

ANTARCTICA & FALKLANDS - FROM PUNTA ARENAS TO BUENOS AIRES EXPEDITION CRUISE

The frozen continent After a flight from Santiago de Chile, you'll embark in Punta Arenas and head towards Antarctica. You'll spend 10 days exploring the continent in its late summer months. At this time of year, beautiful sunsets paint the ice and snow in shades of gold, orange and pink. As always, nature is in charge. We'll adjust our plans according to the elements to bring you the best possible landing sites and wildlife-spotting opportunities. The Falklands and Puerto Madryn Your adventure then continues with three days in the Falkland Islands. Visit the capital Stanley with its charming red buses, restaurants and pubs, and discover the variety of wildlife living on the more remote parts of the islands. You'll then call at Puerto Madryn, known for its stunning beaches and nearby nature reserve, before your adventure comes to an end in vibrant Buenos Aires.



ITINERARY

DAY 1 Santiago, Chile's capital

The sights of Santiago de Chile

Welcome to Santiago, Chile's bustling capital. With its colonial-era architecture, award-winning restaurants and fascinating museums, it's the perfect place to start your expedition cruise. There's a lot to see, from the Mercado Central to the Plaza de Armas and the Presidential Palace. Check out the Sky Costanera, which offers panoramic views of the city from 1,000 feet up.

With so much to discover in and around the city, you may want to arrive a few days early to join one of our optional



Pre-Programmes.

DAY 2 Depart from Punta Arenas

Begin your expedition cruise in Punta Arenas

You'll have an early start today as we depart Santiago and fly to Punta Arenas, Chile's southernmost port, where your expedition ship awaits. Once you've boarded the ship, get settled in, explore, and meet your Expedition Team.

As well as being your guides, hosts and local experts, they're also your travel companions for the next three weeks. Friendly and welcoming, they'll answer any questions you may have during your adventure in Antarctica, the Falklands and Puerto Madryn.

DAY 3-4 Get set for Antarctica

Centre on science before your Antarctic adventure

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 expedition cruise.

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 hot tub and panoramic sauna, enjoy some delicious cuisine and meet fellow travellers in the Explorer Lounge & Bar.

DAY 5-14 Antarctica: another world

Experience Antarctica in all its majesty

Nothing quite prepares you for it. Surrounded by looming glaciers, and icebergs the size of cathedrals, Antarctica will fill you with wonder.

Large groups of penguins huddle on the ice floes, avoiding the cunning leopard seals that hunt them. Migrating whales glide among amazing icebergs as they feed on krill. Bird enthusiasts should look out for some of the 45 species of Antarctic seabirds that live here, such as skuas, cormorants, petrels and terns.

When we arrive, the Antarctic summer is coming to an end, so you can look forward to seeing the landscape beautifully illuminated by breathtaking sunsets. It's a great time to see penguins in their final stage of moulting and its peak whale-watching season as large amounts of krill lure cetaceans 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. You'll spend an exciting 10 days busily exploring several of the many possible landing sites in the South Shetlands and on the Antarctic Peninsula based on when and where conditions are at their best. Wherever we go and whatever we do, each day will offer something different and thrilling.

You'll go on landings and ice cruises. You may even get a chance to go kayaking among the icebergs. Back on board, the Expedition Team will continue their lectures, giving you a deeper insight into the frozen continent.



DAY 15-16 Heading to the Falklands

Relax and prepare for more adventures ahead

As you savour your Antarctic experiences, prepare for more adventures ahead as we cruise towards the Falkland Islands. Your Expedition Team will brief you about the history and biology of the islands. In the Science Center, you can look through the microscope at the tiny krill and phytoplankton that sustains so much of the region's wildlife.

Enjoy all the amenities on the ship and get tips on how to improve your images from our professional photographer, or join workshops on topics such as wildlife painting and nautical knot tying.

DAY 17-19 Wildlife of the Falklands

Enjoy birding and hiking in these green islands

The Falkland archipelago is filled with seamless horizons and white sands teeming with birdlife. Only the occasional farm dots the landscape. You'll find grassy hills and wildflowers, in contrast to the vast whiteness of Antarctica. Enjoy a community walk around Stanley, taking in the Jubilee Villas gardens, Christ Church Cathedral and the Historic Dockyard Museum.

Landings, hikes and excursions are, as always, guided by the conditions. We hope to visit albatross and penguin colonies, which are often found sharing space with seals, and getting as close as we can without disturbing them.

DAY 20 The South Atlantic

Relax and get ready for Puerto Madryn

Enjoy a relaxing day at sea as we sail towards Puerto Madryn. You'll have experienced so much in Antarctica and the Falklands that your head will likely be a swirling kaleidoscope of special memories and new knowledge.

Join the Expedition Team in the Science Center to examine special interests in more depth. Learn more about photography, or simply relax on deck, mulling over the highlights of a memorable adventure.

End the day in the Explorer Lounge & Bar with the new friends you've made on your trip, sharing experiences over a relaxing drink.

DAY 21 Puerto Madryn

Visit a UNESCO wildlife haven

Puerto Madryn boasts warm temperatures and beautiful beaches. It's also the gateway to the dramatic Valdes Peninsula, and while we're here, you can explore a stunning nature reserve and UNESCO World Heritage Site.

You might get the chance to see marine mammals. There are also no less than 180 species of birds living on the peninsula, so don't forget to bring your binoculars. Stroll through the tranquil natural beauty of the reserve, enjoy a delicious bite to eat and browse the local arts and crafts shops.

DAY 22-23 Cruise the Argentine Basin

Time at sea to rest and reflect

As we sail the final leg from Puerto Madryn to Buenos Aires,



enjoy your final day at sea.

This is the perfect time to go through your pictures and relive your experiences in Antarctica, the Falklands and Puerto Madryn. Enjoy the onboard comforts one last time. Relax in the hot tubs or panoramic sauna or unwind in our Explorer Lounge & Bar. And you can join the Expedition Team in the Science Center for further investigations and contribute to Citizen Science projects.

DAY 24 Buenos Aires

Enjoy an expedition finale in Buenos Aires

Your expedition cruise to Antarctica, the Falklands and Puerto Madryn comes to an end in Buenos Aires.

Home to a proud and diverse community of porteños, or 'people of the port', Buenos Aires is a sensuous fusion of faded European splendour and Latin American panache. If you have time before your onward journey, enjoy exploring this vibrant city.

And if you're not ready to end your adventures just yet, why not join one of our optional Post-Programmes.

Please Note:

Itineraries are subject to change.



YOUR SHIP: FRAM

YOUR SHIP: **Fram**

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

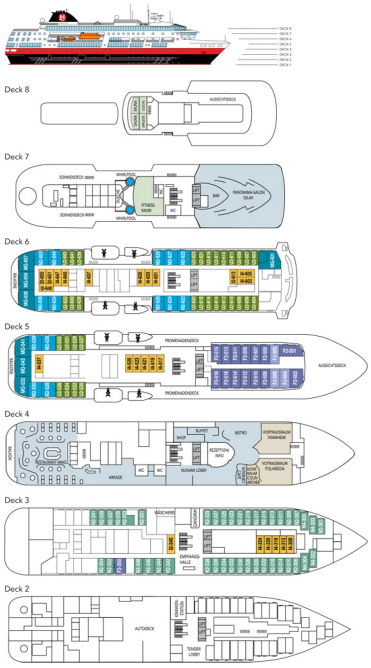
BUILT/REFURBISHED:



MS Fram is designed for sailing in polar waters, holds the highest safety standards and is the perfect size for optimum nautical manoeuverability and guests' comfort. With space for only 276 guests, you are sure to get to know many of your fellow travellers. You will share stunning sights and memories of a lifetime long after returning home. The Norwegian word Fram means 'forward' - lifting expectations of the voyage at hand. MS Fram was built in 2007 with one mission in mind - to bring her guests closer to nature, wildlife and unforgettable experiences. As well as offering numerous lounges in which to relax, our more active guests can use our well-equipped gym. Meanwhile, on deck, our Jacuzzis guarantee you surreal memories when passing the towering icebergs of Antarctica or Greenland.



INSIDE YOUR SHIP



Arctic Superior. From



Expedition Suite. From



Polar Outside. From





PRICING

12-Mar-2027 to 04-Apr-2027

Polar Outside. From	£16570 GBP pp
Expedition Suite. From	£22188 GBP pp
Arctic Superior. From	£17485 GBP pp

18-Mar-2028 to 10-Apr-2028

Arctic Superior. From	£14709 GBP pp
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