



From Lisbon to Hamburg – Europe's Atlantic Highlights

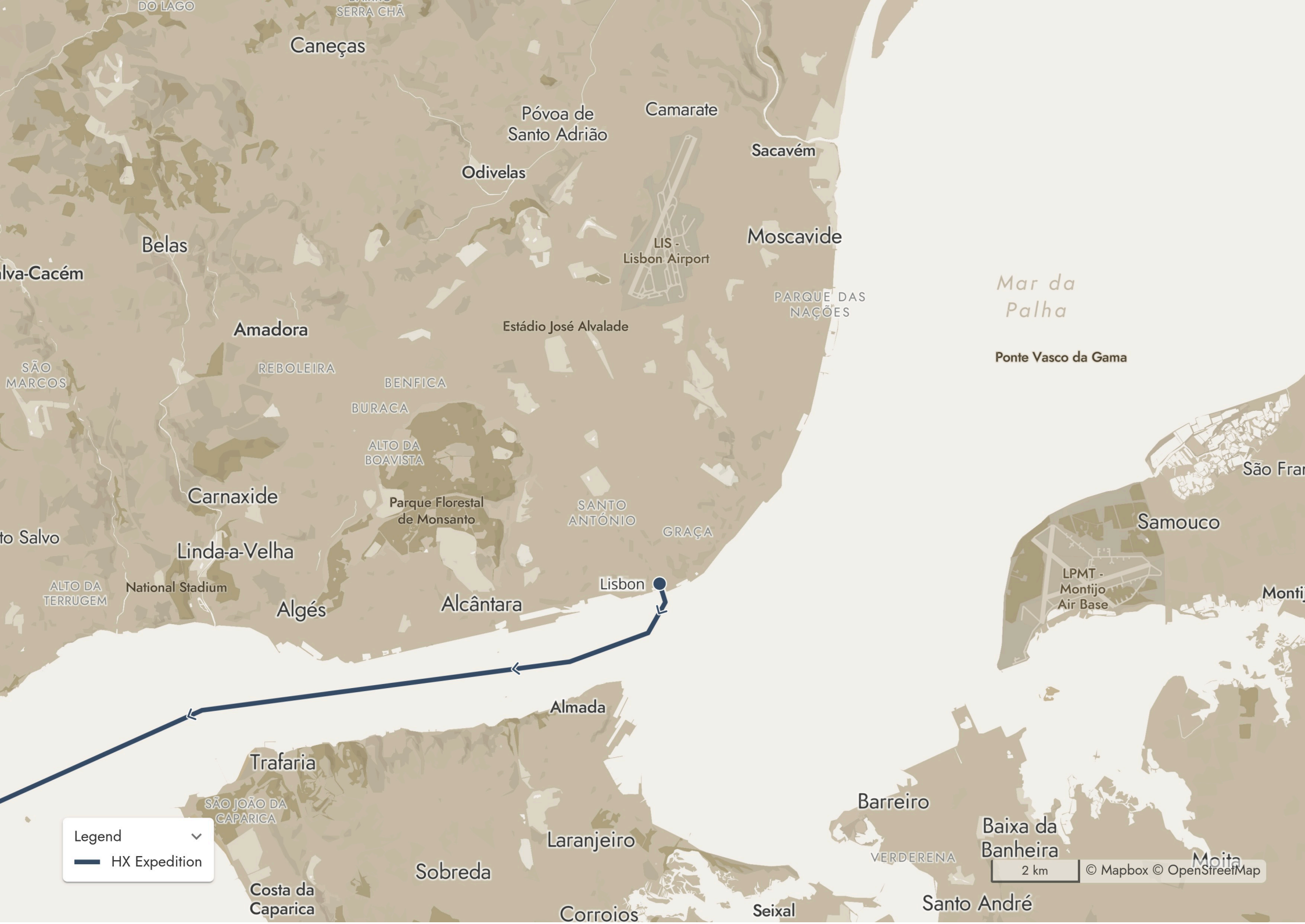
MS Fridtjof Nansen, 24.04 – 05.05.2026



Legend

— HX Expedition

300 km © Mapbox © OpenStreetMap



Caneças

Póvoa de Santo Adrião

Camarate

Sacavém

Odivelas

Belas

Moscavide

LIS - Lisbon Airport

Mar da Palha

Amadora

Estádio José Alvalade

PARQUE DAS NAÇÕES

Ponte Vasco da Gama

REBOLEIRA

BENFICA

BURACA

ALTO DA BOAVISTA

Parque Florestal de Monsanto

SANTO ANTÓNIO

GRAÇA

São Francisco

Carnaxide

Samouco

Linda-a-Velha

LPMT - Montijo Air Base

Montijo

National Stadium

Algés

Alcântara

Lisbon

Almada

Trafaria

Barreiro

Baixa da Banheira

Moita

SÃO JOÃO DA CAPARICA

Costa da Caparica

Sobreda

Laranjeiro

VERDERENA

2 km

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Corroios

Seixal

Santo André

Legend

HX Expedition

Day 1 - Embarkation in Lisbon

Guests gather along the sunlit quay in Lisbon, their anticipation mingling with the salty breeze as they step aboard the MS Fridtjof Nansen. The crew members offer warm greetings and guide travellers to their cabins. Guests stow their luggage, ready their cameras, and conversations spark among strangers soon to be companions. As the

ship eases away from the harbour, Lisbon's terracotta rooftops and winding streets begin to fade into the distance, replaced by the vast, open Atlantic. Ahead lies a journey along Europe's storied coastline — hidden coves, charming seaside villages, and dramatic cliffs — each stop offering a new chapter in an unfolding maritime adventure.







Custóias

Águas

GONÇALVES

Guifões

BRÁS OLEIRO

LEÇA DA PALMEIRA

FORNO

São Mamede de Infesta

Pedrouços

Leixoes (Porto)

SEARA

PADRÃO DA LÉGUA

Senhora da Hora

Matosinhos

CRUZ DE PAU

VISO DE BAIXO

AMIAL

University Hospital Center of São João

ANÉMONA

REAL DE CIMA

PARANHOS

ALDOAR

PRELADA

RAMALDE

VILARINHA

NEVOGILDE

BESSA

Dragon Stadium

Museu de Serralves

BOAVISTA

CEDOFEITA

LORDELO DO OURO

CAMPAN

FOZ DO DOURO

CANTAREIRA

Porto

BONFIM

MASSARELOS

SINTRA

SÃO PEDRO DA AFURADA

HISTORIC ZONE OF PORTO

Legend

— HX Expedition

1 km

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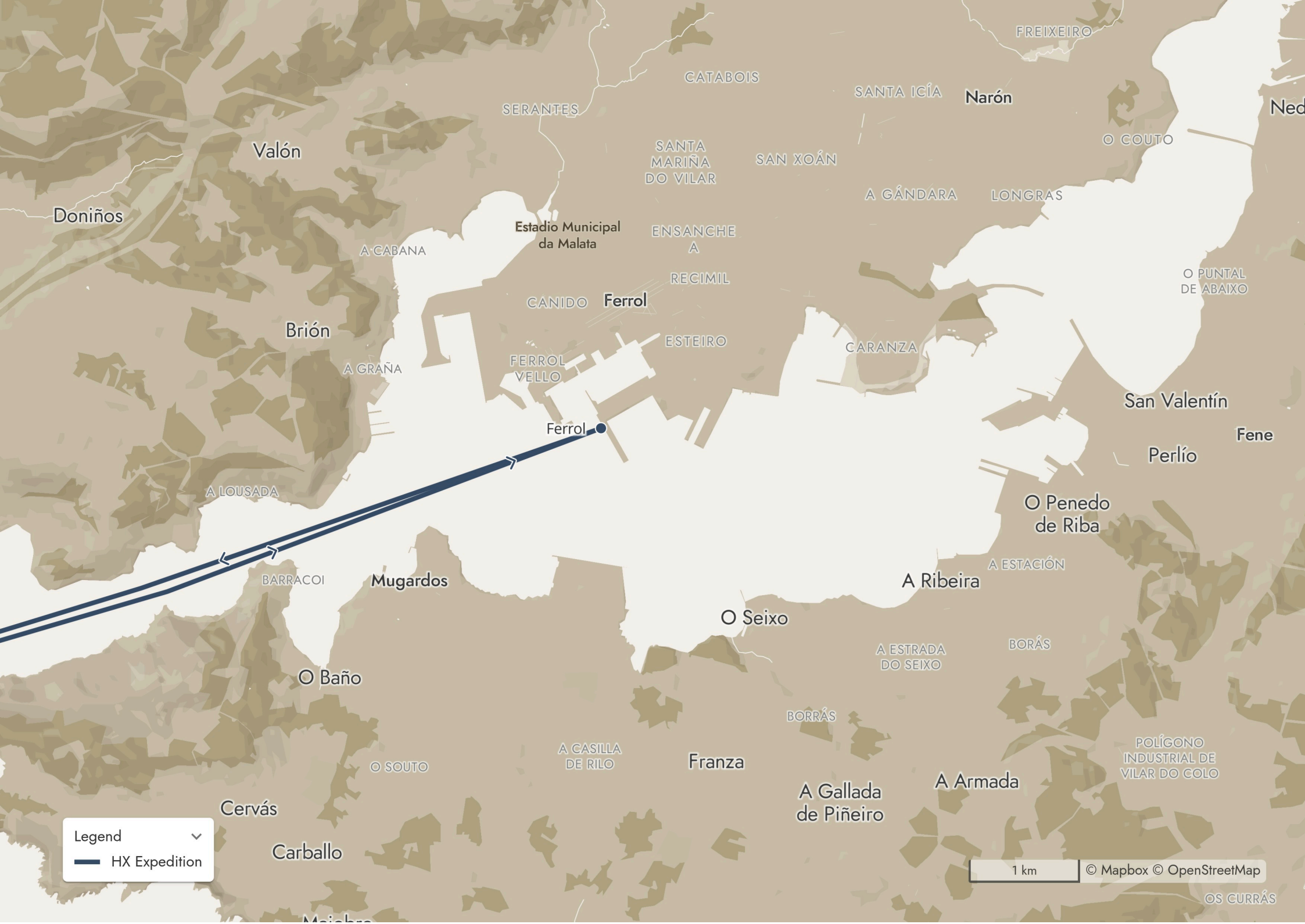
Day 2 - Porto

Our first stop brought us to Porto, where the ship docked in Leixões, a short distance from the city itself, and a convenient shuttle bus ran throughout the day to carry guests back and forth. Once in town, we set out on guided walking tours through Porto's atmospheric streets, winding past tiled façades, lively squares, and the steep lanes leading down to the Douro River. Along the way, local guides shared stories

of the city's maritime heritage and architectural charm. For those seeking a more leisurely experience, an optional river cruise offered a different perspective, gliding beneath Porto's iconic bridges while guests sampled the region's renowned Port wines. Whether exploring on foot or drifting along the water, the day unfolded as a rich introduction to northern Portugal's culture and character.







Doniños

Valón

Brión

A LOUSADA

BARRACOI

O Baño

Cervás

Carballo

SERANTES

Estadio Municipal da Malata

CANIDO

FERROL VELLO

Ferrol

Mugardos

O SOUTO

A CASILLA DE RILO

Franza

CATABOIS

SANTA MARIÑA DO VILAR

ENSANCHE A

RECIMIL

ESTEIRO

SANTA ICÍA

Narón

SAN XOÁN

A GÁNDARA

LONGRAS

CARANZA

O COUTO

O PUNTAL DE ABAIXO

San Valentín

Fene

Perlío

O Penedo de Riba

A Ribeira

A ESTACIÓN

O Seixo

A ESTRADA DO SEIXO

BORÁS

BORRÁS

A Gallada de Piñeiro

A Armada

POLÍGONO INDUSTRIAL DE VILAR DO COLO

OS CURRÁS

Legend

— HX Expedition

1 km

© Mapbox © OpenStreetMap

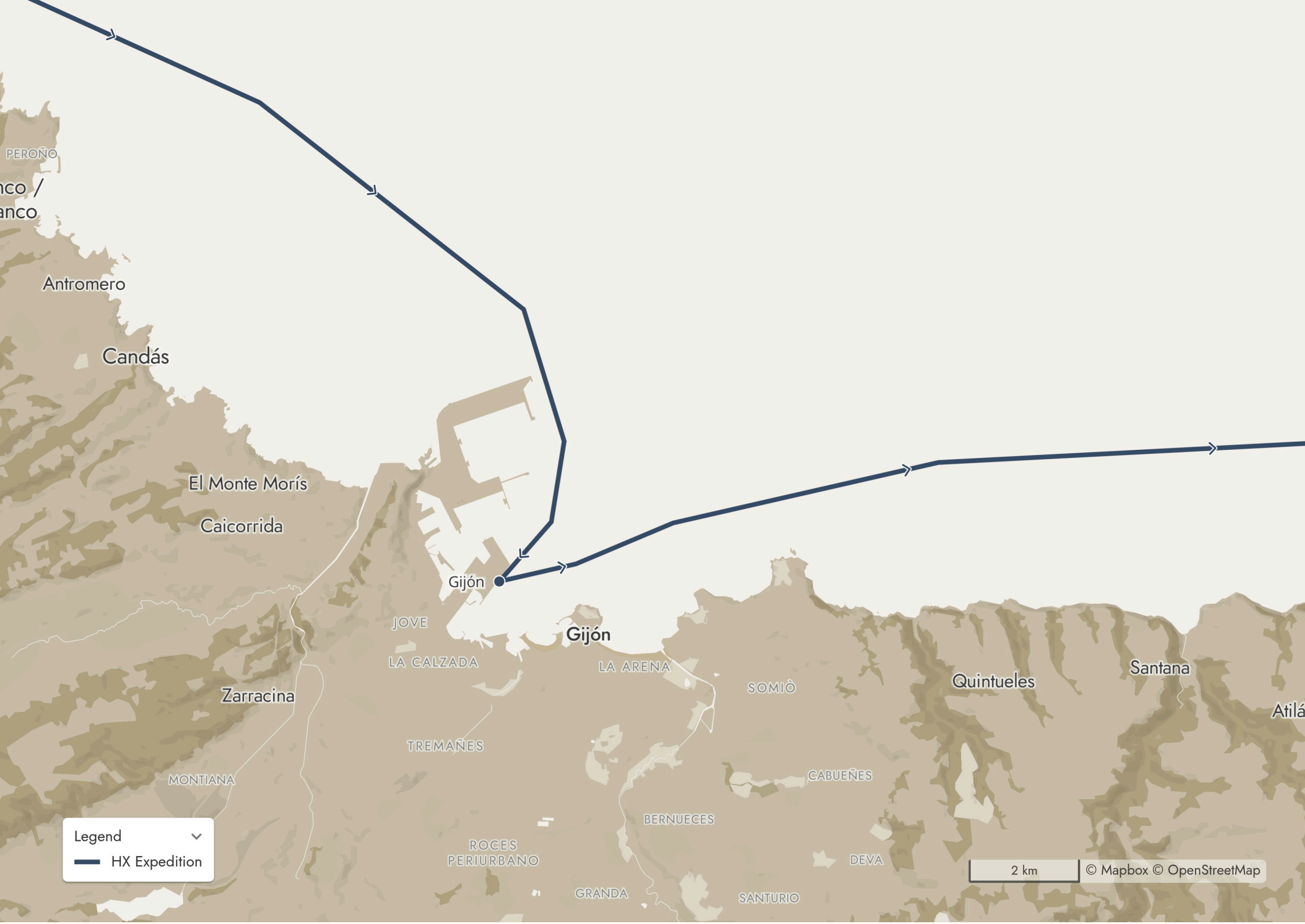
Day 3 - Ferrol

Our day in Ferrol, blessed with warm sunshine, offered a rich mix of exploration both in town and beyond. Guided walking tours led guests through the elegant Magdalena district, where orderly streets and historic façades reflected the city's proud naval past. For those seeking a more active experience, a scenic hike along the rugged Galician coastline revealed sweeping ocean views, fresh sea air, and a sense of quiet solitude. Another highlight was an excursion inland

to the magnificent Santiago de Compostela Cathedral, where guests stood in awe beneath its grand Romanesque and Baroque architecture and learned about its significance as the final destination of the famed Camino de Santiago pilgrimage. Together, these experiences created a well-rounded day, blending cultural depth, natural beauty, and moments of reflection.







Day 4 - Gijon

Our visit to Gijón began under a soft, rainy morning sky, giving the city's old town a moody, atmospheric charm. Guided walking tours wound through the historic Cimavilla district, where rain-slicked cobblestones glistened and colourful façades stood out against the grey backdrop. Despite the drizzle, guests lingered at scenic viewpoints over the Bay of Biscay and ducked into inviting cafés along

the way. For those venturing further afield, optional excursions offered a broader glimpse of the region — from the elegant streets and cultural landmarks of Oviedo to the coastal beauty of Avilés and the dramatic cliffs of Cabo Peñas. Whether staying local or exploring beyond, the day revealed Asturias' character in all its rain-kissed depth.







San Sebastián

San Sebastián

Pasaia

SAGÜÉS

INTXAURRONDO
ZAHARRA

PASAI
ANTXO

CENTRO

Pensión Urumea

ALTZA

ANTIGUO

AMARA

RIBERAS DE
LOYOLA

TXOMIÑENEA

Reale Arena

IBAETA

AIETE

MARTUTENE

Legend

— HX Expedition

500 m

© Mapbox © OpenStreetMap

Day 5 - San Sebastián

Calling into San Sebastián offered an intimate and immersive way to experience this elegant Basque coastal city. Guests could step ashore and join a guided tour through the charming Old Town, where narrow streets opened onto vibrant pintxo bars and historic architecture, before continuing to landmarks overlooking the iconic crescent of La Concha Bay. For those seeking a more active perspective, a scenic

hike into the surrounding hills revealed sweeping coastal views and a deeper connection to the region's natural beauty. Meanwhile, a convenient shuttle bus service ran regularly between the port and the city centre, allowing travellers to explore at their own pace — whether that meant savouring local cuisine, strolling along the promenade, or simply taking in the relaxed seaside atmosphere.







Saint-Médard-en-Jalles

Eysines

Le Bouscat

Ambarès-et-Lagrave

Lormont

Vayres

artignas-sur-Jalle

Mérignac

Bordeaux

Cenon

Saint-Germain-du-Puch

Floirac

an-d'Ilac

BOD

Carignan-de-Bordeaux

Pessac

Talence

Bègles

Villenave-d'Ornon

Sadirac

Créon

Legend

HX Expedition

3 km

© Mapbox © OpenStreetMap

Day 6 - Bordeaux

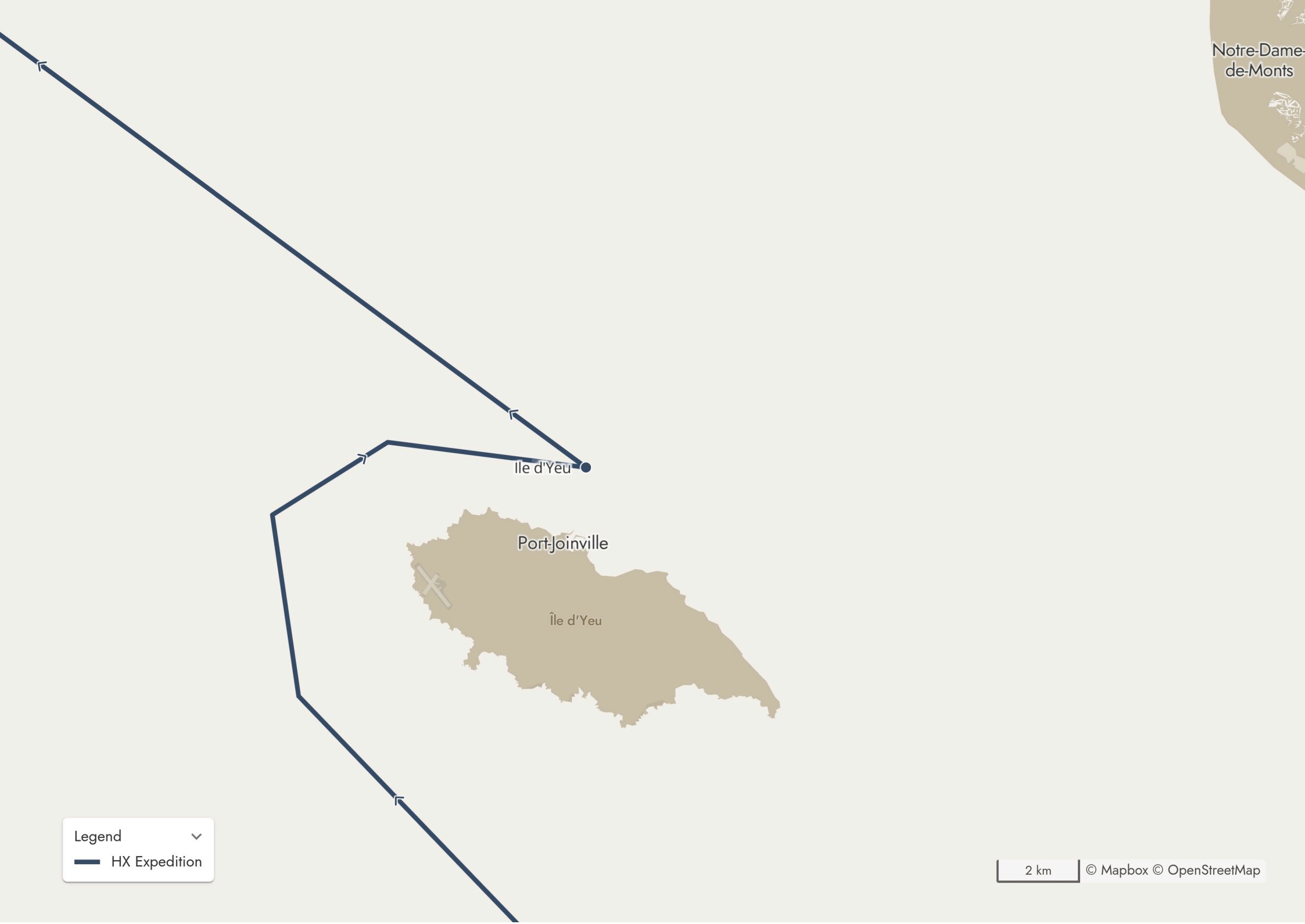
Our stay in Bordeaux had the added advantage of docking right in the heart of the city for easy access to the city. Guests could join a history and heritage tour through the elegant UNESCO-listed centre, where 18th-century façades, grand squares like Place de la Bourse, and the reflective Miroir d'Eau showcased Bordeaux's architectural legacy and maritime past. Beyond the city, optional excursions invited deeper discovery: a visit to the Bay of Arcachon revealed sweeping

coastal scenery, oyster farms, and the towering Dune du Pilat, while a journey to Saint-Émilion offered a charming medieval village setting paired with renowned vineyard visits and curated wine tastings. For those who preferred to explore independently, everything from riverside promenades to lively cafés and boutiques was within easy reach, making it simple to enjoy the city at their own pace.





Notre-Dame-de-Monts



Ile d'Yeu

Port-Joinville

Île d'Yeu

Legend

— HX Expedition

2 km

© Mapbox © OpenStreetMap

Day 7 - Île d'Yeu

Calling into Île d'Yeu offered a charming and immersive island experience, with guests brought ashore by tender boats for a more intimate arrival. Once on land, guests could enjoy included entry to the local fishing museum, offering insight into the island's rich maritime heritage and traditions. For a more relaxed overview, an optional excursion aboard the road train wound through picturesque

villages and along scenic coastal routes. More active guests could join the expedition team for a guided hike or a leisurely nature walk, taking in rugged cliffs, sandy coves, and the island's unspoiled landscapes. Whether exploring cultural highlights or embracing the natural beauty, the day on Île d'Yeu provided a perfect balance of discovery and relaxation.







Les Roches
Blanches

Douarnenez

Plage de Kervel

Trezmalaouen

Kerstrat

BOIS D'ISIS

TRÉBOUL

GOLVEZ

Douarnenez

Plage du Ris

Kerlaz

Le Caouet

Centre hospitalier
Michel Mazéas

Clémentec

Ker Anna

Pouldavid

Keralec

Kerdreal

Keramestr

Kerandraon

Roz

Legend

— HX Expedition

500 m © Mapbox © OpenStreetMap

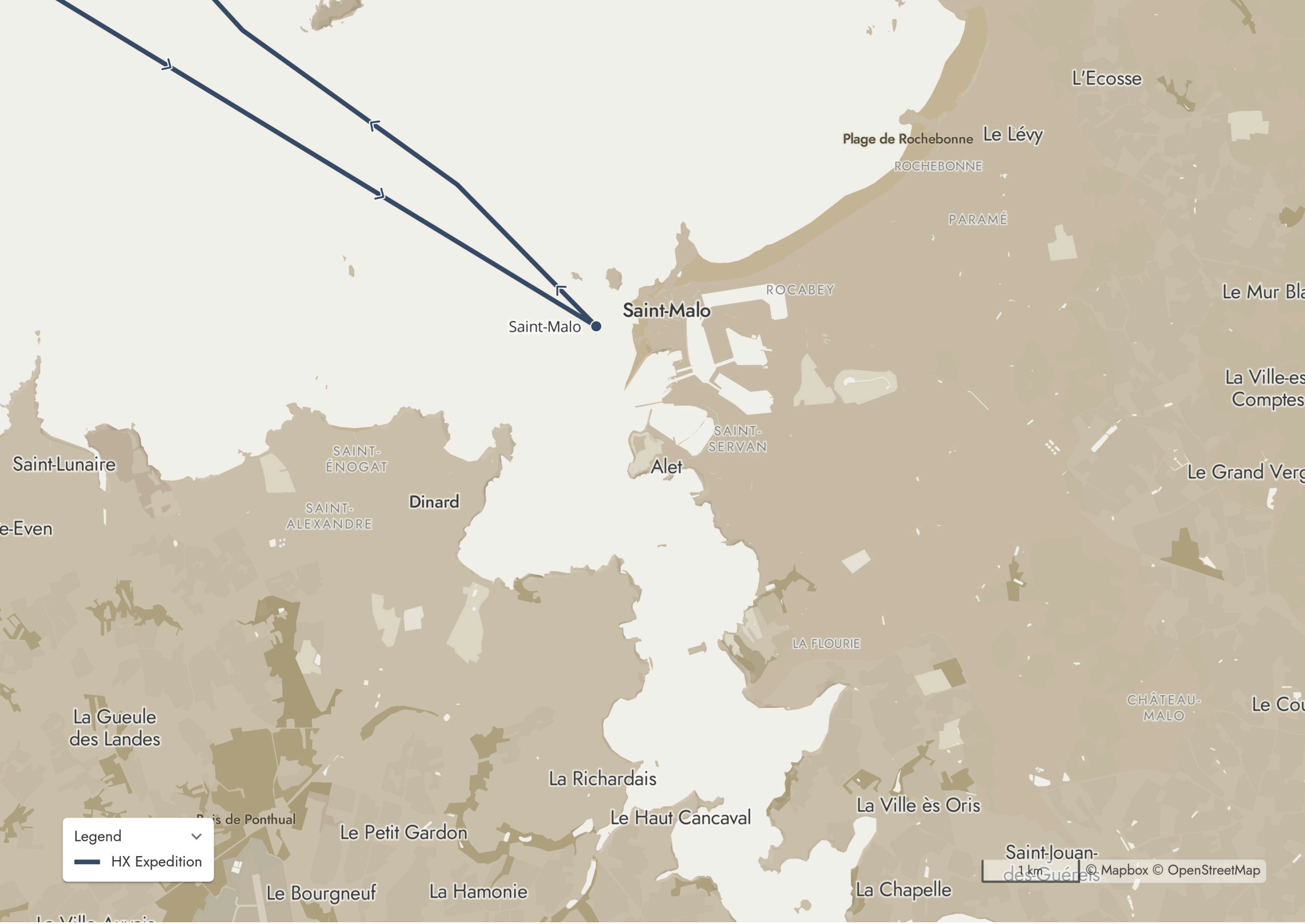
Day 8 - Douarnenez

We arrived in the sheltered waters of Douarnenez early in the morning, and the day began with a strong sense of maritime heritage, leading naturally into a visit to the Port-Musée de Douarnenez — the included excursion — where historic vessels and exhibits brought the region's seafaring traditions to life. The optional excursions allowed time to explore beyond the harbour, either heading to the dramatic

cliffs of Pointe du Raz for sweeping Atlantic views and coastal insights, or to the charming historic town of Quimper for a cultural contrast. The day concluded on the water in Douarnenez Bay, where two hands-on science boat sessions provided an engaging finale, collecting samples, observing marine conditions, and applying field science techniques.







Saint-Malo

Saint-Malo

ROCABEY

Plage de Rochebonne
ROCHEBONNE

Le Lévy

PARAMÉ

L'Ecosse

Le Mur Bla

La Ville-es
Comptes

Le Grand Verg

SAINT-SERVAN

Alet

SAINT-ÉNOGAT

Dinard

SAINT-ALEXANDRE

Saint-Lunaire

e-Even

LA FLOURIE

CHÂTEAU-MALO

Le Cou

La Gueule
des Landes

La Richardais

La Ville ès Oris

Legend

— HX Expedition

Le Petit Gardon

Le Haut Cancaval

Saint-Jouan-
des-Guéréts

1 km

© Mapbox © OpenStreetMap

Le Bourgneuf

La Harmonie

La Chapelle

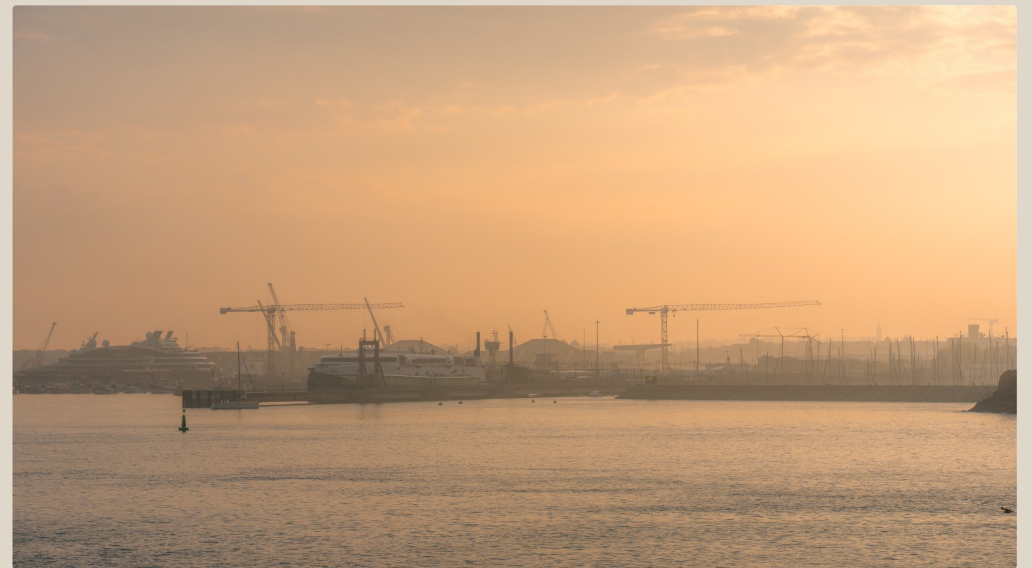
La Ville Armis

Day 9 - Saint Malo

Arriving by ship into the historic port of Saint-Malo on a rainy day lent the experience a moody, atmospheric charm as we stepped ashore. The included excursion took us on a walk along and within the famous ramparts of Intra-Muros, where narrow streets, fortified gates, and sweeping sea views revealed the city's storied maritime past. For those wishing to venture further, an optional trip to Mont Saint-Michel

offered a striking contrast, its abbey rising dramatically above the surrounding tidal flats, often shrouded in mist that enhanced its otherworldly feel. Despite the rain, the day remained rich in atmosphere and discovery, blending history, architecture, and the rugged beauty of the Breton coast.







Lower Saxon W
Sea National I

Leeuwarden Groningen
Assen

Alkmaar Purmerend Lelystad Zwolle

Amsterdam

The Hague Utrecht
Rotterdam Netherlands

's-Hertogenbosch

Antwerp

Brussels

Maastricht

Liège

Belgium

Norwich

King's Lynn

Wisbech

Cambridge

Ipswich

Colchester

Chelmsford

Southend-on-Sea

London

Brighton

At Sea: English Channel

Calais

Dunkirk

Lille

Mons

Arras

Legend
HX Expedition

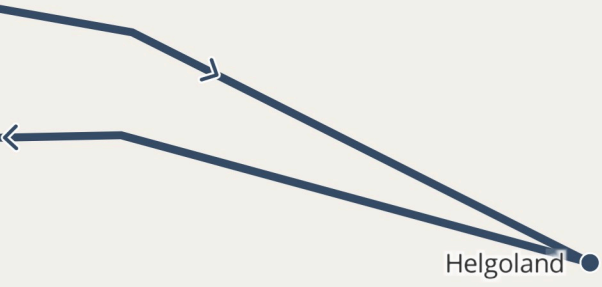
30 km © Mapbox © OpenStreetMap
Venn-Eifel

Day 10 - At Sea

Spending a rainy day at sea while passing through the English Channel brought a quieter, more contemplative rhythm to the voyage, as low clouds and shifting light created a dramatic seascape around the ship. With land often just out of sight, the passage became an opportunity to dive into onboard life, with engaging lectures, relaxed

watercolour painting sessions, and a special visit to the bridge offering insight into the ship's operations. Guests could also enjoy a lively Q&A with the ship's officers, gaining firsthand perspectives on life at sea, before coming together later for a charity auction that added a social and purposeful highlight to the day.





Heligoland



Heligoland

Südstrand

Infotafel Heligoland



Nordstrand

HGL -
Heligoland-
Düne Airfield

Legend

— HX Expedition

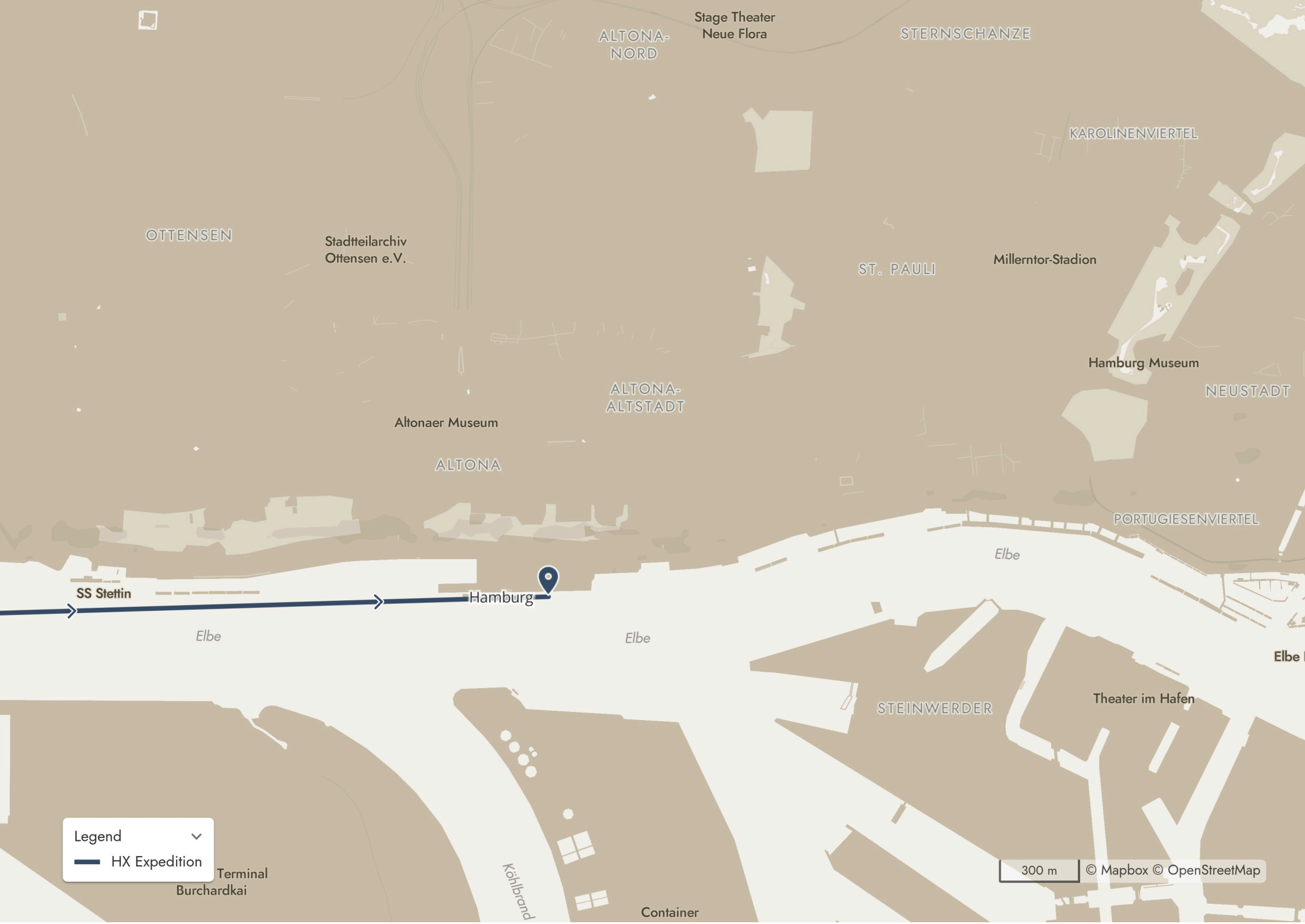
Day 11 - Helgoland

For our last stop, the ship eased into the harbour at Helgoland, the salt air sharp and clean, and suddenly the day opened up with plenty of sunshine. Brightly painted houses lined the waterfront, and beyond them rose the island's famous red sandstone cliffs, alive with the cries of seabirds. A short walk brought us face to face with the towering rock faces where gannets wheeled and dived, their white wings flashing against the sky as they tended to their nests. We could also

hop aboard a small local ferry that skipped across the water to Düne, the neighbouring sand island, where the mood shifted to something quieter and wilder. There, seals lounged along the shore, barely disturbed by our presence. With no real rush to return, the hours stretched pleasantly ahead — plenty of time to wander, watch, and take in the rhythm of this small, remarkable corner of the North Sea.







OTTENSEN

Stadtteilarchiv
Ottensen e.V.

ALTONA-
NORD

Stage Theater
Neue Flora

STERNSCCHANZE

KAROLINENVIERTEL

ST. PAULI

Millerntor-Stadion

Hamburg Museum

NEUSTADT

ALTONA-
ALTSTADT

Altonaer Museum

ALTONA

PORTUGIESENVIERTEL

Elbe

SS Stettin

Hamburg

Elbe

Elbe

Elbe

STEINWERDER

Theater im Hafen

Legend

— HX Expedition

Terminal
Burchardkai

Köhlbrand

Container

300 m

© Mapbox © OpenStreetMap



Hamburg, Germany - May 5, 2026

152.6 km



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