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Take a Fred. Olsen 'Norway Winter' cruise for the chance to experience the spectacular 'Northern Lights'

Fred. Olsen Cruise Lines is offering guests the last chance to see one of nature's most awe-inspiring sights – the majestic 'Aurora Borealis', or 'Northern Lights' – at their most spectacular until the next decade, on its adults-only 13-night L1603 '**Norway Winter**' cruise aboard *Balmoral*, departing from Southampton on 5th March 2016. There is now limited availability on this cruise, with prices starting from £1,299 per person.

The intensity of the Northern Lights is based on an 11-year solar cycle, and NASA scientists have predicted that the current period of solar activity will start to decline in 2016, although this year still presents great potential for some very large solar flares.

Nathan Philpot, Sales and Marketing Director for Fred. Olsen Cruise Lines, said:

“With our strong Norwegian heritage and years of experience sailing these Northern waters, Fred. Olsen is able to take guests much closer to the destination, on board our smaller-sized ships.

“We also dedicate more time than other cruise line to exploring scenic intercoastal routes, which larger ships simply cannot access, offering our guests the best opportunity possible to see the fantastic Northern Lights.”

Details of Fred. Olsen’s ‘Norway Winter’ cruise are as follows:

Balmoral will depart from Southampton and will arrive first in **Molde**. Here, guests can explore the stunning Cathedral, or catch the Rauma Railway to the imperious Troll Mountains.

After cruising past the picturesque island village of **Rørvik**, the **Torghatten** ‘mountain with the hole’ and the **Seven Sisters mountain range**, the ship will cross the **Arctic Circle** – commemorated by a special ceremony on board and a certificate issued to guests.

Guests will then visit **Tromsø**, known as the ‘Gateway to the Arctic’, which boasts breath-taking coastal views from Mount Storsteinen. Guests can choose to visit the iceberg-shaped ‘Arctic Cathedral’, or take a tour to the Tromsø Wilderness Centre, where they can partake in a thrilling dog sled ride!

Next stop is **Alta**, in Finnmark, Norway, for an overnight stay. Not only is Alta considered one of the best places on earth to witness the incredible Northern Lights, but guests can also take a tour to the amazing 'Northern Lights Cathedral', to enjoy a concert of music and images, or go to see the Hjemmeluft rock carvings – the largest collection in Scandinavia and one of Norway's many UNESCO-listed World Heritage Sites.

Balmoral then continues to the beautiful Hanseatic city of **Bergen**, with its UNESCO-listed Bryggen Wharf, a collection of colourful, timber-built houses and cobbled streets.

The final port of call on this Norway exploration is **Stavanger**. Here, guest can visit the Old Town district, or Gamle Stavanger, with its narrow, winding streets and ancient wooden houses, gathered around the market. Or discover Stavanger Cathedral, which dates back to the Middle Ages. *Balmoral* then returns to Southampton.

Prices are based on two adults sharing a twin-bedded Inside cabin, and include accommodation, all meals and entertainment on board, plus port taxes.

As an added bonus, guests who book by 2nd March 2016 can take advantage of two tempting benefits on this 'Norway Winter' sailing: 'Three Cruises for the Price of Two' or 'Free Tips & Tipples', where Fred. Olsen covers guests' tips and gives them the 'all-inclusive' drinks upgrade FREE.

Fred. Olsen is also offering new guests its industry-leading 'Enjoyment Promise'. Launched in December 2013, this unique guarantee gives new guests the reassurance that, should they find that a cruise is not for them, Fred. Olsen will arrange and pay for their flight back to the UK, plus refund the cost of their cruise.

For further information on Fred. Olsen Cruise Lines, visit the website at www.fredolsencruises.com Book online, call Reservations on 0800 0355 242 (Monday to Friday, 8am to 8pm; Saturday, 9am to 5pm; Sunday, 10am to 4pm), or visit an ABTA travel agent.

Fred. Olsen Cruise Line operates in the UK with four intimately sized ships for a more personal cruising experience.

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