

ANTARCTICA & FALKLANDS SMALL SHIP EXPEDITION CRUISE

The remote Falkland Islands Set sail from Buenos Aires and explore the rolling green hills and white sands of the picturesque Falklands archipelago. A warm welcome awaits you in the capital Stanley and you'll visit the albatross, penguin and seal colonies that thrive on these remote shores. The frozen continent Continuing through iceberg-filled waters, we'll head towards the ethereal splendour of Antarctica, spotting penguins, seals and whales along the way. During our six days in this pristine wilderness, our route will be guided by nature, and each sunrise will offer something different and thrilling, including kayaking, ice-cruising, hiking and more.



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Day 1 City of many passions

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.

Day 2 Setting sail from Ushuaia

Flying south to Ushuaia where you'll board your ship

Your adventure begins with an early morning flight to Ushuaia, where you'll meet your 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 settle into your cabin and explore the comforts and amenities on board.

Day 3-4 Get set for Antarctica

Centre on science and learning 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 polar expedition cruise.

Visit the onboard Science Centre 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 quite prepares you for it. 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.

In the Antarctic summer, that might be penguins tending to their chicks; cormorants, sheathbills and petrels wheeling through the skies; or even orcas or humpback whales feeding on the krill-rich waters. Antarctica is simply a place where nature is king



and the rest of us are mere observers.

You'll spend an exciting five days busily exploring several of the possible landing sites. Wherever we go and whatever we do, each day will offer something different and thrilling.

You'll join the Expedition Team on landings and ice cruises. You can take part in activities such as kayaking, snowshoeing and hiking, and may even get the chance to go camping overnight. Back on board, the Expedition Team will continue their lectures, helping you grow in your insights of the frozen continent.

Day 10-11 The Drake Passage

Discover more about the Falkland Islands

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 Centre, you can look through the microscope at the tiny krill and phytoplankton that sustains so much of the region's wildlife.

Get tips from our professional photographer to improve your images or join workshops on wildlife painting and nautical knots. You can also book a spa treatment, visit the gym, and enjoy the locally sourced, regionally inspired dishes in our restaurants.

Day 12-14 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. You'll also enjoy a community walk of Stanley, taking in the Jubilee Villas gardens, Christ Church Cathedral and the Historic Dockyard Museum.

Our 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 15 Out last day at sea

A relaxing day at sea with time to reflect

Your expedition cruise, taking in the wonders of Antarctica and the wildlife of the Falkland Islands nears its end. As we sail the final leg to Ushuaia, enjoy your final day at sea.

Join the Expedition Team in the Science Centre to examine special interests in more depth. Enlist the help of the Expedition Team to help identify species captured in your photos or simply relax on deck, recalling the highlights of your 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 16 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 popular, optional Post-Programme before heading home.

Please note:
Itineraries are subject to change.



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.

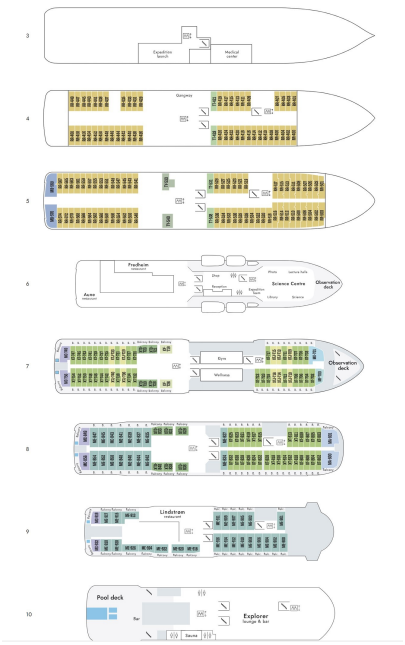
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INSIDE YOUR SHIP



Arctic Superior. From



Expedition Suite. From



Polar Outside. From





PRICING

28-Nov-2026 to 15-Dec-2026

Polar Outside. From	£10488 GBP pp
Arctic Superior. From	£11492 GBP pp
Expedition Suite. From	£14868 GBP pp

06-Mar-2027 to 23-Mar-2027

Polar Outside. From	£10240 GBP pp
Expedition Suite. From	£14501 GBP pp
Arctic Superior. From	£11216 GBP pp

20-Mar-2027 to 06-Apr-2027

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05-Dec-2027 to 20-Dec-2027

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