

BODØ CRUISE PORT

—
YOUR FIRST PORT OF CALL
NORTH OF THE ARCTIC CIRCLE





Cruise Season: All year

Normal temperature range: (C) Winter: -10 /+5 Summer +10 / +20

Useful links: www.visitbodo.com

Cruise and port Information: www.bodohavn.no

Photo: Nordlandsmuseet/Ernst Furuhatt / Photo front page: Rune Nilsen, Bodø Nu Respons



Welcome to Bodø & Salten.

Bodø is an exciting cruise destination eager to be discovered. We can accommodate virtually any cruise ship and offer a great variety of shore excursions to suit all ages, seasons and activity levels.

Among shore highlights, we find the famous Saltstraumen – the world’s strongest maelstrom with visible evidence of an exciting Stone Age heritage. We also find the old Kjerringøy trading post, beautifully located in a stunningly scenic landscape, and one of Norway’s best preserved and most important cultural heritage monuments from the 19th century. Least but not last we recommend the Norwegian Aviation Museum – Scandinavia’s largest and most modern.

In the summer of 2019 a brand new museum opens in Bodø. It is the Norwegian Jekt-trade museum which offers genuine experiences of Norwegian coastal history. The museums show unique maritime exhibits and give you a chance to sense history and try for yourself how you hoist a square sail or set the price of stockfish on its way to worldwide markets.

It is our objective to make Bodø a port you will enjoy visiting – again and again, and we do our best to give you the best experiences we can offer as you seek new destinations for your cruise ship experiences.

Being located in Northern Norway’s second largest town, with a major airport with one-stop connections to most gateways in Europe, and the northernmost end of the Oslo-North Norway railway, Bodø is a great location for guests in search of adventures in fantastic natural surroundings, as well for logistical purposes such as resupplying by air, rail or sea.

We look forward to presenting our cruise ship destination, one like no other, on the following pages, and will be more than happy to discuss any questions, such as possible guest events and experiences or operational and logistical matters, with you or your representatives at any time.

Best regards,

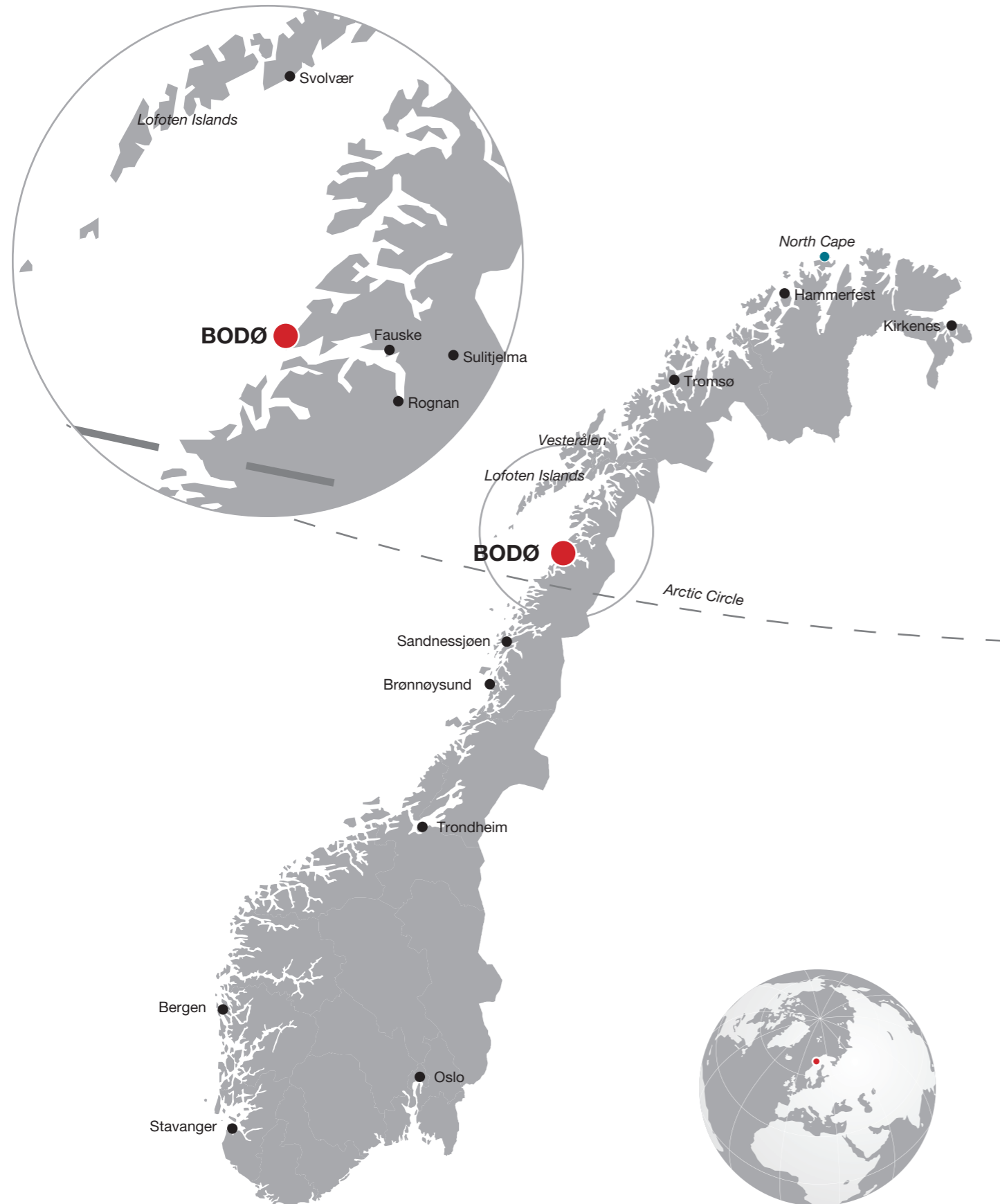


Erlend Willumsen
Director of Development and Communication
Bodø Havn KF
eaw@bodohavn.no



Carina Dreyer Salater
Director of Cruise Development
Visit Bodø
carina@visitbodo.com

The complete nature experience north of the arctic circle.



BODØ

- A cruise destination like no other

The perfect port of call offers the widest range of choices. Bodø cruise port is such a port of call. The city of Bodø offers wondrous Arctic experiences, magical scenic surroundings and mouth-watering culinary delights, all right outside our door in the exotic north. We have the natural resources surrounding us to help create unforgettable adventures.

We offer a vibrant city on the edge of the great outdoors, with dazzling midnight sun and magical northern lights, music festivals and concerts throughout the year, a lively city center with restaurants and shops, central berths and memorable excursions. Our Concert Hall, Stormen, has in fact received numerous prizes on a world class scale for its architecture and its beauty. It is also very well reviewed by world class musicians.

In the surroundings of Bodø you'll find some of Norway's and Europe's most famous attractions:

Saltstraumen - The world's strongest maelstrom. During a 6-hour period, 372 million cubic metres of seawater pass through a 150 metre wide and 31 metre deep channel. We have several options to experience this phenomenon, and it is only half an hour drive to get there.

The old Kjerringøy trading post is beautifully located in a stunningly scenic landscape, and is one of Norway's most important cultural heritage monuments from the 19th century. This living history museum gives you a unique insight into the coastal culture of Northern Norway. By coach and ferry it will take you about one hour to get there.

Just a 5-minute drive from the Cruise Port, you'll find the Norwegian Aviation Museum. It is Scandinavia's largest and one of the most modern in Europe. In the centre of town you find the Nordland Museum that focus on the city history of Bodø. Furthermore, the Bodø region is home to the largest colony of European Sea Eagles in the world. If you are seeking the thrill of speed, we recommend a trip on an open ocean RIB right from the quayside - a breathtaking experience that suits all ages.

If you want to take a picture of the Arctic circle monument you can join on a trip to experience the arctic circle up close. This is our longest shore excursion, but also one of the most popular ones.

A couple of hours from Bodø you will find the Svartisen Glacier - Norway's second biggest glacier, underground caves, marble formations, steep peaks and waterfalls, all located in the beautiful National Park. The best way to get there is by coach.

The Bodø region is one of the most fascinating areas in the world - with a wealth of history and unspoiled natural surroundings. Whether you are looking for spectacular scenery, the contrast between Stone Age settlements and modern culture, outdoor activities, or simply want to experience life in this exotic part of the world, you will find it all here in the Bodø region. The people living north of the Arctic Circle are very friendly and open-minded. You will find it easy to make contact with the locals, especially since language skills in general are very good - English is spoken as a second language everywhere.

Your First Port of Call - North of the Arctic Circle!

Sea Eagle Safari by RIB & Coach

A Spectacular Nature Adventure

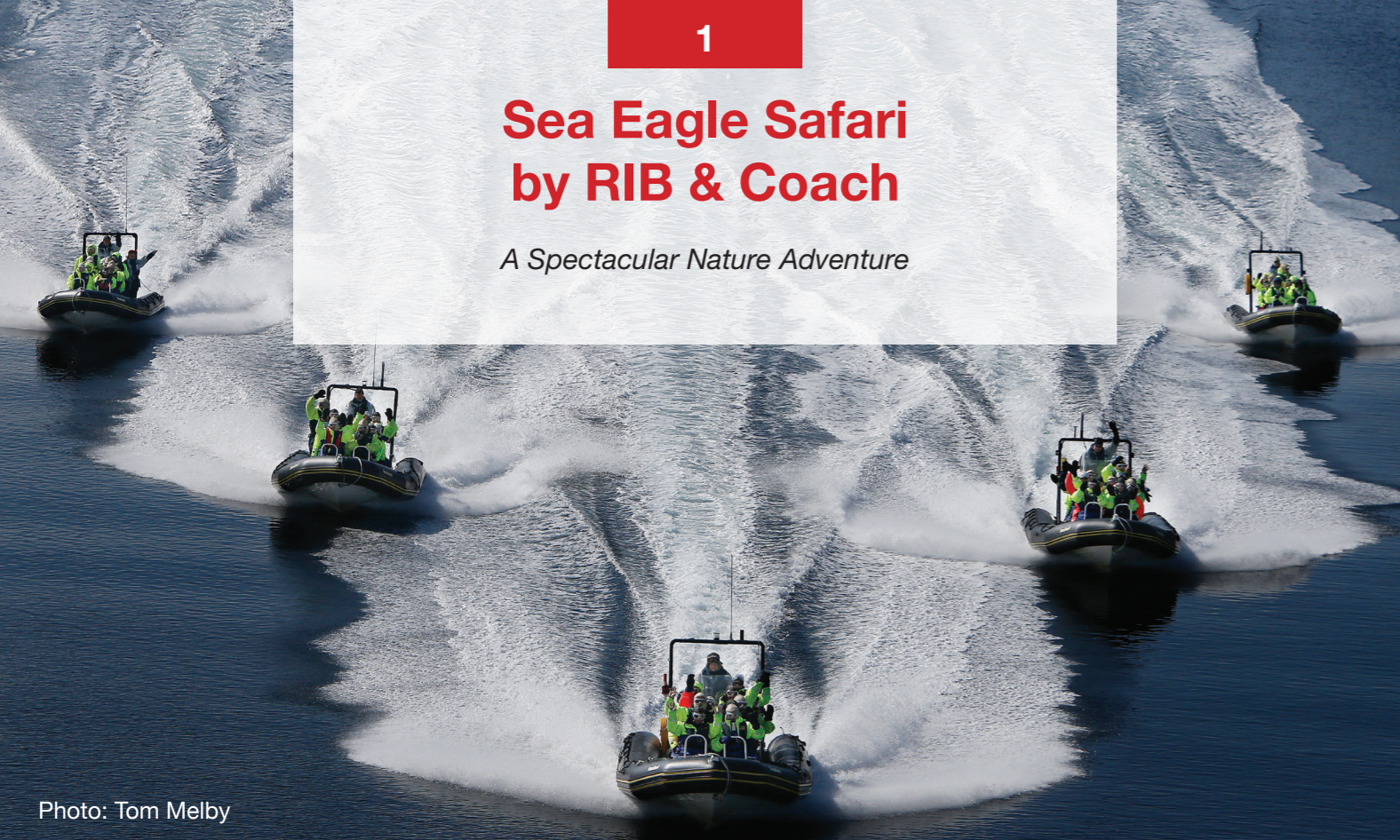


Photo: Tom Melby

FACTS:

Duration: 3 hours
Capacity: 96 pax per trip
Season: 1st of April – 1st of November
Highlights: Sea eagle watching, mountain viewpoint & Saltstraumen by RIB

NOTES:

The boats hold 12 pax each. You will be fully kitted with floatable suits, gloves, hats and protective glasses prior to embarking on your journey in the Rigid Inflatable Boats.

Description

Immerse yourself in unique countryside, together with your guide, and visit the realm of the European Sea Eagle.

You will see this magnificent bird of prey in its own unparalleled and majestic natural environment. Bodø can rightly be referred to as the capital of the European Sea Eagle, since scientists have confirmed that the Bodø region has the world's

largest stock of these incredible birds. Next stop will be at Saltstraumen, the most powerful maelstrom in the world. The water forms whirlpools that can be up to 10 meters wide and 5 meters deep.

If you are lucky you will be able to see this at close quarters and take amazing photos of this natural phenomenon. Your return journey will be by coach.

Itinerary

00:00 - 00:30	Short walk to RIB pier. Safety briefing & clothed.
00:30 - 00:45	Scouting for Sea Eagles. Photo stop.
00:30 - 00:45	Cruise towards Saltstraumen.
00:45 - 01:00	Geology stop: Observe parts of the Caledonian Fold Belt - a range of mountains sating back 250 million years.
01:00 - 01:45	Continue to Saltstraumen - The world's strongest tidal current
01:45 - 02:00	Go ashore.
02:00 - 03:00	Return to your ship by coach.

Contact info

Stella Polaris Ltd
 knut@stella-polaris.no
 torbjoern@stella-polaris.no
 www.stella-polaris.no
 +47 75 52 85 08
 +47 908 69 392

www.visitbodo.com

Visit
Bodø

f Visit Bodø

Instagram Visitbodo

The World's Strongest Maelstrom

The Scenic Wonders of the Saltstraumen Maelstrom

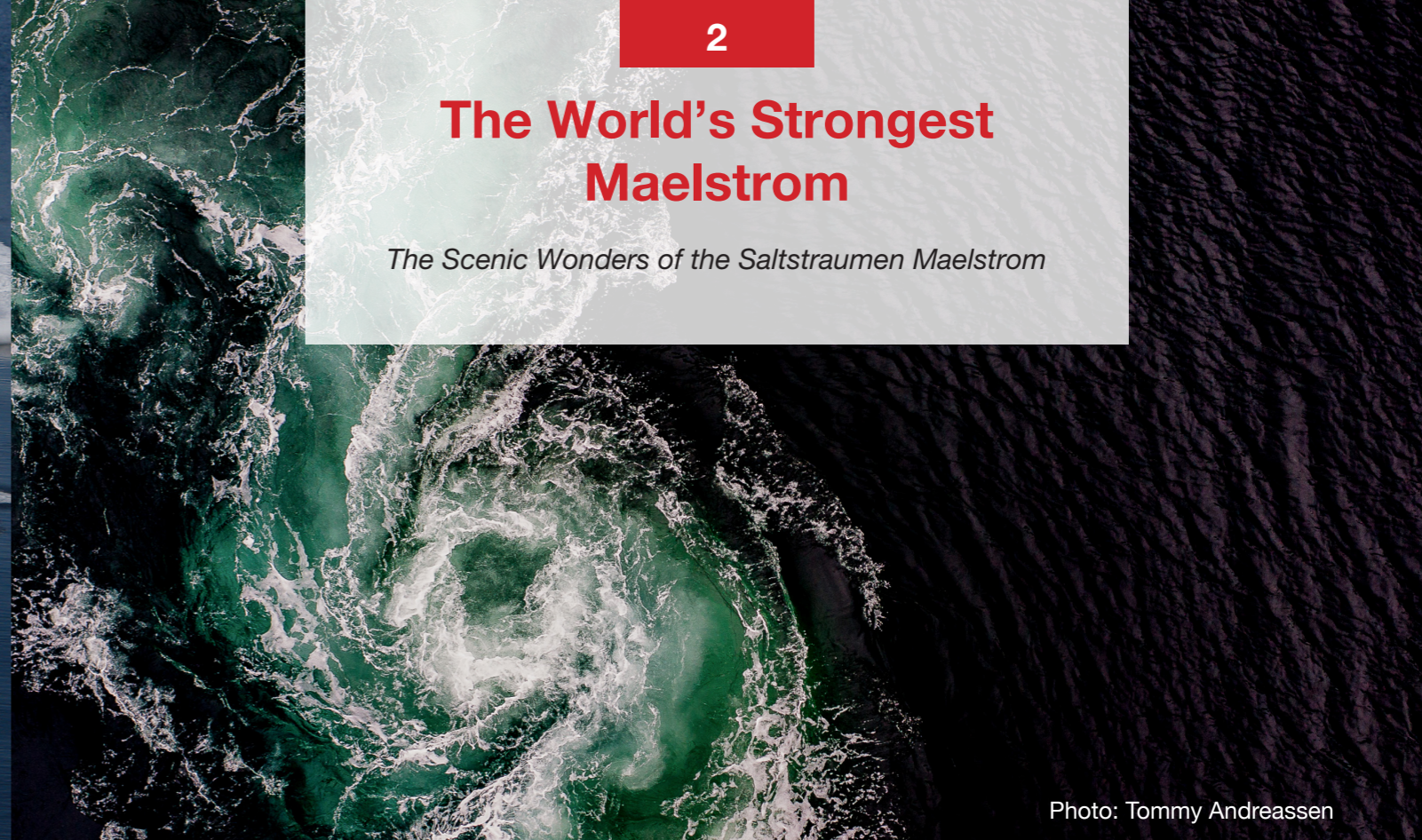


Photo: Tommy Andreassen

FACTS:

Duration: 3.5 - 4 hours
Capacity: 200 per trip (one hour between departures)
Season: All year round
Highlights: The Magic Saltstraumen Visitor Centre, the Saltstraumen, Mount Rønvik viewpoint

NOTES:

Please note that aspects may operate in reverse order due to the timing of the tidal current. The restaurant can seat 100 guests and the film theatre another 100. Guests can enjoy a film about the Northern Lights or Saltstraumen. Champagne receptions with musical entertainment, lunch and dinner are also available on request.



Description

This is the home of one of the world's most extreme natural phenomena. After a brief tour of Bodø with your guide, you will continue through a picturesque landscape towards Saltstraumen, the narrow strait that links the Saltfjord with the larger Skjerstadvfjord. This is home to the world's strongest tidal current, with up to 400 million tons of seawater forcing its way through a 3 km long and 150 m wide strait every six hours. During the strongest currents, whirlpools of up to 32 feet/9.7 m. in diameter and 16 feet/4.9 m. deep

are formed. Depending on the time of day, you may witness this phenomenon from the water's edge or from the bridge that spans the strait. Next stop is the Magic Saltstraumen Experience Centre, where you can learn about this natural phenomenon in an explanatory multimedia film. Followed by coffee and waffles, enjoy the beautiful vista from inside, or outside on one of the benches. En route back to Bodø, we make a photo stop at Rønvikfjellet viewpoint for an incredible panorama of the city.

Itinerary

00:00 - 00:45	Scenic drive to Saltstraumen
00:45 - 01:00	Welcome and introduction at Magic Saltstraumen
01:00 - 01:30	Film about the phenomenon of Saltstraumen (or the Northern Lights)
01:30 - 02:00	Refreshments – waffle & coffee/tea
02:00 - 02:30	Free time to visit the maelstrom
02:30 - 03:45	City Sightseeing, photo stop at Mount Rønvik and drive back to ship

Contact info

Polar Tours AS
 post@polartours.no
 www.polartours.no
 +47 75 56 30 00

www.visitbodo.com

Visit
Bodø

f Visit Bodø

Instagram Visitbodo

Photo: Kent Grundstad



Kjerringøy Open Air Museum

One of the Most Beautiful Spots in Northern Norway



Photos: Nordlandsmuseet

FACTS:

Duration: 5 hours
Capacity: 135 pax per trip
Season: All year round

NOTES:

Coffee and home-made cakes can be served on request, for an extra fee.

Description

Visit what was once the wealthiest centre in Northern Norway - Kjerringøy, known for its beautiful and diverse countryside, well-preserved trading post and Open Air Museum. Meet your guide for a picturesque drive along coastal alpine landscapes. Then board a ferry for the short crossing. During your visit, local guides will show you around this fascinating trading post that seems to have been overlooked by the passage of time. You will gain

insight into the daily lives of the fishermen and smallholders who called the coast home during its Golden Age. Profitable at the end of the 19th century, the owners thrived in the fish trade, coastal shipping, exports and imports. You can browse through 15 buildings there, preserved in their original setting. An interesting picture show tells the story of the trading post in its heyday. Afterwards, there will be free time to explore on your own.

Itinerary

00:00 - 00:45	Drive to the ferry at Festvåg
00:45 - 01:00	Ferry transfer to Kjerringøy
01:00 - 01:10	Arrival Misten - Drive to Kjerringøy Trading Post
01:10 - 03:10	Visit the listed buildings and enjoy some free time
03:10 - 05:05	Scenic drive back to Bodø and the ship (including ferry crossing)

Contact info

Kjerringøy office: +47 910 06 443
Nordland Museum: +47 75 50 35 00
booking.kjerringoy@nordlandsmuseet.no
www.nordlandsmuseet.no

www.visitbodo.com

Visit
Bodø

f Visit Bodø

Instagram Visitbodo

Winter RIB

Winterrib in the worlds strongest maelstrom followed by a stone age meal



Photo: Lars Westvig

FACTS:

Duration: 3.5 - 4 hours
Capacity: Max 96 pax per trip
Season: 1st of November - 1st of April

NOTES:

Thermal overalls will be handed out, but you are recommended to bring a scarf, hat and gloves. Wine, beer, coffee and snacks can be served as pre-booked. Included in the prices is coffee, tea and the fish the guests catch. We recommend adding a taster of stockfish and the Norwegian snaps Aquavit as part of the experience.

Photo: Ingrid Børli



Description

Saltstraumen is the strongest maelstrom in the world. The whirlpools can be up to 10 meters across and 4 meters deep. They are at their strongest every 6 hours.

In our RIBs we can get up close while still keeping at a safe distance - a spine-chilling experience. With the close contact to the elements, you feel very much alive!

Bodø is known as the capital of Sea Eagles we are off to find out why. In "Sund-

straumen", there are excellent feeding conditions for the eagle, and here on these steep and inaccessible cliffs the eagles do their nesting. With the Rib we are able to get in close to the cliffs and there is a very good chance to see the Eagles on their nest. An amazing experience!

The Stone Age people in Saltstraumen have been waiting for you for 10.000 years! We invite you to enjoy the natural beauty in Saltstraumen at a copy of a Stone Age settlement. Here we will serve you a taste of the Stone Age in a relaxing atmosphere with service minded hosts.

Itinerary

00:00 - 01:00	Bus to Saltstraumen
01:00 - 01:15	Safety briefing & clothing
01:15 - 01:45	Observe parts of the Caledonian fold belt, a range of mountains sating back 250 million years.
01:45 - 02:15	Cruise towards Saltstraumen
02:15 - 03:00	Stone age lunch
03:00 - 03:45	Return to ship by coach

Contact info

Stella Polaris Ltd
knut@stella-polaris.no
torboern@stella-polaris.no
www.stella-polaris.no
+47 75 52 85 08
+47 908 69 392

www.visitbodo.com

Visit
Bodø

f Visit Bodø

Instagram Visitbodo



5

Let's fly!

A journey through Norwegian aviation history

Photos: Martin Losvik

FACTS:

Duration: 3 hours
Capacity: 1000 pax – 200 per trip with guided tour
Season: All year round

NOTES:

The exhibitions are easily accessible to everyone - There are ramps, stairways and two elevators.

Family friendly and activities for children



Description

Come fly with us, and experience our exciting exhibition through history's most defining moments. Fly with us through the cold war, civil aviation and the dream about flying here at the Norwegian Aviation Museum.

Participate in exciting adventures and exhibitions with airplanes from all eras, like the famous spyplane U-2 and Starfighter. Explore the Civil and Military galleries,

and lastly the traffic control tower, which gives a 360 degree view of the city. You can also bring your family to the Family Lounge areas, where you can relax and watch your kids play with interactive activities and aerodynamics.

For all of you visiting in the summer 2019: You can look forward to the launch of our brand new experience endeavour at the museum. See more updates on our website.

Itinerary

- 00:00 - 00:30 City Sightseeing
- 00:30 - 00:45 Photo stop at Ronvikfjellet viewpoint
- 00:45 - 01:00 Drive to the Aviation Museum
- 01:00 - 02:40 A welcome and introduction to the museum, followed by free time to browse
- 02:40 - 03:00 Transfer back to the ship

Contact info

The Norwegian Aviation Museum
 booking@luftfartsmuseum.no
 www.luftfartsmuseum.no
 +47 75 50 78 50

www.visitbodo.com

Visit Bodo



6

Concert in Bodø Cathedral

A Magical Musical Experience

Photos: Martin Doering, .die-orgelseite.de

FACTS:

Duration: 1 hour (45 mins for organ recital)
Capacity: Min 100 pax (50 pax for organ recital) Max 750 pax.
Season: Midnight sun or northern lights concert

NOTES:

The concert programme consists mostly of popular classical and Norwegian music for choir and organ.

If the ship has docked in the city centre, guests can walk. However if the ship is at Ronvikleira you may wish to add a transfer (20 minute walk).



Photo: Per Ståle Lundbakk

Description

Enjoy a magical musical performance in Nordland's own Cathedral, summer or winter. Just a short walk from your ship, Bodø Cathedral stands tall and proud. It was built in 1956, a modern basilica in concrete. Its' unique bell tower contains the worlds' northernmost concert carillon, which will be playing as you arrive for the concert. The organist will welcome you and introduce you to the city and its

Cathedral, proud to have one of Norway's largest pipe organs at his disposal, with more than 5000 pipes. Sit back and enjoy a beautiful concert by the cathedral's own youth choir (or other local choir), performing in their colourful national costumes. After the concert, you may wish to visit the municipal museum, very close by, or explore the city centre.

Itinerary 1 - Choir and organ concert

- 00:00 - 00:15 Drive or walk from the pier, carillon music on arrival.
- 00:15 - 00:30 Welcome by the organist, and introduction to the cathedral and city.
- 00:30 - 01:15 Choir and organ concert. Photographs may be taken with the choir and musicians at the end of the performance.

Itinerary 2 - Organ recital

- 00:00 - 00:15 Drive or walk from the pier
- 00:15 - 00:30 Welcome by the organist and introduction to the cathedral
- 00:30 - 01:00 Organ recital

Contact info

Cathedral organist
 Brian Hepworth
 bh469@kirken.no
 +47 488 95 334

www.visitbodo.com

Visit Bodo



Arctic Rail & Road

Magnificent Nature and History

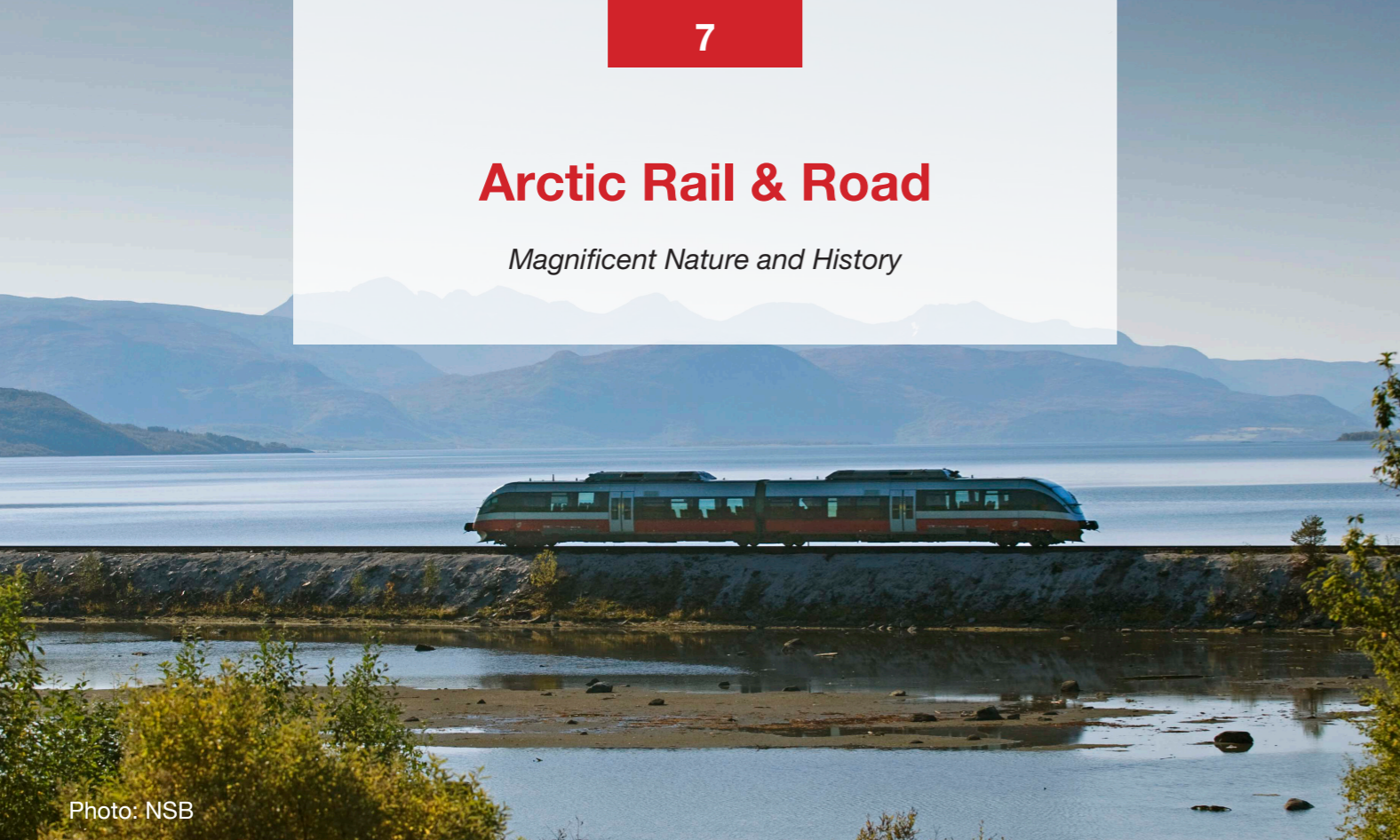


Photo: NSB



Photo: Rune Nilsen

FACTS:

Duration: 6 hours 45 min
Capacity: Min. 25 pax, Max. 80 pax (40 by train and 40 by coach in reverse order)

NOTES:

This tour operates in reverse order when the group size exceeds 40 pax. Departure time for the second group is 12:10 by train. The tour may be extended with city sightseeing if time.

Description

Combination of train and coach from Bodø to Rognan in the Municipality of Saltdal. Enjoy a scenic train ride on a commuter train along the beautiful Skjerstad fjord between Bodø and

Rognan. Your return journey will be by coach over the mountains to Misvær and then on to the famous Saltstraumen, before returning to your ship in Bodø.

Highlights on the excursion

Blood Road Museum

Blood Road Museum tells the story of the lives and work of prisoners of war under the German regime from 1942-1945 and is presented in German barracks moved here from Dunderdalen. Thousands of prisoners of war from eastern Europe were sent north to build roads and railways.

The Herb Garden at Tofte

The Herb Garden in Tofte is located in a rural setting in Misvær, about 500 m from the town center. Our eatery, the Vikkastua, is situated in an over one hundred year old house with lots of charm. We serve good food with emphasis on local produce, herbs from our own garden and honey from our industrious bees. In our wood-fired stone oven we bake bread with tender loving care. We have a small shop

where we offer home-made and other produce based on natural ingredients. In summer you can enjoy the scent and taste of the many fascinating herbs in the garden, or just sit down and take in the tranquillity of Tofte.

Saltdal Folk Museum

Travel back in time, to 1880, where the farmwife, Berit, welcomes you to a beautiful farmstead. Berit will take you inside the farmhouse; tell about her daily life and the Norwegian tradition of sheepskin making. The museum consists of old buildings dating from the seventeenth to the twentieth centuries. These include a storehouse, barn, smithy, and inside the "smoke-house" there will be baking of "flatbrød" a traditional, Norwegian bread.

Itinerary

11:30 - 12:05	Departure by coach to Saltstraumen
12:05 - 12:30	Visit Saltstraumen
12:30 - 13:25	Coach ride to Misvær
13:25 - 13:55	Visit the Herb Garden at Tofte
13:55 - 14:30	Coach ride to Rognan
14:30 - 15:15	Lunch
15:15 - 16:00	Guided visit to Blood Road Museum
16:00 - 16:05	Coach ride to the train station
16:05 - 16:15	Embark train - Carriage 4 (seats 40)
16:15 - 17:28	Train from Rognan to Bodø
17:28 - 18:15	City Sightseeing
18:15 - ---	Return to the ship

Map of route followed by coach and train

The train follows the coastline all the way from Rognan to Bodø, and vice versa. The commuter train makes the following stops along the way (Fauske, Valnesfjorden, Tverlandet, Mørkved, Bodø).



Photo: Nordlandsmuseet

Contact info

Polar Tours AS
 post@polar tours.no
 www.polar tours.no
 +47 75 56 30 00

www.visitbodo.com



Svartisen – Northern Scandinavia’s Biggest Glacier

The Black Ice Glacier – a Unique Natural Wonder

Photo: Rocks and rivers

FACTS:

Duration: 8 hours
Capacity: Max 120 pax
Season: Summer (Winter from 2018)

NOTES:

This full day excursion can be operated by charter boat or coach from Bodø. Alternatively, as a cruise call using tender boats.

Description

Northern Scandinavia’s largest glacier, underground caves, marble formations, steep peaks and waterfalls, all located in the beautiful Saltfjellet-Svartisen National Park with an abundance of attractions to explore.

If you arrive by coach from Bodø, the Engenbreen Shuttle Service boat provides transport across the Holand Fjord. The boat ride across the Holand Fjord only takes 10 minutes, and the boat departs from Holandsvika – just near the main highway.

Once across it is a short walk from the dock up to Brestua cafe, which is situated atop a moraine just near the lake into which Svartisen’s glacial melt flows. From the cafe, you can enjoy a magnificent view of the glacier over coffee/tea and cakes. However, if you wish to see the glacier up close, transportation by bus

can be provided. After a short 5 minute busride, there is an additional 30 minute walk up to the glacier itself.

For a more active experience of the Svartisen Glacier you can choose from several activities like biking, mindful walking, kiss a moose and professional guided glacier tours.

Bodø – Svartisen – Bodø
 6 hour excursion by charter boat, capacity 100 pax.

8 hour excursion by coach, capacity 120.

Alternatively, if the boat is on its way north it can call at Svartisen prior to calling at Bodø. Guests who book an excursion to Svartisen may be taken ashore on the boat’s own tenders and then taken back by coach.

Itinerary

00:00 - 02:30	2 hours 30 min.	Departure from Bodø pier, bus to Holandsvika
02:30 - 02:40	10. min	Arrival Holandsvika - boat to the other side
02:40 - 04:50	2 hour 10 min.	Bus transport, hike and free time on the glacier, and bus transport to Brestua café for
04:50 - 05:00	10 min	Bus transport to the pier
05:00 - 05:10	10 min	Transfer by boat to mainland
05:10 - 08:00	2 hours 50 min.	Transfer back to ship with photo stop at Saltstraumen

Contact info

Svartisen AS
 post@svartisen.no
 www.svartisen.no
 +47 411 41 391

www.visitbodo.com

Visit
Bodø



Mount Keiservarden

Hike the 'Emperor's Peak' with a Spectacular View



Photos: Bjørn Heitmann

FACTS:

Duration: 3 hours
Capacity: 50 pax per trip
Season: May - October

NOTES:

3 miles of gentle walking. Good walking shoes are recommended.



Description

Take in the breathtaking beauty of the Norwegian coast during an exhilarating walk to a summit popular among the locals. Bodø is surrounded by beautiful mountains whose peaks offer sweeping panoramas of nearby valleys, forested hillsides and deep fjords. Keiservarden, named after German Kaiser Wilhelm subsequent to his visit there 100 years ago, stands 1200 feet/366 m. above sea level. Together with your guide it is only a short drive to the trailhead. Your climb

passes through moorlands lined with alpine flora and thriving birdlife. At the summit, enjoy a 360 degrees panorama of the mountains that surround the city. With the help of a map recently installed there, you can identify various nearby peaks and other sights around Bodø. Take some time to linger, rest and marvel at the surrounding majesty. Our route down follows a different trail, a wide gravel track with lovely scenic views. En route back to your ship, enjoy a brief orientation tour of Bodø.

Itinerary

00:00 - 00:30 Departure from pier by coach - brief city sightseeing en route
 00:30 - 02:30 Arrival at drop off location - start the hike to Keiservarden
 02:30 - 03:00 Drive back to the pier

Contact info

Polar Tours AS
 post@polartours.no
 www.polartours.no
 +47 75 56 30 00

www.visitbodo.com



Bodø on Foot

The Story of the Town Founded in 1816 and it's Development up until Today



Photo: Rune Nilsen, Bodø Nu Respons

FACTS:

Duration: 2 hours
Capacity: 5-20 pax per tour
Season: January- December
Highlights: City Hall, Bodø Cathedral, history, street art

NOTES:

Sturdy walking shoes and clothing suitable for the day's weather are recommended.



Photo: Konrad Gärtner

Description

This Bodø city walk tells the story of a town founded in 1816 and its development up until today. Fish has always been important to the area and will be discussed on this walk in addition to other aspects of this modern and vibrant coastal city.

We start the tour at the pier and after a 10 minute walk we make our first stop at the

Salmon Centre, staying there for about 20 minutes. After the Salmon Centre, we will take you through the city centre, telling you stories of the early days in 1816 and making stops at a viewpoint, the new library, Bodø Cathedral, some street art and the city centre itself, before finishing off the tour with a tasty local treat.

Itinerary

00:00 - 00:15 Welcome - guided tour at Salmon Center
 00:15 - 00:30 History of Bodø on foot
 00:30 - 01:00 Photo stop Stormen Library
 01:00 - 01:15 Walk through City Center
 01:15 - 01:30 Photo stop - Bodø Cathedral
 01:30 - 01:45 Photo stop - City Hall
 01:45 - 02:00 Refreshments at Melkebaren cafe

Contact info

Polar Tours AS
 post@polartours.no
 www.polartours.no
 +47 75 56 30 00

www.visitbodo.com



Arctic Coastal Walk

Enjoy the City's Historical and Cultural Landscape



FACTS:

Duration: 3 hours
Distance: 3 km
Capacity: Min 15 Max 48 pax per trip (am & pm)
Season: All Year round

Description

A walk along the shore, across sandy beaches with amazing views, at the time of the day when the light can play tricks on your eyes. Experienced guides will show you the way, often stopping to point out special views or wildlife, while you enjoy this coastal walk and breathe in the fresh Norwegian sea air. The walk starts at Bremnes Fort and follows the coastline

to Ausvika beach. You will make several stops along the way, and your guide will describe the geology of the area, the local history and explain the people's dependency on the sea. Your guide will also point out one of the many Viking graves discovered in the area. There is a short transfer to and from the start/end of the tour.

Itinerary

- 00:00 - 00:30: Meet the group, necessary equipment will be handed out
Bus trip to Bremnes, starting point
- 00:35 - 00:50: Walk to the beach, 1st guide/photo stop (10 min.)
- 00:50 - 00:60: Walk to 2nd guide/photo stop
- 01:00 - 02:25: 2nd, 3rd and 4th guide/photo stop. Arrival at Ausvika, where hot tea will be served.
- 02:25 - 02:35: Walk to the bus
- 02:35 - 03:00: Bus trip. Hand in equipment/walk back to the ship

Contact info

Stella Polaris Ltd
 knut@stella-polaris.no
 torbjoern@stella-polaris.no
 www.stella-polaris.no
 +47 75 52 85 08
 +47 908 69 392

www.visitbodo.com

Visit
Bodø



Arctic Light

Travel South to the Arctic Circle and Immerse Yourself in Sami Culture



Photo: Magne Myrvold Ed

FACTS:

Duration: 7 hours
Capacity: 20-48 pax per trip
Season: January-December
Highlights: Arctic Circle, visit to Sami family.

Description

On the way to our destination, our guide will tell you about the local history and natural surroundings. We will also screen a film about the Sami people and their culture and heritage in Nordland county.

The trip will take you across the Saltfjellet mountains to the Arctic Circle, the Arctic Circle Centre, and an Arctic Circle ceremony. Before leaving, we will show you a film about the northern lights and the midnight sun, and the way in which these phenomena appear to us. When crossing the Arctic Circle you will be awarded an Arctic Circle Certificate.

We will also be making a stop to visit the Sami people living on the northern side of the Saltfjellet mountains. Perhaps we will have the opportunity of feeding their reindeer. A traditional Sami lunch known as "Bidos" will be served, followed by a visit to the National Park Centre and the Adde Gallery. The gallery is filled with paintings and art depicting reindeer and the traditional Sami lifestyle.

After this we will return to the port of Bodø.

NOTES:

Sturdy shoes and clothing suitable for walking are recommended.

Itinerary

- 00:00 - 02:00 Bus transfer with guiding along the way & video of the Sami culture
- 02:00- 02:30 Photo stop at the Arctic Circle
- 02:30 - 02:45 Drive to Sami Family
- 02:45 - 03:25 Meet the Sami family & their reindeers
- 03:25 - 03:40 Drive to the National Park Center
- 03:40 - 05:15 Lunch – traditional bidos & coffee. Guided tour and free time
- 05:15 - 07:00 Return to the ship

Contact info

Polar Tours AS
 post@polartours.no
 www.polartours.no
 +47 75 56 30 00

www.visitbodo.com

Visit
Bodø



NOTES:

You will be provided with crampons and walking sticks at the beginning of the walk. Please note that toilets are only available on the coach. Sturdy footwear and warm clothing are recommended.

Photo: Reidar Hernes

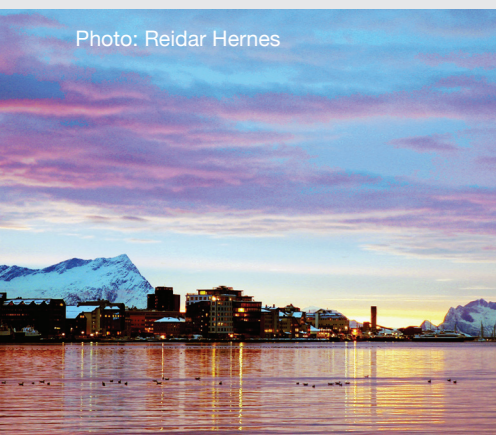


Photo: Torstein Abelsen

Time Travel to the Stone Age

History adventure and local delights

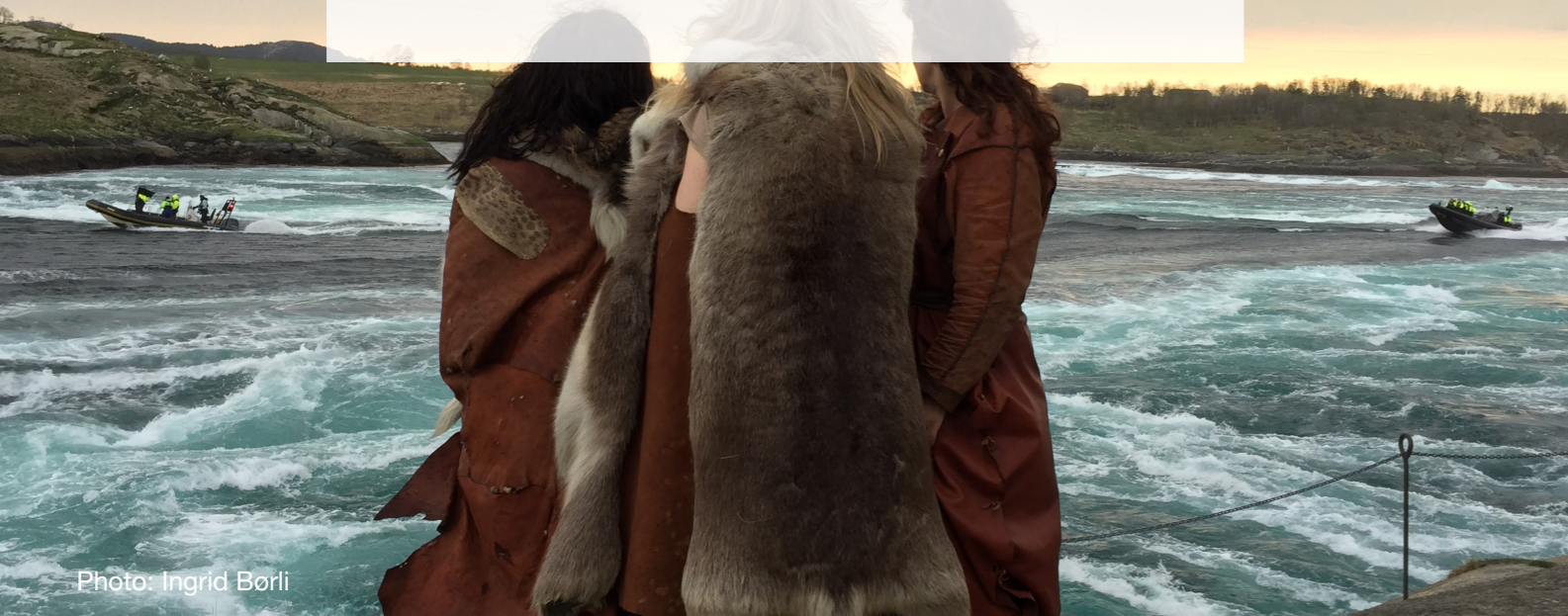


Photo: Ingrid Børli

FACTS:

Duration: 3,5 hours
Capacity: 100 pax
Season: All year
Highlights: Tuvsjen
 Saltstraumen

Description

More than 11.000 years ago, Stone Age hunters and gatherers came to settle at the countryside Tuv in Saltstraumen. Your local Stone Age hosts invite you to experience the ancient history of this area brought alive.

In our Stone Age house you can sense the history by listening to the stories and enjoy a small snack from our delicious,

historic menu around the large open bon fire. You'll hear about the archaeological findings in this area.

The tour should be scheduled so you get to experience the natural phenomena Saltstraumen Maelstrom around its peak on the way to or from this history adventure based in Saltstraumen area.

Itinerary

- 00:00 - 01:15 Scenic drive to Saltstraumen, stop to see the natural phenomena Saltstraumen Maelstrom around its peak
- 01:15 - 02:15 Snack and storytelling in the Stone Age house around the open bonfire
- 02:15 - 02:45 Shopping possibilities, local products
- 02:45 - 03:30 Drive back to ship (Alternative stop to see Saltstraumen)

Contact info

Tuvsjen AS, Saltstraumen
 Elisabeth@tuvsjen.com
 www.tuvsjen.com
 +47 957 25 006

www.visitbodo.com

Visit
Bodø



Louise Engen Historic Walk

Take a Trip Through Time and Space in Bodø



Photos: Nordlandsmuseet

FACTS:

Duration: 1 ½ hours
Capacity: 30 pax per trip
Season: Mid June - Mid August
Highlights: Historic walk,
 Bodø City

Description

Louise Engen (1873-1947) was the first professional female photographer in Bodø. She was politically active and engaged in and women's rights.

By way of stories, historical facts and photos, you will see Bodø through the eyes of Louise Engen, and gain insight into the history of the city. You will learn

about the maritime freight trade, the fortifications, and the smell of money - at least the way it felt in Bodø, a long time ago...

Included in the city walk is a free ticket to the Nordland Museum, where you can take in the exhibition and watch a historical slideshow about Bodø City.

Itinerary

- 00:00 Departure from harbour on foot together with guide
- 00:00 - 00:45 City Walk
- 00:45 Arrival Nordland Museum
- 00:45 - 01:30 Explore the museum on your own and see the slideshow about Bodø City
- 01:30 Departure from the museum back to the ship

Contact info

Nordlandsmuseet
 post@nordlandsmuseet.no
 www.nordlandsmuseet.no
 +47 75 50 35 00

www.visitbodo.com

Visit
Bodø



Photo: Tuvsjen



15

The Nordland Museum

Bodø City Museum



Photos: Nordlandsmuseet

FACTS:

Duration: 1 - 1.5 hours
Capacity: 90 pax
Season: All year round
Highlights: City history, 1000 year old silver treasure, various exhibitions
Open: 1 hour after ship arrival. Closing 1 hour before ship departure

Description

The Nordland Museum, dating from 1903, is among the oldest surviving buildings in the centre of Bodø. The exhibitions here cover the city history and the slideshow "our town". In addition, there is an interesting dry aquarium in the cellar. On the surface Bodø appears to be a young town with a short history. But in reality it has a rich past. Before the Second World War Bodø was a busy little coastal town with canneries, steamship wharf,

shops, offices and everything you expect to find in a town. The town boundary was just two streets behind the museum. About one thousand years ago a large hoard of silver was hidden in a rocky slope not far from the centre of Bodø. The treasure was discovered in 1919 and contained the largest ring brooch known from the Viking Age and Iron Age. The museums ground floor is renovated in 2018 and has the capacity to show various exhibitions through the year.

Itinerary

00:00 - 00:10 Departure from harbour on foot or by coach
 00:10 - 01:15 Explore the museum on your own and see the slide show about Bodø City.
 01:15 - 01:25 Departure from the museum back to the ship

Contact info

Nordlandsmuseet
 post@nordlandsmuseet.no
 www.nordlandsmuseet.no
 +47 75 50 35 00

www.visitbodo.com

Visit
Bodø



16

Jekt trade museum in Bodøsjøen

New offer 2019



Photo illustrations: Nordlandsmuseet

FACTS:

Duration: 1 - 2 hours
Capacity: 280 pax per hour
Language: English, german, norwegian
Available: From August 2019 Every day, all week.

Description

Visit the Norwegian Jekt-trade museum and see the last preserved cargo vessel Jekt, and get a exiting experience of trade, livelihood and life in circumpolar Norway in the 18th century. The museums show you unique maritime exhibits and give you a chance to sense history and try for yourself how you hoist a square sail or set the price of stockfish on its way to worldwide markets. The museum opens summer 2019 and offers genuine experiences of Norwegian costal history. Here the history of an exciting and peculiar long-distance trade is told through active involvement of the guests, an authentic

and majestic ship with roots from the wiking era, and a spectacular exhibition.

The museum is situated in a stunning costal landscape and gives you an opportunity to take a hike on the costal path, enjoy an outdoor museumcollection of traditional architecture. The Jekt-trade museum also includes an outdoor museum with historical buildings, a large collection of authentic traditional boats of the local type "nordlandsbåt", a museum café, giftshop, temporary exhibitions and in summer season occational theatrical performances and demonstrations of crafts.

Itinerary

00:00 - 00:10 Transportation from pier by coach to the Jekt trade museum
 00:10 - 00:30 Introduction about the Jekt trade
 00:30 - 01:50: Visit the museum and the putdoor museum situated in a stunning costal landscape
 01:50 - 02:00 Drive back to the ship

Contact info

Nordlandsmuseet
 post@nordlandsmuseet.no
 www.nordlandsmuseet.no
 +47 75 50 35 00

www.visitbodo.com

Visit
Bodø



BODØ

CITY ADVENTURES

Bodø is surrounded by a beautiful coastline that offers everything you could possibly desire. You can go kayaking in the realm of the midnight sun, take a tour on a fast passenger boat through the impressive archipelago, walk along the shore with a rucksack or fishing rod, let your heart beat in step with the engine on an old fishing smack, or squeal with delight as the rubber dinghy bounces from wave to wave.

With Bodø as your base you can pick and choose from a fantastic assortment of top shelf adventures. You can fish in the world's strongest tidal current, daydream on a quiet jog through the countryside, be enthralled by the northern lights as they flicker across the sky on a crisp autumn evening, or enjoy the soft whistling sound of skis on the track.

Whether you are seeking vibrant shopping malls or small gems of specialist shops, you will find most of what you need in Bodø. Here, you will find everything from hand-made applied

art and ecological food, to the hottest fashions, shoes, second-hand books, jewellery, spa and massage.

A violin concert on the city's rooftop, 366 metres above sea level? Rock music in the city park? Jazz at a café? Opera in a pub? Sculpture on the breakwater? A football match with Bodø/Glimt at Aspmyra Stadium? Bodø is a melting pot where art and culture are mixed together in a dynamite cocktail where paintings, poetry, sport, dance and theatre provide you with an experience you will never forget.

Enjoy your beer or a glass of Chablis outdoors on the quayside, as a white-tailed eagle sails majestically across the horizon. Stamp your feet to a hard-hitting rock concert in the city park. Go shopping in modern malls or small specialist shops. All of this with a backdrop of magnificent scenery only a few minutes away.



Photo: Rune Nilsen, Bodø Nu Respons



Photo: Terje Rakke



Photo: Rune Nilsen, Bodø Nu Respons



Photo: Rune Nilsen, Bodø Nu Respons

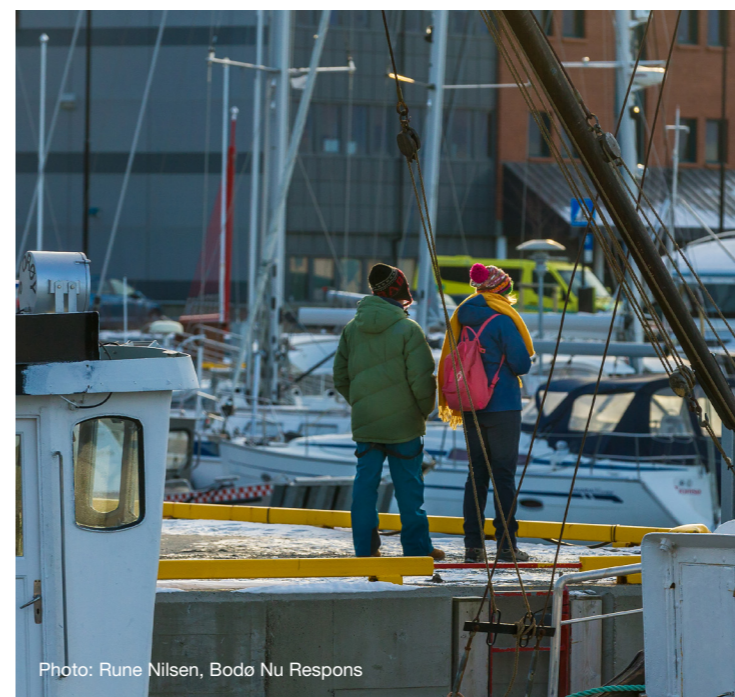


Photo: Rune Nilsen, Bodø Nu Respons



Photo: Visit Bodø



Photo: Ernst Furuhatt

OTHER FEATURES OF INTEREST:

Bodø is the capital of Nordland, and is located strategically by the entrance to the massive Vestfjord, close to the Saltenfjord where we find the world's strongest tidal maelstrom, and surrounded by beautiful and accessible mountains.

Bodø has a population of 52 000, a busy airport, sea and rail terminals, and is a transport hub for much of Nordland and Northern Norway.

Military heritage

During the 1960s the air base was developed into NATO's most important air force base in the Northern regions. Jet fighters from Bodø were regularly the first ones to intercept and identify naval vessels and aircraft from the Soviet Northern Fleet as they headed out to the Atlantic.

Although now a peaceful city with several colleges and a university, Bodø is mindful of its military heritage as a NATO outpost, and the majority of the Royal Norwegian Air Force's F-16 jets are still stationed here. Bodø also proudly hosts annual NATO exercises of various sizes, giving citizens and visitors a rare glimpse of activities normally performed at distant locations.

The Cold War made its mark on the city of Bodø, with occasional suspicious visits by foreign trawlers bristling with aerial antennae, and with several spy stories worthy of the best Le-Carre novel. But also allies from the United States and Canada, England, Germany, the Netherlands and other nations have spent countless weeks in Bodø during extensive NATO exercises, and we would not be surprised to hear that some of your passengers have actually been here before – in uniform, in the service of their country.

Nowadays, the relations to nearby Russia are of a friendlier nature, but much of the Cold War history can be viewed at the National Aviation Museum located less than five minutes by bus from the pier. Bodø also hosts one of the two Norwegian Search and Rescue Centres, ambulance aircraft and modern Search and Rescue helicopters on 24/7 alert, that are specially equipped and trained for Arctic and all-weather operations. Crews regularly train in the Spitsbergen region.



Photo: Terje Rakke, Nordic Life

COMMUNICATION

Bodø is an excellent port for resupplying bunker oil, loading supplies and for rotating crew and passengers, as the dock is located just by the railway station and freight terminal. From here, freight rail services connect to Oslo and continental Europe (via Sweden). The international airport is also centrally located in Bodø, just minutes from city hotels and the port. Equipped with a modern passenger terminal and precision landing systems, the airport accepts aircraft of up to Boeing 747-400 size, private jets and helicopters, and Customs and Immigration services are available on short notice for direct international flights to and from Bodø. Oslo is 75 minutes away by jet, and the city is served by Scandinavian Airlines four to six times a day during the week.

POLAR TOURS

Polar Tours is an Incoming Tour operator and local DMC for cruise groups in Bodø and the area around. We are placed in Bodø in the area of The Arctic Circle.

Polar Tours can offer a lot of experiences in this area with Saltstraumen and Kjerfvingøy and other products in Bodø, through our good partners and suppliers. We also produce over land tours between ports around Vestfjorden or other places in Salten and Helgeland. Complete package of all adventures, meals and transport and we also have good local guides for our experiences.



Tel: +47 75 56 30 00
post@polartours.no
www.polartours.no



Our coach company consists of 50 coaches located in Bodø and 10 coaches especially equipped for cruise excursions. The capacity of the coaches vary from 16, 45 or 55 seaters. From mid June to mid August we have the largest amount of coaches available due to school holidays. Please contact us for an offer.

SB Nordlandsbuss
E-mail: Jan.eirik.dahl@nbuss.no
+4797464469
Web: www.nbuss.no



Photo: Rune Nilsen



Photo: Beate Tverbakk



Photo: Rune Nilsen



Photo: Rune Nilsen

Bodø by Light

**Bodø is an urban point of light,
amidst the beautiful and wild nature.**

Did you know that Bodø is among the world leaders when it comes to the number of hours of light per year?

There is a simple explanation: Bodø is a peninsula just north of the Arctic Circle at a latitude 67 N. In summer, the sun shines around the clock, i.e. The Midnight Sun. Consequently, it should be dark here around the clock during the winter. However, due to the location, combined with the earth's oblique rotation, the refraction in the atmosphere makes it possible to still catch a glimpse of the sun on the horizon.

Midnight Sun

It is light all night long. This phenomenon intoxicates and captivates us all, regardless of whether we are born and bred here or a tourist experiencing it for the first time. It is hard to explain. It is light all day and all night long, but the sounds and atmosphere tell us that it is night time. The animals and birds know it too. We call it Nordlands never-ending summer days. It is something you need to experience first-hand to fully appreciate.

Polar Night

Some people say they get depressed, while others call it a colourful time and look forward to this cold time of year with the beautiful light. One thing is for sure, it is not completely dark. The darkest months of the year surprises us with the most beautiful glimpses of the sun, from the "blue hour" when the light leaves for the day, to the glowing variations of red, orange, yellow, magenta and indigo. The Polar Night, which many assume is a time of darkness, is in reality just endless variations of light.

Northern Lights

Have you ever experienced the Northern Lights? Possibly, it is one of the most wonderful light phenomena that nature can offer. You can experience The Northern Lights (Aurora Borealis) at its most intense in the far north of the Northern Hemisphere. Beautiful, magical and mythical, floating like silk veils waving across the night sky. It can be green, yellow, white and pink, sometimes as fluttering light, other times like an explosion of colours. It is an experience you will never forget.



Photo: Rune Nilsen



Photo: Roger Johansen



Photo: Tommy Andreassen

PORT & TOURIST INFORMATION

PORT OF BODØ

Visiting address: Bodøterminalen, Terminalveien
 Mailing address: P.O. Box. 138, NO-8001 Bodø,
 Phone/Fax: +47 75 55 10 80/90
 E-mail: firmapost@bodohavn.no
 Internet: www.bodohavn.no

TOURIST INFORMATION

Visiting address: Tollbugata 13, NO-8006 Bodø
 Distance from port: 50 m - 500 m
 Mailing address: P.O.Box 514, NO-8001 Bodø
 Phone/Fax: +47 75 54 80 10
 E-mail: post@visitbodo.com
 Internet: www.visitbodo.com

GENERAL INFORMATION

Terminal/Restrooms in pier area:	YES
Shuttle bus:	NO
Parking place for buses:	YES
Taxi:	YES
Rental cars:	YES
Public transportation:	YES, 50-500 m
Shopping:	50-500 m
Local currency:	NOK
ATM:	50-500 m
Currency exchange:	50-500 m
Tax refund:	NO
Public telephones in pier area:	NO
Internet access in pier area:	YES
Mailboxes in pier area:	YES
Distances - airport:	1.5-3 km / Bodø Airport
Distance to city center:	50-500 m
Nearest hospital:	Nordlands Hospital/ +47 75 53 40 00 / 1 km

PORT SERVICES / FACILITIES & INFORMATION

Bunkers delivery /method:	YES, by truck or bunkers terminal
Supplies:	YES
Waste handling:	YES
Waste water method:	Tank. Trucks
Tugboats:	YES, on prior request
Anchorage*:	YES
Ship tenders allowed:	YES
Pontoons:	YES, but for tenders only
Pilot:	Channel 16/13
Emergency:	Channel 16
Medical emergency:	113
Charts:	Norwegian
Tidal movement:	MLWS, 0.4 m; MHWS, 2.8 m
ISPS approved:	YES
Designated quays for cruise ships:	Partially
Beam:	Unlimited
Max size ship in port:	350 m. length / 8.5 m. draft
Max number of passenger per day in port:	Max 5000 pax
Max number of ships per day in port:	Max 3 ships
Ship's stay min /max:	No limitation
Environmental limitations /restrictions:	NO
Port facilities according to Cruise Norway's guidelines:	YES

Maximum ship length:	
1. Town Square quay	210 m
2. Terminal quay South	240 m
3. Terminal quay	350 m
Maximum depth in sea:	
2. Town Square quay	7.0 m
3. Terminal quay South	8.4 m
4. Terminal quay	8.5 m

Yokohama fenders available at the port

Maximum ship air draft if bridge: No limitation, but above 58 metres must be reported to aviation authorities.

Crew facilities: Mooring in city center provides very easy access to numerous types of shopping, attractions, cafes etc.

Free Internet access available.

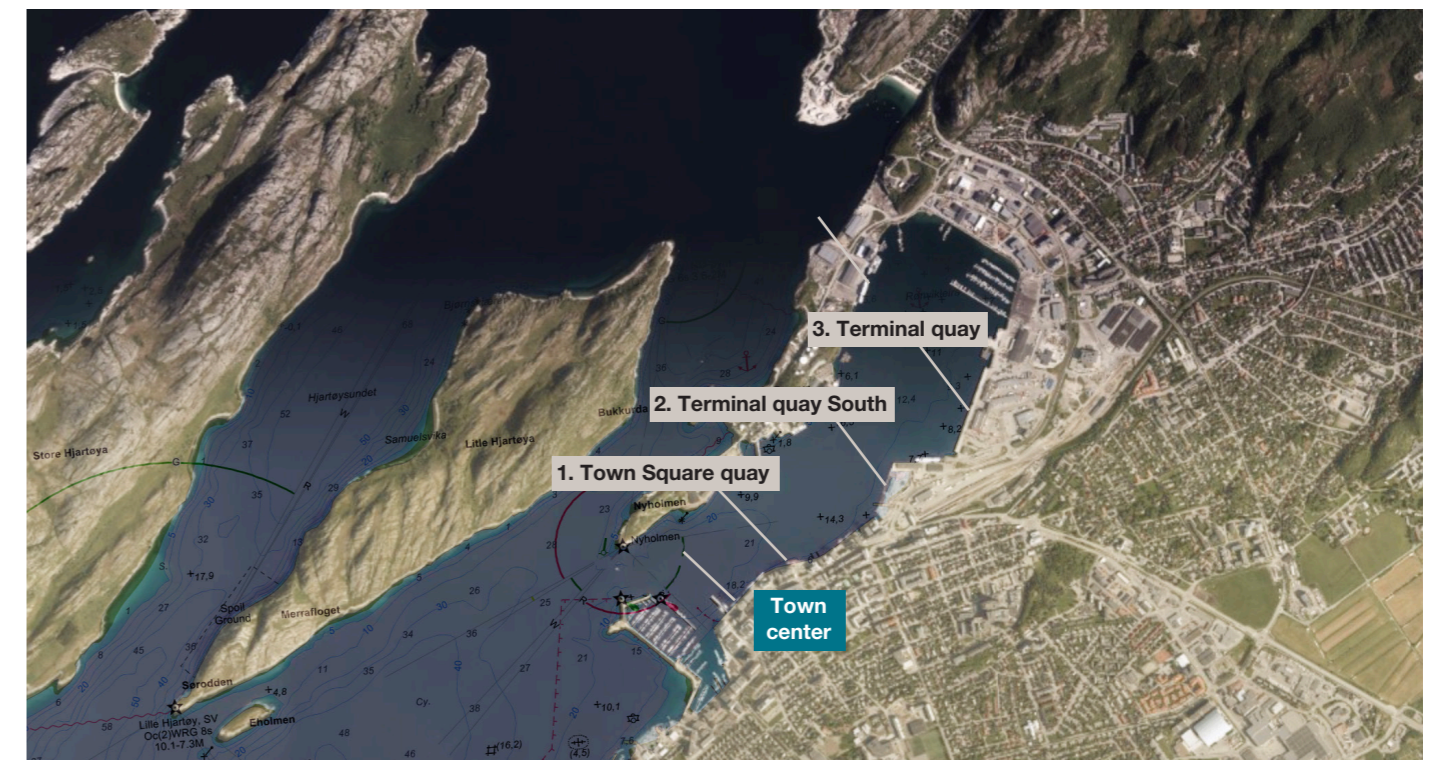
* IF ANCHORAGE

Type of bottom:	Sand/clay
Minimum depth:	20 m
Distance from anchorage to tender pier:	1500 m

QUAYS DESIGNATED FOR CRUISE SHIPS

QUAY:	LENGTH:	DRAFT:	AIRDRAFT:	BEAM:	HIGHT QUAYSIDE:
1. Town Square quay	120 m	7.0 m	Unlimited *	Unlimited	+4.5 (LAT)
2. Terminal quay South	200 m	8.4 m	Unlimited *	Unlimited	+4.5 (LAT)
3. Terminal quay	350 m	8,5 m	Unlimited *	Unlimited	+4.5 (LAT)

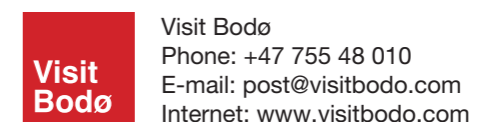
* Above 58 metres must be reported to aviation authorities



NAME & CONTACT PORT OF BODØ

Port Director:	Kjersti Stormo
Operations Manager:	Truls Mortensen
Address:	PO Box 138, N-8001 Bodø, Norway
Phone:	(+47) 75 55 10 80
Fax:	(+47) 75 55 10 90
E-mail:	firmapost@bodohavn.no
Internet:	www.bodohavn.com

Bodø Port Control:	
Phone:	(+47) 908 98020 (24 h.)
VHF:	Channel 16/12 (24 h.)
Pilot VHF:	Channel 16/13
Emergency:	Channel 16
Charts:	Norwegian chart



Visit Bodø
 Phone: +47 755 48 010
 E-mail: post@visitbodo.com
 Internet: www.visitbodo.com



Photo: Rune Nilsen, Bodø Nu Respons