



PACIFIC LATIN AMERICA - DIVERSE LANDSCAPES AND CULTURES

From Chile to Peru - treasures old and new Setting out from UNESCO-listed Valparaíso in Chile, we journey to beautiful La Serena and Iquique, the gateway to the Atacama Desert. From sunny Arica, we head to Paracas, stopping at the Ballestas Islands - Peru's answer to Galapagos. After exploring Lima - a South American culinary destination - we plan to land at Salaverry and tour the remains of ancient civilizations around Trujillo including Chan Chan, the largest adobe city in the Americas. Ecuadorian calm to Panamanian charm Our voyage continues to Puerto Lopez where we explore the biodiversity hotspot of Parque National Machalilla, and while in Manta we'll visit Montecristi, the home of the Panama hat. We then spend two days at sea on the Pacific Ocean, giving you time to immerse yourself in lectures, workshops or simply relaxing. After crossing the Equator and continuing north, our adventure concludes in Panama City, a vibrant and modern gateway between oceans.



ITINERARY

DAY 1 Valparaíso, a UNESCO gem

Begin your adventure in this vibrant hilltop city

Your expedition ship awaits you in Valparaíso, the 'Jewel of the Pacific'. Built on steep hillsides overlooking the ocean, it's well worth spending time in this UNESCO-listed city.



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Filled with attractions, the city is an exhilarating maze of winding alleyways, colourful houses, and mercados packed with local produce. Why not take it all in on a funicular ride up to Cerro Alegre and Concepcion.

If you'd like to explore more of Valparaiso, you can join one of our optional Pre-Programmes. After picking up your expedition jacket and meeting your Expedition Team, find your cabin and explore the ship, before enjoying the first of many delicious meals on board as we set sail.

DAY 2 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 Neo-colonial architecture, there are around 30 carefully restored stone churches to discover, and you can visit the Archaeological Museum to marvel at the pre-Columbian artifacts.

Take a stroll through the city's manicured public gardens, like the Japanese-inspired Jardin del Corazon, or shop for handicrafts at La Recova market. Down the discreet lane of Patio Colonial near Balmaceda you'll find relaxed cafes and eateries. Before boarding the ship, leave some time to explore Coquimbo.

DAY 3 Relax at sea

Relax and get ready for adventure

Enjoy the serenity of this day at sea. Relax and admire the scenery from the Observation Deck or inside in the Explorer Lounge & Bar.

Throughout your journey, your Expedition Team will share their extensive knowledge of the region with you. Join them in the Science Centre for lectures on topics like pre-Columbian history, the geology of the surrounding mountains and islands, and local folklore. Out on deck, they can help you spot seabirds and identify their species.

DAY 4 Iquique and the Atacama

Discover the history of UNESCO-listed saltpetre mining towns

Our cruise continues to bustling Iquique, a flat city of promenades lined with palm trees.

We'll visit the abandoned, UNESCO-listed saltpetre mining towns of Santa Laura or 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 cafe and watch the people.

While you're there, enjoy a delicious coffee or a traditional mango sour and chumbeque, a beloved regional sweet. Pay a visit to La Esmeralda, a 19th century four-masted corvette that has historical significance.



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DAY 5 Sunny Arica

Get to know Arica's history and try some local food

Arica experiences a constant desert climate and is classed as one of the driest cities in the world. 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 visit 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 while exploring the caves of Anzota.

DAY 6 Cool skies, clear climate

Go with the flow ... the Humboldt Current

As we head further north towards Peru, we'll sail through an area of the ocean dominated by the Humboldt Current. The cold-water flow 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.

You'll have plenty of time for leisure as we spend the day at sea. You could relax in the hot tub while taking in the stunning views

and stimulating breezes out on deck, or why not re-energise in the gym.

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 a boat tour there you can look out for Humboldt Penguins, turtles, pelicans, sea lions, Inca Terns and humpback whales.

Otherwise, explore the Paracas National Reserve, with its otherworldly yellow sand dunes and red beaches, or fly over the mysterious Nazca Lines etched into the Peruvian coastal desert - an experience that's on many people's bucket list.

DAY 8 Ancient and modern Lima

Explore Peru's historic capital

Lima's historic centre is a designated UNESCO World Heritage Site. It's a jewel of Spanish-era architecture, from colonial churches and monasteries to elegant mansions. Going further back in time, you can learn more about the city's pre-Hispanic heritage at the ruins of the pyramid Huaca Pucllana.



Known as the food capital of South America, Lima has everything from gourmet restaurants to unmissable street food. We recommend trying Peru's national dish ceviche, which is fish marinated in lime juice, onion and chilli.

DAY 9 Trujillo and Chan Chan

Be awed by Trujillo's ancient kingdoms

Salaverry is the gateway port to Peru's third largest city, and some fascinating archaeological sites. Colourful Trujillo boasts a Baroque cathedral, colonial churches and Neoclassical mansions, as well as one of the longest mosaic murals in the world.

Nearby, the vast ancient ruins of the Chimu city of Chan Chan date back to at least 900 CE. On the other side of Trujillo, the mysterious Moche pyramids of the Sun and the Moon predate even that.

DAY 10 Science and leisure

Enjoy some relaxation, research - or a bit of both

Your Pacific coast cruise continues towards Ecuador. As we sail, you might want to soak up the scenery from the hot tubs or sauna.

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 & 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 Centre, and you can delve into the books in the onboard library if you want to learn more about a particular subject.

DAY 11 Machalilla National Park

Go wild in Machalilla

Machalilla National Park is a truly special place. With its beautiful dry forests and protected wetlands, this stretch of coastline is home to more than 270 bird and 81 mammal species.

If conditions allow, we'll anchor off the long sandy beach at the fishing village of Puerto Lopez, using our small expedition boats to land.

The park is also something of an outdoor museum of pre-Columbian history, thanks to the ancient Machalilla culture that used to thrive here. We'll visit the Agua Blanca archaeological site, taking in spectacular scenery along the way.

DAY 12 Made in Montecristi

Discover the birthplace of Panama hats ... in Ecuador



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Manta is a lively port city with a long history of fishing that has brought the city prosperity. You'll find wild shrimp, black clams, and red snapper at many local restaurants. Manta is most famous for its tuna, which we recommend trying in the encebollado broth.

Head to lively Playa el Murcielago for the shops and eateries of Malecon Escenico, or learn about pre-Columbian civilisation at the Museo Municipal Etnografico Cancebi.

Montecristi is also nearby. Known for its handicrafts, you can buy a stylish genuine Panama hat here, expertly handwoven using the leaves of the jipijapa tree.

DAY 13-14 Crossing the Equator

Enjoy two final days at sea en route to Panama

As our expedition cruise continues towards Panama, you'll spend two relaxing days sea.

As we cross the Equator, you can seek Neptune's blessing in a short ceremony. Don't be shy, it's an old seafaring tradition!

Head out on deck and look out for wildlife - whales can often be seen in these waters. Or join the Expedition Team in the Science Centre and find out about the Citizen Science projects we're running.

If you'd simply like to relax and enjoy the journey, try out a hot tub or settle into the comfort of the Explorer Lounge & Bar and watch the world pass by. Later, a spot of stargazing from the deck is a lovely way to wind up your day.

DAY 15 Disembarking in Panama City

Your adventure ends in Panama's bustling capital

Your South American expedition cruise concludes in Panama City.

A buzzing metropolis with a skyline dominated by skyscrapers, this city's roots run deep with a UNESCO-listed old town and historic district. If you have time before your onward journey, why not explore this vibrant city.

Whatever's next for you, we wish you a safe onward journey and look forward to seeing you on your next adventure.

Please note:

Itineraries are subject to change.

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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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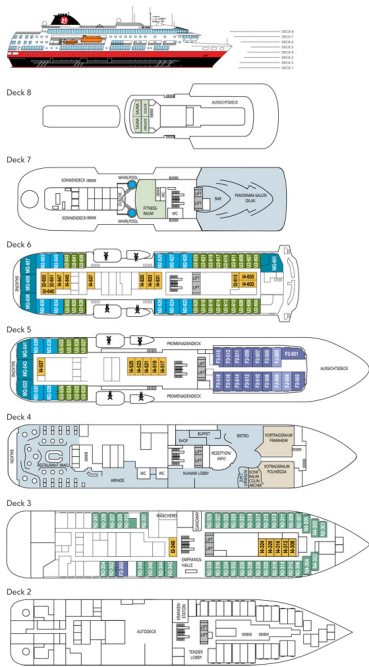
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