

CruiseNorway

11 BROADWAY, SUITE 330, NEW YORK, NY 10004, USA
Tel: 1-800-334-6544 • +1-212-480-4521 • Fax: +1-212-480-4524
Email: info@cruisenorway.com • www.cruisenorway.com

SILVER CLOUD'S 9-DAY CRUISE ROUNDTRIP REYKJAVIK, ICELAND AUGUST 23 – SEPTEMBER 1, 2010

Date	Day	Port	Arrive	Depart
23 Aug 2010	Mon	Reykjavik, Iceland		6:00 PM
24 Aug 2010	Tue	Ísafjörður, Iceland	8:00 AM	6:00 PM
25 Aug 2010	Wed	Akureyri, Iceland	8:00 AM	6:00 PM
26 Aug 2010	Thu	Húsavík, Iceland	8:00 AM	6:00 PM
27 Aug 2010	Fri	Seyðisfjörður, Iceland	8:00 AM	6:00 PM
28 Aug 2010	Sat	Day At Sea		
29 Aug 2010	Sun	Tórshavn, Faroe Islands	8:00 AM	6:00 PM
30 Aug 2010	Mon	Day At Sea		
31 Aug 2010	Tue	Heimaey, Iceland	8:00 AM	6:00 PM
01 Sep 2010	Wed	Reykjavik, Iceland	6:00 AM	

REYKJAVIK, ICELAND

The fire, frost and water symbolized by the red, white and blue of Iceland's flag are manifested by the ice and snow of its glaciers, the hot mud pools, geysers and glowing lava flows in the country's volcanic regions.

The island's settlement dates back to 874 when a Norwegian named Ingolf Arnarson arrived at present-day Reykjavik. In 930, the settlers formed a parliament, the Althing, which was the beginning of the Commonwealth of Iceland. From the 10th to the 14th centuries, Iceland developed a literary form, the Icelandic Saga, which spread throughout the Nordic culture and into the English and German languages. It was used to spin stories of the gods, record historic events and glorify heroes.

As Iceland's capital and main centre of the country's population, the city of Reykjavik is a fascinating blend of the traditional and modern. Just as Iceland is a unique country – rugged and remote, yet technically advanced and enjoying Nordic standards of affluence – Reykjavik is a highly unusual capital city. It dominates the life of Iceland in almost every way. Around 2/3

of the country's total population of 300,000 is living in and around the capital, and the economy of the entire nation depends on Reykjavik. Nearly 60 percent of Iceland's imports are received and distributed, and 40 percent of the country's exports are loaded for shipment via the port of Reykjavik. It is also the headquarters of what is probably the world's most advanced seafood industry, which counts for Iceland's number one export.

Reykjavik is the seat of the national government, as well as home to head offices of banks, insurance companies, oil concerns and other important trading establishments. Despite its importance as a national and commercial centre, Reykjavik has managed to retain a certain old-world charm. Its skyline is dominated by the tall grey tower of Hallgrim's Church and a pastiche of red-blue and green-roofed houses. In the old town wooden buildings stand side by side with modern concrete structures. Few chimneys are seen as heat is almost exclusively supplied by steam that is piped from the nearby hot springs. There are fine museums, art galleries and historic pubs. The main highlights, however, are found in the unusual and beautiful countryside, including such natural wonders as geysers, hot pools, glaciers and spectacular waterfalls.

Note: Due to the local average temperatures in Iceland, we recommend you dress in layers. Coaches are not equipped with air conditioning. Local residents serve as guides and their accents may be at times difficult to understand.

Pier Information

The ship is scheduled to dock at Midbakki pier on August 23rd and Skarfabakki pier on September 1st. Midbakki pier is located right in the city centre while Skarfabakki is located about three miles (5 kilometres) from it. Taxis are generally available at the pier.

Shopping

The best shopping opportunities are on Rammagerdin in the centre of town and at malls such as Kringlan and Smaralind. Popular buys include knitwear (sweaters, hats and gloves), ceramics, glassware, silver jewellery and Icelandic art and craft items. Blue Lagoon skin care products may also be of interest. Most shops are open from 10:00 a.m.-6:00 p.m. (Saturdays 10:00 a.m. to 4:00 p.m.) The local currency is the Icelandic Krona.

Cuisine

Reykjavik's restaurants offer a good choice, ranging from Icelandic seafood and mountain lamb to international and oriental cuisine. A tourist menu is offered at most restaurants and includes a set menu of soup or appetizer, a meat or fish course and coffee. Service and tax are included in your bill.

Other Sites

Asmundur Sveinsson's Gallery

A collection of sculptures by this well-known local artist can be seen at his gallery and in public buildings throughout the city. The admission ticket is also valid for two other galleries/art museums: Kjarvalsstadir, with works of Johannes Kjarval, Iceland's best-loved landscape painter, and Hafnarhusid (Harbour House)

SAFJORDUR, ICELAND

The town of Ísafjörður is the municipal centre of the West Fjords peninsula. The West Fjords are Iceland's least populated region, with about 9,600 inhabitants in the area of nearly 6,000 square miles (9,520 sq km). Ísafjörður, with a present population of approximately 3,500, was formerly one of Iceland's main trading posts and as such, was granted municipal status in 1886. Some of Iceland's oldest and best-preserved buildings, dating from the 18th century, are located in Ísafjörður.

The town is still predominantly a fishing centre. A vigorous and varied cultural and artistic scene flourishes as well. Mountains surround Ísafjörður on the three sides and the sea on the other. The ancient settlement site of Eyri downtown is enclosed by the narrow Skutulsfjordur fjord, which shelters the harbour in all weathers.

Pier Information

The ship is scheduled to dock at the Sundabakki Pier, located about half a mile (1 km) from the town centre. Taxis are very limited and generally not available.

Shopping

The main shopping street is Hafnarstraeti. Shops open 10:00 a.m. to 6:00 p.m. Postcards, woollens and books are popular purchases. The local currency is the Icelandic Króna.

Cuisine

Hakarl (Greenland shark) is an Icelandic delicacy, best described as a 'cultivated taste'. It needs to be buried for up to six months in sand in order to break down the high levels of ammonia and neurotoxins in its flesh. For less adventurous palates, salmon, trout and arctic char are excellent. Brennivin nicknamed 'black death' is a powerful local spirit distilled from potatoes and flavoured with caraway seeds or angelica and it is guaranteed to warm you through on a cold day, International cuisine is readily available, at restaurants Café Edinborg and Vid Pollinn.

Other Sites

The best of the local sites are offered in the organised shore excursions programme.

AKUREYRI, ICELAND

Akureyri, surrounded by majestic mountains is a town where urban, rural and marine life mix easily, and a proud community spirit prevails. Often called the capital of northern Iceland, Akureyri has been a major trading post for centuries and has grown to become Iceland's largest regional town and the cultural centre of the north. Located at the southern end of the 30-mile-long (48 km) Eyjafjordur, some 60 miles (96 km) south of the Arctic Circle, Akureyri lies in a long valley that extends southwards from the fjord. This is one of the most fertile agricultural areas of Iceland with many large farms. High mountains on each side of the fjord and valley offer protection from harsh winds. Despite being so close to the Arctic Circle, Akureyri enjoys some of the warmest weather in the country, with temperatures often reaching the low 70s Fahrenheit (20° C) in summer.

This area of Iceland was originally settled in the 9th century by a Norse Viking, Helgi Eyvindarson. Akureyri became a trading centre around 1600 and the Danish merchants based their camps here in the summer, as the harbour is protected and they were able to successfully cultivate food. It received a municipal charter in 1862; the population started to grow from that time. The town now has approximately 17,000 inhabitants. Most work in fisheries, light industry, and agricultural processing of products supplied by the rich surrounding farming districts.

Today, Akureyri offers entertainment and cultural attractions on a par with much more populated places. Venues such as interesting museums, a very

beautiful and popular botanical garden and the symbol of Akureyri, the church in the centre of town, are popular with visitors.

Pier Information

The ship is scheduled to dock at the Oddeyrarbryggja Pier located about one half mile (1 km) from the town centre. Taxis are available in limited supply.

Shopping

The main shopping area is found around the centre of town. Woollen products, ceramics, books and Icelandic art make for interesting buys. Most shops are open from 10:00 a.m. to 6:00 p.m. The local currency is the Icelandic Krona.

Cuisine

International cuisine is readily available, but sampling some of the local fare may be more interesting. Seafood and lamb are staples of the Icelandic diet. Snacks that go well with schnapps are herring and an assortment of smoked and lightly pickled meats. An Akureyri institution is the Bautinn Restaurant, where the glassed-in pergola is a popular meeting and eating spot.

Other Sites

The town centre is compact enough to be explored on foot, and the place to start is the pedestrian mall of Hafnarstraeti, just a short walk from the fjord waterfront. Farther along is the oldest part of town with several small museums.

Akureyri Church

Since its construction in 1940, the church has dominated the town. It features an angel sculpture by renowned Danish artist Bertel Thorvaldsen and stained-glass windows with scenes from Icelandic history and the life of Christ.

Botanical Garden

Thanks to Akureyri's warm microclimate, the gardens, famed throughout Iceland, feature some 2,000 species of local and foreign flowers that bloom without the need of a greenhouse.

HÚSAVÍK, ICELAND

The town of Húsavík sits below Húsavíkurfjall mountain on the eastern shore of Skjálfandi bay. Just above the town is lake Botnsvatn, a popular

place for outings. The lake is just the right size for a nice hike around it. The lakes surroundings are rich in vegetation and bird life and trout is said to be abundant, though small.

Húsavík harbour lies below the bank right in the heart of town. The harbour once boasted a large fishing fleet, bustling with the activity of fishermen. It still serves as a fishing harbour but today's activity revolves more around the successful whale watching businesses. The first organised whale watching excursions in Iceland started from here in 1995. Since then, whale watching has become a major attraction and Húsavík continues to be the leading destination for whale watching. In addition to the tours, a fascinating whale museum is located right by the harbour.

Húsavík is considered to be the oldest settlement in Iceland. The Swedish explorer, Gardar Svavarsson, spent one winter there in 870 AD during which time he built himself a house from which the settlement derives its name.

Pier Information

The ship is scheduled to anchor. Guests will be taken ashore via tenders. The centre of town can be reached on foot.

Shopping

The most popular shopping is for traditional souvenirs such as woolens, ceramics and handcrafts. The local currency is the Icelandic Krona.

Cuisine

Fresh fish has a favourite place in local cuisine.

Other Sites

Húsavík Whale Centre is an informative museum on whales. The Húsavík museum and the Icelandic Phallogical Museum are also both well worth visiting.

SEYDISFJÖRDUR, ICELAND

Seyðisfjörður, a beautiful 19th-century Norwegian village on the east coast of Iceland, is regarded by many as one of Iceland's most picturesque towns, not only due to its impressive environment, but also because nowhere in Iceland has a community of old wooden buildings been preserved so well as

here. Poet Matthías Johannessen called Seyðisfjörður a 'pearl enclosed in a shell'.

The community owes its origins to foreign merchants, mainly Danes, who started trading in the fjord in the mid-19th century. But the crucial factor in the evolution of the village was the establishment of the Icelandic herring fishery by Norwegians in 1870-1900. The Norwegians built up a number of herring-fishing facilities, and in a matter of years the little community grew into a boom town.

Today about 800 people live in Seyðisfjörður. The local economy has long been based on the fisheries, while light industry also flourishes. Tourism is playing a growing role, as the picturesque town in its spectacular surroundings attracts more and more visitors.

The car/passenger ferry Norrøna, which plies between continental Europe and Iceland every summer, docks at Seyðisfjörður every Thursday. Seyðisfjörður has been a cosmopolitan community from its foundation, and the ferry service has contributed to ensuring that it remains so.

Pier Information

The ship is scheduled to anchor. Guests are taken ashore via tenders. The town centre is just at a short walking distance.

Shopping

Iceland woolen products with local design are good buys.

The Skaftfell Arts Centre is home to one of Iceland's best and most famous galleries. Icelandic and foreign art is exhibited all year round.

The local currency is the Icelandic krona.

Cuisine

The centre houses an internet café and a bistro. Fresh fish is the local specialty.

Other Sites

The Technical Museum for Eastern Iceland

Tækniminjasafn Austurlands is open daily 10 a.m. to 5 p.m. during summer months and wintertime (September 15- June 1) workdays 1-4 p.m. The

museum exhibits the country's first telegraph station. The museum has acquired the premises and equipment of Vjelasmiðja Jóhanns Hanssonar, the oldest of its kind in Iceland and this, among other attractions, is open to the public.

The Fjarðarsel hydro plant

Built in 1913, it is one of the oldest AC plants and municipal electric utilities in the Nordic region; it is still in use almost in its original form. The plant is open to the public by request. The Fjarðarsel hydro plant is located in picturesque natural surroundings, about half-an-hour's walk from the town.

Visit the nearby town of Egilsstaðir set on Lake Logurinn surrounded by forests and Hengifoss, the third highest waterfall in the country.

Nature lovers will also find excellent hiking trails and breathtaking scenic areas that are perfect for those looking for a trek.

TÓRSHAVN, FAROE ISLANDS, DENMARK

More than 600 miles (nearly 1,000 kilometres) from Denmark's west coast lie the Faroes, a triangle of eighteen windswept islands, seventeen of which are inhabited. Only 48,500 people plus some 70,000 sheep roam these remote lands. Much of the islands' heritage reflects a medieval past, beginning with the arrival of farmers from western Norway who settled here in the 9th century. Evidence of this Scandinavian heritage is preserved through centuries of isolation; ancient structures can still be seen in villages clustered around old churches.

Sheer cliffs and waterfalls carve Streymoy, the largest of the islands, where Torshavn is one of the world's smallest capitals with about 12,400 inhabitants, plus another 5,000 living in the suburbs of Argir and Hoyvik. Visitors find interesting museums, churches, monuments and all the amenities of a modern town and thriving harbour here. The world's oldest, still active parliament was founded in the Viking age. Today, it houses the main offices of the local government.

Many of the attractions are found outside of Torshavn in the rugged beauty of Streymoy. There are fields with grazing ponies and sheep, tiny hamlets where residents live in half-timbered houses topped by green grass roofs, and dramatic rock formations. Birds by the thousands populate the craggy seaside cliffs, which make an ideal stopover for migratory gannets,

guillemots and puffins. The Faroes' climate is generally wet and windy. Because of the Gulf Stream, the temperature is a good deal more moderate than the latitude might imply; it also helps to keep Faroe harbours ice-free year-round.

Please Note: The weather in the Faroes is unpredictable and can change several times in one day. A sweater or jacket and a light raincoat are recommended when going ashore. Be aware that your enjoyment of shore activities is very much subject to weather conditions. Local residents serve as guides and their accents may be at times difficult to understand.

Pier Information

The ship is scheduled to dock at the East Harbour Pier, subject to weather conditions. The town centre is about half a mile away (one kilometre). Taxis generally have to be requested for pickup at local Terminal.

Shopping

Shopping opportunities abound from Havnargöta and the main street (Niels Finsensgöta), and at the SMS Shopping Mall. Woollen sweaters in Faroese design are popular buys, as are local stamps and regional handicrafts. Two decades of independent postal administration has brought philatelic fame to these remote islands. Most shops are open from 9:00 a.m. to noon or at 2:00 p.m. The local currency is the Danish and the Faroe kroner.

Cuisine

Meat, potatoes and fish are the common staples here. The meat is usually mutton - boiled, dried, stewed or roasted. Fish is typically dried or frozen, since most of the fresh fish is exported. For a snack, open-faced sandwiches are a good choice. Some of the best restaurants can be found in Tórshavn's hotels; more casual cafés are around the town centre.

Other Sites

Vesturkirkjan

The West Church is most likely the first building any visitor sailing into Torshavn will see. Built in 1975, its design is somewhat reminiscent of a Faroese sloop.

Tinganes

This is the site where the first Norwegian settlers established their parliament, the "Thing" where Christianity was introduced in the year 999

AD. The oldest houses of the town are found in this area; many buildings dating from the 17th century are still intact and inhabited.

Kongaminnid

This obelisk stands in the middle of Torshavn on a hill; it was erected in commemoration of the first visit by a Danish king to the islands in 1874.

Vaglid

A pedestrian street leads to one of the shopping areas from this town square, the hub of Torshavn.

Havnar Skansi

This fort was originally built by Magnus Heinason in 1580; it was rebuilt and enlarged later. At the time it was the strongest fortification in Northern Europe. During World War II, the Faroes were occupied by British Forces, who made Skansi their headquarters.

HEIMAÆY, ICELAND

Lying off Iceland's southern coast, Heimaey is the largest and only inhabited island of the 15 Westman Islands, locally known as Vestmannaeyjar.

Sparsely covered with vegetation, most of the islands are surrounded by cliffs that teem with a variety of birdlife from Europe and America, including the Icelandic puffin. Opportunities for bird watching are excellent. The once-popular practice of egg climbing has become increasingly rare, due to the danger in scaling the cliffs to gather eggs. The Westman Islands are all of volcanic origin. According to legend, their name was derived from some Irish slaves, called West Men because of their origin west of Scandinavia. They had fled to this Atlantic landfall to escape their Viking masters in the 9th century. Disasters and invasions plagued the islands through the centuries, as well as volcanic eruptions. The last devastating outbreak occurred in January of 1973; for five months 30 million tons of lava buried most of the village, miraculously sparing the harbor. The island's 5,000 inhabitants were evacuated to the mainland. With no further eruptions since, restoration work has been completed and the inhabitants have returned. The town has a spectacular setting; escarpments rise abruptly behind the harbor on one side and steaming volcanic hills on the other. The island topography and the town have both changed. The heat remaining just below the lava crust is being experimentally harnessed to warm private and public buildings. On a clear day, you may be able to spot the newest island,

Surtsey, located to the southwest of Heimaey. Surtsey was created in 1963, when a volcanic eruption shook the North Atlantic. The island, named after the mythological Norse giant Surtur, is still an active volcano beneath a cooling crust.

Kindly note that a very limited number of buses in Iceland have air-conditioning as this is not seemed necessary due to the climate; however all buses are equipped with forced-air. Coaches with air conditioning will be used when available.

Pier Information

The ship will anchor off Heimaey and guests will be taken ashore via the ship's tenders. From the tender landing, the town centre is about a five-minute walk.

Shopping

Heimaey is known for its local industry of woven goods. The majority of shops are located around the town center. The local currency is the krona.

Cuisine

Seafood is available in an endless variety of haddock, halibut, lobster, prawns, scallops, sole, monk fish, ocean perch, shrimp, turbot, salmon and trout from clear mountain streams. Iceland lamb with a distinct gamy taste is another delicacy; iron-rich kelp makes a nutritious staple.

Other Sites

The numerous species of sea birds, including puffins and gannets, nest here during June and July. Strict regulations govern the filming and hunting of nesting birds.

Westman Island Golf Course

Golfing in an extinct crater is an adventurous and unusual experience. Enthusiastic golfers will appreciate this 18-hole, par-70 golf course, one of the most spectacular in all of Iceland. It is surrounded by high mountains, bird cliffs and the open sea. Golfing here involves driving over grass and the open sea. For availability and advance reservations please check with the Shore Concierge Office on board the ship.