

23 DAY ULTIMATE ANTARCTIC EXPEDITION

DESTINATIONS

—

BUENOS AIRES

TOUR ITINERARY

DAY 1

Destination	Buenos Aires
Meals included	
Accommodation	N/A

This adventure starts with an overnight stay in Buenos Aires, the bustling capital of Argentina. Spend the evening at your leisure and discover ‘Paris of South America’ for yourself on a warm spring or summer day or extend your stay with an optional pre-voyage programme to explore wild Patagonia.

DAY 2

Destination	Buenos Aires ✈ Ushuaia 🇲🇲
Meals included	Breakfast, Dinner
Accommodation	N/A

Fly early in the morning to Ushuaia, where MS Fram awaits. Once on board, we kick off our journey with a welcome dinner.

DAY 3

Destination	🇲🇲 Falkland Islands
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

We cross the open sea towards the Falkland Islands. Enjoy our in-depth lectures and keep an eye out for wildlife from deck.

DAY 4

Destination	🇲🇲 Falkland Islands
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

The Falklands teem with wildlife, and offer clear blue skies, vast vistas and stunning white beaches. Here, the sheep graze alongside colonies of penguins, while caracaras patrol overhead and geese forage at the water’s edge. Penguins waddle close to take a look, then continue on their way, providing great photo opportunities! We hope to go ashore for exploring, hiking or taking a closer look at all the birds. Stanley makes an excellent starting point for our excursions. We will be docked in the capital the entire day, giving you time to discover on foot, as most shops and services are clustered around the port.

DAY 5


Destination	🇲🇲 Falkland Islands
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Another day exploring the Falkland Islands, learning about the natural flora and fauna, joining Zodiac landings and various activities (weather depending).

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DAY 6

Destination	 Falkland Islands
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Another day exploring the Falkland Islands, learning about the natural flora and fauna, joining Zodiac landings and various activities (weather depending).

DAY 7

Destination	 At Sea
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

We spend two days cruising to beautiful South Georgia. En route you can participate in lectures about the area's wildlife, whaling and polar history. Our Expedition Team is well-versed in every facet of South Georgia, from its geology and glaciology to the mating rituals of seals and the legends of the Norwegian whalers. One of the fascinating stories that will be told is that of Sir Ernest Shackleton, the men of the ill-fated Endurance, and their amazing feats of bravery. You'll also learn how to make your visit as safe and as sustainable as possible and you'll join Citizen Science programmes to help collect data for current scientific research.

DAY 8

Destination	 South Georgia
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Another day cruising Antarctic waters learning about the natural flora and fauna

DAY 9

Destination	 South Georgia
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

We explore the thriving ecosystem and rich history of South Georgia. The area is known as the Serengeti of the Southern Ocean and is a world-famous location for wildlife photographers.

South Georgia's unique position inside the Antarctic ecosystem - yet outside the limit of sea ice - makes an ideal home for tens of millions of breeding penguins, seals and seabirds. During our stay here, you will see adult seals lounge on the sand while their pups race in and out of the water, albatross soar overhead, and penguins cluster in their thousands. Enjoy the sight of hanging glaciers, cliffs, and scenic lagoons.

You will also visit a museum, the Norwegian seaman's church, and the grave of explorer Sir Ernest Shackleton. South Georgia also offers good hiking, and one of our favourite trails follows part of Shackleton's route on his brave journey across rugged mountains to find help for the 22 men left on isolated Elephant Island.

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DAY 10

Destination	 South Georgia
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Another day in South Georgia learning about the natural flora and fauna, joining Zodiac landings and various activities (weather depending).

DAY 11

Destination	 South Georgia
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A


Another day in South Georgia learning about the natural flora and fauna, joining Zodiac landings and various activities (weather depending).

DAY 12

Destination	 South Georgia
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A


Another day in South Georgia learning about the natural flora and fauna, joining Zodiac landings and various activities (weather depending).

DAY 13

Destination	 South Georgia
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Another day in South Georgia learning about the natural flora and fauna, joining Zodiac landings and various activities (weather depending).

DAY 14

Destination	 At Sea
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

As we continue towards Antarctica you can learn more about the wonders of the Deep South, focusing on the history, environment and wildlife of the region. Using the state-of-the-art microscopes in the ship's Science Center, you can also analyse samples taken during the expedition cruise to see another kind of 'wildlife' at the cellular level

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DAY 15

Destination	 At Sea
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Another day cruising Antarctic waters learning about the natural flora and fauna

DAY 16

Destination	 Antarctica
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Antarctica is wilderness on a massive scale. It is home to 90 per cent of the world's ice, reaching up to 4,000 metres in thickness. Winter sea ice virtually doubles the size of the continent. In summer, Antarctica is a breeding ground for millions of penguins, whales and seals.

As outlined in the Antarctic Treaty, this is a continent dedicated to peace, science and tourism. No human activity permitted that can alter the perfect natural balance that has evolved through millennia without interference. That's why we follow very strict environmental guidelines and rules. We want to leave nothing but footprints and take nothing but pictures!


Our Captain and Expedition Team will take advantage of the often-ideal conditions to take you ice-cruising, and to come ashore on landings for exciting activities. You may have the chance to kayak the icy waters in the company of whales, hike or even camp on the world's most isolated continent.

DAY 17

Destination	 Antarctica
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Another magical day in Antarctica learning about the natural flora and fauna, joining Zodiac landings and various activities (weather depending).

DAY 18

Destination	 Antarctica
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Another magical day in Antarctica learning about the natural flora and fauna, joining Zodiac landings and various activities (weather depending).

DAY 19

Destination	 Antarctica
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

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TOUR ITINERARY


Another magical day in Antarctica learning about the natural flora and fauna, joining Zodiac landings and various activities (weather depending).

DAY 20

Destination	 Antarctica
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A


Another magical day in Antarctica learning about the natural flora and fauna, joining Zodiac landings and various activities (weather depending).

DAY 21

Destination	 Drake Passage
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A


On our way back to civilisation, we will continue our lecture series and recap our experiences of Antarctica. The voyage from the Antarctic Peninsula to Ushuaia at the southern tip of Argentina is roughly 950 km (600 miles) or 40 hours of sailing time in good weather.

DAY 22

Destination	 Drake Passage
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Today is a day at sea where you can relax and enjoy sitting on the deck scanning for wildlife or join lectures

DAY 23

Destination	Ushuaia  Buenos Aires
Meals included	Breakfast
Accommodation	N/A

We make landfall in Tierra del Fuego. Your expedition cruise ends in the world's southernmost town, Ushuaia, and your journey back continues with a flight to Buenos Aires. If you crave even more exploration after exploring Antarctica, we recommend you extend your stay in Buenos Aires or join an optional post-voyage programme to the magnificent Iguazu waterfalls.

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TOUR ITINERARY

Inclusions

WHATS INCLUDED

Enjoy landings to see thousands of animals: seals, penguins, birds and whales Hike, kayak and go ice-cruising in stunning Antarctica, Falklands and South Georgia Chance to come ashore on isolated beaches and spend the night in a tent Experience an in-depth exploration of the 'Galápagos of the Poles', South Georgia, home to vast numbers of King penguins
65 Meals - 22 Breakfasts - 21 Lunches - 22 Dinners including house beer, wine, soda & water
Overnight in Buenos Aires before the expedition cruise, including breakfast
Return flights in economy class between Buenos Aires and Ushuaia
Transfer from the hotel in Buenos Aires to Buenos Aires airport before the expedition cruise
Transfers between Ushuaia airport and the ship, including a short tour of the town
Cruise on board the MS Fram in a Polar Inside cabin

Fine Print

HOW TO BOOK & PAYMENTS

Deposit & Payments

Book now and secure your package with only a 20% deposit per person. Pay a 2nd instalment of \$1000 per person within 28 days. You will then be invoiced for final payment 120 days prior to departure.
Booking Process

Select the purple 'Reserve Your Seat' tab to begin your booking (you must 'Sign Up' first by entering your email and creating a password) Then select the purple 'Book now' tab of the tour you have selected Select your Departure Date, Departure City, Number of Passengers, Room Configuration, any Upgrade Options, and enter any Special Requests
Click the purple 'Proceed to Secure Checkout' tab
Enter your credit card or PayPal details to secure your deposit/payment. You may also pay via BPAY (not available within 70 days of departure)
Once your order is complete, you will be prompted to complete a Booking Form so that we can fulfil your booking
Your position on the tour will be confirmed within 48 hours of completing your order. If your place cannot be confirmed, a full refund of the deposit will occur

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OPTIONAL TOURS

Stanley - Falklands Nature Trek \$159
Stanley - Bluff Cove Lagoon Tour \$224
Stanley - Bluff Cove Lagoon Tour \$656
Stanley - Port Stanley Highlights tour \$130

EXCLUSIONS

International Airfares
Personal Expenses
Travel Insurance
Optional activities
Anything not mentioned in the itinerary or optional

CRUISE DETAILS

For detailed information on your ship, click [HERE](#).

Compulsory Cruise Forms

Personal Questionnaire - This form must be received by Hurtigruten at least 8 weeks prior to your voyage departure.

Medical Certificate - If applicable, the cruise Medical Certificate is to be completed and approved by your personal physician not more than 8 weeks before your departure date. The completed forms must be presented to the ship's doctor upon boarding. Boarding will be denied if part III of the Medical Certificate is not approved by your personal physician. Even if the forms have been duly submitted and approved by your personal physician, the ship's doctor and the captain reserve the right to deny the boarding of guests who do not seem to be sufficiently fit for travel.

For more information, click [HERE](#).

TOUR ITINERARY

CABIN BEDDING AND UPGRADES

Bedding on board the cruise is restricted to the following configurations. If you wish to upgrade your cabin, the following amounts are payable in addition to the package price prior to travel:

Polar Inside cabin: INCLUDED. Our cosy Polar Inside cabins can be found on all decks. All cabins include bathrooms with shower/WC. Most of the cabins have separate beds where one doubles as a sofa, while some are equipped with a double bed or upper and lower berths. All the cabins have individual specifications and do not offer windows.

Polar Outside Window cabin: The Polar Outside cabins are primarily on the lower/middle decks with windows, they are spacious, have flexible sleeping arrangements (double or twin), TV and Ensuite for excellent and high standard accommodation. Upgrades available from \$3,400 per person, twin share (subject to availability)

Arctic Superior Balcony cabin: *Great for wildlife photography* Arctic Superior class cabins are comfortable and roomy accommodation and have balconies. They have flexible sleeping arrangements (double or twin), TV and ensuite and other features make this one of our most popular categories. Upgrades available from \$4,900 per person, twin share (subject to availability)

Suite cabin - *Great for wildlife photography* Suites feature private balcony, top-high decks, ensuite, flexible sleeping arrangements, some with sofa bed, TV, minibar, amenity kit, bathrobe, kettle, tea and coffee, espresso maker. They have flexible sleeping arrangements (double or twin). Upgrades available from \$9,600 per person, twin share (subject to availability)

Please request your cabin upgrade in the 'special requests' field. Availability and price will then be confirmed and added to your invoice upon acceptance.

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IMPORTANT INFORMATION

Accommodation

The accommodation listed is subject to change. Any changes will be of an equal or higher standard. Bedding configurations (double or twin) are requests only. All efforts will be made to meet your preferences, however, any changes are beyond our control.

Single Supplement

A single supplement is available on all nights of this trip from an extra \$10,642 subject to availability.

Triple Share

Not available.

Children

Children must be 5 years old or over and share a room with parents at all times. Children are charged the same price as adults.

Tour Documentation

Final documentation will be provided approximately 30 days prior to travel.