



VIKING

In the Wake of the Vikings

Bergen to Montreal

Noah & Mary Helen Rosenstein

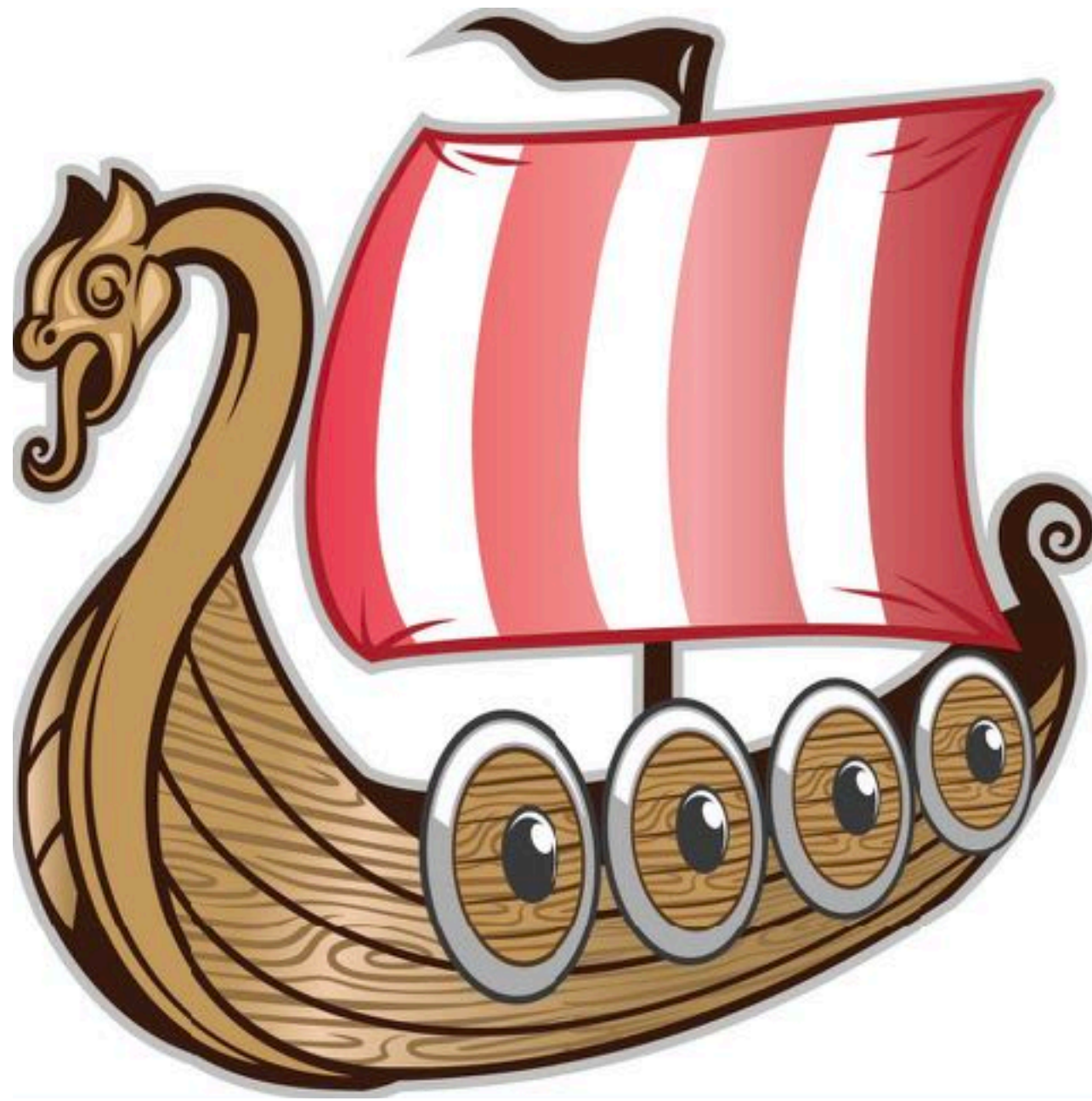
In the Wake of the Vikings Cruise

Fifteen days crossing the North Atlantic.

The cruise followed the route of Viking Leif Eriksson, who discovered American shores 500 years before Columbus. Starting in Bergen, Norway, and ending in Montreal, Canada.

The Vikings called the area they found Vinland because of the wild grapes found south of L'Anse aux Meadows.

Who were the Vikings?



- Farmers
- Raiders
- Traders
- Pirates
- Explorers
- Settlers





BERGEN?

A large, bright yellow sign with the word "BERGEN?" in a bold, sans-serif font is mounted on a concrete bridge structure. The bridge spans across the frame, supported by several thick, grey concrete pillars. Below the bridge, a parking lot is visible, containing several cars and a bus. The background is a steep, rocky cliff face with some sparse green vegetation. The overall scene is brightly lit, suggesting a sunny day.



BRYGGEN HUSFLID









BOSSROM

Åpent fra 07.30 til 15.00
hverdager.

For annen levering, kontakt
Stiftelsen Bryggen.














EDVARD GRIEGS PLASS



























Faroe Islands

Shetland Islands



North Sea

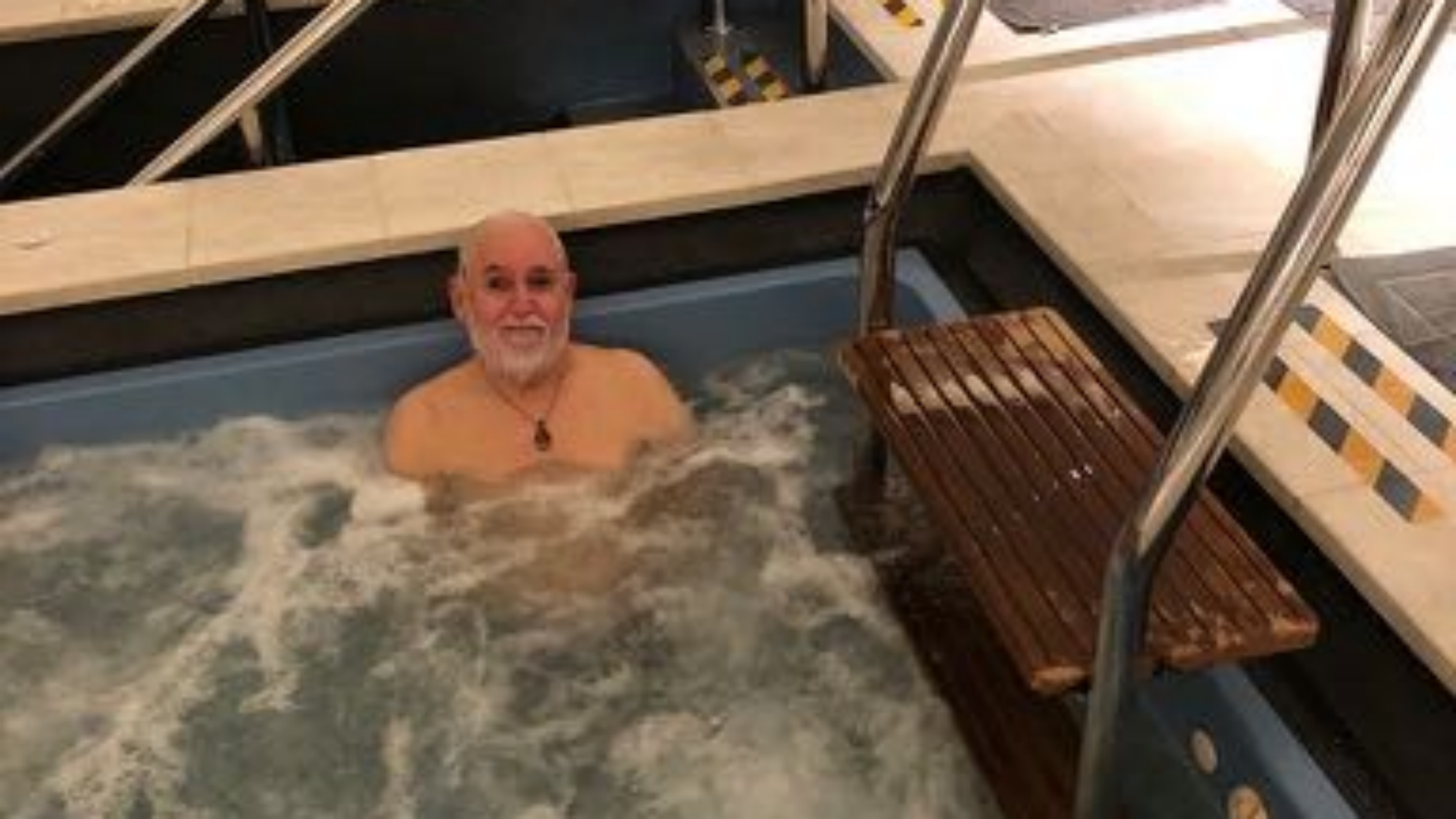


Why we choose Viking for Ocean Cruises

- **Vessel size- 930 guests**
- **All the staterooms have verandas and use American outlets**
- **Designed for guests 18 and older**
- **No casinos/no selling photos/artwork**
- **Excursions are well-organized**
- **Included excursions- one per port/free water**
- **Educational Lectures**
- **Free self-serve laundrettes**
- **Good food - regional specialties & classic dishes**
- **Beer, wine, and soft drinks at lunch and dinner**
- **Tea at 4 PM**
- **Free Wi-Fi and television**
- **Nordic Spa, fitness room, walking track and pools**











Inuit Diet



HIGH IN FAT AND PROTEIN

From marine animals like seals, whales, fish



LOW IN CARBOHYDRATES

Unlike modern diets reliant on grains



PROVIDES NUTRIENTS TO THRIVE IN COLD CLIMATE

Fat for insulation and protein for muscle

A treasure trove of nutrients



Arctic char is a notable source of essential omega-3 fatty acids, particularly eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These fatty acids are celebrated for their anti-inflammatory properties, which contribute to heart health, brain function, and overall well-being.

Arctic Char: regularly consumed





The Faroe Islands

- Eighteen main islands in a total number of 750
- A self-governing dependency of Denmark
- The location is between Iceland and the Shetland Islands in the North Atlantic Ocean
- Main islands are connected by road tunnels, ferries, causeways and bridges
- Natural vegetation is moss, grass, and mountain bog; naturally treeless due to cool summers, strong westerly winds, and frequent gales
- The population is **54,557** people: many are descendants of Norwegian Vikings
- Fishing is the main source of income.
- The language is Faroese - Old Norse; Danish is the official second language



EMERALD

TÓRSHAVN









1. Blásastova

Farmhouse 1835

Smokeroom

Bedrooms

Priest's Room

Granny's Rooms

























VESIÐ

/ TOILET























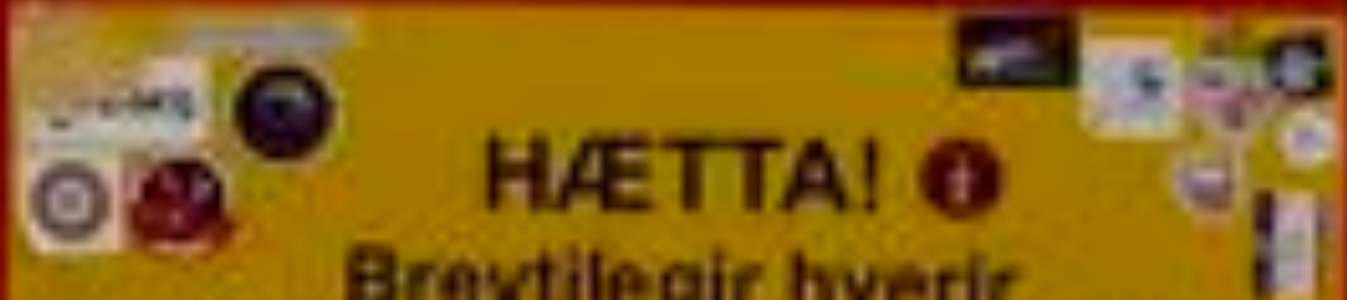


Reykjavik Excursions

KYNNISFERÐIR







HÆTTA! ⓘ

Breytilegir hverir
Höldum okkur á stignum

DANGER!

Stream eruptions - Hot springs
Please stay on the trail

































BRU MILLI HEIMSÁLFA
BRIDGE BETWEEN CONTINENTS



NOÐRUR AMERIKUPLERINN
NORTH AMERICAN PLATE



REYKJANES PENINSULA, ICELAND



EVRASIUPLERINN
EURASIAN PLATE



VELKOMIN Á NORÐUR-AMERÍKUFLEKANN
WELCOME TO THE NORTH AMERICAN PLATE



VELKOMIN Á EVRASÍUFLEKANN
WELCOME TO THE EURASIAN PLATE









Blue Lagoon
& PowerPlant

Lunch Stop



Mustad
AUTOOLINE

HAY













GREENLAND

- An autonomous territory within the Kingdom of Denmark
- Largest island in the world
- Marginally larger than Alaska (836,330 sq miles)
- Fishing is the main industry
- Population: 58,000 - 88% Inuit - Balance mostly Danish
- Languages: Danish and Kalaallisut
English in main tourist towns
- The reason for color coordination was to distinguish between the houses before street names and house numbers
- **Diet:**
Seal, Musk Ox, Whale, Dried Cod
Greenlandic Shrimp, Fish - Artic Char, Wolf, Halibat
Wild berries - blue, juniper, black and crow
Mussels, Greenlandic Crab, Lamb































NANORTALIK



NANORTALIK
GREENLAND

TOURISM SERVICE













Nanortallip Katersugaasivia
Nanortalik Museum

B-9

Ammavoq

Åben

Open









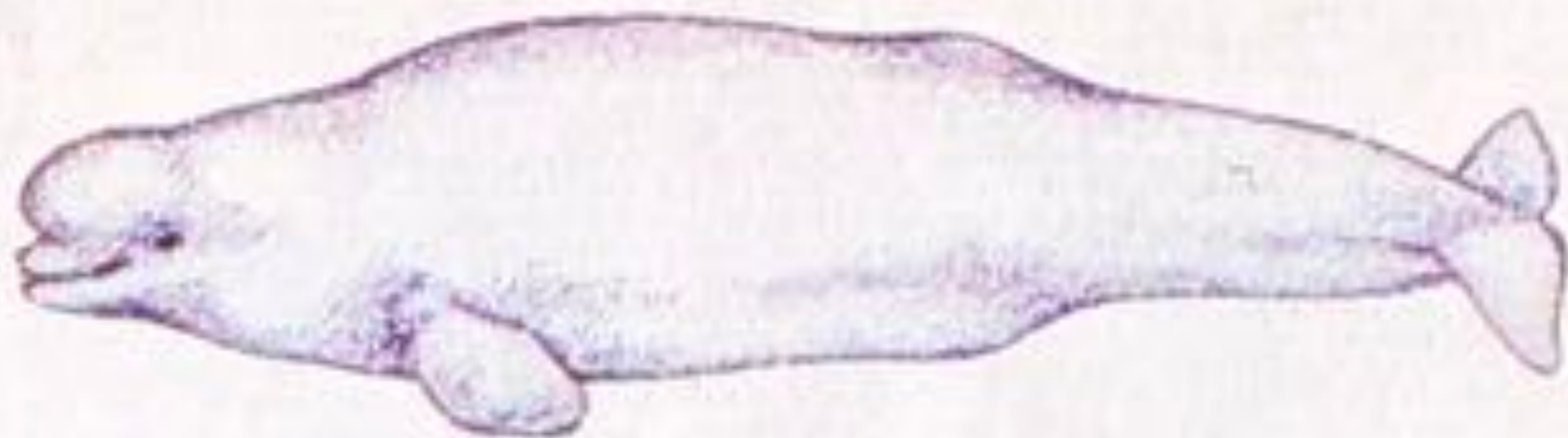






KALAALLIT NUNAAT

Qilalugaq qaqortaq · Delphinapterus leucas · Hvidhval




GRØNLAND

Jens Roosing plm

1996

1,00

Jens Lorenzen typ

WELCOME TO QAQORTOQ 











Tassuunnaqqunnerit Tamaasa





KAYAK SHOW

FOR VIKING CRUISES PASSENGERS

TIME:

10:00-10:30

11:00-11:30





























Greenhill Centre

WELCOME TO
THE
GREENHILL INTERMEDIATION CENTRE
AND
HISTORICAL PRESERVE

Fishing Point & Emporium

Visitors Information Centre

SOUVENIRS











GRENFELL HOUSE

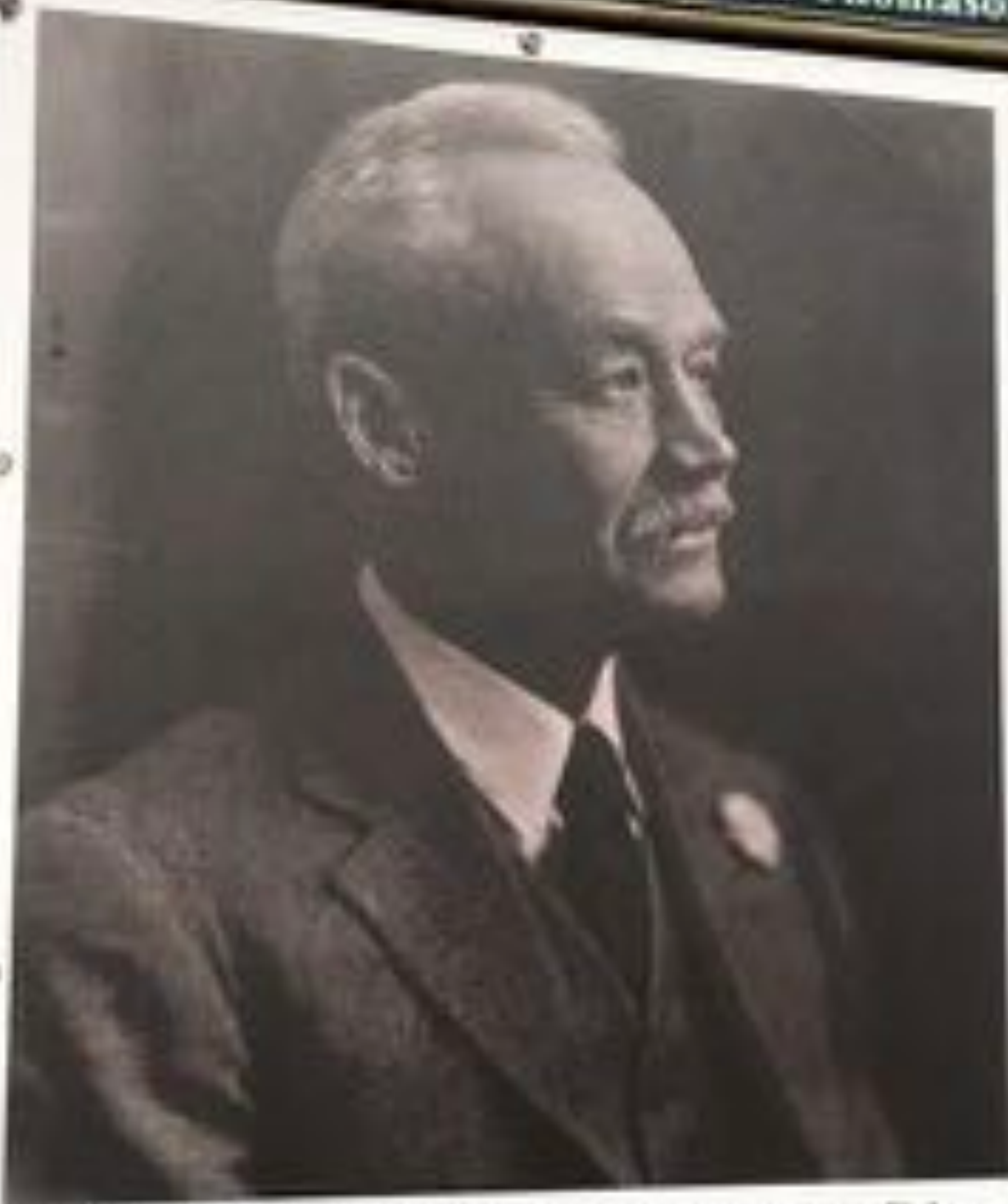
The Sir Wilfred Thomason Grenfell Historical Society



...the home of Dr. Grenfell and his wife, Annet
...of Carbonate, N.E.

SIR WILFRED GRENFELL

The Sir Wilfred Thomason Grenfell Historical Society



Wilfred Thomason Grenfell was born on February 28, 1865 in a small coastal town in the north of England. He was an adventurous, impetuous boy who loved the outdoors and the sea. In 1883 Grenfell entered the London Hospital Medical School. While in London he heard the American evangelist, Dwight L. Moody. His words changed Grenfell's life and he decided to commit himself to Christ. Grenfell joined the medical mission which provided medical and spiritual









The History of Mat Hooking









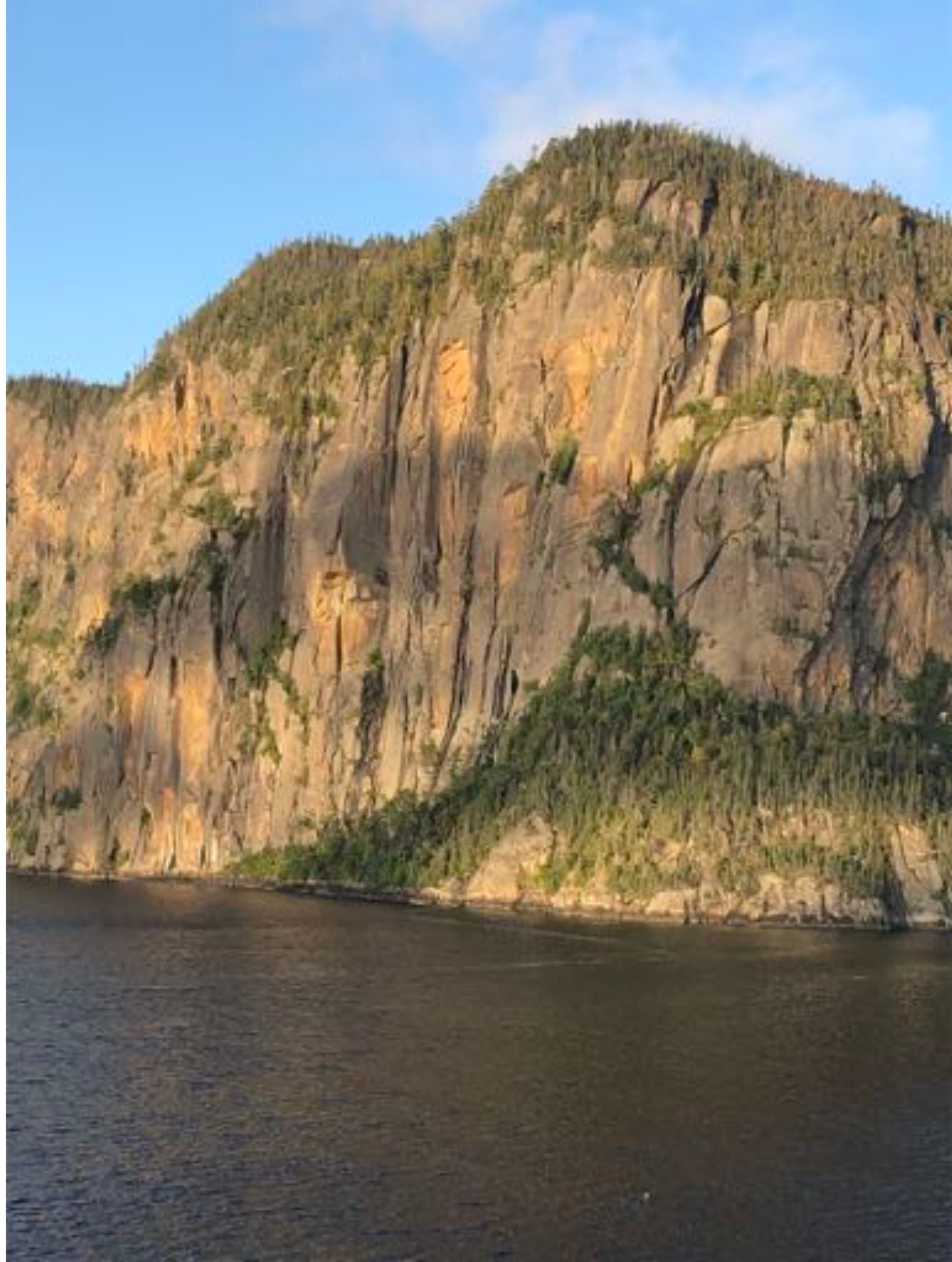














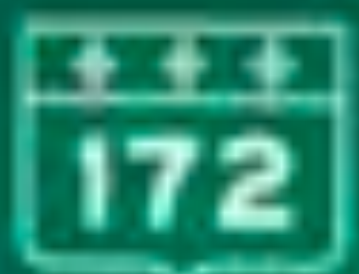




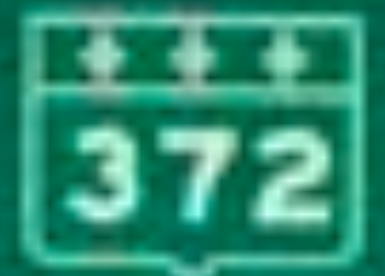








Pont Dubuc
Alma
Tadoussac



Boul. du
Saguenay
Chicoutimi
CENTRE-VILLE
Jonquière



Information
touristique



1,5

Saguenay Lac-Saint-Jean









Le Musée de la Petite Maison Blanche

Un incontournable au Saguenay!

Le Musée de la Petite Maison Blanche est un musée à l'extérieur de l'île de la Grande-Pierre, au Saguenay, qui présente l'histoire de la région de la Saguenay et de la Petite Maison Blanche.

De grands regards pour toute la famille

Le Musée de la Petite Maison Blanche est un musée à l'extérieur de l'île de la Grande-Pierre, au Saguenay, qui présente l'histoire de la région de la Saguenay et de la Petite Maison Blanche. Il est ouvert de 10 heures à 17 heures, tous les jours, sauf les jours de congé. Les tarifs sont de 5 \$ pour les adultes, 3 \$ pour les enfants et 2 \$ pour les seniors. Les groupes de 10 personnes ou plus ont droit à une réduction de 20 %.

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Guide audio
Région de la Saguenay

Guide audio
Région de la Saguenay

Pour les petits et les grands visiteurs!

Visitez le Musée de la Petite Maison Blanche avec votre famille. Les tarifs sont de 5 \$ pour les adultes, 3 \$ pour les enfants et 2 \$ pour les seniors. Les groupes de 10 personnes ou plus ont droit à une réduction de 20 %.

Services

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Événements

Le Musée de la Petite Maison Blanche est un musée à l'extérieur de l'île de la Grande-Pierre, au Saguenay, qui présente l'histoire de la région de la Saguenay et de la Petite Maison Blanche.

















Rivière

À MARS

Rivière

À SAUMON









SORTIE

Au revoir / Goodbye



Marina Port de Québec

Écluse et Marina canal 71

Vitesse maximale 3 nœuds

Lock and Marina chanel 71

Speed limit 3 knots















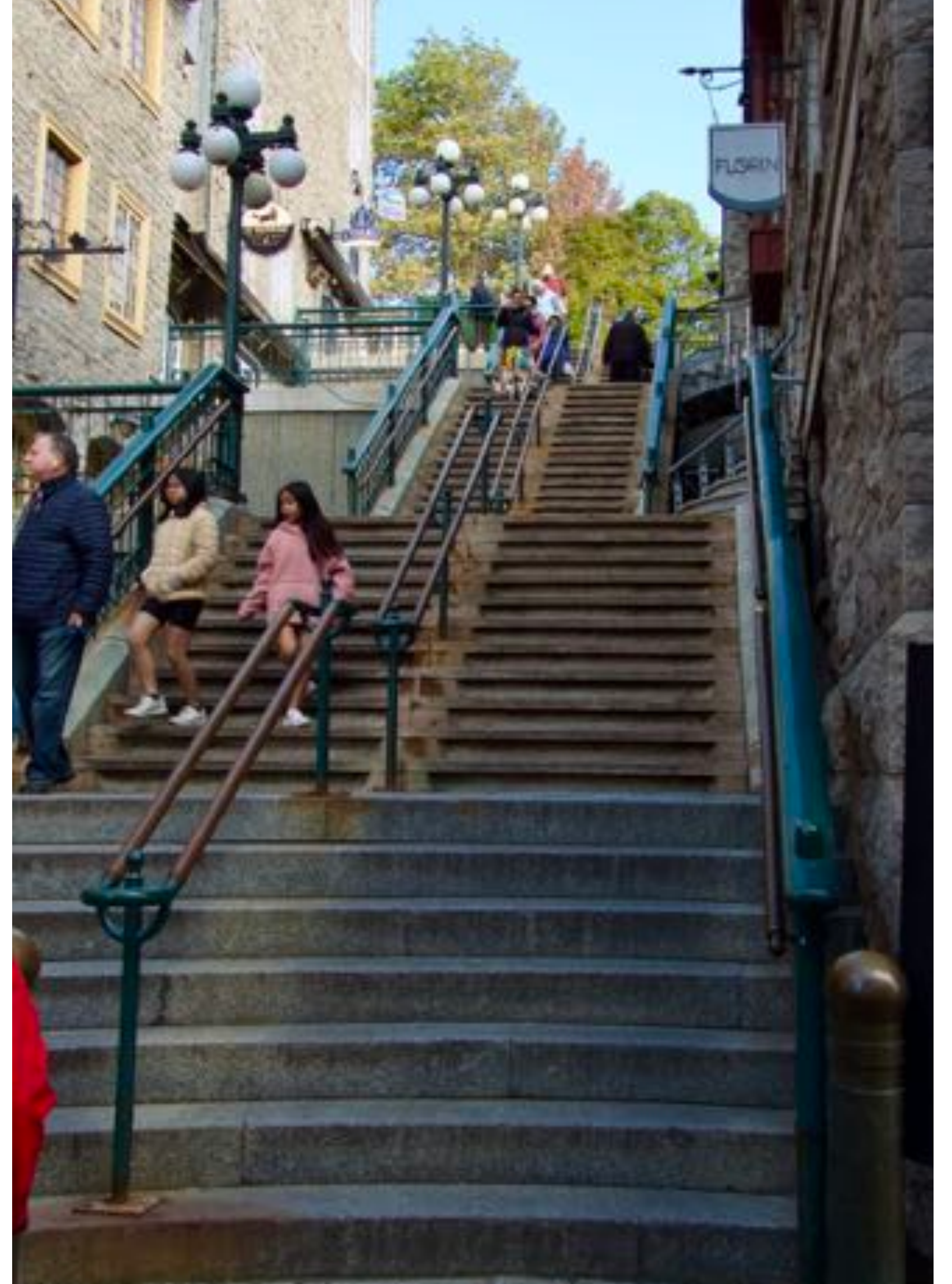












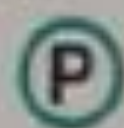
DANGER



**RISQUE DE
CHUTE
DE GLACE**



MUSÉE DES PLAINES D'ABRAHAM
PLAINS OF ABRAHAM MUSEUM







Montreal-Trudeau International Airport
Préclearance Operations

Douanes américaines et
protection de la frontière
Aéroport International Montréal-Trudeau
Service de pré-douanement



The End of Our Adventure