

ICONIC ANTARCTICA – THE EXPLORER'S ROUTE - ULTIMATE EXPEDITION CRUISE

A deep dive into the wonders of Antarctica This voyage is for those who want the ultimate in Antarctica experiences. With nine full days in the White Continent, we venture further to visit iconic regions where the explorers of old first set sail. You'll witness a wildlife extravaganza as we encounter whales, seals, colonies of penguins, and many seabirds - all living wild and free in this pristine haven. On this active expedition, we'll head out in kayaks or use snowshoes so you can really get to know Antarctica up close and personal. And with flexibility built into our itinerary, we can adapt our route to chase the extraordinary. Explore further with the expedition factor Our adventure begins in the birthplace of the tango, Argentina's Buenos Aires, before we fly to Ushuaia and join our comfortable hybrid-powered expedition ship. Crossing the Drake Passage is a time of anticipation, excitement and learning with the Expedition Team, as we sail towards the Antarctic Peninsula. Upon arrival, we'll explore the South Shetland Islands, the Weddell Sea, Antarctic Sound and the Gerlache and Penola straits. Days will be filled with wonder and awe as we gaze upon immense glaciers and icebergs and enjoy a rich and fulfilling adventure like no other.



ITINERARY

Day 1 The beat of Buenos Aires

Feel the rhythm of Buenos Aires and get into the spirit of adventure

An overnight stay in Buenos Aires is the ideal way to start your Antarctic voyage. Home to a proud and diverse community of porteños, or 'people of the port', the 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 or explore the region with our optional Pre-Programme.

Day 2 Heading south

Set sail from the capital of Tierra del Fuego

The morning begins with an early morning flight to Ushuaia. This port city is the capital of Argentina's Tierra del Fuego Province, and it's set against the magnificently rugged backdrop of the Andes mountains. Ushuaia vies for the title of the world's southernmost city, and it's from here that many adventures to Antarctica set out - including ours.

You'll be welcomed aboard your hybrid-powered expedition ship - specially designed for exploring polar waters - and after a briefing from your Expedition Team there will be time to settle into your cabin and explore the comforts and amenities on board. Your adventure has truly begun!

Day 3-4 Crossing the Drake Passage

Get into adventure mode and learn about the nature and science of Antarctica

On the two-day crossing over the Drake Passage, the Expedition Team will equip you with all you need to make the most of your upcoming adventure.

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 serious effects of modern-day environmental concerns. You'll discover how to make your visit as safe and as low-impact as possible, and learn about the onboard Citizen Science projects which help protect the environment and that you can be a part of.

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

Day 5-13 Antarctica: another world

Experience all the wonders of the Antarctic Peninsula as we enter expedition mode

Nothing quite prepares you for it. Silence and serenity infuse your soul as we sail through the deep blue waters past looming glaciers and cathedral-sized icebergs. Every moment in Antarctica will fill you with wonder.

Large groups of penguins huddle on the ice floes, avoiding the cunning leopard seals that hunt them, and majestic, migrating whales glide past pristine icebergs as they feed on shoals of krill. Look skywards and you may spot some of the 45 species of Antarctic seabirds that live here, including skuas, cormorants, petrels and terns.

Here, nature reigns, and we are mere observers. Our



experienced Captain will continually monitor conditions to create the best possible itinerary for adventure, and we'll spend nine action-packed days exploring several of the many possible landing sites. Each day will offer something different and thrilling as we probe uncharted territories.

Where most journeys to Antarctica end, yours only intensifies, offering unprecedented access to some lesser-explored areas. Remember, this is an expedition voyage! This means we'll be able to adapt our itinerary depending on the sea and ice conditions, and we'll endeavour to spend at least one day - or possibly several - in each of the following regions:

South Shetland Islands: Typically, the first glimpse of Antarctica for travellers, the South Shetland Islands boast a dramatic landscape across the 20-island archipelago. These rugged isles are not just strikingly beautiful, they are also teeming with wildlife, offering a vibrant, up-close encounter with nature's resilience and diversity.

Antarctic Sound: A lesser-visited gem in the region, Antarctic Sound serves as a grand gateway to the Weddell Sea and is home to some of the largest tabular icebergs. This striking corridor of ice and water is also a prime habitat for observing the rarer Adelie Penguin and offers a unique snapshot of the grandeur of Antarctica.

The Weddell Sea:

Navigable only by the most advanced ice-strengthened ships, the Weddell Sea offers a profound connection to Antarctic exploration history. It was in this region in 1925 that Ernest Shackleton's ship, Endurance, was crushed by sea ice, setting off his legendary survival journey. Visitors to this harshly beautiful environment gain a vivid sense of Shackleton's extraordinary feats. Here, you might also see Emperor Penguins migrating to or from the nearby colony at Snow Hill Island.

Gerlache Strait:

A centrepiece of Antarctic exploration, the Gerlache Strait, offers sheltered waterways ideal for up-close encounters with some of the continent's most iconic sights. This is the area where that our ship's namesake, Roald Amundsen, in 1898 sailed aboard the Belgica before he and the crew became the first humans to overwinter in Antarctica. Frequented by humpback whales and resident orca pods, this area mesmerises visitors with 360-degree views of snow-covered alpine landscapes, providing a truly awe-inspiring backdrop for adventure.

The Penola Strait (South of the Lemaire Channel):

The Penola Strait, accessed via the breathtaking Lemaire Channel - often hailed as the world's most picturesque channel - offers a spectacular maze of penguin-covered islands set against the massive glacier-clad peaks of the continental shoreline. This remote area, often beyond the range of standard voyages, teems with wildlife and presents boundless exploration opportunities. The abundant sea ice not only enhances the beauty but also increases the chance of observing seals and seeing the unique hunting tactics of orcas.

Back on board, the Expedition Team will continue their lectures, enlightening and entertaining with their insights into the wonders



of the frozen continent.

Day 14-15 Back through the Drake Passage

Reflect on your adventure

After nine days of exhilaration, taking in the wonders and wildlife of Antarctica, our ship begins to head back north. As we make the return trip across the Drake Passage to Ushuaia, you'll have plenty of opportunities to enjoy this time at sea.

Join the Expedition Team in the Science Centre to delve into areas of interest in more depth and contribute your observations to Citizen Science projects. Enlist the help of our onboard photographer with the editing of your photos.

Relax with a treatment in the spa and wellness area or take in the fresh sea air from the on-deck hot tubs. Spend time 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

Enjoy an expedition finale in Buenos Aires

Your expedition cruise ends back where we set out from in Ushuaia, the main city in Tierra del Fuego. From here, you'll take a flight back to Buenos Aires, but if you're still in the mood for some more experiences it doesn't have to be the end of your adventure.

Buenos Aires is a city rich in culture, with some amazing architecture and dining options. If you fancy lingering a while longer, why not join our 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.

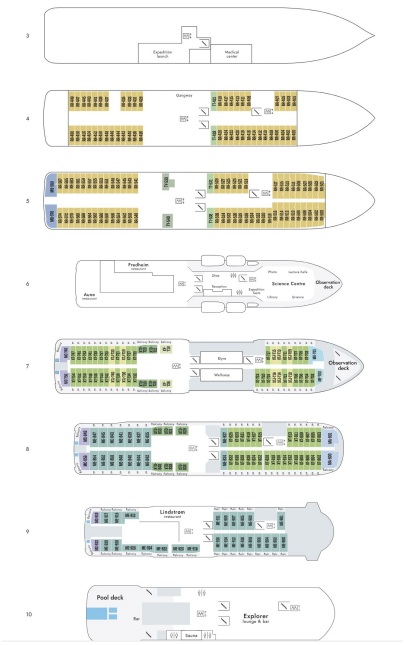
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INSIDE YOUR SHIP



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PRICING

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