

The Small Cruise Ship Collection

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FROM NEW ENGLAND TO PANAMA - SCIENCE AND SERENITY AT SEA

Understanding our oceans Sailing from Boston to Colon, you'll deepen your understanding of our oceans with lectures and workshops on marine biology, conservation and astronomy. Learn from your Expedition Team, observe wildlife out on deck, explore hidden ecosystems in the Science Center, and contribute to Citizen Science projects. Rest and relaxation Take time to unwind, observe the calming effects of the ocean, and enjoy your ship's facilities. Relax in the hot tub, infinity pool or sauna. Indulge in an optional spa treatment or work out in the gym. And you can channel your inner artist in workshops, or capture your picturesque surroundings with the help of our onboard photographer.



ITINERARY

DAY 1 Revolutionary Boston

Where old and new worlds meet

Begin your adventure in the historic city of Boston. Here, you can visit the site of the famous Tea Party and walk the Freedom Trail to discover the city's revolutionary role in shaping modern-day America.

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Don't miss out on the city's culinary classics - try steaming bowls of seafood chowder and fried clams. And if you're looking for a friendly bar, then you'll want to head to Cheers, the bar that inspired the eponymous TV show.

Discover colonial-era and revolutionary history in abundance or visit some of the world's most respected and influential universities, before enjoying an overnight in a centrally located hotel.

DAY 2 Embarking from Boston

Your science and relaxation cruise begins

After breakfast, we'll take you on a scenic tour of the city. Boston's rich history is infused into its many districts, with grand colonial-era buildings intermixing with a thoroughly modern city centre.

Your expedition ship MS Fram will be waiting for you at the harbour after your tour. Before we embark, take time to settle into your cabin and meet your Expedition Team. Over the coming days, you'll be completely immersed in the sights, sounds and science of the sea.

DAY 3-9 Oceans, nature and you

Unwind and open your mind to the wonders of the sea

Over the next few days, you'll spend your time appreciating and

learning about the wonders of the sea. It's time to relax and unwind on your oceanic retreat.

Oceanography and science at sea

As we head across the ocean, you'll study the changes in the sea and the effect of ocean currents, like the Gulf Stream, in lectures and workshops. Learn about the differences between marine life along the continental shelf and the deep ocean with the Expedition Team. This might involve observing seabirds or analysing water samples in the Science Center.

Navigation old and new

You'll explore celestial navigation, astronomy, and how this compares with modern-day electronic instruments. Discover how explorers of old navigated the seas using tools like a sextant, and how the Vikings used optical calcite and the stars.

Conservation and Citizen Science

You'll look at issues blighting our oceans like plastic pollution, and what we can do to reduce this. We'll explain our commitment to the environment and the steps we're taking towards becoming a leader in sustainable travel. You can join Citizen Science projects that may include: whale spotting for Happywhale, a global tracker; noting cloud and sky conditions for the GLOBE observer in conjunction with NASA; or taking seabird counts.

Connecting with nature

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Take some time to observe and appreciate the wonders of the nature around you. Silently contemplate the majesty of the sea or the shifting of the clouds above. Scan for wildlife out on deck and observe the harmony of their movements and notice the calming effect this has. You can also attend bird and sea life observations out on deck with our onboard naturalists. Studies show that regularly interacting with nature makes us healthier and happier. Research also shows that people who feel connected to nature are more likely to behave in ways which promote environmental health and conservation. Explore what actions you can take to maintain this virtuous circle.

Oceanic arts and crafts

Disconnect from the stress of modern life and reconnect with yourself through our arts and crafts workshops. Craft-based activities have been proven to promote relaxation, reduce anxiety, improve cognitive abilities, as well as enhance overall happiness. You can put that to the test for yourself during your cruise with us. You can also combine science and art by joining a unique workshop where you can inspect samples under a microscope and then paint them, just like scientists did before the invention of micro-photography.

Rest and relaxation

Enjoy the facilities onboard your comfortable expedition ship. Indulge in an optional spa treatment, relax in the hot tub, infinity pool and sauna, or work out in the gym. Put your feet up in the lounge with a book and get to know your fellow guests. In the evenings, you can look forward to some fun activities as the

Expedition Team host quiz nights, Q&A sessions, put on movie nights, and hold impromptu talks about the area you're sailing in.

DAY 10 The end of the adventure

Bright city lights amid a lush rainforest landscape

You'll end your science and relaxation cruise in the bustling port town of Colon with an enriched mind and plenty to reflect on.

Colon is a bustling cosmopolitan centre with hot springs, a thriving handicraft scene and wonderful local restaurants. Situated at the Caribbean entrance to the Panama Canal, it's also a good jumping off point to further explore Panama, the Caribbean or South America.

If you want to discover more of the city, why not join one of our optional Post-Programmes.

Please Note:

Itineraries are subject to change.

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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 manoeuvrability 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.



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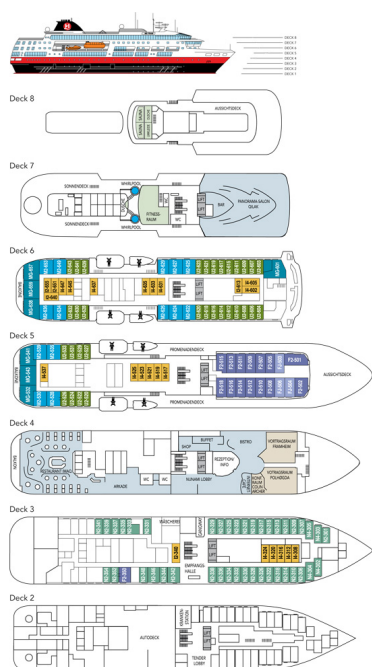
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INSIDE YOUR SHIP



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PRICING



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