



ALL INCLUSIVE HIGHLIGHTS OF ANTARCTICA ABOARD FRIDTJOF NANSEN

The focus of this expedition is on the icy wilderness and heartwarming wildlife of Antarctica. Pick from departures throughout its summer season and enjoy five unforgettable days on the frozen continent with a dedicated Expedition Team. You'll learn through lectures on a wide range of topics, explore glaciers and icebergs on ice-cruises and go on landings at penguin colonies.



ITINERARY

Day 1 Buenos Aires Starting off on the right foot
Join us at our pre-booked hotel in Buenos Aires

Day 2 Buenos Aires/Ushuaia Southernmost city in the world?
Late nighters beware, we fly early in the morning to Ushuaia where hybrid-powered expedition ship MS Fridtjof Nansen awaits you. This port city competes with Chilean Puerto Williams for the seemingly coveted title of the southernmost city in the world. The Martial Glacier sits north of the city, creating an impressive mountain backdrop for the 'end of the world'. After a mandatory health and safety meeting on board the ship, kick off



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your journey with a welcome dinner hosted by the Expedition Team. You can then spend some time getting to know the ship that will be your home for the next several days.

Day 3-4 Drake Passage Centring on the science

In order to get to Antarctica, we have to cross the infamous Drake Passage. It was named after the English sea captain and privateer Sir Francis Drake who discovered it by chance in 1578 when his ship was taken south by heavy winds. Since there is no landmass at this latitude, wind and water roam freely, making it hard for ships to sail here. But don't worry, even the 'Drake Shake' isn't a big deal for our modern expedition ship. It takes two days to cross the roughly 1000-km-wide Drake Passage. So, you'll have some time on your hands, which is definitely a good thing as there is plenty to do to get ready for your Antarctic adventure. The Expedition Team will start their lecture programme in the Science Center, drawing on decades of experience to teach you how to make your visit as safe and as sustainable as possible. As per IAATO guidelines, we will all wear sterilised rubber boots when ashore and ensure we vacuum our clothing beforehand to remove any possible foreign contaminants. You will also learn about the various hands-on Citizen Science projects you can get involved in, all of which feed into live research and current science. MS Fridtjof Nansen, lies at your feet to be explored as well, quite literally. Work out in the indoor or outdoor gym, or order a spa treatment in our Wellness Area. There are also three superb restaurants on board where you can enjoy delicious meals that are a treat for your eyes and your taste buds. But even with all these mod cons, don't forget to head out on deck from time to time to look for your first iceberg, and to spot wildlife like whales, numerous types of petrels and albatrosses.

Day 5-9 Otherworldly - Antarctica Penguins on Galindez Island

Welcome to Antarctica. Being here, surrounded by icy waters, glaciers and icebergs big as cathedrals will probably make you feel like you've landed in a completely new world. Antarctica is magnificent, mesmerising and massive. You might need to stop for a moment to be able to take it all in. That awe-inspired silence is inevitably broken though when you see the first signs of wildlife like penguins, whales or seals and enthusiastic cheers erupt spontaneously all across the ship. Just as the icescapes of Antarctica change through its seasons, so does its wildlife. In late spring from October to November, there will be much more snow, making the landscapes seem even more pristine. This forms the backdrop of penguin courting and nest building. Whales are still few and far in between during this time, most of them still on their way and beginning to arrive in greater numbers by December and January. Arrival of more whales marks the height of summer which is also when the first penguin chicks hatch. Seeing the clumsy clumps of feathers run around and is always a charming sight. February and March are the peak of whale-watching opportunities, when large amounts of krill lure them to the area. When we get here, the Expedition Team will seize every chance to take you ice-cruising and on landings to get closer to the impressive scenery and wildlife. Spotting penguins from the ship is already an experience, which becomes even more wonderful when you go ashore to see them. It's the same if a seal or whale suddenly appears next to you when cruising in our smaller explorer boats or when kayaking as part of an optional activity. Needless to say; keep your camera close at all times. To enhance your feeling of discovery, the Expedition Team will talk expertly about fascinating subjects like the frozen continent's history, the biology of local wildlife, and glaciology.

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Day 10-11 Drake Passage Heading back to civilisation

After having explored remote and wild Antarctica over five days, we will be due to sail back for home. By this point, both your head and your heart will be filled with lifelong memories. You'll hopefully also have captured many of these special moments on your camera. Crossing back over the Drake Passage, you'll probably spend the next couple of days going through those pictures just to try and stay in Antarctica a little longer. The Expedition Team will also be doing the same as they recap the journey's many experiences over in the Science Center. Working out is also a great way of processing everything you have seen, or maybe let your mind wander back to Antarctica in the Explorer Lounge and Bar?

Day 12 Ushuaia/Buenos Aires

Your expedition cruise reaches its end as we return to Ushuaia. From here, you join a transfer to the airport for your flight back to Buenos Aires and a second chance to experience the Argentine capital. Upon arrival from your charter flight you will be transferred to your hotel for an overnight stay.

Please Note:

These expedition cruises travel to some of the most remote and pristine waters of the world. As with all expeditions; nature prevails. Weather, and ice and sea conditions, sets the final framework for all operations. Safety and unparalleled guest experiences are at all times our top priorities. All our indicative itineraries are continuously evaluated for adaptations, whether this is due to constraints the elements unexpectedly presents – or exciting possibilities nature and wildlife offer. That is why we call it an expedition.

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YOUR SHIP: FRIDTJOF NANSEN

YOUR SHIP:

Fridtjof Nansen

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

Passenger capacity 530 Launched in 2020, The state of the art vessel features new and environmentally sustainable hybrid technology that will reduce fuel consumption and show the world that hybrid propulsion on large ships is possible. MS Fridtjof Nansen is the second of two hybrid ships to be launched cutting emissions by sailing with electrical propulsion. Hybrid technology, combined with the advanced construction of the hull and effective use of electricity on board will reduce fuel consumption and CO2-emissions on the ships by 20 percent. The future of shipping will be silent and emission free. MS Fridtjof Nansen will lead the way towards an even more sustainable way of traveling. Sailing on electrical power is not only a great benefit for the environment, but it will also enhance the impact of experiencing nature for the guests. The ship will be specially constructed for voyages in polar waters and serve as a comfortable basecamp at sea - bringing adventurers from all over the world to the most spectacular destinations in the most sustainable way. These ships combine state-of-the-art technology together with a premium onboard experience. All cabins are outside, half have private balconies, and aft suites even boast private outdoor Jacuzzis, to soak up the stunning

scenery in style. Facilities on board One of the most eye-catching exterior design features of the ships will be the two-level indoor/outdoor Observation Deck wrapped around the top of the ships' raked bow. In a vast area behind it, you'll find the core of the onboard experience: Amundsen Science Center. Packed with state of the art technology and high tech gadgets such as touch screens and science equipment, the immersive edutainment area will be the place guests and staff/crew meet, mingle and create a deeper understanding for the areas they explore. The flexible venue will feature lecture spaces, a small library, and speciality areas for workshops in photography, biology, and more. The stunning scenery will be reflected in a rich and comfortable interior design. Scandinavian materials from nature, such as granite, oak, birch and wool will be used to create relaxed and stylish cabins and public areas. All cabins are outside, 50 % will have private balconies, aft suites will feature private outdoor Jacuzzis with



spectacular views.

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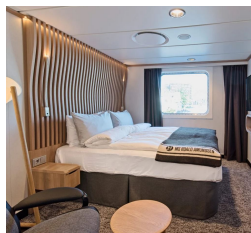
Arctic Superior. From



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