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HIGHLIGHTS OF SOUTH AMERICA - OCEAN CRUISE AND MOUNTAIN VIEWS

Highlights of the Altiplano See the pre-Inca tombs of Sillustani before embarking on your journey from spectacular Lake Titicaca, the largest high-altitude lake on Earth. You'll cross the Altiplano to the ancient Inca city of Cusco, then board the luxurious Hiram Bingham train to the famous ruins of mysterious Machu Picchu. From the modern to the ancient When you set sail, you'll visit the wildlife-rich Ballestas Islands or see the enigmatic Nazca Lines. In Chile, you'll discover the deserts near Arica and Iquique, the classic architecture of La Serena, and the colourful 'Jewel of the Pacific', Valparaíso.

ITINERARY

DAY 1 Lima's UNESCO treasures

Start your adventure in style in 'The City of Kings' An exciting cocktail of cosmopolitan cool and ancient heritage, Lima is the perfect city to begin your adventure. See colourful murals, bustling cafés and contemporary art museums in the bright, bohemian area of Barranco. Lima's historical centre is a designated UNESCO World Heritage Site. It's a jewel of Spanish architecture, from colonial-era churches and monasteries to elegant mansions. You'll also see Lima's Inca heritage in the ruins of ceremonial pyramids Huaca Pucllana and Huaca Huallamarca. Known as the food capital of South America, you can choose from gourmet restaurants to unmissable street food. We recommend trying Peru's national dish ceviche, fish marinated in lime juice, onion and chilli.

DAY 2 Visit the Sillustani tombs

Fly to Juliaca and visit the Sillustani tombs Your day starts with a flight to Juliaca. Once you arrive, we'll take you to the Sillustani tombs, a pre-Inca burial place that's surrounded by Lake Umayo. The tombs or chullas are tower-like structures built above ground by the ancient Colla people, some as tall as 39 feet and big enough to hold entire families. Enjoy a picnic lunch by the shores of the lake in this peaceful and enigmatic place. After exploring this archaeological marvel, you'll continue on to your hotel in Puno on the banks for Lake Titicaca- your home for the next two nights.

DAY 3 The Uro people of Lake Titicaca

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See handwoven islands in South America's largest lake The sheer beauty of Lake Titicaca will amaze you. You'll visit the rural community of Llachón, which has spectacular views over the lake. You'll enjoy a guided kayaking tour on the peaceful, deep blue waters. You'll also join a guided walk before joining a local family for a typical lunch. Next, we'll go on a boat tour to reach the Uro people on their floating islands, shimmering golden in the sun. These otherworldly islands are woven from the reeds that grow in the lake. At the end of the day, you can relax and reflect back at your hotel in Puno.

DAY 4 The Altiplano Path

Cross the awe-inspiring Andean Plateau Enjoy an unforgettable journey by bus across the Northern Andean Plateau, or the Altiplano as it's known. The Altiplano is one of the world's largest high plateaus and it sits at over 12,000 ft above sea level. The vast plateau extends into Bolivia, northern Peru and southern Chile. During this full day of adventure, you'll pass through breathtaking scenery and be awed by the imposing Andes. You'll see the famous Pucara bulls perched on rooftops, enjoy lunch by the ancient rock formations of Tinajani, watch for wild llamas and alpacas on La Raya Pass, and marvel at the 15th century archaeological complex of Raqch'i. Your journey ends with a comfortable overnight stay in Cusco.

DAY 5 Mystical Machu Picchu

Discover the Lost City of the Incas You'll start your day with a transfer to Ollantaytambo in the Sacred Valley. Then we'll board the deluxe Hiram Bingham train to Machu Picchu, enjoying brunch while the breathtaking Andean scenery rolls past. Estimated to have been built around 1450, Machu Picchu was abandoned during the Spanish conquest. It was hidden by jungle for centuries, and only rediscovered in 1911. The Incas

left no written records, so mystery surrounds this magnificent stronghold. Enjoy the trails around the ruins, admire the precision Inca stonework and maybe meet some of the friendly resident llamas. After the day's adventures, we'll head back to Cusco for another relaxing overnight stay.

DAY 6 Imperial Cusco

Explore the centre of the Inca Empire Enjoy a guided tour of Cusco, the Imperial City and archaeological capital of South America. Admire some of the finest examples of Inca history and architecture, like the Santo Domingo church, which was built on the Inca temple of Koricancha, and the Sacsayhuamán fortress, a 15th century ceremonial compound that boasts panoramic views of the city. Other tour highlights include a visit to the Sulca Textiles museum and a stop at the main square to admire the stunning cathedral that dates back to Spanish colonial times. You'll then transfer to the airport and fly to Lima, where your ship is waiting at the port of Callao to begin the next part of your adventure.

DAY 7 Ballestas and Nazca

Discover extraordinary wildlife and ancient mysteries Among Peru's most notable attractions are the Nazca Lines and the Ballestas Islands, and both are accessible from Paracas. Known as El Chaco, the town has an array of restaurants along the main shorefront where you can enjoy traditional jalea – fried seafood with salsa criolla and yuca root. Just offshore are the wildlife rich Ballestas Islands. On today's boat tour, look out for Humboldt Penguins, turtles, pelicans, sea lions, Inca Terns and humpback whales as you cruise around the islands. Otherwise, explore the Paracas National Reserve, with its otherworldly yellow sand dunes and red beaches, or fly over the mysterious Nazca Lines etched in the Peruvian coastal desert – an



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experience that's on many people's bucket list.

DAY 8 Clear skies, cool climate

Rich marine life produced by the Humboldt Current As we cruise towards Chile, we'll sail through the Humboldt Current. The cold-water climate here creates conditions that sustain an incredible abundance of marine life, including vast shoals of anchovies, mackerel and sardines. Your Expedition Team will tell you more about the Humboldt Current's importance to the marine ecosystem. Visit the Science Center to find out more. Your Expedition Team will tell you more about its importance and impact on the marine ecosystem. You'll also have plenty of time to relax in the hot tub, work out in the gym, and take in the stunning views and stimulating breezes you'll find on deck.

DAY 9 Sunny Arica

Enjoy Arica's hikes, history and local food Arica experiences a constant desert climate and is classed as one of the driest cities in the world, unusual for a place by the sea. No wonder the city is popular with sunbathers and surfers. On the lively streets Calle 21 de Mayo and Bolognesi you can try local treats and peruse the El Agro market. Take a 15-minute hike up the remarkable El Morro cliff for glorious views, or visit San Marcos Cathedral, designed by Gustave Eiffel. You can see mummies and learn about Chinchorro culture at the archaeological museum, or stretch your legs on a trek along Playa Corazones or exploring the Caves of Anzota.

DAY 10 Iquique and the Atacama

Discover the history of UNESCO-listed Humberstone Our cruise continues to bustling Iquique, a flat city of promenades lined with palm trees. We'll visit the abandoned saltpetre mining towns of Santa Laura and UNESCO-listed Humberstone in the

arid Atacama Desert. Back in Iquique, explore this smart ocean-side city on foot, or just pull up a chair in a café and watch the people. While you're there, enjoy a delicious coffee or a traditional mango sour and chumbeque, a beloved regional sweet. Or pay a visit to La Esmeralda, a 19th century four-masted, corvette that has historical significance.

DAY 11 Relax at sea

Relax and reflect on your journey so far Your expedition cruise down South America's Pacific coast continues towards La Serena in Chile. By this stage of your journey, you'll have made friends with your fellow explorers, finding that you have interests and a passion for nature in common. You can spend time chatting with them in the Explorer Lounge and Bar, perhaps recalling the best bits of your expedition cruise so far. Of course, the Expedition Team will continue to deliver insightful lectures in the Science Center, and you can delve into the books in the onboard library if you want to learn more about a particular subject.

DAY 12 Stunning La Serena

Explore the 'City of Churches' and Serena Beach Docking at the port of Coquimbo, we'll head to Chile's second oldest city, La Serena. La Serena is blessed with beautiful sandy beaches all along Avenida del Mar and beyond. Bursting with classical architecture, there are around 30 carefully restored stone churches to discover, and you can visit the Archaeological Museum to marvel at pre-colonial artifacts. Take a stroll through the city's manicured public gardens, like the Japanese-inspired Jardín del Corazón, or shop for handicrafts at La Recova market. Down the discreet lane of Patio Colonial near Balmaceda you'll find relaxed cafés and eateries. Before boarding the ship, leave some time to explore Coquimbo.



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DAY 13 Valparaíso, a UNESCO gem

Valparaíso is the glorious finale to your expedition Your South American Pacific coast expedition cruise ends in Valparaíso. Known as the 'Jewel of the Pacific', this UNESCO-listed city is built on steep hillsides overlooking the ocean. It's well worth spending time exploring before you fly home. Filled with intriguing, impressions, it's an exhilarating maze of winding alleyways and barrios, colourful houses, and mercados packed with local produce. Why not take it all in on a funicular ride up to Cerro Alegre and Concepción. Although your cruise has come to an end, if you're up for more adventures you can join an optional Post-Programme.

Please Note:

Itineraries are subject to change.

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YOUR SHIP: FRAM

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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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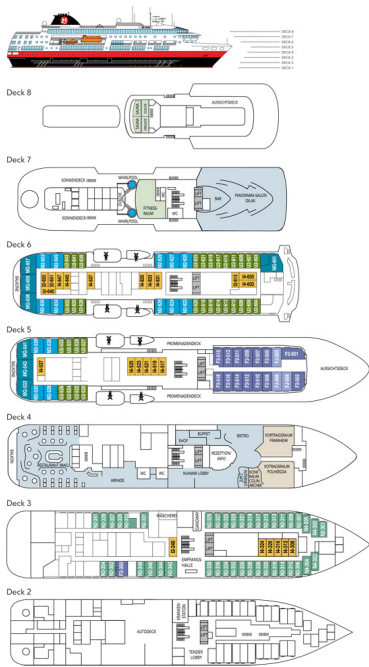
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