



Visit spectacular Godafoss Falls

A Medical, Dental and Cultural Cruise to Iceland

8 – 18 May 2027

Pre Cruise Extension to Newcastle

7 – 8 May 2027



Level 2
GENTLE





Whale tail in the Eyjafjörður Fjord, near Akureyri in Iceland

Led by our experienced and popular tour leading team, Kevin and Trish Esplin, this Fred Olsen cruise takes you from Newcastle to the stunning landscapes of Iceland.

Iceland is a magical island humming with energy and natural phenomena. Its beauty comes from a vast volcanic landscape where mighty forces shape the earth: geysers, mudflats, rumbling volcanoes swathed in ice and glaciers grinding their way through mountains. Travel in May, when the North Atlantic is teeming with wildlife.

Visit Europe's renowned 'whale capital', where humpback and minke whales gather off the

coast of Akureyri during the summer months, alongside thriving colonies of puffins and guillemots.

Its rich cultural life encompasses a literary legacy that stretches from medieval sagas to contemporary thrillers by way of Nobel Prize winners, as well as life, music and Nordic style. Explore vibrant Reykjavík and glimpse traditional life in the remote Westfjords.

This cruise will include a number of fascinating clinical and historical talks by Kevin Esplin. You will be well looked after by the crew, with plenty of time at leisure to enjoy the ship's facilities.

'Kevin and Trisha were very kind, very helpful and excellent tour leaders.'

Sheila Dowell, *Dental Study Tour to Chile*, Jan 2026

THIS TOUR IS CLASSED AS:

Level 2 | Gentle



Easy walking at a mostly leisurely pace. Slightly more daily activity and travel.

Tour Leaders

Kevin and Trisha Esplin

Kevin Esplin was a specialist in prosthodontics for many years. He trained at King's College Hospital, London and then embarked on a two-year postgraduate program at the University of Connecticut, followed by a stint at the Eastman Dental Institute, London. For the past 35 years he has been in private practice in Cambridge, where he specialises in restorative dentistry and dental implants. His practice won the award of 'The Best Dental Practice in Britain' in 2015.

He has lectured in the USA and England and has been running dental education programs in his practice for the past 10 years.

Trisha Esplin was formerly a periodontist teaching at Guys Hospital and working at Devonshire House Cambridge, for many years and has travelled with Kevin on a number of



Jon Baines tours supporting Kevin including recent tours to China, Japan and Chile. Trisha is a keen golfer and tennis player as well as being a skilled potter and dancer!

Seyðisfjörður in the Eastfjords of Iceland



10-night cruise from Newcastle with shore visits to Reykjavík – Ísafjörður – Akureyri – Seyðisfjörður



Day 1: Newcastle (Sat, 8 May) **D**

Pm: Board the ship and depart late afternoon.

Eve: Welcome dinner with the group.

Day 2: At Sea (Sun, 9 May) **B L D**

Am: Hear lectures on board.

Pm: At leisure to relax and enjoy the ship's facilities. Captain's welcome drinks.

Day 3: At Sea (Mon, 10 May) **B L D**

Am: Hear lectures on board.

Pm: View Eyjafjallajökull, the volcano that gained worldwide attention following its 2010 eruption, and witness how the landscape has been shaped by this. Cruise past the picturesque islands of Elliðaey and Bjarnarey; the former is home to a solitary white cottage that has stirred speculation about its mysterious inhabitants.

Day 4: Reykjavík (Tues, 11 May) **B L D**

Am/Pm: Disembark and discover Iceland's famous Golden Circle. Travel across Mosfellsheiði Heath to Þingvellir

National Park, one of the country's most spectacular natural wonders. Walk through Almannagjá Gorge, continue across rolling farmland to the magnificent Gullfoss Waterfall, and experience the dramatic eruptions of Strokkur, Iceland's most active geyser. Stop at Hellisheiði Geothermal Power Plant before returning to Reykjavík.

Day 5: Reykjavík (Wed, 12 May) **B L D**

Am: Explore Reykjavík, the world's northernmost capital, on a private shore excursion. Drive through Laugardalur Valley, past geothermal pools, across the Elliðaá River and onto the peaceful Álfarnes Peninsula for panoramic city views and a glimpse of the presidential residence. Visit Perlan to explore its ice cave and interactive geology exhibits before returning to the ship for lunch via a scenic drive past Reykjavík's iconic landmarks.

Pm: At leisure in Reykjavík or take a dip in the geothermal pools of the nearby Blue Lagoon or Sky Lagoon. **There may be the option to visit an Icelandic public health clinic and learn of the medical and dental health provision in Iceland. Please contact us if you are interested in this visit.**

Day 6: Ísafjörður (Thurs, 13 May) **B L D**

Am: Located on the peninsula of the Westfjords, with a backdrop of steep mountains, Ísafjörður has been one of Iceland's most important fishing and trading centres for over two centuries. Explore the life and culture of the remote Westfjords during an excursion to the excellent Ósvör Maritime Museum and visit the local church. Continue on to the lovely Tungudalur Valley to see the waterfall and on to Isafjörður and the maritime museum. Enjoy a snack of dried fish or shark with schnapps and return to the ship.

- Pm:** Cruise past Hornbjarg, renowned for its spectacular natural beauty encompassing tundra, sheer cliffs and flowering fields.
- Eve:** Cruise past Drangaskörð's pinnacles jutting out of the sea, often referred to as the 'mountain of teeth'. Some believe that the unusual natural phenomena look like the points on a dragon's tail.

Day 7: Akureyri (Fri, 14 May) B L D

- Am:** Arrive in Akureyri and drive along the coastline of Eyjafjörður, Iceland's longest fjord, to the breath-taking 'Waterfall of the Gods', Goðafoss Waterfall.
- Pm:** Continue to the volcanic Skútustaðir craters and walk through the Dimmuborgir lava labyrinth with its surreal rock formations. Finish at Námaskarð, a geothermal wonderland with bubbling mud pots and steaming fumaroles.

Day 8: Seyðisfjörður (Sat, 15 May) B L D

- Am:** Continue to Seyðisfjörður in the Eastfjords, one of Iceland's most picturesque towns with its brightly coloured wooden houses in hues of red, blue, yellow, and green. Enjoy time at leisure or take an optional visit to nearby Skálanes Nature Reserve, where many seabirds, such as puffins or the black tailed godwit, and cetaceans, including seal and porpoise, can be found.
- Pm:** At leisure.

Day 9: At Sea (Sun, 16 May) B L D

- Am:** Hear lectures onboard.
- Pm:** Day at leisure with an Open Forum discussion led by Kevin Esplin. Enjoy a sumptuous afternoon tea.

Day 10: At Sea (Mon, 17 May) B L D

- Am:** Hear lectures onboard.
- Pm:** At leisure before a farewell dinner.

Day 11: Newcastle (Mon, 18 May) B

- Am:** Arrive Newcastle early morning.

'As a newcomer to Jon Baines I had no 'tour' experience to call on but I found everything to be remarkably excellent.'

Marguerite Bradley, *A Cruise into the Midnight Sun - Northern Norway, June 2025*



Strokkur geyser



Your Fred Olsen cruise ship – MS Bolette

Fred Olsen's MS Bolette offers comfortable accommodation and plenty of open-deck space. It is a wonderful ship on which to spend days at sea, with its many daily classes, activities and entertainment options, a spa and swimming pool, as well as excellent restaurants, cafes and bars. The Bolette is small enough to navigate smaller, more picturesque waterways and offer a personal cruising experience. It is renowned for

its outstanding onboard service and its social, intimate atmosphere.

Named after Fred Olsen's great grandmother, Bolette features just 690 guest cabins and retains the warm and friendly atmosphere that the Fred Olsen fleet is renowned for. There are special gatherings and afternoon teas, several of which are included in your itinerary.



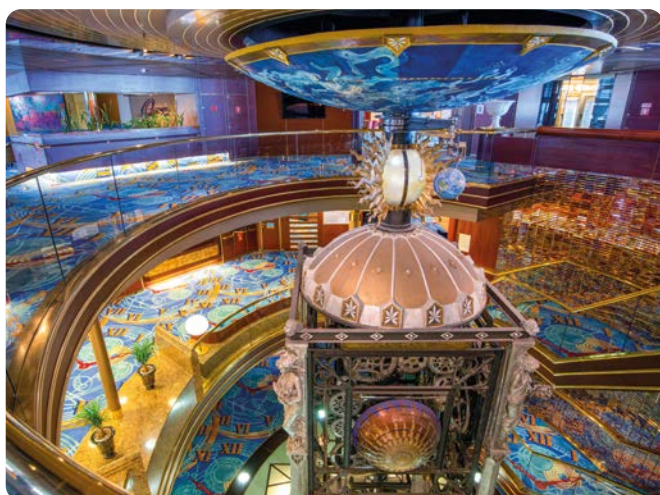
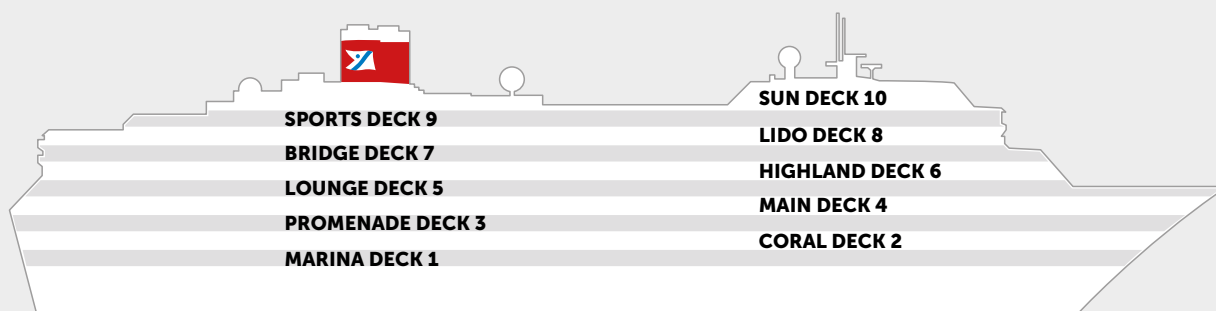
Atlantic puffins, Reynisfjara black sand beach, near the village of Vik

Guests on board have plenty of space to relax in, with elegant and comfortable lounges, bars and public areas, including two speciality dining restaurants, a beautiful open promenade, an all-weather swimming pool, a well-equipped gym and an attractive spa.

The Bloomsbury and Terrace restaurants offer spectacular views out to sea while you dine, and

the Australia and Orchid Rooms are available for the private talks and additional dining. Bolette's View Restaurant is designed to be easy-going, with a light and open feel and beautiful views of the ocean, no formal dress codes and no set tables. The elegant and sophisticated Observatory Lounge is right at the front of the upper deck, offering wonderful views of the sea from three sides, and is where high tea is served.

Bolette Deck Plan



Clockwise from top left: Balcony suite; Guests on deck, Reykjavík; Time atrium; All weather swimming pool



Pre Extension to Newcastle 7 – 8 May 2027

Day 1: Newcastle (Tues, 7 May)

D

Pm: Arrive in Newcastle and check in to the Crowne Plaza Hotel in the stylish Stephenson Quarter.

Eve: Meet your fellow travellers in the hotel reception before the welcome dinner.

Day 2: Newcastle (Weds, 8 May)

B D

Am: Check out and take a fascinating guided tour of this former 'Industrial Titan'. See the 'Lungs of the City', the famous town moor, and explore grand Georgian architecture, medieval lanes and mighty River Tyne, the lifeblood of the city, with its famous bridges, including the iconic Tyne Bridge, built as a test run for the Sydney Harbour Bridge. Finish with time at leisure near the Millenium Bridge.

Pm: Drive to the Port of Newcastle and board the Bolette.

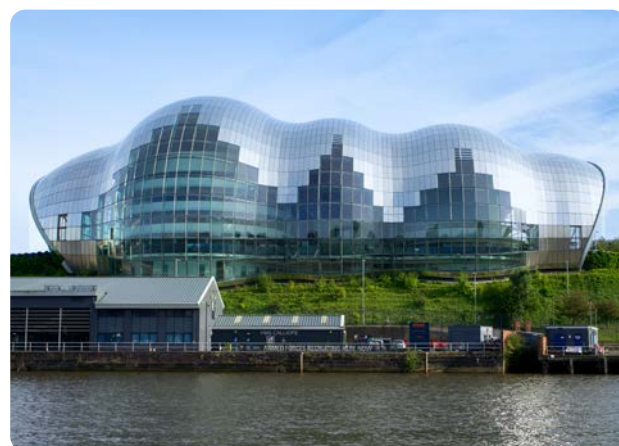
The extension cost is £222 per person sharing OR £286 with a room to yourself

The cost includes

- 1 nights' accommodation at the Crowne Plaza Hotel Newcastle
- Dinner
- A guided tour of Newcastle
- Transfer to the port

The cost excludes

- Items not mentioned



The iconic Sage Gateshead concert venue by the River Tyne in Newcastle

The cost per person with a cabin to yourself*

CO Grade, Superior Ocean-View Cabin, Deck 3, 20 sqm, Fully Obstructed View	£3,220
C Grade, Superior Ocean-View Cabin, Decks 3 & 6, 18 sqm, Picture Window	£3,828
BS Grade, Balcony Suite, Deck 6, 26 – 27 sqm, Private Balcony	£5,280

The cost per person sharing a cabin

I Grade, Interior Cabin, Decks 1, 2 & 3, 15 sqm	£2,596
H Grade, Interior Cabin, Decks 1 & 2, 17 sqm	£2,720
E Grade, Ocean-View Cabin, Decks 1 & 2, 20 sqm, Port Hole Window	£2,996
D Grade, Ocean-View Cabin, Decks 1 & 2, 20 sqm, Large Picture Window	£3,160
CO Grade, Superior Ocean View Cabin, Deck 3, 20 sqm, Fully Restricted View	£3,160
C Grade**, Superior Ocean View Cabin, Decks 3 & 6, 18sqm, Large Picture Window	£3,294
B Grade, Superior Ocean View Cabin, Deck 2, 19 sqm, Large Picture Window	£3,460
TC Grade, Terrace Cabin, Deck 3, 20 sqm, Sliding Glass Doors with Access to Promenade	£3,996
BS Grade, Superior Balcony Suite, Deck 6, 26 – 27 sqm, Private Balcony	£4,766

* Please note that other cabins may be available for sole occupancy.
Please contact us for further details.

** C can have obstructed view

Please contact us for a deck plan and full specific cabin details.

The cost includes:

- 10 nights' accommodation with private facilities on MS Bolette
- The services of tour leaders, Kevin and Trish Esplin
- The services of local English-speaking guides
- Private escorted shore visits as per the itinerary
- Private specialist lecture programme
- Comprehensive briefing notes
- All meals on the cruise ship and iced water, standard tea and coffee with all meals and juice for breakfast
- Tea and coffee making facilities in cabins
- One group drinks party and one private high tea
- All on-board entertainment
- Admission fees where applicable
- Cabin portage
- All tips

The cost excludes

- Flights and airport transfers
- Drinks with meals
- All optional excursions, tours and visits; all personal extras such as laundry and inoculation fees; travel insurance and visas, if applicable



A street in Akureyri

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. We also ensure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to.

From the sublime to the humble, we provide a variety of experiences in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun!

An ATOL and TOPP logo guarantee that your money is safe. Tours not covered by ATOL are covered by TOPP.

ATOL

European and UK travellers booked on flight-inclusive holidays are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. For more information about financial protection and the ATOL Certificate go to: <https://www.atol.org/>

Total payment protection policy cover (TOPP)

For all other holidays, we have arranged a TOPP insurance policy to protect customers' prepayments in the unlikely event of our financial failure. A copy of the policy is available on request. Please see our [booking conditions](#) for further information.

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Green mountainous landscape of Iceland (top); Visit the thermal landscapes of Namaskarð; Typical Westfjords architecture; Relax in geothermal pools Blue Lagoon (above)



JON BAINES
TOURS

