

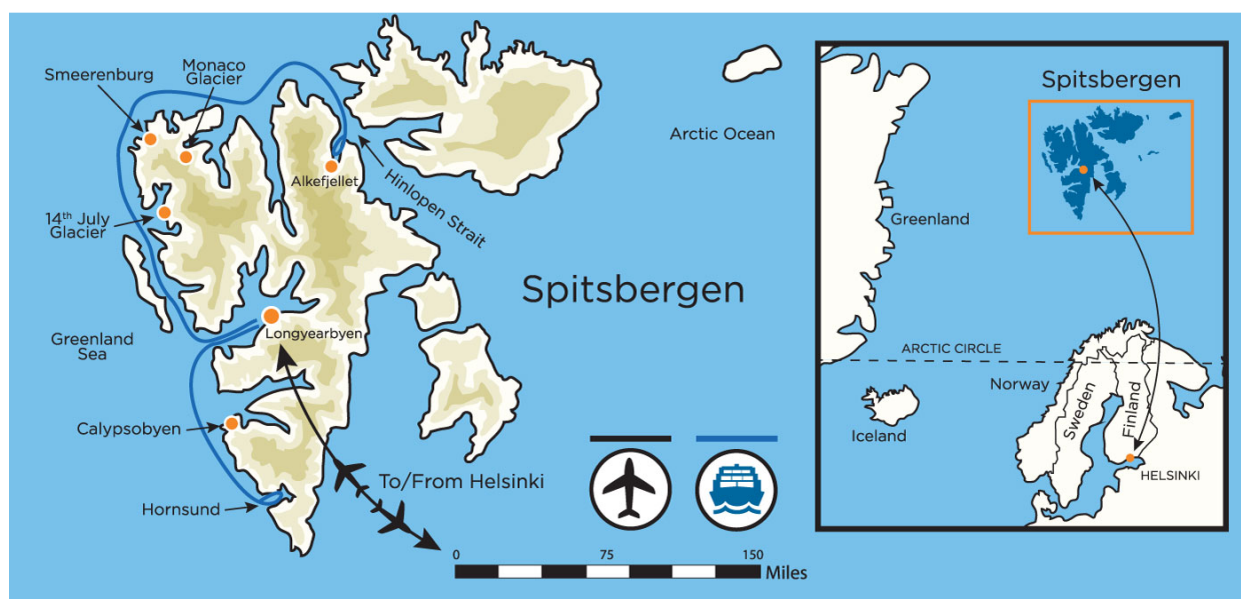
## ARCTIC

# Arctic: Polar Bears, Wildlife Encounters, and Majestic Fjords

### TRIP HIGHLIGHTS

- ▶ Witness iconic Arctic wildlife like polar bears, walruses, and reindeer
- ▶ Bask in the 24-hour daylight of the "midnight sun"
- ▶ Hike across the tundra and polar desert landscapes
- ▶ Embark on Zodiac cruises to discover glaciers, fjords, icebergs, and other wonders
- ▶ Explore the frozen world of the Arctic with the choice of optional kayaking adventures

### TRIP ROUTE



## ARCTIC

# Arctic: Polar Bears, Wildlife Encounters, and Majestic Fjords

### QUICK VIEW ITINERARY

Day 1	arrive in Helsinki, check in at your airport hotel, welcome dinner
Day 2	fly to Longyearbyen, embark on the Ocean Explorer
Day 3	continue sailing, enjoy some time on deck looking for wildlife, participate in an activity or go on an optional adventure
Day 4	discover the 14th of July Glacier, look for wildlife all around you as you try to spot polar bears
Day 5	get a chance to witness a walrus haul-out, book a sea kayaking or paddling excursion adventure
Day 6	continue your exploration of Spitsbergen, observe thousands of Brünnich's guillemots (thick-billed murre)
Day 7	admire the everchanging gallery of natural beauty, participate in one of the activities or optional excursions
Day 8	discover Hornsund fjord, spot polar bears against stunning natural backdrops of mountains and ice
Day 9	enjoy your final full day aboard the Ocean Explorer, farewell dinner
Day 10	disembark, fly back to Helsinki, where you have the option to either depart for your journey home or extend your stay by spending an extra night.

### ACTIVITY LEVEL

Moderate

### TRIP PRICE

Main Trip: \$9,995

Optional Single Accommodations: \$6,000

### TRIP DATES

June 24 - July 3, 2025

# ARCTIC

## Arctic: Polar Bears, Wildlife Encounters, and Majestic Fjords

**DAY 1**  
Tuesday  
6/24/25

### Arrive in Helsinki, Finland

Your Arctic journey commences in Helsinki, celebrated for its remarkable architecture and captivating fusion of eastern and western cultures. Should you arrive early, immerse yourself in the plethora of museums, galleries, and restaurants, unwind at a traditional Finnish sauna, or meander through the dynamic Design District before settling in at your designated hotel.

#### Arrival Information

Arrive at Helsinki Airport (HEL) by 3:00 pm today. Your accommodation, which is included, will be at the airport hotel, so there is no need for an arrival transfer. Please note that your hotel room may not be available for check-in until 3:00 pm.

#### Pre-Departure Briefing

On arrival at the hotel, you will receive a welcome letter outlining the departure information for the following day's flight. Also, a pre-departure briefing is scheduled this evening (exact time TBD) to address any questions regarding the charter flight scheduled for the following morning.

#### Welcome Dinner

Enjoy a lively welcome dinner this evening as you get to know your fellow travelers. Share stories and learn about why each woman is excited to explore the Arctic!

### Accommodations

Airport Hotel (TBD)

### Meals Included

dinner

# ARCTIC

## Arctic: Polar Bears, Wildlife Encounters, and Majestic Fjords

**DAY 2**  
Wednesday  
6/25/25

### Fly to Longyearbyen and Embark

Longyearbyen is the largest settlement and administrative center of Svalbard, a Norwegian archipelago in the Arctic Ocean. It is situated on the island of Spitsbergen. Despite its remote location, Longyearbyen is a vibrant community with a population of around 2,000 people. The town serves as a hub for scientific research, particularly in fields like polar studies and climate research.

#### Charter Flight and Embarkation

Following breakfast at your hotel, board your flight to Longyearbyen. Upon arrival, transfer from the airport to your drop-off point. Your luggage will be taken directly to the ship. Specifics regarding ship transfer times will be communicated during your arrival transfer. Due to port logistics, boarding the vessel via Zodiac may be necessary instead of from the pier.

**IMPORTANT NOTE:** There is a strict weight limit on checked and cabin baggage on the flights between Helsinki and Longyearbyen (luggage weight restrictions TBA). Should you have additional luggage, it can be stored at the hotel in Helsinki. There is NO option to pay for additional luggage.

#### Setting Sail

As your ship embarks on its journey, admire the breathtaking sight of the island's rugged, glacier-capped mountains emerging majestically from the icy waters.

### Accommodations

Ocean Explorer

### Meals Included

breakfast, lunch, dinner

# ARCTIC

## Arctic: Polar Bears, Wildlife Encounters, and Majestic Fjords

**DAY 3**  
Thursday  
6/26/25

### Exploring Spitsbergen

Spitsbergen is the largest and only permanently populated island of the Svalbard archipelago in Arctic Norway. It's renowned for its stunning Arctic landscapes, including glaciers, fjords, and rugged mountains. Despite its harsh climate and remote location, Spitsbergen has a rich history of exploration, whaling, and coal mining.

#### Expedition Spirit

The itinerary provided each day is tentative and cannot be guaranteed. In remote regions, your Expedition Team must carefully consider sea, ice, and weather conditions when determining the route and itinerary details. The sites mentioned are examples of what you may encounter during your expedition, whether by ship, Zodiac cruise, or shore landing. Similarly, while wildlife encounters are anticipated, the presence of specific birds or marine species cannot be guaranteed.

#### Included Activities and Optional Adventures

Included Activities: during your expedition, you can participate in various activities to enrich your polar experience: Zodiac cruising, hiking (for a variety of skill levels to ensure every guest's needs are met), daily polar experts chats and presentations, a polar plunge (scheduled only once per expedition), and photography opportunities (documenting your voyage with a guide who can help you hone your skills to capture the beauty of the polar region).

Two Optional Adventures: Sea Kayaking to intimately explore your surroundings. Prior kayaking experience is required, and you must be able to do a wet exit to participate. Paddling excursions are perfect for anyone with minimal or no kayaking experience. The number of opportunities for these is weather dependent (calm conditions necessary). Please note all paid activities require advanced booking. Additional fees apply. Contact your designated Trip Manager to secure your spot!

### Accommodations

Ocean Explorer

### Meals Included

breakfast, lunch, dinner

# ARCTIC

## Arctic: Polar Bears, Wildlife Encounters, and Majestic Fjords

**DAY 4**  
Friday  
6/27/25

### Exploring Spitsbergen

The 14th of July Glacier is a glacier in Haakon VII Land on Spitsbergen, Svalbard. It is approximately 10-mile (16 kilometers) long and was named after the French Bastille Day by Prince Albert I of Monaco.

#### 14th of July Glacier

A possible sight visit today includes the 14th of July Glacier, known for its awe-inspiring polar landscape. The 14th of July Glacier also plays a crucial role in the Arctic ecosystem, serving as a habitat for various species of wildlife and contributing to the regulation of global climate patterns through its influence on sea levels and ocean currents. The Glacier offers opportunities for activities such as Zodiac cruises, bird watching, and even the chance to walk on the side of the glacier. The area is known for its impressive glacier front with regular calvings that attract birds like Kittiwakes and thick-billed murrets (Brünnich's guillemot) along with Atlantic Puffins.

#### Activities

Zodiac cruising, hiking, daily polar experts chats and presentations, a polar plunge (scheduled only once per expedition), and photography opportunities (included).

#### Adventure Options

Sea kayaking, paddling excursions (extra fees apply)

(The order of visits and activities in this itinerary is an example of what you will do on your voyage)

### Accommodations

Ocean Explorer

### Meals Included

breakfast, lunch, dinner

# ARCTIC

## Arctic: Polar Bears, Wildlife Encounters, and Majestic Fjords

**DAY 5**  
Saturday  
6/28/25

### Exploring Spitsbergen

Smeerenburg, also known as "Blubber Town," was a significant whaling station in the Arctic dating back to the 1600s when Dutch whalers established a base in Svalbard. Despite myths exaggerating its size and grandeur, Smeerenburg was a desolate outpost with only a few hundred men at its peak. The settlement consisted of several buildings named after Dutch cities and circular remains of cauldrons used to boil whale blubber. The area is popular with walrus that frequent the beaches around Smeerenburg.

#### Blubber Town

A possible sight visit today is Smeerenburg or Blubber Town where the whalers hunted mainly bowhead whales and other species for their oil. The oil was used primarily for lighting and lubrication purposes in Europe. It was a valuable commodity in the trade networks of the time. Smeerenburg is now a popular destination for historians, archaeologists, and tourists interested in exploring the history of Arctic exploration and the whaling industry. From the vessel, you can see the remains of the old whaling station, including the decaying wooden structures and equipment scattered across the desolate landscape, providing a glimpse into the harsh and challenging life of Arctic whalers centuries ago.

#### Walrus Haul-Out

Encountering a walrus haul-out is an unforgettable experience. Witness the captivating gatherings of these massive pinnipeds as they come together on small coastal strips.

#### Activities

Zodiac cruising, hiking, daily polar experts chats and presentations, a polar plunge (scheduled only once per expedition), and photography opportunities (included).

#### Adventure Options

Sea kayaking, paddling excursions (extra fees apply)

(The order of visits and activities in this itinerary is an example of what you will do on your voyage)

### Accommodations

Ocean Explorer

### Meals Included

breakfast, lunch, dinner

# ARCTIC

## Arctic: Polar Bears, Wildlife Encounters, and Majestic Fjords

**DAY 6**  
Sunday  
6/29/25

### Exploring Spitsbergen

Alkefjellet is a renowned bird cliff that stretches for several miles. This steep cliff is home to hundreds of thousands of Brünnich's guillemots, making it a paradise for birdwatchers. These sturdy birds nest on the cliffs of Alkefjellet and are known for their upright posture resembling penguins.

#### Alkefjellet

The towering cliffs of Alkefjellet provide homes to thousands of Brünnich's guillemots (thick-billed murre). Every year, around 60,000 breeding pairs can be found at Alkefjellet, making it a spectacular sight for nature enthusiasts.

#### The Hinlopen Strait

The Hinlopen Strait is a waterway situated between Spitsbergen, the largest island of the Svalbard archipelago, and Nordaustlandet, the second-largest island. Measuring approximately 93 miles (150 kilometers) and 6 to 38 miles (10 to 60 kilometers) wide, the strait is known for its challenging navigation due to thick pack ice. Despite its difficulty, Hinlopen Strait is a prime location for observing wildlife. Walrus colonies, seabirds, and marine mammals like narwhals and polar bears can be spotted here.

#### Activities

Zodiac cruising, hiking, daily polar experts chats and presentations, a polar plunge (scheduled only once per expedition), and photography opportunities (included).

#### Adventure Options

Sea kayaking, paddling excursions (extra fees apply)

(The order of visits and activities in this itinerary is an example of what you will do on your voyage)

### Accommodations

Ocean Explorer

### Meals Included

breakfast, lunch, dinner



# ARCTIC

## Arctic: Polar Bears, Wildlife Encounters, and Majestic Fjords

**DAY 7**  
Monday  
6/30/25

### Exploring Spitsbergen

In Spitsbergen, there is no shortage of natural beauty. The tundra can be surprisingly colorful in summer, with wildflowers bursting for a taste of sunshine.

**The Arctic Tundra** Despite its harsh conditions, the Arctic tundra is home to a variety of wildlife species. Iconic animals such as polar bears, Arctic foxes, caribou, muskoxen, and various species of migratory birds inhabit the tundra. These animals have specialized adaptations to survive in the extreme conditions, including thick fur or feathers, insulation layers of fat, and seasonal migrations. The Arctic tundra is also known for its low-growing vegetation, including grasses, mosses, lichens, shrubs, and hardy flowering plants. Permafrost, a defining feature of the Arctic tundra, consists of soil, rock, and sediment that remains frozen year-round, with only the surface layer thawing during the summer months. Permafrost plays a crucial role in shaping the landscape and influencing plant growth, hydrology, and the stability of the terrain.

### Activities

Zodiac cruising, hiking, daily polar experts chats and presentations, a polar plunge (scheduled only once per expedition), and photography opportunities (included).

### Adventure Options

Sea kayaking, paddling excursions (extra fees apply)

(The order of visits and activities in this itinerary is an example of what you will do on your voyage)

### Accommodations

Ocean Explorer

### Meals Included

breakfast, lunch, dinner

# ARCTIC

## Arctic: Polar Bears, Wildlife Encounters, and Majestic Fjords

**DAY 8**  
Tuesday  
7/1/25

### Exploring Spitsbergen

Hornsund is a fjord located on the southern coast of the island of Spitsbergen, which is part of the Svalbard archipelago in the Arctic Ocean. Due to its remote location and pristine environment, Hornsund serves as an important site for scientific research in the Arctic. Researchers study a wide range of topics, including glaciology, oceanography, ecology, and climate change, to better understand the dynamics of the Arctic ecosystem and its response to environmental change.

#### Hornsund

Hornsund is known for its numerous glaciers, which flow down from the surrounding mountains into the fjord. These glaciers are part of the larger ice cap covering much of Svalbard and contribute to the dynamic and ever-changing environment of the region. It is home to a diverse array of Arctic wildlife, including polar bears, Arctic foxes, Svalbard reindeer, and various species of seabirds. The nutrient-rich waters of the fjord support a rich ecosystem of marine life, including seals, whales, and seabirds. Enjoy opportunities for wildlife viewing, glacier exploration, hiking, and photography in one of the most remote and untouched regions of the world.

#### Activities

Zodiac cruising, hiking, daily polar experts chats and presentations, a polar plunge (scheduled only once per expedition), and photography opportunities (included).

#### Adventure Options

Sea kayaking, paddling excursions (extra fees apply)

(The order of visits and activities in this itinerary is an example of what you will do on your voyage)

### Accommodations

Ocean Explorer

### Meals Included

breakfast, lunch, dinner

# ARCTIC

## Arctic: Polar Bears, Wildlife Encounters, and Majestic Fjords

**DAY 9**  
Wednesday  
7/2/25

### Exploring Spitsbergen

Researchers study Arctic ecosystems, including sea ice dynamics, permafrost thaw, and wildlife populations, to assess environmental changes. They also investigate the impact of human activities, such as resource extraction and pollution, on the fragile Arctic environment. Arctic research also contributes to understanding global climate patterns and informs policies for sustainable development and conservation efforts in the region.

#### Final Day of Cruising

During your final full day aboard the Ocean Explorer, seize the numerous chances for capturing wildlife through your lens. Witness polar bears set against breathtaking natural scenery of towering mountains and icy landscapes, amidst a constantly shifting display of magnificent icebergs.

#### Farewell Dinner

Enjoy a farewell dinner with your new AdventureWomen friends. Reflect on the cherished memories you've created and celebrate the conclusion of an amazing journey through this truly remarkable Arctic land.

#### Activities

Zodiac cruising, hiking, daily polar experts chats and presentations, a polar plunge (scheduled only once per expedition), and photography opportunities (included).

#### Adventure Options

Sea kayaking, paddling excursions (extra fees apply)

(The order of visits and activities in this itinerary is an example of what you will do on your voyage)

### Accommodations

Ocean Explorer

### Meals Included

breakfast, lunch, dinner

# ARCTIC

## Arctic: Polar Bears, Wildlife Encounters, and Majestic Fjords

**DAY 10**  
Thursday  
7/3/25

### Disembark and Fly to Helsinki

Enjoy one last morning on the ship before you disembark and start your journey home.

#### Disembark and Fly to Helsinki

After breakfast, bid farewell to your Expedition Team. Your journey concludes where it began, in the historic frontier-style settlement of Longyearbyen. After you disembark (the process takes about an hour and due to port logistics and may involve one last Zodiac ride to the pier), transfer to the airport for your return group charter flight to Helsinki.

#### Depart from Helsinki

The arrival time to Helsinki Airport (HEL) will be provided 30 days prior to departure. If you plan to book your international flights before this time, we recommend arranging a post-night stay in Helsinki and leaving the following morning (our team will be delighted to assist you in making hotel arrangements). Scheduled charter flight times will be outlined in your final documents. If you decide to fly home right away, please be sure to allow 3 hours between your charter flight arrival and your international departure from Helsinki Airport (HEL). If you need a transfer to the city, please arrange your own transportation. The airport has well-established taxi ranks in the arrivals area.

*Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.*

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## Arctic: Polar Bears, Wildlife Encounters, and Majestic Fjords



### Accommodation Details

#### **Airport Hotel (TBD)**

Specific airport hotel to be announced later.

#### **Ocean Explorer**

The Ocean Explorer boasts modern elegance and purpose-built design tailored for polar exploration. With a capacity for 138 passengers, this vessel incorporates cutting-edge expedition ship technology ensuring a serene and comfortable sailing experience. At the forefront of the ship lies a bright two-story library, adding a refreshing openness to the expedition atmosphere. The cabins aboard Ocean Explorer exude a contemporary Scandinavian flair, offering spaciousness and thoughtful design. Guests can unwind in the spacious gym, enjoy the sauna with its expansive windows offering breathtaking views, and indulge in relaxation with two outdoor Jacuzzis. Ocean Explorer is designed to maximize outdoor viewing opportunities, with ample outdoor observation areas and multi-level decks ideal for capturing stunning long-range photography and observing wildlife. With a fleet of 15 Zodiacs onboard, guests can quickly and safely disembark for off-ship adventures.

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### Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ Charter flights between Helsinki and Longyearbyen
- ▶ All meals as listed in the itinerary
- ▶ All snacks, soft drinks, and juices on board throughout your voyage
- ▶ Select beer and wine with dinner
- ▶ Experienced expedition guides including on all shore landings and other activities
- ▶ All Zodiac transfers, shore landings and cruising as per the daily program
- ▶ Presentations by the Expedition Team and guest speakers as scheduled
- ▶ A photographic journal documenting the expedition
- ▶ Complimentary Wi-Fi service on one device permitting basic internet browsing, email, social media and voice applications
- ▶ A pair of waterproof expedition boots on loan for landings and Zodiac cruising excursions
- ▶ A 3-in-1 parka for you to keep
- ▶ Hair dryer and bathrobes in every cabin
- ▶ All miscellaneous service taxes and port charges throughout the program
- ▶ All luggage handling aboard the ship
- ▶ Emergency evacuation insurance coverage up to a maximum of \$500,000

### Not Included:

- ▶ International airfare to and from Helsinki
- ▶ Any arrival and departure transfer (unless specified otherwise)
- ▶ Meals not specified in the itinerary
- ▶ Items of a personal nature
- ▶ Mandatory waterproof pants for zodiac cruising and landings, or any other gear not mentioned
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Government arrival and departure taxes not mentioned above
- ▶ Laundry, spa, bar, internet, and phone charges
- ▶ Phone and Internet charges (connectivity may vary by location) (unless specified)

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otherwise)

- ▶ Cost of hospitalization or evacuation (unless otherwise specified)
- ▶ Gratuity for shipboard staff and crew
- ▶ Adventure options. Advanced booking required.

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### Cancellations and Refunds

Notification of cancellation must be made in writing to AdventureWomen, LLC (email will be accepted). Full payment is due 130 days prior to departure date.

- For cancellations received from the time of booking up to 180 days prior to departure: the deposit transfer fee is \$1,250.
- For cancellations received less than 180 days prior to departure: the deposit is no longer transferable.
- For cancellations received 179 to 90 days prior to the trip departure date: 50% of the package price is non-refundable and non-transferable.
- For cancellations received 89-60 days prior to the trip departure date: 75% of the package price is non-refundable and non-transferable.
- For cancellations received 59-0 days prior to the trip departure date: 100% of the package price is non-refundable and non-transferable.

You are highly encouraged to purchase **trip cancellation insurance** to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

The deposit for this trip is \$1,500. You can transfer your deposit to another trip with a \$1,250 transfer fee if you notify us within 180 days of the original trip departure date. We can hold your deposit for up to six months as a credit. Failure to book a new trip within this timeframe will result in the forfeiture of your deposit. In addition, all activity options must be paid in full at time of booking and are nonrefundable and nontransferable.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen trips.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.



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### Adventure Travel Today

We define “adventure travel” as travel in which one actively participates, as opposed to a “tour,” in which one is more or less a passive observer. AdventureWomen designs and organizes trips all over the world for women who want an active, out of the ordinary experience, and meet new friends. **Most of all, we want our trips to be fun!** In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure trips, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well-being of both individuals and the group!