Norway, Sweden and Denmark: Nordic Flavors and Scenic Landscapes

From
$ 6,200 / per person
Does not include flights

DATES
May

DURATION
9 Days

SHIPS
National Geographic Explorer

STARTS AT
Edinburgh, Scotland

→

ENDS AT
Copenhagen, Denmark

Experience the wide breadth of Nordic culture and nature as you embark on a voyage through the cities, villages and natural landscapes of Scandinavia. Hike and kayak along remote, windswept coastlines that showcase the region's rugged beauty and wildlife. Indulge in fresh seafood, traditional pastries and innovative Nordic dishes with locally sourced produce and fish. Become immersed in centuries-old history at every turn, from rich seafaring traditions to famed Nordic artists.

Highlights

- Zodiac among 6,000 marine species—including 60 different endemic marine sponges—in Kosterhavet National Park, Sweden's first National Marine Park
- Search for bottlenose dolphins and taste locally made whiskey along the River Spey in Moray Firth, Scotland
- Explore the narrow, whitewashed streets of Mandal—one of Norway's oldest trade villages—and discover its historic arts scene
- Visit North Zealand, the summer home of Knud Rasmussen and refuge for the Danish royal family over the centuries

NORWAY
Kosterhavet National Park
Mandal
Moray Firth
Edinburgh
North Zealand
DENMARK
Copenhagen
UNITED KINGDOM
ND
NETHERLANDS
GERMANY
BELGIUM
LUXEMBOURG
CZECHIA
mapbox
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Day by day

■ DAY 1

Edinburgh, Scotland / Embark Ship

Arrive in Edinburgh and transfer to the city center. Known throughout time for its hill fort, now the iconic Edinburgh Castle, this vibrant city offers a variety of experiences throughout its streets. Explore the city at your own pace before embarking the ship in the afternoon.

Meals included: dinner

◇ DAY 2

Coast of Moray Firth

Sail to Moray Firth, a quiet triangular inlet in northeast Scotland. Sitting in the North Sea, it has a multitude of rivers and smaller inlets feeding into its basin. The River Spey—the second longest river in Scotland—runs through its interior out to its coastline. Known for its purity and natural beauty, the water has given rise to vibrant marine life, like bottlenose dolphins and wild salmon, coastal boatbuilding traditions and an iconic whisky trail in the valleys along its path.

Meals included: breakfast, lunch, dinner

◇ DAY 3

At Sea

Sail across the North Sea to Norway. These waters have been a connecting route between Shetland and Norse Kingdoms as far back as the ninth century. Enjoy the day on board to edit photos or attend a presentation about the region with one of your naturalists. Schedule a massage with the wellness specialist or spend time on the observation deck as you watch for the migrating wildlife that call this region home.

Meals included: breakfast, lunch, dinner

◇ DAY 4

Mandal, Norway

Considered by many to be one of the prettiest villages in all of Norway, Mandal sits at the far southern tip of the country. Perched in a harbor and surrounded by whitewashed buildings, this coastal village is the oldest market town in the region, dating back to the 1500s. Beyond its trade history, Mandal is known for its local artists and its vast natural beauty. Stroll Sjøsanden, one of Norway's best beaches, and tour the birthplace of Gustav Vigeland, one of Norway's greatest artists at the Vigeland House.

Meals included: breakfast, lunch, dinner

◇ DAY 5

Arendal

Perched at the edge of Raet National Marine Park, Arendal provides a gateway into a nature lovers paradise. With an archipelago filled with different landscapes to discover, and an old town filled with architecture from the mid-1800's, Arendal offers a wide variety of interests to be explored. Venture out into the archipelago for nature hikes, or enjoy a guided walk-through town ending at the historical museum and its archives.

Meals included: breakfast, lunch, dinner

◇ DAYS 6-7

Kosterhavet National Park, Sweden

Comprising 150 square miles around the islands in the Koster archipelago, Kosterhavet National Park is the first National Marine Park in Sweden. It contains over 6,000 marine species—including 200 that cannot be found anywhere else in Sweden, like the cold-water coral *Lophelia pertus* —and one of the country's two coral reefs. Spend two

days island hopping, kayaking, and hiking as you experience the natural beauty of this archipelago.

Meals included: breakfast, lunch, dinner

◇ DAY 8

North Zealand, Denmark

Arrive in North Zealand today, known for its windswept coast lined with sand dunes, quaint villages and a refuge for the Danish Royal Family. Take advantage of the many options along the northern coast, including a visit to Knud Rasmussen's summer home looking out over the North Sea towards his beloved Greenland. Alternatively, venture out into the water on a seaweed safari, learning about the over 30 species of seaweed and their uses, or walk the halls of historic Fredericksborg Castle, the largest in the Nordic region, dating from the 1600s.

Meals included: breakfast, lunch, dinner

■ DAY 9

Copenhagen / Disembark Ship

Disembark in Copenhagen and transfer to the airport for flights home.

Meals included: breakfast

Eastbound

Edinburgh, Scotland → Copenhagen, Denmark

2027 DEPARTURE DATES

Aboard *National Geographic Explorer*

17 May				

Alternative Routes

Visit Expeditions.com for more information.

2027 Departure Dates

25 May

National Geographic Explorer

GUESTS	CABINS
148	81

Built to handle deep swells and towering waves, the *National Geographic Explorer* lends herself to globe-spanning travel and a dedication to curiosity and wonder.

Originally constructed for service along Norway's coast as part of the famed Hurtigruten, or Coastal Express, she ferried passengers among the fjords of this iconic coast in conditions that could deteriorate into heavy seas in a matter of minutes. She had to be able to handle deep swells and towering waves—and have a high degree of maneuverability. Those traits, and an ideal size, made her a natural choice for addition to the Lindblad fleet.

The plans to completely rebuild her drew on 50 years of pioneering expedition history and expertise. *National Geographic Explorer* was equipped with an ice-strengthened hull and advanced navigation equipment for polar expeditions; a roster of tools for exploration; and a well-appointed interior with vast expanses of glass for an unprecedented connection to the environment. Her interior and exterior design embodied the Lindblad expedition ethos—the privilege of wildness and the luxury of comfort.

For many guests she remains their paradigm of an expedition ship. She is devoted to exploration—from her Welcoming Bridge, and the Chart Room below it where you can tuck in to warm up with a hot chocolate, to her high-perched Observation deck with its aqueous light and compelling 24/7 views. Even the art on the walls— from the Hurley prints of Shackleton's expedition to the stunning National Geographic photos— tells an uber- narrative of globe-spanning travel and a dedication to curiosity and wonder.

National Geographic Explorer is a state-of-the-art expedition ship. She is a fully stabilized, ice-class vessel, with an ice-reinforced hull, enabling her to navigate polar passages while providing exceptional comfort.

Cabin Categories

Category 1

MAIN DECK **#301-308**

Cabins feature one or two portholes. Most cabins feature two single beds that can be converted to a queen. Cabins #301-306 feature one queen-sized bed. All cabins feature a writing desk, floor length mirror, reading lamps, well-appointed bathrooms with a roomy glass-wall shower, and a TV.

Category 2

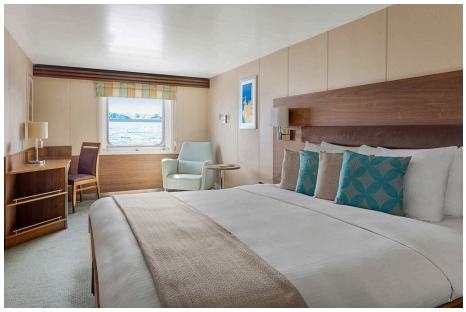
MAIN DECK **#317-320, 335-336**

Cabins feature two single beds (some can convert to a queen-sized bed), and one large window. They offer a writing desk, floor length mirror, reading lamps, sitting chair, well-appointed bathrooms with a roomy glass-wall shower, and a TV.

Category 3

MAIN DECK **#313-316, 321-328, 337-340, 342, 344, 348, 350**

Cabins feature two single beds (some can convert to a queen-sized bed), one large window, and two sitting chairs and a small table and ample storage. They have a writing desk, floor length mirror, reading lamps, well-appointed bathrooms with a roomy glass-wall shower, and a TV. Cabins 341 & 343 have a sofa bed for a triple.



Category 4

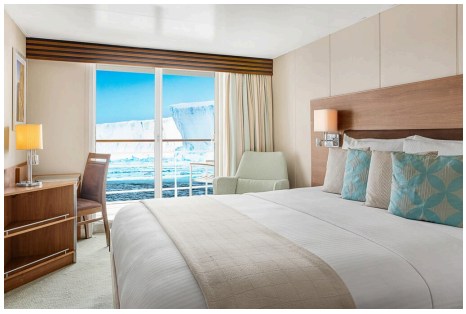
UPPER DECK **#201-202, 204-207, 210, 212, 217, 226, 228**

Cabins feature two single beds and at least one large window. All cabins can convert between two single beds to a queen, except Cabins 217, 226 and 228, which feature one queen- size bed only. All cabins feature climate controls, sitting chairs and a TV. Bathrooms are also generously sized with a roomy, glass-walled shower stall.

VERANDA DECK **#103-104, 107-108**

Cabins feature two single beds that can convert into a queen. They have a writing desk, floor length mirror, reading lamps, sitting chair, private bathrooms with a glass-wall shower, and a TV.

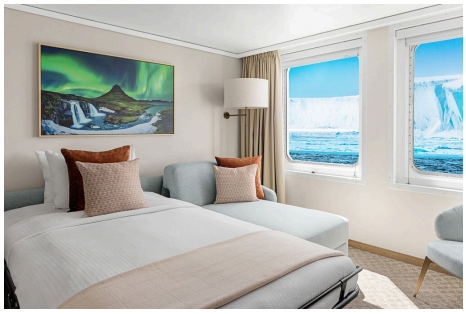
Category 5



UPPER DECK **#209, 211, 214, 216, 218, 220-222, 224**

Cabins feature a balcony with sliding glass doors, one queen-sized bed, writing desk, floor length mirror, reading lamps, private bathrooms with a glass-wall shower, and a TV. (Cabin 221 has two single beds that can convert to a queen.)

Category 6



UPPER DECK **#213**

This spacious cabin has a private balcony, two single beds that can be converted into a queen, a writing desk, double closet, bookcase, pull-out sofa, armchairs, two large windows and a TV. The sleeping area has a glass partition separating the living room. Bathrooms are generously sized with a roomy glass-walled shower stall and twin sinks.

VERANDA DECK **#101-102**

These spacious cabins can be converted into triples. They have two single beds that can be converted into a queen, a writing desk, double closet, bookcase, sofa-bed, chairs, two large windows and a TV. The sleeping area can be closed off with the glass partition. Bathrooms are generously sized with a roomy glass-walled shower stall and twin sinks.

Category 7

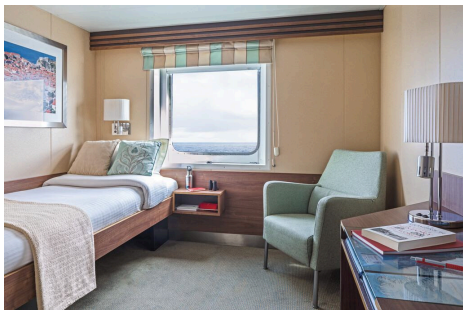
UPPER DECK **#215, 219, 230**

These large cabins with private balconies have two single beds that can convert to an Olympic-sized queen. They have seating areas with a sofa-bed and can be converted to triples. Cabins also include a desk with chairs, coffee table with sitting chair, and a small table. Bathrooms are generously sized with a roomy glass-walled shower stall and twin sinks.

Category A Solo

MAIN DECK **#309-311, 329-334**

These cabins feature one single bed and a large window, a writing desk, reading lamp, bathroom with a roomy glass-wall shower stall, and a TV.



Category B Solo

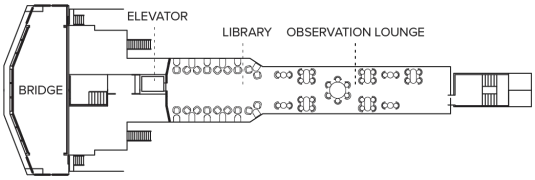
UPPER DECK **#203, 208**

VERANDA DECK **#105-106**

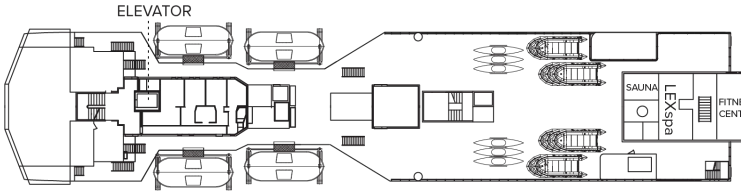
These cabins feature one single bed and a large window, a writing desk, reading lamp, bathroom with a roomy glass-wall shower stall, and a TV.

Deck Plans

Bridge Deck

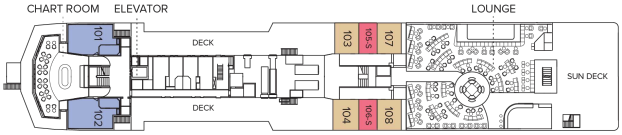


Wellness Deck



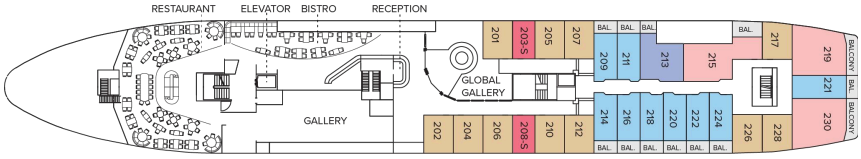
Veranda Deck

- Category 4
- Category 6
- Category B Solo



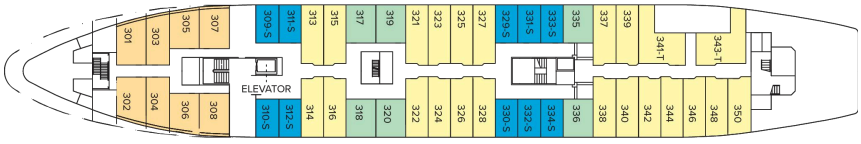
Upper Deck

- Category 4
- Category 5
- Category 6
- Category 7
- Category B Solo

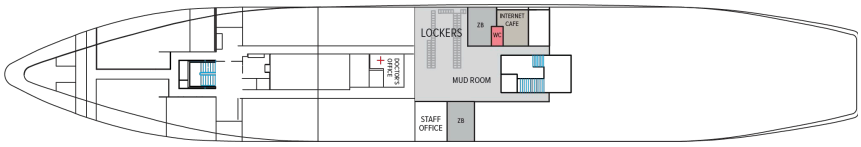


Main Deck

- Category 1
- Category 2
- Category 3
- Category 2 Solo



B Deck



Ship Amenities

Public Areas

Reception; three dining areas; global gallery; library, OM System photo locker; 24-hour Bistro area beverage bar; lounge with bar and state-of-the-art presentation facilities; observation lounge; mudroom with lockers for expedition gear; plus open access to the Bridge, the Captain, officers and on-duty wildlife spotters.

Meals

Meals are served in the dining room, Bistro bar or the Observation lounge, at a single seating with unassigned tables for an informal atmosphere and easy mingling. Menus feature sustainable choices, local where possible.

Cabins

81 outside cabins. All cabins face outside with windows or portholes, private bathroom and climate controls. Cabins are equipped with Wi-Fi, multiple electrical outlets, USB outlets, full length mirror and phones. TV featuring entertainment on demand, live feed for onboard presentations, bow camera and ship's position. Luxury bed linens and pillows. Botanically inspired shampoo, conditioner, shower gel and lotion are all available in cabin bathrooms, as well as an Expedition Essential Kit. Hair dryers, complimentary insulated water bottles and a National Geographic Atlas are available in each cabin.

Expedition Equipment

Zodiac landing craft, a fleet of double kayaks, a crow's nest camera, a hydrophone, underwater video cameras, video microscope and an ROV. Plus, for South Pacific voyages: snorkeling gear for all guests, scuba gear for a number of pre-qualified guests, stand-up paddleboards, glass-bottom Zodiac and splash-cam.

Special Features

A full-time doctor, undersea specialist, National Geographic photographer and National Geographic-Lindblad Expeditions certified photo instructor, internet café and laundry. Enjoy a session in the topside library with a good book.

Wellness

A glass-enclosed fitness center, outdoor stretching area, a LEXspa treatment room and sauna, staffed by wellness specialists.

Self-Disinfecting Ships

ACT Clean CoatTM is a light-activated, self-disinfecting cleaning process that continuously breaks down viruses, bacteria, mold, and airborne allergens across all ship surfaces. Not only does this create a cleaner, healthier shipboard environment for guests and crew alike, but this non-toxic, chemical-free system also saves more than one million gallons of water each year in our cleaning procedures, and reduces our carbon footprint as well as the amount of plastic and waste in our supply chain.

Special Offers

TAKE FLIGHT. FIND WONDER.

Book from September 15, 2026, to November 4, 2026 and receive air included up to $2,000 per person, deducted from air fare with the purchase of cabin fare on select 2027 and 2028 departures. Must call to book air fare.

To qualify for offer, airfare must be ticketed by Lindblad Expeditions Air Department. If airfare higher than $2,000 per person, guest will be required to pay any amount in excess of $2,000 per person as add-on cost on reservation invoice. Any unused air credit not redeemable for cash or credit.

Valid for new bookings only on select 2027 departures, subject to availability, not applicable on land programs or itinerary internal air and may not be combined with other offers. Baggage fees may incur additional costs and seat assignments may not be guaranteed. Flights subject to airline cancellation policy. Valid for US and Canadian residents only. Additional restrictions may apply.

CELEBRATE LIFE'S MILESTONES

Celebrate a milestone with a group of eight or more and enjoy a special amenity package including: 5% savings on voyage fares, custom group photo, US$150 shipboard credit for the group, and other special gifts. Milestone celebration to be communicated at time of booking.

10% OFF BACK-TO-BACK VOYAGES

Save 10% on consecutive departures, applicable on voyage fares only and not valid on extensions or airfare. Valid for new bookings only, subject to availability, and may not be combined with other offers. Call for details.

SAVE 5% TRAVELING AS A GROUP

Save 5% when traveling as a group of 8 or more people. Valid for new bookings only on select departures, subject to availability, not applicable on extensions, and may not be combined with other offers. Call for details.

COMBINING OFFERS

Certain offers may be combinable, up to two savings opportunities, except where noted otherwise. For example, travel with a group of 8 or more on back-to-back expeditions, and take advantage of both savings.

INCLUDED IN PRICE

All accommodations aboard ship or in hotels per itinerary; all meals as indicated in the itinerary, both aboard and onshore; beer, wine, cocktails, liquor and spirits aboard the ship (except certain premium brands which are available for purchase); hors d'oeuvres, 24-hour access to snacks, premium coffees and teas, non-alcoholic beverages, and filtered water; excursions and airport transfers to and from recommended flights, as indicated in the itinerary; crew gratuities; exploration tools curated to destination, such as Zodiacs and kayaks; guidance and company of our leading expedition staff; assistance by the National Geographic Photographer and Lindblad Expeditions-National Geographic certified photo instructor; access to the OM System Photo Gear Locker; presentations by expedition staff and expert guest speakers; complimentary reusable water bottle; onboard physician consultations; morning stretch classes and 24-hour access to exercise equipment; 24-hour access to lounges, observation decks, library, and other shared spaces; park and site entrance fees, special access permits, and port taxes. Unused services or items included in our programs are non-refundable.

NOT INCLUDED IN PRICE

Airfare (except flights when indicated as included); pre- and post-expedition extensions; additional hotel nights (except when indicated as included); private transfers; laundry, spa treatments, Wi-Fi, and phone services (except when indicated as included); travel protection plans; and passport, visa, and immigration fees.

Additional costs associated with medical services outside onboard physician consultation.

TRAVEL PROTECTION PLAN

We strongly recommend our guests to take advantage of our Travel Protection Plan. This plan offers comprehensive coverage to protect you from cancellation fees, costs incurred due to trip delays/interruption, damage or loss of baggage, medical assistance, and evacuation during your travels. Our Travel Protection Plan is available for U.S. residents only, and may be purchased any time prior to final payment due date, Travel Protection premiums are non- refundable once plan is purchased. Learn more about our Travel Protection "Plus" Plan: https://www.expeditions.com/terms-conditions/travel-protection-plan/

CANCELLATION POLICY

Review our cancellation policy: https://www.expeditions.com/cancellation-policy/