

## The voyage from Tromsø to Bergen – day by day:

### **Day 1 (Saturday October 20):**

*Tromsø, the Arctic Cathedral and the mountain Tromsdalstinden in the background*



The south-bound Coastal Express (*MS Nord-Norge*) docks in *Tromsø* at 23:45, and departure time is 01:30 on Sunday morning. Make sure that all of you are on board the ship at least 30 min before departure. Contact the Training School registration desk in the reception area for further information and for picking up keys for your cabin.

### **Day 2 (Sunday October 21)**

*The sail of Selsbane, Harstad*



We arrive at the town of Harstad in the morning and meet for breakfast in the restaurant of the Coastal Express. The official opening of the meeting will take place at 09:30 in the conference room.

*Hurtigruten museum, Stokmarknes*



During the morning session we cruise through the archipelago of *Vesterålen*, and in the early afternoon we arrive at *Stokmarknes*, where *Hurtigruten* was founded more than 120 years ago. If time allows, we may go ashore and pay a visit to the Hurtigruten Museum here.

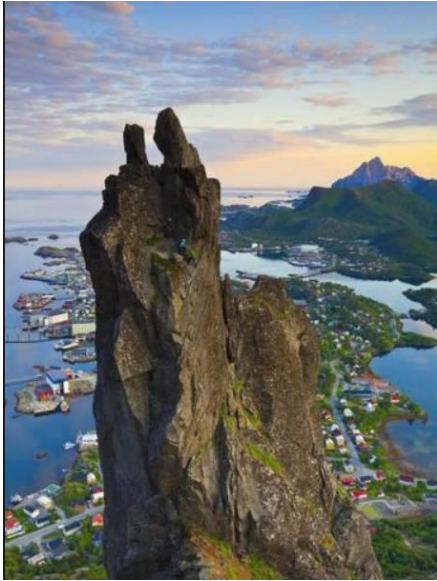
*Trollfjorden and Raftsundet*



As we continue southwards, it looks like we are sailing straight into the mountain wall, but we inevitably slip through an opening leading to the narrow *Raftsundet*. This 20-km passage between *Lofoten* and *Vesterålen* takes you through mountains soaring 1,000 metres directly out of the sea. We reach the spectacular *Trollfjord*, only 2 km long and 100

metres wide, surrounded by majestic mountains. If the weather and time permit – the captain makes a detour into the fjord. Reaching the town of *Svolvær*, one of the largest fishing communities in *Lofoten*, you will have the opportunity to go ashore and visit museums or enjoy a glass of local beer before we sail into the night and set course for the mainland.

*Svolvær, Svolværgeita pinnacle in front*



### ***Day 3 (Monday October 22)***

When we wake up in the morning, we have passed the city of *Bodø* (docking time 02:30-04:15). Around 09:00 we pass the *Arctic Circle* (at 66°33' N) and we are soon sailing along the beautiful *Helgeland* coast. Here we pass hundreds of islets, fertile farmland and steep granite walls rich in local



lore. On deck you can see the strange mountain *Torghatten* (rising 258 m above sea level), famous for its distinctive hole right through the middle. The hole is 160 m long, 35 m high and 20 m wide and was created during the ice age.



Another highlight is sailing past the *Seven Sisters* mountain range. All seven mountains are between 900 and 1,100 m high, and it is easy to understand how these 'ladies' influenced ancient myths.



## Day 4 (Tuesday October 23)

*Nidaros Cathedral, Trondheim*



Already at 06:30 we arrive in the city of *Trondheim*. We do not depart until 10:00, which provides an opportunity to visit this historical city founded by Viking King Olav Tryggvason in AD 997, and occupies a special place in Norwegian culture and history. *Trondheim* is also an ecclesiastical centre, a regional capital, a centre for industry and commerce, and an important education and research centre.

*Molde, the city of roses*



As we sail further along the coast, you realise the importance of fish to Norwegian coastal communities, and our next stop, *Kristiansund*, is referred to as Norway's 'dried cod capital'. From here we continue to *Molde* (Norway's "City of Roses") and *Ålesund*, noted for its concentration of Art Nouveau architecture, where we arrive shortly after midnight.

### ***Day 5 (Wednesday October 24)***

Now the world's most beautiful voyage draws to a close, but before we dock in *Bergen*, there are some nautical miles of fascinating scenery ahead of us, including the picturesque *Nordfjord* below the enormous Jostedal Glacier. Finally, you disembark in Bergen at 14:30, taking with you memories of a unique journey filled with unforgettable experiences, and above all, lots of interesting presentations and discussions of the mitochondrial processes providing our organism with life-giving energy.



*Bergen, the pier*



*Fløibanen, funicular*