

HIGHLIGHTS OF ANTARCTICA EXPEDITION

Breathtaking icescapes Marvel at colossal glaciers and icebergs on this incredible Antarctica expedition cruise. Experience nature's majesty as we navigate ever-changing icescapes on our hybrid-powered ship. Your Expedition Team will bring you close to your stunning surroundings on ice-cruising and landing activities. You will be offered Zodiac cruises to explore or to go whale watching, there will be experts on board to provide information on Antarctica and its wildlife, and you will go ashore to walk in the footsteps of the great explorers. Antarctic wildlife It's a busy time for the wildlife of Antarctica between November and March. In October and November, penguins court and nest, while December and January are when penguins hatch. February and March offer peak whale-watching opportunities. But whenever you go you will see thousands, probably tens of thousands, of penguins, dozens of whales and many other sea birds and seals too. Hybrid Ships You will sail on board either Fridtjof Nansen or Roald Amundsen. They are small ships (400 passengers maximum) specifically designed to be amongst the most sustainable ships that visit the Polar regions.



ITINERARY

DAY 1 The beat of Buenos Aires

Feel the rhythm of bustling Buenos Aires

An overnight stay in Buenos Aires is the ideal way to start your Antarctic adventure.

Home to a proud and diverse community of porteños, or 'people of the port', this city is a sensuous fusion of faded European splendour and Latin American panache.



There are plenty of places to explore, including many parrillas serving authentic Argentine steak. Or maybe you'd like to practise your dance moves in the famous hometown of the tango.

Why not consider arriving a few days early to see all this vibrant city has to offer with our optional Pre-Programme.

DAY 2 Early start in Ushuaia

Setting off at the bottom of the world

Your adventure begins with an early morning flight to Ushuaia, where you'll meet our hybrid-powered expedition ship, specially designed for sustainable cruising in polar waters.

This bustling port is the capital of Argentina's Tierra del Fuego Province. Set against the magnificent backdrop of the Martial Glacier, Ushuaia vies for the title of the world's southernmost city.

After a briefing from your Expedition Team, you'll have time to locate your cabin and explore the comforts and amenities on board.

DAY 3-4 Get set for Antarctica

Cross the Drake Passage

On the two-day crossing through the Drake Passage, the Expedition Team will equip you with all you need to make the most of your polar expedition.

Visit the onboard Science Center and find out what lies ahead. Listen to experts talk passionately about Antarctica's history, the science beneath the ice, and the impact of climate change and plastic pollution. You'll learn how to make your visit as safe and as low-impact as possible, and about the Citizen Science projects you can join.

There's plenty of time to relax, so unwind in the spa and wellness area, enjoy some delicious cuisine and meet fellow travellers in the Explorer Lounge & Bar.

DAY 5-9 Antarctica: another world

Experience Antarctica in all its natural majesty

Nothing prepares you for your first sight of Antarctica's immense, frozen beauty. Surrounded by looming glaciers, and icebergs the size of floating cathedrals, Antarctica will fill you with wonder. Perhaps the most surprising part of Antarctica is the silence. It's a stillness that's broken every so often by the locals - the wildlife.

Whales begin to arrive in greater numbers by December and January. This is also when the first penguin chicks hatch and seeing the clumsy clumps of feathers run around is always a charming sight. February and March offer peak whale-watching opportunities, when large amounts of krill lure them to the area.



Here, nature is king, and we are mere observers. Our experienced Captain will continually monitor conditions to create the best possible itinerary for your adventure. Rest assured, each day will offer something different and thrilling.

You'll join the Expedition Team on landings and ice-cruises, and may even get a chance to go kayaking among the icebergs.

Back on board, the Expedition Team will continue their lectures, helping you grow in your insights of the frozen continent. Over five magical days, you'll experience this amazing world in a way that will stay with you for a lifetime.

DAY 10-11 Returning to warmer waters

Heading back north across the Drake Passage

After five incredible days, you'll have experienced so much in Antarctica. Your head will likely be filled with a swirling kaleidoscope of special memories and impressions. The next couple of days will be a chance to reflect on your adventure to the seventh continent.

As your mind tries to conjure up the magical Antarctic scenery, now could be a good time to sift through your photos and videos to recapture a sense of its magnitude. Why not take the chance to unwind in the sauna, or enjoy a few relaxing spa treatments in the wellness area.

DAY 12 Ushuaia and Buenos Aires

From Ushuaia to Buenos Aires

Your expedition cruise ends in Ushuaia, the main city in Tierra del Fuego, Argentina's southernmost province. From here, you'll take a flight back to Buenos Aires, but it doesn't have to be the end of your adventure.

Why not join our optional Post-Programme before heading home.

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 adaptions, 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.



YOUR SHIP: FRIDTJOF NANSEN

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VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

Fridtjof Nansen is a small cruise ship specifically designed to be one of the most sustainable ships that can visit the Polar regions. 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.

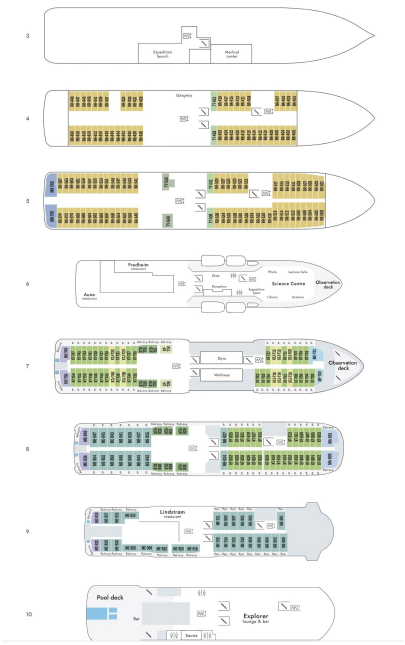
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INSIDE YOUR SHIP



Arctic Superior. From



Expedition Suite. From



Polar Outside. From





PRICING

09-Nov-2026 to 20-Nov-2026

Polar Outside. From	£8504 GBP pp
Expedition Suite. From	£11932 GBP pp
Arctic Superior. From	£9290 GBP pp

19-Nov-2026 to 30-Nov-2026

Polar Outside. From	£8752 GBP pp
Arctic Superior. From	£9565 GBP pp
Expedition Suite. From	£12299 GBP pp

29-Nov-2026 to 10-Dec-2026

Arctic Superior. From	£9565 GBP pp
Polar Outside. From	£8752 GBP pp
Expedition Suite. From	£12299 GBP pp

09-Dec-2026 to 20-Dec-2026

Polar Outside. From	£8752 GBP pp
Expedition Suite. From	£12299 GBP pp
Arctic Superior. From	£9565 GBP pp

19-Dec-2026 to 30-Dec-2026

Polar Outside. From	£9248 GBP pp
Arctic Superior. From	£10116 GBP pp
Expedition Suite. From	£13033 GBP pp

29-Dec-2026 to 09-Jan-2027

Arctic Superior. From	£10482 GBP pp
Polar Outside. From	£9578 GBP pp
Expedition Suite. From	£13522 GBP pp

08-Jan-2027 to 19-Jan-2027

Polar Outside. From	£9248 GBP pp
Arctic Superior. From	£10116 GBP pp
Expedition Suite. From	£13033 GBP pp

09-Jan-2027 to 20-Jan-2027

Arctic Superior. From	£7875 GBP pp
Expedition Suite. From	£10499 GBP pp
Polar Outside. From	£7095 GBP pp

18-Jan-2027 to 29-Jan-2027

Arctic Superior. From	£10482 GBP pp
Expedition Suite. From	£13522 GBP pp
Polar Outside. From	£9578 GBP pp

19-Jan-2027 to 30-Jan-2027

Arctic Superior. From	£11455 GBP pp
Expedition Suite. From	£13449 GBP pp
Polar Outside. From	£9325 GBP pp

28-Jan-2027 to 08-Feb-2027

Expedition Suite. From	£13522 GBP pp
Polar Outside. From	£9578 GBP pp
Arctic Superior. From	£10482 GBP pp

29-Jan-2027 to 09-Feb-2027

Polar Outside. From	£7395 GBP pp
Arctic Superior. From	£8205 GBP pp
Expedition Suite. From	£10939 GBP pp



PRICING

07-Feb-2027 to 18-Feb-2027

Expedition Suite. From	£13522 GBP pp
Polar Outside. From	£9578 GBP pp
Arctic Superior. From	£10482 GBP pp

08-Feb-2027 to 19-Feb-2027

Polar Outside. From	£7395 GBP pp
Arctic Superior. From	£8205 GBP pp
Expedition Suite. From	£10939 GBP pp

17-Feb-2027 to 28-Feb-2027

Expedition Suite. From	£13033 GBP pp
Polar Outside. From	£9248 GBP pp
Arctic Superior. From	£10116 GBP pp

27-Feb-2027 to 10-Mar-2027

Arctic Superior. From	£9748 GBP pp
Expedition Suite. From	£12544 GBP pp
Polar Outside. From	£8918 GBP pp

09-Mar-2027 to 20-Mar-2027

Expedition Suite. From	£11688 GBP pp
Arctic Superior. From	£9106 GBP pp
Polar Outside. From	£8339 GBP pp

29-Oct-2027 to 09-Nov-2027

Expedition Suite. From	£9585 GBP pp
Arctic Superior. From	£7189 GBP pp
Polar Outside. From	£6475 GBP pp

11-Nov-2027 to 22-Nov-2027

Polar Outside. From	£6695 GBP pp
Arctic Superior. From	£7435 GBP pp
Expedition Suite. From	£9909 GBP pp

22-Nov-2027 to 03-Dec-2027

Expedition Suite. From	£10125 GBP pp
Polar Outside. From	£6845 GBP pp
Arctic Superior. From	£7595 GBP pp

16-Dec-2027 to 27-Dec-2027

Expedition Suite. From	£10885 GBP pp
Arctic Superior. From	£8165 GBP pp
Polar Outside. From	£7355 GBP pp

02-Jan-2028 to 13-Jan-2028

Arctic Superior. From	£8245 GBP pp
Polar Outside. From	£7429 GBP pp
Expedition Suite. From	£10995 GBP pp

09-Jan-2028 to 20-Jan-2028

Arctic Superior. From	£8165 GBP pp
Expedition Suite. From	£10885 GBP pp
Polar Outside. From	£7355 GBP pp

12-Jan-2028 to 23-Jan-2028

Polar Outside. From	£7719 GBP pp
Arctic Superior. From	£8569 GBP pp
Expedition Suite. From	£11425 GBP pp



PRICING

19-Jan-2028 to 30-Jan-2028

Arctic Superior. From	£8489 GBP pp
Expedition Suite. From	£11315 GBP pp
Polar Outside. From	£7645 GBP pp

22-Jan-2028 to 02-Feb-2028

Polar Outside. From	£7719 GBP pp
Expedition Suite. From	£11425 GBP pp
Arctic Superior. From	£8569 GBP pp

01-Feb-2028 to 12-Feb-2028

Expedition Suite. From	£11425 GBP pp
Arctic Superior. From	£8569 GBP pp
Polar Outside. From	£7719 GBP pp

25-Feb-2028 to 07-Mar-2028

Arctic Superior. From	£7919 GBP pp
Expedition Suite. From	£10559 GBP pp
Polar Outside. From	£7135 GBP pp

26-Feb-2028 to 08-Mar-2028

Expedition Suite. From	£10345 GBP pp
Polar Outside. From	£6989 GBP pp
Arctic Superior. From	£7759 GBP pp

06-Mar-2028 to 17-Mar-2028

Polar Outside. From	£6549 GBP pp
Expedition Suite. From	£9695 GBP pp
Arctic Superior. From	£7269 GBP pp

16-Mar-2028 to 27-Mar-2028

Arctic Superior. From	£7025 GBP pp
Expedition Suite. From	£9369 GBP pp
Polar Outside. From	£6329 GBP pp

21-Mar-2028 to 01-Apr-2028

Polar Outside. From	£6329 GBP pp
Arctic Superior. From	£7025 GBP pp
Expedition Suite. From	£9369 GBP pp