOLI GARDENS & CANAL CRUISE	\$189	4	MODERATE	First tour the waterways and sights of Copenhagen by private canal boat (an easy walk from the ship), then soak up some historic fun with a visit to Tivoli Gardens. The city's 850-year history will come alive in landmarks as you glide gently along its canal network and see icons like the beloved bronze Little Mermaid statue, perched on her harbourside rock since 1913; and majestic Christiansborg Palace, a seat of Danish power for over 800-years. The Old Stock Exchange sports a signature spire formed by entwined dragons' tails, while the gable-roofed buildings along Nyhavn quay show off their bright colours. Christianshavn's canals are narrow and wonderfully atmospheric, while the striking Black Diamond library building shimmers in its angular black granite-and-glass skin. A brief coach transfer brings you to this town's true historic playground, Tivoli Gardens. Here you'll have time on your own to do as you please. Maybe take a thrill ride on Denmark's largest roller coaster in the amusement area, or a relaxing stroll through pleasure gardens that date back to 1843 – and simpler times.	

Copenhagen	Denmark	CPH-007	Highlights	A TOUR OF TWO KINGDOMS - DENMARK TO SWEDEN	\$219	7	MODERATE	Enjoy a comprehensive tour of the best of Copenhagen and Malmö in a single day, travelling by panoramic coach. The great boundary- and culture-crossing Oresund Bridge makes it possible. Your journey begins on the Denmark side with top Copenhagen must-sees like the world-famous Little Mermaid statue, Amalienborg Palace, residence of the Royal Family, and charming seafront Amaliehaven Park. Other highlights include Christiansborg Castle, now home to the Danish Parliament, Town Hall Square, Tivoli Gardens, the Black Diamond, and the Old Stock Exchange with its Dragon Spire from 1625. Then, it's off to Sweden and Malmö, where a sightseeing drive will take you past the historic Pildammsparken, a large park created for the 1914 Baltic Expo, and Malmö Castle – built in 1436, it's the oldest Renaissance castle in Scandinavia. In the modern Western harbour district, you'll crane your neck to see the Turning Torso apartment tower, tallest building in Sweden. You'll also see the city's three main squares, including colourful Lilla Torg – where you'll break for some free time to browse its shops or find lunch at one of its charming outdoor cafés. Once the sights are all seen, you'll cross back to Denmark and the pier.	This tour involves a limited amount of walking, mostly optional at photo stops and during free time in Malmö at midday. Guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Copenhagen	Denmark	CPH-008	Highlights	CHRISTIANSBORG PALACE & TIVOLI GARDENS	\$189	4	MODERATE	This enjoyable tour will take you to Christiansborg Palace and some outside strolling through world-famous Tivoli Gardens. Copenhagen has been the Denmark's Royal city for many centuries – and has accumulated more than its share of castles, palaces and Crown Jewels during that span. The Palace was built by Bishop Absalon in 1167. Christiansborg is the city's first fortress and was once the home of the Royal Family. You will visit the Royal Reception rooms, used by the Danish Queen when she receives foreign ambassadors and visiting heads of state. Beautiful tapestries are displayed in the Great Hall. These French tapestries took ten years to weave and were given to the Queen as a gift for her 50th birthday. Drive through the heart of Copenhagen, seeing the Royal Theatre and Town Hall Square, on your way to world-famous Tivoli Gardens, the fairytale gardens and theme park which opened its gates in 1843. There will be time provided here to stroll through the park and admire the romantic lakes, pavilions, flower decorations and vivid life of the Danes.	Should Christiansborg Palace be closed, due to official functions or state visits, you will visit Rosenborg Castle instead. Tour involves approximately 90 minutes of moderate walking/standing and a considerable number of steps to negotiate at the palace (approximately 90). This tour is not available to wheelchair guests and is not recommended for those guests with mobility concerns. Flat, comfortable walking shoes are suggested. Camera and video photography are not permitted in the palace as well as handbags, camera bags, jackets, umbrellas and/or backpacks. The tour price only includes the entrance fee to Tivoli Gardens and does not include any rides or special attractions. Guests electing to extend their stay at Tivoli will need to find their own transportation back to the ship, at their own expense.
Copenhagen	Denmark	CPH-014	Highlights	DANISH DESIGN & ARCHITECTURE	\$189	4	MODERATE	If you love modern Danish style, this tour of Copenhagen's most notable design and architectural highpoints is for you. travelling the city by coach and on foot, you'll encounter the best work done over recent decades, by design legends like architectural superstar Arne Jacobsen, Jorn Utzon of Sydney Opera House fame, and Henning Larsen who recently completed the Danish Design centre. The Paustian House furniture centre, for example, represents Utzon's elegant solution to a challenging site on the waterfront. The crisp Bauhaus lines of the Bellavista and Soholm row house complexes are vintage Jacobsen, still in high demand years later. You'll see the new wing of the National Gallery, artfully attached to the old. Larsen's stunning Danish Design centre. The Royal Library building dubbed the Black Diamond for its angular black granite-and-glass skin. The old Holmen naval base area that bustles with exciting new life and avant-garde construction projects. You will also pass by an absolute bucket-lister: The Radisson SAS Royal Hotel, designed top to bottom in 1959 style by Jacobsen, right down to the knives and forks inside. Resume your driving tour past the Danish Design centre and on to The Black Diamond (Royal Library) where you will have an additional photo stop. This building is another example of successfully combing new and old wings. Lastly, you'll see Holmen - the Old Naval Station before heading back to the pier. This area was opened to the public after 400 years when the marines moved out. Bit by bit, the area is turning in to a special location with many exciting designer projects under construction that includes exclusive residences, avant-garde exhibition areas and trendy bars. After this explore by driving the place to spot new and rule-bending architecture in Copenhagen: the neighbourhood of Oerestad with the award-winning residential buildings VM Mountain and 8House designed by architect Bjarke Ingels (BIG). As last, enjoy the last scenic drive through the centre to be headed back to the pier.	Guests must be able to walk for approximately 1 mile over flat surfaces, and negotiate up to 15 steps. The tour is not recommended for wheelchair guests or those with mobility issues. Time permitting, a brief 10-minute interval for shopping may be available during the tour. The order of sites viewed or visited may vary.
Copenhagen	Denmark	CPH-022	Highlights	COPENHAGEN & CARLSBERG BREWERY EXPERIENCE	\$279	6	MODERATE	Visit some of the most iconic attractions in Copenhagen, including both the newest and original Carlsberg breweries. During the behind-the-scenes tour of the Home of Carlsberg, you will browse an exhibition that shows how the beer has evolved since first being brewed in 1847 and the modern processes that helped Carlsberg grow into one of the world's leading brands of beer. After a tasting, you will see the original brewery site, including its symbolic 12-point Star Gate, Winding Chimney adorned with Egyptian lotus flowers and cavernous cellars. Amalienborg is another quintessential landmark, and you will enjoy an insider's look at this official residence of the royal family. You will also stroll about the 17th-century Nyhavn district, where author Hans Christian Andersen spent much of his life. It is a perfect introduction to a photo stop at Copenhagen's most famous attraction – the Little Mermaid statue that was inspired by Andersen's famous fairytale.	This tour includes a moderate amount of walking mainly at the guest's discretion. Tour is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Minimum age to participate is 12 years of age.

Copenhagen	Denmark	CPH-029	Highlights	TRADITIONAL DANISH LUNCH & ROYAL COMPEHAGEN	\$359	4	MODERATE	See the 17th-century royal residence Rosenborg Castle and iconic waterfront attractions, which you might discuss while enjoying a traditional Danish lunch. You will first stop at the Little Mermaid statue that Hans Christian Andersen’s famous fairytale inspired. The author lived much of his adult life in the Nyhavn district, which is known for the rows of colourful and historical townhouses that line the canals. You will pass them on the way to Rosenborg, an opulent castle that was the former summer retreat for Denmark’s royal family. While strolling the castle grounds, which were laid out in the early 1600s, you may see a statue of Andersen in the leafy King’s Garden. A short but wonderfully scenic walk will bring you to the restaurant Aamanns Replik. The lunch menu for your lunch includes a choice of smørrebrøds – open-faced rye bread sandwiches – one of them topped with cold smoked salmon, the other a vegetarian offering.	Any allergies must be noted when booking the tour. Coaches do not have a lift, and entering and exiting must be done via stairs. This tour includes some walking and standing. Therefore, those guests with mobility concerns are cautioned to evaluate their level of ability and stamina.
Copenhagen	Denmark	CPH-CM1	Highlights	CAPTURE THE MOMENT - COPENHAGEN	\$279	5	MODERATE	Snap selfies at the most photogenic spots in and around Copenhagen, many of them iconic attractions that define the city. To ensure the best possible results, a selfie tutor will offer tips so you can capture just the right angle, lighting and composition for every shot. Selfie sticks and selfie photo frames are also available. Your pictures will be ideal for posting on social media and sharing in other ways. As you walk and ride through Copenhagen, you will pause at designated selfie stops that include: <ul style="list-style-type: none"> • Christiansborg Palace • Rosenborg Castle • 17th-century Nyhavn district • Frederik’s Church • Amalienborg • Gefion Fountain • Little Mermaid statue 	This tour will only include external visits. This experience involves 1.3 miles of walking and is weather sensitive. The tour is not recommended for guests who utilise a wheelchair, scooter, or who have any walking limitations. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The order of sites visited may vary. Wear comfortable shoes, sunglasses, and comfortable clothing. Bring your own fully charged cellphone or camera. A limited number of selfie sticks will be available to share. Guests who go ashore do so with the understanding that they will be mixing with members of the general public. Guests who miss the return transportation will be responsible for getting back to the ship. The tour is sensitive to weather conditions (rain, wind, and sun).
Copenhagen	Denmark	CPH-GG1	Highlights	GG-A SWEET TASTE OF URBAN LIFE	\$269	6	MODERATE	See how honeybees help to create a greener Copenhagen by touring the urban honey factory Bybi. As you will discover, the bees at Bybi—which in Danish means “city bees”—enhance the urban environment by pollinating plants throughout the capital city so they can flourish in greater numbers. The location of the hives affects the honey’s taste. For instance, some Bybi honey has a light flavour, while the honey from the hives atop city hall tends to be richer and nuttier. You will notice the distinctly different tastes by sampling products such as honey ice cream and honey schnapps. Copenhagen may well be Europe’s most environmentally conscious city, and bees are just part of it. While driving past city landmarks such as Tivoli Gardens, you will hear how the residents have embraced sustainably grown foods, eco merchandise and green construction. Along the way, you will pause for photos of Amalienborg Palace and the Little Mermaid statue.	This tour includes approximately 2 hours of walking / standing on uneven ground. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Please note that tour is not wheelchair accessible. Guests with heart problems, allergies to bee stings or insects or other serious medical conditions cannot participate. The tour is weather dependent and will only operate in good weather.
Stavanger	Norway	SVG-003	Highlights	THE STAVANGER ARCHIPELAGO AND LYSEFJORD	\$339	3	MODERATE	Experience the majestic natural beauty of Stavanger’s archipelago on a sightseeing cruise to Lysefjord. It’s just a few minutes’ walk from your ship to the spot where you’ll board a smaller vessel designed for cruising the cluster of islands and fjords that surround Stavanger. Skimming through waters dotted with tiny, idyllic islands and shoreline homes you wish you owned, you’ll get a real sense of the local way of life – and even see locals enjoying their relaxed days on these waters, too. As soon as you make the turn and enter the wonderland of Lysefjord, prepare to have your breath taken away. Sheer rocky cliffs vault skyward along both sides of the narrow emerald-green waterway and famous Pulpit Rock juts out 1,900 feet up above your head as you cruise by underneath. Be on the lookout for the sea lions that live in the inner part of the fjord, and for the goats who clamber down a steep hillside to get close to passing boats – and the tasty handouts fed them by curious visitors. Splendid city views and a stop at Hellenen Beach for coffee and waffles with sour cream help make the trip back extra sweet.	This tour includes limited walking, but guests must be able to negotiate the boat’s gangway and steps at the Hellenen Beach stop. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating.
Stavanger	Norway	SVG-005	Highlights	PANORAMIC STAVANGER	\$129	3	EASY	Explore Stavanger’s colourful past and present on a sightseeing drive that introduces the city’s most scenic locales. This 900-year-old harbour city possesses two distinct characters – one is all historical warmth and charm, the other is all youth and modernity, reflecting the city’s university vibe and recent oil and energy wealth. On this panoramic orientation tour, you’ll encounter both those personalities along with plenty of stellar beach, mountain, and fjord views. You’ll pass by the harbour’s quaint fish and farmer’s market and older residential sections, where Stavanger’s centuries-old roots are most apparent. Yet just beyond sits one of many contemporary landmarks that dot the city, too – the innovatively designed Petroleum Museum, looking like a sleek cluster of oil storage tanks perched on waterfront stilts. Perhaps the most photogenic of all is Gamle Stavanger, its meandering cobbled lanes lined with Northern Europe’s best-preserved collection of 18th-century wooden houses. A close runner-up will be your spin past Hafrsfjord and along the southwest Norway coast. Its magnificent blend of sand, sea, sky and light is timeless.	This tour is mostly panoramic and available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. The coach is not air-conditioned.

Stavanger	Norway	SVG-005OE	Highlights	OE- PANORAMIC STAVANGER	\$239	2	EASY	Designed for travellers who prefer an added measure of intimacy and flexibility, our new Explorations Exclusive tours limit group size to just 16 guests maximum. The Explorations Exclusive format is available on specially selected shore excursions in nearly every port we visit, around the world. Explore Stavanger's colourful past and present on a sightseeing drive that introduces the city's most scenic locales. This 900-year-old harbour city possesses two distinct characters – one is all historical warmth and charm, the other is all youth and modernity, reflecting the city's university vibe and recent oil and energy wealth. On this panoramic orientation tour, you'll encounter both those personalities along with plenty of stellar beach, mountain, and fjord views. You'll pass by the harbour's quaint fish and farmer's market and older residential sections, where Stavanger's centuries-old roots are most apparent. Stavanger Cathedral, too, has retained its handsome 14th-century looks and inviting market square. Yet just beyond sits one of many contemporary landmarks that dot the city, too – the innovatively designed Petroleum Museum, looking like a sleek cluster of oil storage tanks perched on waterfront stilts. Perhaps the most photogenic of all is Gamle Stavanger, its meandering cobbled lanes lined with Northern Europe's best-preserved collection of 18th-century wooden houses. A close runner-up will be your spin past Hafrsfjord and along the southwest Norway coast. Its magnificent blend of sand, sea, sky and light is timeless.	This tour is mostly panoramic and available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. The coach is not air-conditioned.
Stavanger	Norway	SVG-007	Highlights	IRON AGE FARM & VIEWPOINTS	\$189	3	MODERATE	Travel into the countryside to witness some of Stavanger's Iron Age and Viking history, then visit a famous district where the lanes are lined with 18th-century wooden houses. Long before its official founding as a city, the sheltered area surrounding Stavanger was an active agricultural and maritime community. A drive out to the reconstructed farmhouses in Ullandhaug provides a fascinating introduction to life here in the thick of the Iron Age, centuries before the Viking king Harald I defeated the last of some 29 regional princes to create the Kingdom of Norway in 872. You'll even visit a hilltop viewpoint that offers sweeping vistas of Hafrsfjord, the fjord where his nation-founding naval battle took place. On your return to the city, you'll travel into the historical residential area of Gamle Stavanger to admire Northern Europe's best-preserved collection of manicured white 18th-century wooden houses, lined up along meandering cobbled lanes. From here, either join your guide for a brief walk through this charming neighbourhood that evokes an era when sailing schooners filled the harbour – or stay aboard the coach for a lift back to the pier.	This tour includes a moderate amount of walking, some involving uneven natural surfaces and steps. The tour is not available to wheelchair guests and those with mobility concerns are cautioned to carefully evaluate their personal level of stamina before participating. The transportation is not air-conditioned.
Stavanger	Norway	SVG-008	Highlights	LYSEFJORD BY VETERAN BOAT	\$349	4	MODERATE	Cruise through Lysefjord on a luxury ship that served for more than two decades as a night ferry between several key Norwegian ports. The veteran boat M/S Sandnes was the largest and finest vessel of its kind until retiring as a night ferry in 1974. Although the ship was used for other purposes over the following decades, in 2007 it was returned to its former glory – right down to its original paint colours – for cruises through Lysefjord, the southernmost large fjord in Norway. The waterway stretches for 26 miles and the scenery is majestic the entire way. You will pass glacier-sculpted mountains, waterfalls plummeting over near-vertical cliffs and occasional farms on small pockets of arable land. Other highlights include an overhanging cliff known as Hellenen and the Pulpit, a massive flat-topped rock that is so stunning, it was chosen as a film location for the 2018 movie "Mission: Impossible – Fallout."	This tour is primarily panoramic in nature with walking at the guest's discretion during stops. It is available to guests who utilise a collapsible wheelchair, can make their way on and off the coach and gangway and have a companion to assist them.
Stavanger	Norway	SVG-009	Highlights	LYSEFJORD BY RIB	\$299	3.5	MODERATE	Zip through Lysefjord – the southernmost large fjord in Norway – on a RIB, a rigid inflatable boat known for its speed and stability. It will be an exhilarating, adrenaline-charged ride as you first race through the expansive waters of island-dotted Høgsfjorden. The small farming village of Oanes and the somewhat larger village of Forsand lie across from each other at the entrance to Lysefjord. You will soon pass under a modern suspension bridge that spans the steep-walled fjord. The farther you cruise into Lysefjord, the more spectacular the scenery. Majestic mountains loom in the background and occasional farms cling to postage stamp-sized plots of less hilly land. The open-air RIB will provide uninterrupted views of the natural beauty in every direction. The highlight will surely be the Pulpit, a dramatic rock that rises straight up nearly 2,000 feet above Lysefjord. Chances are, you will see hikers looking down from its flat summit.	This tour is mostly seated with limited walking. The tour is not available to wheelchair guests, those with back problems or pregnant women. Guests with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. The tour is not recommended for those who are prone to motion sickness.
Stavanger	Norway	SVG-010	Highlights	SUMMER'S PARADISE	\$169	4.5	MODERATE	Enjoy a delightful meal of homemade waffles before meandering through the rose garden at Villa Rosehagen, a beautiful Art Nouveau-style restaurant that was once the residence of a steel company executive. The setting overlooking Jørpeland Bay is paradisaical throughout the year. After dining, you may wander about the tiered garden, where more than 100 varieties of roses flourish among a collection of steel sculptures by international artists. Another spectacular vista awaits you at Høllesli, an elevated lookout that offers a panoramic view of Lysefjord, the southernmost large fjord in Norway. You will also stop at the Swords in the Rock monument that commemorates the naval victory of Viking chief Harald Fairhair in 872 A.D., which enabled him to unite the surrounding regions into one kingdom. The monument's three swords represent peace, unity and freedom which is available to visit through mid-summer of 2025.	This tour includes approximately 2 hours of walking. It is not recommended to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The rose blooming is subject to time of year visited.

Stavanger	Norway	SVG-CM1	Highlights	CAPTURE THE MOMENT - STAVANGER	\$259	4	MODERATE	Snap selfies at the most photogenic spots in and around Stavanger, many of them iconic attractions that define the city. To ensure the best possible results, a selfie tutor will offer tips so you can capture just the right angle, lighting and composition for every shot. Plus, selfie sticks, and selfie photo frames are available. Your pictures will be ideal for posting on social media and sharing in other ways. As you walk and ride through Stavanger, you will pause for external visits at designated selfie stops that include: <ul style="list-style-type: none"> • Swords in Rock monument • St. Petri Church • The Street of colours • Vågen harbour area • Historic Gamle Stavanger 	This tour will only include external visits. The tour includes approximately 1,2 miles of walking over mainly flat. The tour is not recommended for guests who utilise a wheelchair, scooter, or who have any walking limitations. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. The order of sites visited may vary. Wear comfortable shoes, sunglasses, and comfortable clothing. Bring your own fully charged cellphone or camera. A limited number of selfie sticks will be available to share. Guests who miss the return transportation will be responsible for getting back to the ship. The tour is sensitive to weather conditions (rain, wind, and sun).
Stavanger	Norway	SVG-GL1	Highlights	GL-STAVANGER & SURROUNDINGS	\$179	3.5	STRENUOUS	Reap the benefits of Nordic walking on a delightful hike across the Storhaug peninsula to the beaches of its southern shore. Nordic walking uses a specially designed pole that helps to maximise the benefits of the movements. It can tone the body, burn nearly 50% more calories and put less pressure on the knees and joints. Best of all, Nordic walking is easy to do. You will follow a historical, 6.5 mile route through the city centre of Stavanger, across the Storhaug peninsula and on to Godalen. The walk is only about 6.5 miles, but it is extraordinarily picturesque. Chances are, you will see bicyclists, other Nordic walkers and joggers, as the trail is as popular as it is scenic. In time, you will pause for a quintessential Norwegian snack of brunost, a brown cheese that is surprisingly sweet because the milk whey is cooked until the lactose sugars caramelize. The route back will be different but equally breathtaking.	This tour includes about three hours of walking and standing with some uneven surfaces and steps to negotiate. It is not available to wheelchair guests and may not be suitable for those with mobility concerns, who should evaluate their stamina and ability before joining the tour. You will follow a historical and picturesque walk, approx. 6.5 miles, through the city centre of Stavanger, across the Storhaug peninsula and on to Dodalen.
Stavanger	Norway	SVG-005	Highlights	PANORAMIC STAVANGER	\$129	3	EASY	Explore Stavanger's colourful past and present on a sightseeing drive that introduces the city's most scenic locales. This 900-year-old harbour city possesses two distinct characters – one is all historical warmth and charm, the other is all youth and modernity, reflecting the city's university vibe and recent oil and energy wealth. On this panoramic orientation tour, you'll encounter both those personalities along with plenty of stellar beach, mountain, and fjord views. You'll pass by the harbour's quaint fish and farmer's market and older residential sections, where Stavanger's centuries-old roots are most apparent. Yet just beyond sits one of many contemporary landmarks that dot the city, too – the innovatively designed Petroleum Museum, looking like a sleek cluster of oil storage tanks perched on waterfront stilts. Perhaps the most photogenic of all is Gamle Stavanger, its meandering cobbled lanes lined with Northern Europe's best-preserved collection of 18th-century wooden houses. A close runner-up will be your spin past Hafsfjord and along the southwest Norway coast. Its magnificent blend of sand, sea, sky and light is timeless.	This tour is mostly panoramic and available to wheelchair guests who have a collapsible chair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. The coach is not air-conditioned.
Alesund	Norway	ALE-001	Highlights	BIRDS & PANORAMAS- RUNDE ISLAND DISCOVERY	\$289	8	STRENUOUS	View huge numbers of sea birds on Runde Island after discovering much about their lives at the environmental centre there. You will reach the island by ferry and motor coach, both of which will offer different perspectives of the surrounding natural beauty. Although only about 150 people reside year-round on Runde Island, during the summer the bird population swells to more than 100,000. Nearly 300 avian species have been sighted there, many of which you will learn about in the multi-purpose visitor centre. Besides watching a documentary film on the local puffins, you will see some of the treasure salvaged from a ship that wrecked nearby in 1725. You will view countless sea birds up close after hiking to a cliff on the sea where they nest. Although the trail is steep in places, the experience will be well worth the effort. Expect to see great skuas, razorbills, kittiwakes and northern fulmars.	Tour is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. This is a hiking tour with 4.5km of walking up a steep trail to the top of Runde Island bird cliffs. Guests must have walking shoes and ideally a small backpack for water plus windproof jacket. The environmental centre is accessible if any guests chose not to do the walk. This tour can only run from May to July due to the nesting season of the sea birds. There is a chance to see the Puffins during this tour however this is not a guarantee. Binoculars will be provided.
Alesund	Norway	ALE-002	Highlights	MAJESTIC VIEWS OF NORWAY	\$289	8	MODERATE	Drive along part of one of Norway's most dramatic and mountainous stretches of road – where trolls supposedly roam at night – and stop at attractions that add to the mythical allure. The deeper you drive into the countryside, the more staggeringly beautiful the landscape will become. Still, nothing can prepare you for Trollstigen, the so-called Troll's Path that climbs through the precipitous mountains. The road is narrow, steep and full of hairpin turns. While pausing at the Trollstigen Viewpoint and Gudbrandsjuvet lookouts, you can snap photos of the impossibly deep ravines and hear folk legends associated with them. Coming upon the Old Stordal Church will offer a glimpse into real life centuries ago. Itinerant rural artists painted nearly every square inch of its interior with decorative roses and Biblical figures in a style known as rosemaling. The two century-old cobblestone bridges at Skodje are another manmade wonder as they were once Norway's longest masonry road bridges.	The itinerary will vary depending on the restaurant booked for that tour. If Nilsgardstunet is used, the lunch is approximately 4.5 hours after departure.

Alesund	Norway	ALE-003	Highlights	ALESUND & THE SUNNMORE MUSEUM	\$209	3	MODERATE	Take a fjord-side drive from "modern" Alesund to the old trading village at Borgund, where you'll tour an open-air museum that could only be in Norway. At the delightful Sunnmore, you can wander freely among dozens of classic Norwegian farmhouses and boathouses, all moved here from their original locations. Some have sod and flower roofs, others seem barely large enough to change clothes in. Together they create an evocative time capsule of how people have lived in this region over time. The Sunnmore also presents a vast collection of period boats, including replicas of well-known Viking ships. Local boatbuilding traditions have been passed along for ages, and vessels built here are believed to be among the coast's most reliable. You'll even see a notorious fishing vessel used in the clandestine "Shetland Bus" program that carried Norwegian partisans and crucial supplies across the North Sea during World War II. On the way back to town, you'll be treated to a breathtaking panorama of mountains, islands and sea from the Mount Askla viewpoint known as Fjellstua.	This tour includes over 1-hour of walking on uneven surfaces, gravel sloping paths and steps. This tour is not available for wheel chair guests and not recommended for those with walking or mobility concerns.
Alesund	Norway	ALE-004	Active	WALKING TOUR OF ALESUND	\$119	2	STRENUOUS	On a relaxed walk around the seaside Art Nouveau wonderland of Alesund, you'll see firsthand why it's been voted "most beautiful town in Norway." Arrayed across three islands stretching into the sea and ringed by dramatic mountains, Alesund's signature "Jugendstil" skyline is both romantic and historical. After a 1904 city-wide fire left 850 houses in ashes and 10,000 people homeless (though only a single woman died), the entire town was rebuilt in the trendiest architectural style of the day. The resulting cityscape is a unified parade of turrets, spires and medieval ornaments; it was German emperor Wilhelm II, a close friend of Norway, who sent the masons to get the job done in record time. On your walk through the compact city centre, you'll learn more about this story – and about Alesund's status as Norway's fisheries capital. In a small park at the base of Mount Aksla, you'll see a statue commemorating Wilhelm and another of Viking legend Rollo, who sailed from this port to found what is today Normandy. From the park, after your guided tour, you can take an optional climb up the 418 steps to reach the lookout point of Mount Aksla. Your effort rewards you with spectacular views of the city centre, the archipelago and the Sunnmore Alps.	This tour includes 2-hours of walking, including over uneven surfaces, steps and gentle inclines. This tour is not available for wheel chair guests and not recommended for those with walking or mobility concerns.
Alesund	Norway	ALE-005	Highlights	ATLANTIC OCEAN PARK	\$209	3	MODERATE	Plunge into the fascinating world of Norwegian marine life on a visit to a world-class aquarium complex just minutes from central Alesund. Its unique seaside location sets the stage, and Atlantic Sea Park's thousands of finned denizens provide the colourful entertainment. Expect to see shoals of herring, anglerfish, eel, mackerel, halibut, cod and more in an array of saltwater tanks that hold up to a million gallons of seawater and are designed to together represent the region's full range of underwater environments. The main tank's massive acrylic observation wall enables unobstructed viewing. Meanwhile, one of the park's outdoor pools teems with charming Humboldt penguins; another hosts local harbour seals who make this a regular destination for feedings. Touch tanks offer interactive access to lobster, crabs, anemones and urchins. All told, this is a fitting must-see while here in Norway's fisheries capital. So is the amazing view you'll get from a stop at the Mount Askla terrace on the way back to town.	This tour includes a moderate amount of mostly optional walking at Atlantic Sea Park. Tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide this.
Alesund	Norway	ALE-006	Highlights	THE SAGA ISLANDS OF GISKE & GODOY	\$179	3	MODERATE	Tour Alesund's Art Nouveau district by coach, then traverse a network of bridges and tunnels to explore two neighbouring islands with colourful histories. Along the way, you'll catch amazing views of all the islands and nearby Sunnmore Alps from atop Mount Aksla. Standing on Giske, known as the Saga Island, you'll be in the domain of the great (so great no horse could carry him!) Viking King "Rollo." Born here, his action-packed life included conquering Norway in 911, ruling the French region of Normandy, and being the ancestor of William the Conqueror, sire to the English royal family. After exploring his island – with a stop to admire marble Giske Chapel, dating from 1135, you'll cross by tunnel to steeply mountainous Godoy Island for a stroll through the remote fishing village of Alnes, its red and white striped lighthouse bravely facing down the open Atlantic. This island, too, has deep Viking roots – its ancient name derived from words that mean Island of God(s).	This tour includes a moderate amount of walking over mostly even surfaces with some gravel paths. It is not recommended for guests who utilise a wheelchair. Those with mobility concerns are cautioned to evaluate their personal level of stamina before participating.
Alesund	Norway	ALE-013	Highlights	RIB RIDE	\$299	2	EASY	Your tour adventure takes place on a Rigid Inflatable Boat - RIB. After being briefed on safety procedures, you'll be suited up with a Personal Floatation Device before you head out of the harbour. Your boat will cruise the coastal waters around Alesund. Go as far as Runde Birdrock or into the sheltered waters of the inside of Alesund, depending on the weather. Your guide will look out for interesting wildlife, birds or even eagles. You can also get closer to a rock where seals are basking. Finally, after approximately 90 minutes of adventure, you'll return to your ship.	Participants must be at least 12 years of age, in good health and able to swim. This tour is not recommended for guests who suffer from back problems or pregnant women. This tour requires guests to walk approximately 0.19 miles/300 metres from the pier to the RIB's staging area. Wear flat or rubber sole shoes and expect to get wet. Lifejackets and goggles will be provided. The route is the guide's decision, depending on the weather and fitness of the participants. A waiver liability release form will be given to all guests.

Alesund	Norway	ALE-014	Highlights	MOUNT STRANDA & CITY HIGHLIGHTS	\$259	6.5	EASY	Stunning scenery and the highlights of Alesund are yours to discover in this tour that takes you to the top of Mount Stranda by bus, ferry and cable car. A coffee break with traditional waffles at the top allows you to enjoy the views..Enjoy a short city sightseeing of some of the highlights of Alesund before heading for the fjords. Cross the fjord by ferry, and then drive up the mountain, with great views along the way.Arriving at Mount Stranda's cable car station, a gondola takes you to the top, 3418 feet above sea level. Here goats graze during summer, and there is even snow in some areas. The panoramic view from Mt. Stranda reaches far and wide. From this privileged view point, you can see Geiranger Fjord, UNESCO World Heritage site, and Jostedal Glacier, the largest in Continental Europe. As order of sites may vary, lunch will be enjoyed either before or after the gondola ride. After crossing the fjord by ferry, the tour will take a different route back to the pier, making a short photo stop (time permitting) at Mt. Aksla, for an unrivaled view of Alesund from this vantage point.	In the event that there is still snow up in Mt. Stranda, surfaces can be slippery; we recommend you wear sturdy shoes with non-slip soles and bring a light jacket or windbreaker.
Alesund	Norway	ALE-015	Highlights	FJORD EXPLORER'S DREAM	\$349	7	EASY	Behold some of Norway's most gorgeous fjords from ferries that cruise between the endless string of islands along the country's western coast. The views will be dramatic the entire way, as you will cruise past towering mountain peaks, precipitous cliffs and teeny villages such as Urke along the northern shore of Norangsfjorden. Some of the fjords are arms of larger waterways such as Hjørundfjord, which cuts inland between the jagged Sunnmøre Alps. When not on the water, you will drive through wild areas such as the Norangsdalen Valley, a narrow landscape that rock slides and avalanches have shaped through the centuries. In 1908, one of those natural disasters dammed the Lygna River and permanently submerged the surrounding village, parts of which can be seen in the shallows. After ascending to the Ljoen lookout, you will enjoy a spectacular view of Geiranger, a fjord that UNESCO has declared a World Heritage site for its outstanding natural beauty.	This tour includes minimal walking and is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and tour vessel and have a companion to assist them. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability.
Alesund	Norway	ALE-017	Active	HIKING SUGARLUMP MOUNTAIN	\$199	3	STRENUOUS	Follow a natural trail to the summit of nearby Sugarlump Mountain and take in the spectacular views the entire way. It won't take long to reach the trailhead on Hessa, the island just over the bridge west of Ålesund. Because of its proximity to town, the trail is quite popular and well-trodden. Even so, the approximately 2.5-mile roundtrip hike is considered moderately challenging. The higher you go, the more dramatic the views of Ålesund, the distant Sunnmøre Alps and Borgundfjord, the wide waterway that surrounds the islands of the archipelago. You will hike through coastal vegetation that may be in bloom and on into a rocky moorland at the top. Stops will be made along the way for photos and for the guide to point out and describe the natural wonders and landmarks in town. Few views can rival to one at the summit, which stands nearly 1,000 feet above sea level.	Participants must be at least 12 years of age. This tour includes approximately 1.2 miles of intense hiking on uneven hilly terrain. It is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Alesund	Norway	ALE-019	Highlights	FISHING LEGACY OF ALESUND	\$499	4.5	MODERATE	Delve into the rich fishing heritage of Ålesund with an hands-on experience out on the water. Begin with a guided walk-through town, where your guide will share fascinating insights into how the fishing industry has shaped the region over the centuries—from traditional techniques to modern-day practices. You will get the opportunity to catch cod with a rod from a traditional fishing boat as it cruises Borgundfjorden, a shallow arm of a larger fjord. These waters are teeming with Norwegian Atlantic cod, a low-calorie high-protein white fish that thrives in cold water. Enjoy a deeper, more relaxed fishing experience while soaking in the stunning coastal scenery. As you fish, your guide will share stories of local fishing culture, giving you a true taste of life on Norway's coastal waters. To elevate the experience, a light snack made from the day's fresh catch will be served on board. Picture savouring the flavours of the sea as you drift on tranquil waters — an experience that's both authentic and immersive.	Comfortable weather-appropriate closing and shoes, sun cream, sunglasses, bottle of water and windproof jacket. The boat access is via a ramp. There are some seating areas. Equipment included. This tour includes walking of approx. 1500 metres, the surface is flat to uneven, cobblestone, with several steps. This tour is not wheelchair accessible and not available to the guests with walking difficulties.
Alesund	Norway	ALE-020	Highlights	SUNNMORE ALPS HELIFLIGHT	\$659	2	EASY	Fly high over Ålesund, the surrounding fjords and the Sunnmøre Alps in a helicopter for bird's-eye view of the area's extraordinary natural beauty. Once you take a seat inside the helicopter – which holds five or six passengers – and its rotors start turning, the thrills will begin in earnest. During the flight, your pilot will highlight the stunning sights below as you soar along the following route: Ålesund – Storfjord – Hjørundfjord – Sunnmørsalpene – Sykkylven – Ålesund. Please note that the exact route may vary depending on weather and wind conditions. The breathtaking Norwegian landscape is sure to leave a lasting impression, and the panoramic views from above offer a perspective that no photo from the ground can match. Enjoy the freedom of flying in a comfortable helicopter, complemented by fascinating historical insights and facts shared throughout the journey.	Participants must be at least 2 year of age. This excursion is not recommended for guests who suffer from motion sickness and/or vertigo, as well as guests who have a fear of heights and enclosed spaces. The sights on this tour are not wheelchair accessible and therefore, it is not available to wheelchair guests. Those guests with mobility concerns are cautioned to evaluate their personal level of stamina and ability. Weather appropriate clothes, comfortable shoes, water bottle and sunglasses. The route may vary due to weather and wind. Guests must register their body weight and be prepared to be weighed at the heliport. Seat arrangements are based on this information to ensure safety.
Tromsø	Norway	TRO-002	Highlights	TROMSØ - GATEWAY TO THE ARCTIC	\$229	3	EASY	Visit two fascinating landmarks that define Tromsø, the world's third-largest city north of the Arctic Circle. As an introduction, you will drive through the city centre, a district full of wooden houses from the late 1700s. Unlike many Norwegian cities, Tromsø wasn't bombed in World War II, so its historical architecture is still intact. During a stop at Polaria, the world's most northern aquarium, you will enjoy an up-close look at Arctic marine life such as seals and eel-like wolf fish. You might also watch a brief film that highlights the unique landscapes and wildlife of Svalbard. Even the Polaria building is extraordinary, as the exterior was designed to resemble enormous blocks of ice sliding into the ocean. Just across the sound, you will find the Arctic Cathedral, a daring architectural masterpiece that sits on a hilltop across from the harbour. Its steep roof of aluminium-coated concrete panels is striking, as is the massive stained-glass window that covers an entire wall of the triangular cathedral.	This tour includes approximately 90 minutes of walking. It is available to guests with limited mobility who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them.

Tromsø	Norway	TRO-004	Highlights	TROMSØ CITY TOUR AND CABLE CAR TO MT. STORSTEINEN	\$249	3.5	Moderate	Come away with a remarkably detailed understanding of Tromsø after visiting some of its key attractions and ascending Mt. Storsteinen by cable car. One of the largest cities north of the Arctic Circle, Tromsø is unique in many ways, as you will discover at the Tromsø Museum, the largest institution of its kind in northern Norway. The exhibitions cover topics as far-ranging as the local zoology and archaeology to botany and the ethnography of the indigenous Sami people. The city's most iconic contemporary attraction is the Arctic Cathedral, an exceptionally steep-roofed hilltop church that you will spot while crossing the bridge to the urban neighbourhood of Tromdalen. One of its main draws is the huge stained-glass window behind the altar. You will enjoy an aerial view of the cathedral, downtown Tromsø and the surrounding mountain ranges from the cable car as it climbs to an elevation of nearly 1,400 feet. The panoramas are nothing short of magnificent.	This tour includes approximately 90 minutes of walking. It is available to guests with limited mobility who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them.
Tromsø	Norway	TRO-005	Highlights	POLAR EXPEDITIONS AND WILDERNESS	\$199	3.5	Moderate	Delve into the world of Arctic exploration by browsing the Polar Museum and visiting a wilderness centre that raises huskies for sled-dog competitions and polar expeditions. Beginning in the late 19th-century, Tromsø served as a base for explorations into the hazardous Arctic regions, and the museum beautifully presents the stories of those courageous explorers, seal hunters and trappers. The famed exploits of Norwegian-born Roald Amundsen are depicted in detail, including his pioneering expedition to the North Pole in an airship. The museum is housed in a 19th-century warehouse on the waterfront. You will also discover much about the bravery and fortitude of Alaskan huskies while touring a Husky centre, home to more than 75 of these highly intelligent dogs. Known for their speed, endurance and strength, Alaskan huskies are superior sled dogs. They are also extremely affectionate animals, as you will discover while touring the wilderness centre and interacting with the dogs.	This active tour includes a considerable amount of walking and is not recommended for wheelchair guests or those with limited mobility.
Tromsø	Norway	TRO-006	Highlights	TROMSØ HIGHLIGHTS & NORTHERN LIGHTS	\$149	3	Moderate	Become familiar with the culture of Tromsø on a panoramic drive through the engaging city and watch a movie that showcases the Northern Lights, its most alluring natural wonder. The film, "Arctic Light," will be shown at the Northern Lights Planetarium, an appropriate venue for celestial observations. It realistically presents the eerie phenomenon of the Northern Lights or aurora borealis that illuminates northern Norway's sky in the colder months. The film is the next best thing to seeing the lights in person, as it is an immersive experience that brings the colourful Northern Lights to life. Your first glimpse of the Arctic Cathedral will come while crossing the bridge that leads from Tromsø to the neighbourhood of Tromdalen on the mainland. The triangular-shaped cathedral features a steep concrete roof that is so striking that it has become iconic. The cathedral's massive stained-glass window allows natural light to bathe the interior in a symbolic way.	This tour includes approximately 75 minutes of walking. It is available to guests with limited mobility who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them.
Tromsø	Norway	TRO-008	Active	OCEAN KAYAKING	\$799	6	STRENUOUS	Paddle a kayak through the waters off Kvaløya Island, a picturesque setting teeming with wildlife. The exact location for your kayaking adventure will depend on the weather and water conditions, but you can be sure that the experience will be immensely satisfying. After a briefing on how to maximise your time on the water, you will paddle into the sea. The views will be spectacular, as Kvaløya is a mountainous island known for its coastal scenery. In the language of the indigenous Northern Sami people, Kvaløya means "whale island," a reference to cetaceans such as the humpback whales that winter there. Seals are often spotted near the shore, and elk can sometimes be seen in the distance. Be sure to scan the sky for sea eagles, large white-tailed raptors with wingspans up to 8 feet long. After kayaking, you will be served a rustic meal in a tent much like the ones that the Sami use.	This tour requires a moderate amount of activity and participants should be in good physical condition. Please note participants must be swimmers. Marine traffic rules and regulations must be followed as they are enforced by law. Guests will get life jackets and they must wear them all the time. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, heart conditions, epilepsy, diabetes, respiratory conditions or pregnant women. Tour participants do so at their own risk and responsibility and will be required to sign a release form. Guests need to bring: dry change of clothes, raincoat, warm clothes. Minimum age is 13 years and children under 18 must be accompanied by an adult parent or guardian.
Tromsø	Norway	TRO-009	Active	SCENIC RIB ADVENTURE	\$379	3	Moderate	Race through the sheltered waters of a steep-walled fjord in a RIB, a rigid inflatable boat designed specifically for negotiating seas such as these. You will be given waterproof gear to wear to shield you from the spray as you zip through the gorgeous fjord. Along the way, you will pass Håkøya Island, where one of Germany's largest and most formidable battleships was sunk during World War II, an attack that re-opened the Arctic waterways to Allied shipping. You will also pass sizable Ryøya Island, which sits in the middle of the fjord. Chances are, you will see a small herd of musk ox along its shore. These stout, shaggy-haired mammals with short, curling horns may look like ox, but they are really not closely related. You may spot other wildlife, as well, such as sea eagles and harbour porpoise. The latter are smallish cetaceans and are abundant throughout these waters.	This tour requires a moderate amount of activity and participants should be in good physical condition and be able to swim. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, heart conditions, epilepsy, diabetes, respiratory conditions or pregnant women. Tour participants taking part in any water activities do so at their own risk and responsibility and will be required to sign a release form.
Alta	Norway	ATA-001	Highlights	LEISURELY ALTA	\$119	1.5	EASY	Settle in for a panoramic drive around Alta and pause along the way for photos of the key landmarks. Known as the Northern Lights Town, Alta sits at the head of a fjord far above the Arctic Circle. Even when the Northern Lights aren't visible, they are an inspiration as you will discover at the ultra-modern Northern Lights Cathedral, which features a wavy titanium-clad façade meant to represent the natural phenomenon the aurora borealis. The theme is reflected in the dramatically lit interior, as well. As a contrast, you will stop at the wooden 19th-century Alta Church, one of the few buildings in town that the Germans left standing in World War II. However, they did burn the former school and hospital Altagård to the ground. The replica that you will see features a locally quarried slate roof. Another stop will be made at Skaialuft, where Alta's premium slate is shipped throughout the world.	PLEASE NOTE: The order of the sites visited or viewed may vary. This tour is not available to guests who utilise a wheelchair or those with limited mobility. Weather appropriate clothing; sunglasses; and flat, comfortable walking shoes are recommended.

Alta	Norway	ATA-002	Highlights	ALTA CANYON & POWER STATION	\$329	4	MODERATE	View the largest canyon in Northern Europe and the river that flows through it and supplies the area with hydroelectric power. Surrounded by wilderness, Alta Canyon is a breathtaking sight and draws nature lovers who come to hike, boat and marvel at the pristine landscape. The canyon begins just below the power station, which was a highly controversial project because of fears that the dam and reservoir would negatively impact migrating salmon and herding reindeer. You will stop at the concrete arched dam – the highest in Norway – and watch a film that shows how it was constructed to be as environmentally responsible as possible. The indigenous Sami people have long lived in this area, and you will learn about their culture while gathered around a fire in a Sami tepee known as a lavvo. You will hear stories of Sami life and listen to their folk music while snacking on reindeer jerky.	PLEASE NOTE: The order of the sites visited or viewed may vary. This tour includes approximately 200 metres of walking each way through a steep tunnel to the dam. It is not available to guests who utilise a wheelchair or those with limited mobility. Weather appropriate clothing; sunglasses; and flat, comfortable walking shoes are recommended. Helmets are provided. This tour is not recommended to claustrophobic guests. No pictures or bags of any kind are allowed in the tunnel. Guests can leave their bags on the bus. No-shows on the tour will be fully charged.
Alta	Norway	ATA-003	Highlights	PAESKATUN SLATE QUARRY	\$199	2	MODERATE	Discover how Alta's highly prized slate is quarried at Paeskatun, a family-owned company that operates high in the mountains. It is believed that slate was extracted in the Alta area beginning in the Stone Age and used for making knives, spearheads and arrowheads. These prehistoric quarries drew people from far and wide who gathered for rituals and created rock carvings near the head of the fjord, where Alta is now located. Founded about 25 years ago, Paeskatun is a modern slate company. While touring the production hall, you will learn how slate is quarried, stored and shaped to make everything from roof tiles to furniture to billiards tabletops. It is a fascinating process that hasn't changed enormously over time. The slate is still split into thin slabs using hand tools. Even the thinnest of the slabs is strong and durable. If you stroll the grounds, you may see replicas of 19th-century slate worker homes.	PLEASE NOTE: This tour includes approximately 50 metres of walking. The ground at Paeskatun is mostly gravel and uneven in places. Buildings on the site have thresholds at the doors. It is not available to guests who utilise a wheelchair or those with limited mobility. Weather appropriate clothing; sunglasses; and flat, comfortable walking shoes are recommended.
Alta	Norway	ATA-004	Active	NORTHERN LIGHT CATHEDRAL & WALKING TOUR	\$179	2	MODERATE	Take a leisurely walk through Alta and see attractions that reflect the culture of northern Norway. The town perches at the head of Alta Fjord with majestic mountains and arctic tundra surrounding it, which makes for a beautiful natural setting. Despite being closer to the North Pole than to the British Isles, Alta is surprising warm thanks to its sheltered location and the Gulfstream. Because of its high altitude, some of the first scientific studies of the Northern Lights or aurora borealis were conducted at Alta, and it is still so strongly associated with that natural phenomenon that is known as the Northern Lights Town. No wonder Alta's icon is the Northern Lights Cathedral. As you will see, its daring, undulating design emulates the dancing lights of the aurora borealis. Inside the church, you will browse an immersive science exhibition that explains the aurora borealis in an entertaining way.	PLEASE NOTE: The order of the sites visited or viewed may vary. This tour includes approximately 25 minutes of walking. It is not available to guests who utilise a wheelchair or those with limited mobility. Weather appropriate clothing; sunglasses; and flat, comfortable walking shoes are recommended.
Alta	Norway	ATA-005	Highlights	PETROGLYPHS AT ALTA MUSEUM	\$179	3	MODERATE	Delve into the history of Alta while driving through town and at the Alta Museum, where you will view petroglyphs or rock art that is as much as 6,000 years old. Commentary on the way to the museum will describe Alta's more recent history, especially during the 17th century when Dutch whalers settled there. Thousands of years prior to that, hunter-gatherers carved and painted figures on rock outcroppings in the area. There are so many of them and they are so compelling that UNESCO included the petroglyphs in its World Heritage list. By following a trail near the museum, you can view painted and unpainted rock carvings in the bedrock where they were discovered beneath the turf. Petroglyphs often depict animals, human figures and prehistoric social life. Inside the museum, you may see stones used to carve petroglyphs, as well as sacred art from the Middle Ages, which presents yet another historical perspective of Alta.	PLEASE NOTE: The order of the sites visited or viewed may vary. This tour includes approximately 25 minutes of walking along the Petroglyphs with some incline and uneven pavement. There are 26 steps inside the museum. Depending on weather, rock carvings outdoors are covered with now in the winter. It is not available to guests who utilise a wheelchair or those with limited mobility. Weather appropriate clothing; sunglasses; and flat, comfortable non-slip walking shoes are recommended.
Alta	Norway	ATA-006	Active	KOMSA MOUNTAIN HIKE	\$249	3	STRENUOUS	Hike to the summit of Mount Komsa, the modest peak directly across the harbour from your cruise ship. As you follow the natural trail up the mountain, which is only a mile long each way, you will be treated to glorious views of Alta, the fjord and the surrounding landscape. In 1925, a geologist found the remains of Stone Age settlements on Mount Komsa, and at the beginning of this century rock art known as petroglyphs were discovered. Prehistoric people gathered in this area at the head of the fjord for rituals and to quarry slate, which they used to make knives, arrowheads and other weapons. The guide will describe some of Alta's ancient history and more recent history during the hike. Upon reaching the flat-topped summit, you will pause to take in the 360° views and enjoy a packed snack called nistepakke in Norwegian, which typically includes bread, cheeses and meats like salami.	PLEASE NOTE: It is not available to guests who utilise a wheelchair. This tour requires a moderate amount of activity and participants should be in good physical condition. Weather appropriate clothing; sunglasses; and hiking shoes are recommended.
Alta	Norway	ATA-007	Highlights	SAMI EXPERIENCE & RIVERBOAT	\$359	5.5	MODERATE	Become immersed in the indigenous Sami culture at an inland village along the River Kautokeinoelva, which you will cruise for a closer look at the gorgeous countryside. The Sami tend to live in the northernmost reaches of Norway, where until recently they mostly herded free-roaming reindeer for their meat and hides. As an introduction to Sami life, you will visit a church in the village of Máze to learn the basics of their alphabet. You will also gather in a tepee known as a lavvo, which the Sami developed when they were nomadic. While sitting on reindeer pelts around a fire at the centre of the lavvo, you will be served reindeer-and-potato stew, listen to traditional Sami folk stories and learn about the differences between traditional Sami life and modern life. As a special treat, you will hear the chant-like singing of the Sami, which is known as joiking.	PLEASE NOTE: This tour includes approximately a 10 minute walk. It is not available to guests who utilise a wheelchair or those with limited mobility. Weather appropriate clothing; sunglasses; and flat, comfortable walking shoes are recommended.

Alta	Norway	ATA-008	Local Discovery	SAMI CULTURAL EXPERIENCE	\$309	3.5	MODERATE	Get a genuine look at daily life in an indigenous Sami village and learn how these once nomadic people have adapted to modern times. The Sami culture is the oldest throughout much of northern Norway, yet it is changing, especially as the younger Sami move into more urban areas. The village of Máze remains traditional as you will discover while interacting with the Sami residents in a tepee known as a lavvo. When the Sami were nomadic, the lavvos could easily be moved from location to location. While you sit on reindeer hides around an open fire, your hosts will describe many of their traditions, how the herd reindeer and how the reindeer fur is used for clothing. The Sami will also perform a distinctive chant-like style of singing known as a joiking. Although missionaries and state officials once tried to suppress joiking as a threat to assimilation, it survived.	PLEASE NOTE: It is not available to guests who utilise a wheelchair or those with limited mobility. Weather appropriate clothing; sunglasses; and flat, comfortable walking shoes are recommended.
Maloy	Norway	MLY-002	Highlights	EXPLORE WEST CAPE	\$229	4.5	EASY	Settle in and enjoy an immensely panoramic drive across the sparsely populated West Cape, an area little changed over the centuries. You will take in one spectacular view after another as you travel along the wild, rocky coastline to the westernmost point on mainland Norway. Its flat-topped seaside mountain provides stunning views in all directions, especially from the clifftops. The weather and seas there are notorious for changing at a moment's notice. That's the beauty of this pristine location; you never know what you will encounter or how long before the scenery dramatically changes. A bit further down the coast, you will find a cluster of homes overlooking Selja beach. This magical setting attracts surfers worldwide as the powerful seas often produce ideal waves.	The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the vehicle and have an able-bodied companion to assist them. Wheelchairs guests will not be able to access the beach on this tour due to the sand.
Maloy	Norway	MLY-003	Highlights	BOAT TO SACRED SELJA ISLAND			MODERATE	Explore the medieval monastery on Selja, a sacred island where Sunniva – Norway's only female saint – lived in the 10th century. You will reach Selja on an extraordinarily scenic cruise through the Ulvesundet Strait, past a number of other barren islands and on to the stark monastery. Benedictine monks built this holy site, whose stone tower still remains, rising above the excavated ruins of the other structures. While wandering about the serene setting, you will hear the legend of Saint Sunniva, which is recorded in three different sources, all more than a thousand years old. In essence, she was an Irish princess that fled an arranged marriage to a heathen Viking chief. Sunniva lived in a cave on Selja, where a miracle occurred resulting in her sainthood. If you climb the tower steps, you will be rewarded with an incredible view. You might also drink from a spring whose waters can supposedly heal.	This tour includes approximately 1 ½ hours of moderate uphill walking/standing; There will be some inclines, steps and uneven surfaces to negotiate. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who are cautioned to carefully evaluate their personal level of stamina and ability.
Maloy	Norway	MLY-013	Active	RIB SAFARI	\$289	2	STRENUOUS	Cruise the waters off the island of Vågøy in a Rigid Inflatable Boat more commonly known as a RIB, the ideal vessel for negotiating the Norwegian waters. As you cruise along the coast, you will see remote lighthouses perched on the rocky shores and distant Mount Vetten – the highest point on Vågøy – rising above the island's interior. Farther north, you will pause at the island of Silda to explore an old fishing village and at the island of Selja to view its namesake monastery, which Benedictine monks built in the early 12th century. For a glimpse into the future of this area, you will stop at Selje to see where the world's first ship tunnel is being built. This mile-long underground tunnel will allow ships to cruise straight across the Stad Peninsula and avoid the hazardous waters that surround the peninsula. Chances are, you will also see birds such as eagles and puffins.	This tour includes approximately 1 hour on the Rib Boat. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who are cautioned to carefully evaluate their personal level of stamina and ability. ** This tour has a limited capacity; therefore, it is recommended that guests pre-book this tour as early as possible. **
Maloy	Norway	MLY-016	Local Discovery	VISIT NAVE DEER & LLAMA FARM	\$259	2.5	MODERATE	Interact with deer and llamas at a family-owned farm that is large enough to provide the animals with plenty of space to roam freely. Deer are abundant on Vågøy Island and not endangered in any way as their natural habitat is mostly intact in this part of Norway. Seeing these large reddish-brown deer – which are related to elk – grazing and up close at the farm will be quite the thrill. As the owners will explain, the deer are used to being around humans and will typically approach so you can feed them, if you like. Besides encountering adult deer, you may see newborn fawns, which usually stay close to their mothers for several years. Although llamas aren't native to Norway, they have adapted well to the environment after being introduced in the late 1990s. Llamas make a variety of noises, the most common being humming, which is how they communicate to each other.	This tour includes a moderate amount of walking mainly at the guest's discretion. There is gravel and uneven terrain at the farm. It is available to guests who utilise a collapsible wheelchair, can both make their way on and off the coach and have a companion to assist them.
Maloy	Norway	MLY-015	Highlights	CULTURAL WALKING TOUR	\$159	2	MODERATE	Stroll through downtown Måløy, a flourishing fishing port that has developed into a remarkable cultural centre, as well. The city's fishing heritage is beautifully and dramatically told through the colourful street art that adorns many of the most high-profile buildings. Most every mural features some combination of fish, fishermen and fishing boats – all oversized and boldly painted to capture your attention. While viewing the most emblematic murals, the guide will explain the significance of the figures, some of which may be symbolic. Not all of the artists are Norwegian, which adds an international flair to the paintings. To enhance your understanding of commercial fishing, you will browse a museum dedicated to this important industry and board the MS Haugefisk, a restored boat that was once used for longline fishing. This angling technique targets certain species in hopes of minimising the bycatch of other fish and is now only allowed in certain waters.	This tour includes approximately 1.5 hours of walking. It is not recommended to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

Maloy	Norway	MLY-011	Local Discovery	ERVIK & LOCALLY CAUGHT FISH	\$319	6	MODERATE	Explore the village of Ervik on the northwestern tip of the massive Stad peninsula and dine on fresh fish caught in the cold waters of the surrounding North Sea. A scenic drive up the peninsula will offer a hint of the natural beauty that lies ahead in Ervik, where life revolves around the water. The village boasts one of the finest surfing beaches in Norway and fishing has long fueled the economy. While visiting the free-standing Ervik Church, you will hear about the heroic efforts of the villagers that saved dozens of passengers from the SS Sanct Svithun, which Allied bombers sank during World War II. The ship's bell – which is engraved with text commemorating that rescue – now serves as the bell for the church. Later, while dining at a landmark hotel on the Stad peninsula, you will enjoy a locally sourced fish dish that reflects the bounty of the sea.	This tour includes limited walking, mainly at the guest's discretion. It is not recommended to guests who utilise a wheelchair due to gravel and uneven terrain.
Maloy	Norway	MLY-001	Highlights	HIGHLIGHTS OF MALOY	\$149	2.5	EASY	Gain an overall understanding of the Maloy area on a panoramic drive that will present its landmarks and haunting beauty. You will discover that it's impossible to take a bad picture at Krakenes Lighthouse, as it rests on a jagged outcropping of rocks overlooking an incredibly photogenic setting. It is especially scenic when high seas pummel the rocks and spray the lighthouse with a fine mist. Crashing waves have also had their effect on bizarrely shaped Kannesteinen Rock, which perches atop a thin stem that gives the rock the appearance of a wine goblet or mushroom. While pausing for photos, you may think that Kannesteinen looks like something totally different. A carefree walk on Refviksanden beach will reveal its immense beauty and an unusual feature of the nearby houses. They are all built with one wall thicker than the others as a buffer from strong winds that blow down from the valley.	The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the vehicle and have an able-bodied companion to assist them.
Haugesund	Norway	HAU-001	Highlights	AMAZIN AKRAFJORDEN	\$319	7	MODERATE	Departing your ship, enjoy a panoramic drive to Åkrafjorden and savour meal at a local restaurant. Cruise up a gorgeous fjord and see one of Norway's most photographed waterfalls and visit the rural workshop of a renowned folk artist. To reach Langfoss waterfall, you will cruise Akrafjorden, a spectacular fjord that winds through the countryside. The cascade tumbles down the mountainside, rather than falling straight down into the fjord so it appears even more dramatic. If you look closely, you may see hikers along the challenging path that leads to the top of Langfoss. Then head back to your coach for a delightful sightseeing drive back to Haugesund.	This tour requires minimal easy walking; however guests must be able to board the sightseeing boat unassisted. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who are cautioned to carefully evaluate their personal level of stamina and ability. Warm layered clothing, sun protection and flat, comfortable walking shoes with non-slip soles are recommended.
Haugesund	Norway	HAU-002	Highlights	ARQUEBUS defence MUSEUM	\$149	3	MODERATE	Delve into Norway's past by visiting the Arquebus War Museum and a monument dedicated to Norway's first king, who united the country in the 9th century. One of Norway's largest museums, this former chair factory now holds thousands of artifacts that detail the events of World War II in Norway, starting with the Resistance movement. While browsing, you will gain a better understanding of everyday life during the German occupation, the valiant efforts of the merchant marine and the secret radio transmissions that helped defeat the Germans. Nearby, you will pause to admire the display of natural beauty at Steinsfjellet, an elevated lookout with panoramic views of the North Sea. Another stop will be made at the Haraldshaugen monument, which was erected in 1872 to mark the 1,000-year anniversary of Norway's unification. This national monument of obelisks looms over the supposed burial site of Harald Fairhair, the first king of Norway.	This tour includes approximately 1.5 hours of easy walking/standing. The tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach, and have an able-bodied companion to assist them. Those with mobility concerns are cautioned to carefully evaluate their personal level of stamina and ability. Warm layered clothing, sun protection and flat, comfortable walking shoes are recommended.
Haugesund	Norway	HAU-004	Highlights	CHARMING SKUDENESHAVN	\$149	4	MODERATE	Discover the highlights of Skudeneshavn, a fishing town that was established in the 19th century and has retained its historical atmosphere through preservation. After pausing for photos of a memorial that commemorates local fishermen that lost their lives at sea, you will proceed to the Mælandgården Museum in Skudeneshavn. It is located in a meticulously kept wooden house that a prosperous merchant built in the 19th century. The museum is decorated with period furnishings and objects that provide an accurate picture of life during a time when herring was king. For a deeper immersion into history, you will meander through the town's narrow streets, which are lined with more than 200 restored residences and boathouses. You will also enjoy some free time to further explore on your own. The main street, Sørågada, is a great starting point, as it is lined with boutiques and restaurants. Fresh seafood is always an excellent choice if you stop for a snack.	This tour includes approximately 75 minutes of easy to moderate walking/standing, plus any additional walking at the guests' discretion during free time. There will be some steps and uneven terrain to negotiate. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. Warm layered clothing, sun protection and flat, comfortable walking shoes are recommended.
Haugesund	Norway	HAU-005	Highlights	HISTORIC AVALDSNES & VIKING FARM	\$189	3.5	MODERATE	Become immersed in Norway's intriguing history, starting at Avaldsnes on Karmøy Island, where the country's first king lived in the 9th century. The past comes alive at Avaldsnes, as you will discover at the Nordvegen History Centre, an attraction located where King Harald Fairhair lived after unifying Norway. While browsing the exhibits, you will learn about Norway's early kings and warriors, who have been immortalized in Norse sagas. You will then proceed to St. Olav's Church, which was constructed of stone in the 13th century. Outside, you will see an obelisk known as Virgin Mary's Sewing Needle because according to one legend, it is the needle she lost while sewing in heaven. Nearby, you will explore a replica Viking farm whose buildings were re-constructed based on archaeological finds and using original techniques. There is a longhouse, granary and boathouse; all of which show how the Vikings lived more than a thousand years ago.	This tour includes approximately 2.5 hours of moderate walking/standing that includes some steps and uneven terrain to negotiate. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. Weather appropriate clothing, adequate sun protection and flat comfortable walking shoes are recommended.

Haugesund	Norway	HAU-007	Highlights	PANORAMIC HAUGESUND	\$189	2	EASY	Settle in for a leisurely driving tour through Haugesund that presents an overall view of the town and landmarks such as the monument to Norway's first king. During the Viking Age, the surrounding region was a power centre, and Norway's name refers to the strait at Haugesund, which was called the Way to the North or Norway. You will discover more about the area history at the Haraldshaugen national monument. Harald I, the first king of unified Norway, was supposedly buried on this hill in the 10th century. The monument commemorates his final victory at Hafersfjord before becoming king. Haugesund is also renowned for its pink-hued town hall, which you will pass in the centre of town. A shipping magnate funded its construction and little expense was spared on the pillared, classically designed building, which opened in 1931. A different perspective awaits you at Steinsfjellet, a scenic overlook that offers spectacular views of Haugesund and the surrounding islands.	Tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide this.
Haugesund	Norway	HAU-010	Highlights	AKRA BEACH HIKING	\$209	3	MODERATE	Hike a heritage trail along a stretch of sand often voted Norway's most beautiful beach and pause at historical sites along the way. The scenery will change from urban to rural as you cross the bridge to Karmøy, one of the largest islands in southwestern Norway. Much of the island has remained wild and undeveloped, especially its white beaches facing the North Sea. At beautiful Akra Beach, you will experience the serenity of nature on a leisurely hike along a coastal trail to the village of Ferkingstad. The guide will point out the beach's distinctive dune flora and how it supports a variety of wildlife. There are also cultural and historical monuments on the trail, such as the stone memorial said to symbolise the warrior daughters of a Viking king and the ruins of a Viking longboat house. The hike will end at Fisherman's Memorial, a simple stone cross commemorating fisherman lost at sea.	Total amount of walking is approximately 75 minutes on uneven terrain, sand and rocks. Warm layered clothing, sun protection and hiking or sturdy walking shoes are recommended.
Haugesund	Norway	HAU-011	Highlights	FEØY & ROVAER ISLAND BY RIB	\$359	1.5	MODERATE	Ride a Rigid Inflatable Boat known as a RIB across the sea to Røvær and Feøy islands while the skipper regales you with entertaining stories. The open-air RIB will offer unobstructed views in all directions, and as you will see the natural beauty of the sparsely populated islands is considerable. Many of the islanders support themselves by sheep farming and fishing for Atlantic herring, a mineral-rich fish that is vitally important to the economy and to the diet of the marine life that inhabits these cold waters. Be sure to keep an eye out for whales, orcas and dolphins, which are often seen breaching the water's surface as they feed. Sea eagles are also frequently spotted. To enhance your understanding of the islands, the skipper may share stories about the Vikings that lived there more than a millennia ago and the German soldiers that occupied the area during World War II.	This tour requires a moderate amount of activity and participants should be in good physical condition and be able to swim. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, or pregnant women. Tour participants taking part in any water activities do so at their own risk and responsibility. Minimum age to participate is 8 years of age. Survival suits will be provided and must be always worn. Lifejackets are provided and must be worn.
Haugesund	Norway	HAU-012	Active	NORDIC WALKING	\$149	4	STRENUOUS	Reap the benefits of Nordic walking on a delightful hike through Haugesund and on into the outskirts by following a picturesque mostly coastal trail. At the onset, you will be briefed on how to walk Nordic-style, using specially designed poles that help to maximise the benefits. This method of walking tones the body, burns nearly 50% more calories than traditional walking and puts less pressure on the knees and joints. Best of all, Nordic walking is easy to do. The gently winding route will pass architectural highlights such as Our saviour's Church – a Gothic-style building with red-facing brick – and Haraldshaugen, a national monument to Harald I, the first king of unified Norway, who was supposedly buried there in the 10th century. You will also see the haunting Rising Tide sculptures that are part horse and part oil-drilling machinery before pausing for a traditional trail snack of brown cheese and bread.	This tour includes a moderate amount of walking. Tour is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Haugesund	Norway	HAU-013	Active	GUIDED HIKE TO HIMAKANA	\$479	5.5	STRENUOUS	Hike to the summit of the rock formation Himakana and enjoy sweeping views that will only get better the higher you climb. The well-maintained trail begins in the village of Nedstrand, which is tucked away near the confluence of two fjords. Although the gravel trail is steep at times, it is still quite manageable, even for novice hikers. Its relative ease to climb is the reason that Himakana is nicknamed the "mini Trolltunga," as ascending Trolltunga – a similar but much larger rock formation – is considerably more challenging. Trolltunga may be three times higher, but it isn't three times more scenic, another reason Himakana is such a popular hike. Chances are, you will spot plenty of other nature lovers on the trail, especially at the summit, which overlooks Lysevatnet Lake. Before descending, you will enjoy a light snack and a bar of Kvikk Lunsj, a chocolate-covered wafer known as the "hiking chocolate."	This tour is not wheelchair accessible. Those guests with mobility concerns are cautioned to evaluate their personal level of stamina and ability. Please inform in advance of any allergies or special food requirements for example vegetarian or vegan food, since the tour includes a lunch-box for a picnic at the summit.
Haugesund	Norway	HAU-GL1	Highlights	GL-FØRRESFJORD HOME VISIT	\$259	2.5	EASY	Visit with local couple Anne and Leif Bjarte, who will welcome you into their harmonious home and garden to discuss daily life in rural Norway and their passion for gardening. As lovely as their 19th-century wooden house is, the grounds are even more spectacular. Anne is a garden designer, while Leif is a landscape architect. Together, they have created a house and garden that exudes harmony and serenity. It is an exceptional setting to learn about life in the shadow of Forresfjord waterway. In the garden, you will find perennials and roses in bloom and all sorts of other fragrant plants. You will also browse the greenhouse where vegetables and fruits are cultivated. Herbs and spices have their places, too. Besides being added to dishes to enhance their flavours, they are picked for tea, a cup of which you will be served. Traditional Norwegian waffles and jam will be offered as an accompaniment.	This tour includes about 1½ hours of walking and standing with some steps. It is not available to wheelchair guests and may not be suitable for those with mobility concerns who should evaluate their stamina and ability before joining the tour.

Southampton	United Kingdom	SOU-004	Highlights	ROYAL CAPITAL & TOWER OF LONDON	\$219	9.5	STRENUOUS	Enjoy a panoramic sightseeing tour of London's iconic landmarks and free time to explore other attractions that sound alluring. The route will take you past Buckingham Palace and St. Paul's Cathedral on the way to the imposing Tower of London. One of the most famous fortified buildings in the world, the Tower was built by order of William the Conqueror. It has served as a palace, prison, treasury, arsenal and even a zoo, and today it houses the priceless crown jewels. Also on view are the Medieval Palace, the infamous Bloody Tower and over 90 inscriptions made by prisoners in the Beauchamp Tower. Following free time for lunch in Central London, you will continue the panoramic sightseeing tour, passing some of the city's most important and royal monuments such as Westminster Abbey, Big Ben, the Houses of Parliament and London Bridge. Depending on traffic conditions, time will be allotted for photo stops.	The drive to/from London takes about two hours. This tour is not available for wheelchair guests and those with mobility concerns should evaluate their ability and stamina before joining. Bring English Pounds, as some shops do not accept other currencies nor credit cards. Also, some public bathroom facilities charge for usage.
Southampton	United Kingdom	SOU-005	Highlights	LONDON ON WATER & LAND	\$139	9	MODERATE	See the most famous attractions in London by cruising the River Thames and by driving through the heart of the capital. The river cruise will offer a unique water perspective of landmarks such as the Houses of Parliament, an extraordinarily beautiful building also known as the Palace of Westminster. French Impressionist Claude Monet famously painted the Parliament at different times of the day from the same Thames perspective that the cruise offers. Following lunch on shore, you will begin the panoramic driving portion of the tour. The exact route will depend on the traffic, but you can expect to see highlights such as Buckingham Palace, Big Ben and St. Paul's Cathedral. Acclaimed English architect Christopher Wren designed the cathedral and was entombed there in 1723.	The drive to/from London takes about two hours. This tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off the transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide it. Bring English Pounds, as some shops do not accept other currencies nor credit cards. Also, some public bathroom facilities charge for usage.
Southampton	United Kingdom	SOU-006	Highlights	LONDON PANORAMA	\$109	9	EASY	Delight in this sweeping driving tour around London that focuses on highlights such as Westminster Abbey, Buckingham Palace and the Houses of Parliament. The exact route will depend on the traffic and time of day, but you can expect to see Trafalgar Square, home of the imposing Nelson's Column, and pass through Admiralty Arch and into The Mall. It will be quite a sight as Buckingham Palace stands at the far end and the delightful oasis St. James' Park beckons to the side. Nearby, you will see Whitehall with its poignant Cenotaph war memorial. You can also count on exploring the square mile of the old city, whose medieval and Georgian atmospheres still survive. The massive Tower of London and majestic St. Paul's Cathedral are but a few of the draws.	The drive to/from London takes about two hours. This tour is mostly panoramic and the amount of free time depends on the traffic conditions. This tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide it. Bring English Pounds, as some shops do not accept other currencies nor credit cards. Also, some public bathroom facilities charge for usage.
Southampton	United Kingdom	SOU-008	Highlights	PANORAMIC LONDON & MADAME TUSSAUDS	\$219	9	MODERATE	Drive past many of London's signature landmarks and browse the extraordinary life-like exhibits in Madame Tussauds wax museum. You will soon gain an overall impression of London through icons such as Buckingham Palace, the official residence of her Majesty the Queen, and Westminster Abbey, scene of coronations and state ceremonies for centuries. Depending on the traffic, you will pause for photos of famed locales such as the Houses of Parliament and Big Ben, which rises above its north end. Following free time for lunch, you will visit Madam Tussauds, the world-famous museum with a collection of more than 300 wax figures of the royal family and celebrities ranging from Kate Winslet to David and Victoria Beckham. If you are politically minded, you might browse the museum's World Leaders section that features wax figures such as Nelson Mandela.	The drive to/from London takes about two hours. This tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide it. Bring English Pounds, as some shops do not accept other currencies nor credit cards. Also, some public bathroom facilities charge for usage.
Southampton	United Kingdom	SOU-009	Highlights	LONDON ON YOUR OWN	\$99	8.5	EASY	If you prefer exploring London on your own, this private motorcoach transfer is ideal. You will be dropped off at a convenient location in the heart of the city, and your return transfer will depart hours later from the same place. A host will travel with you to and from the ship to answer any questions you may have about sightseeing or shopping. You will also be given pamphlets about the most popular attractions and important phone numbers if you need assistance during your travels. Where you go will be entirely up to you, a luxury that encourages you to concentrate on the attractions that interest you the most. With no schedule to follow, you can stay at your chosen attractions as long as you want, allowing you to thoroughly explore them.	This tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide it. The sites visited, amount of walking and the level of exertion are at the guests' discretion. Meals, entrances and incidental expenses while in London are at guests' discretion and own expense. Bring English Pounds, as some shops do not accept other currencies nor credit cards. Also, some public bathroom facilities charge for usage.
Southampton	United Kingdom	SOU-010	Highlights	BATH - UNESCO WORLD HERITAGE SITE	\$149	8	MODERATE	Venture into Bath to see the ancient Roman baths that transformed the city into England's very first spa resort. The baths also contributed to UNESCO declaring the city a World Heritage site. Bath's other notable features include a wealth of stately, honey-coloured Georgian architecture and its location in the quintessentially English rolling countryside. Although it will take about two hours to reach Bath, it will be well worth the time. Besides exploring the famed bath complex, which was founded in 75 AD, you will visit Pulteney Bridge, one of few such structures in the world with shops along both sides of its span. Designed in 1769 with pilasters and domes at both ends, the bridge is an architectural gem. You will also spend time along the Royal Crescent, one of the finest examples of Georgian architecture in England, before enjoying free time to explore further on your own.	Because of the numerous steps and inclines, this tour is not available for wheelchair guests, and those with mobility concerns should evaluate their ability and stamina before joining the tour. Bring English Pounds, as some shops do not accept other currencies nor credit cards. Also, some public bathroom facilities charge for usage.

Southampton	United Kingdom	SOU-011	Highlights	STONEHENGE & SALISBURY	\$179	7	MODERATE	Become immersed in mystery and antiquity by visiting medieval Salisbury and mythical Stonehenge. You will see the lofty spire of Salisbury's 13th-century cathedral long before arriving in town. Inside, you will find a remarkable range of historical items, including the oldest working clock in Britain and an original copy of the Magna Carta signed at Runnymede in 1215. Being perhaps the most well-known prehistoric site in England, Stonehenge is equally intriguing. Although built in three stages, the iconic stone circle that now stands at Stonehenge was constructed about 2500 BC in the late Neolithic period. UNESCO declared Stonehenge a World Heritage site for being the world's most architecturally sophisticated prehistoric stone circle. Its massive stones were transported as far as 150 miles and erected using precise interlocking joints. Exactly how Stonehenge was constructed and its ultimate purpose are not completely understood, but the guide will offer theories.	This tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide it. Bring English Pounds, as some shops do not accept other currencies nor credit cards. Also, some public bathroom facilities charge for usage.
Southampton	United Kingdom	SOU-012	Highlights	WINCHESTER CASTLE & CATHEDRAL	\$129	4	MODERATE	Explore Winchester, a city that lies at the centre of English history and embodies the romantic vision of an English heartland. Winchester Cathedral is one of Europe's largest cathedrals and is the lengthiest Gothic cathedral on the continent. Highlights include the elaborate carvings in the magnificent choir area and the Winchester Bible, the largest and finest of all surviving 12th-century English bibles. You may also view the simple gravestone of novelist Jane Austen, who lived in nearby Chawton. Continuing on, you will see the remains of Winchester Castle, specifically its Great Hall from the 13th century. Now a museum, the Great Hall displays a replica of the round table where King Arthur and his knights supposedly congregated. The table hangs on the wall and dates to medieval times, although King Henry VIII later had it decorated with a Tudor rose at its centre.	This tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide it. Bring English Pounds, as some shops do not accept other currencies nor credit cards. Also, some public bathroom facilities charge for usage.
Southampton	United Kingdom	SOU-013	Highlights	BLAST FROM THE PAST	\$209	4.75	MODERATE	View hundreds of the world's fastest, rarest and most revolutionary automobiles and other motorized vehicles at the Beaulieu National Motor Museum. There is so much to see and do that you don't have to be an car buff to find something to your liking. You might come across a Karl Benz-produced 1898 Velo, Triumph motorcycles, a replica of the magical flying car from the movie "Chitty Chitty Bang Bang" and a 1927 Sunbeam built specifically to shatter the land speed record – which it did. You can concentrate on one aspect of motoring such as cars of the Edwardian Era or take a wider approach and browse all sorts of different collections. The museum contains thousands of historical photos, blueprints for prototypes and unusual memorabilia ranging from petrol pumps to coiled bulb horns. There is even a talking crash-test dummy that will describe how safety features have evolved over time. Outside the museum, step into Palace House, the elegant ancestral home of the Montagu family. Wander through its richly decorated Victorian rooms and chat with costumed guides who bring the 19th century to life. Nearby, discover the peaceful Beaulieu Abbey, founded by Cistercian monks in the 13th century, with atmospheric ruins and an exhibition on monastic life. You can also ride England's oldest monorail, glide through the treetops on the Skytrain, or enjoy tranquil walks through the extensive landscaped gardens and grounds. This tour is Escorted not guided.	Wheelchair passengers must be able to board the motorcoach and have an able-bodied companion to assist them. Beaulieu offers good accessibility across much of the estate. The National Motor Museum is fully accessible via ramps and lifts, while the ground floor of Palace House can be accessed by wheelchair users, with visual guides available for the upper rooms. The lower levels of Beaulieu Abbey are also accessible, though the upstairs Domus exhibition is only reachable by stairs; an image book is provided as an alternative. Please note the Skytrain monorail is not wheelchair accessible, and while most pathways between attractions are suitable for wheelchairs, some garden and riverside paths may be uneven or gravel surfaced.
Southampton	United Kingdom	SOU-014	Highlights	PORTSMOUTH HISTORIC DOCKYARD	\$219	5	STRENUOUS	Enjoy an enlightening walk-through Portsmouth's historic dockyard and see a host of captivating maritime attractions along the redeveloped waterfront. As you approach, you can't help but notice the Emirates Spinnaker Tower soaring above the quays. The tower design represents sails billowing in the wind, so it perfectly sets the stage for a deep dive into England's naval history. The collection of historic ships along the waterfront tells that story in vivid detail. As you step aboard HMS Victory, you will learn about her most famous role as the flagship of Admiral Horatio Nelson in the 1805 Battle of Trafalgar. More than two and a half centuries earlier, Henry VIII's flagship Mary Rose sank during the Battle of the Solent and rested on the bottom of the sea until it was salvaged in 1982. You will see the ship's remains and thousands of Tudor artifacts in the museum that now holds her.	HMS Victory features stepped stairs, rope bannisters, low ceilings, narrow and low doorways, low lighting, and uneven floors. The upper decks can become slippery when wet, so caution is advised. Wheelchair access is available to the Lower Gun Deck. The Mary Rose Museum has low light levels, which some visitors may find challenging. No Flash photography on HMS Victory, The Mary Rose and National Museum of Royal Navy.
Southampton	United Kingdom	SOU-015	Highlights	THE D-DAY STORY	\$169	4.25	EASY	Gain a greater understanding of D-Day through imagery, military equipment and personal effects that bring the story to life like never before. While history books detail much of this dramatic World War II invasion, only the D-Day Story museum presents the event from the perspective of the people that experienced it. As you browse the collection of artifacts, you will realise the enormous scale of the operation, from its planning stages through the legacy of D-Day. This Allied invasion ultimately liberated Western Europe, but it greatly affected everyone involved as you will discover through their own heartfelt words and personal stories. The thousands of items on display include everything from flame-throwing tanks to photos with handwritten notes that reveal what the soldiers were thinking. The exhibits will evoke a range of emotions by shedding new light on D-Day. Later, you will pause for photos of Southsea Castle, a fortification that Henry VIII built to defend the English coast.	Wheelchair passengers must be able to board the motorcoach and have an able-bodied companion to assist them.



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