IN-DEPTH ANTARCTICA, FALKLANDS & SOUTH GEORGIA EXPEDITION CRUISE

An Antarctic expedition

We'll set sail from Chile to explore the unique world of South Georgia and Antarctica. Every day our route will be guided by nature, and we'll make the best of local conditions. Each sunrise will offer something different and thrilling. In October and November on the Seventh Continent, penguins start courting and nesting. In December and January, the summer brings longer, milder days, and in February and March whales and penguin chicks abound.

Wild islands of adventure

The Falkland Islands are windswept and beautiful, and they're home to a wide variety of wildlife, while South Georgia has colonies of penguins and seals, and is designated an Important Bird Area. It's a place of spectacular alpine landscapes, fur seal colonies and ghostly, abandoned whaling stations. The weather sets the agenda on these rugged islands, so in true expedition style we'll adapt to the conditions and have a truly unforgettable adventure.

ITINERARY

DAY 1 Santiago, Chile's capital

The sights of Santiago de Chile

Welcome to Santiago, Chile's bustling capital. With its colonial-era architecture, award-winning restaurants and fascinating museums, it's the perfect place to start your expedition cruise. There's a lot to see, from the Mercado Central market to the Plaza de Armas and the Presidential Palace. Check out the Sky Costanera, which offers panoramic views of the city from 1,000 feet up.

You may want to arrive a few days early to join one of our optional Pre-Programmes.

DAY 2 Depart From Punta Arenas

Board your expedition cruise in Punta Arenas

You'll have an early start today as we depart Santiago and fly to Punta Arenas, Chile's southernmost port. Your expedition ship awaits you. Once you've boarded, get settled in, explore the ship, and meet your Expedition Team.

As well as being your guides, hosts and local experts, they're also your travel companions for the next three weeks. Friendly and welcoming, they'll answer any questions you may have during your Antarctic adventure.

DAY 3 Preparing for more adventure

Through the Strait of Magellan

With our course set for the Falkland Islands, soak up the mesmerising views all around you as you cruise through the Strait of Magellan. You can take in the scenery from the deck, the outdoor hot tub or the panoramic Explorer Lounge & Bar.

You can also join your Expedition Team in the onboard Science Center to listen to lectures, participate in Citizen Science projects and more. Whether it's marine biology, Antarctic survival, oceanography or photography, your Expedition Team offers fascinating insights into the places you'll see on your journey, and you'll feed off their enthusiasm.

DAY 4-6 The many charms of island life

Enjoy birding and hiking in these green islands

The Falkland archipelago is filled with seamless horizons and white sands teeming with birdlife. Only the occasional farm dots the landscape. You'll find grassy hills and wildflowers, in contrast to the vast whiteness of Antarctica to come.

You'll also enjoy a community walk of Stanley, taking in the Jubilee Villas gardens, Christ Church Cathedral and the Historic Dockyard Museum.

Our landings, hikes and excursions are, as always, guided by the conditions. We hope to visit albatross and penguin colonies, which are often found sharing space with seals, and getting as close as we can without disturbing them.

DAY 7-8 Adventure lies ahead

Cruising the South Atlantic

Sailing from the Falklands, we spend two days cruising towards beautiful South Georgia. You can look forward to seeing an archipelago filled with diverse wildlife.

Meet up with the Expedition Team as they prepare you for what lies ahead. They'll tell you everything they know about South Georgia, including the area's wildlife, polar history, geology, glaciology, and stories of Norwegian whalers.

You'll also learn how to make your visit as safe and low-impact as possible, and you can join our Citizen Science programmes to help collect data for global research projects.

DAY 9-12 The 'Serengeti of the Southern Ocean'

Visit a wildlife watcher's paradise

South Georgia's abundant wildlife has earned it the nickname 'Serengeti of the Southern Ocean'. Its unique position free from sea ice makes the island a breeding site for large colonies of penguins, other seabirds and seals. In fact, it's an Important Bird Area, home to albatrosses, petrels, shags, skuas and terns.

You'll spend four days exploring this remarkable area. We'll also try to reach Grytviken, the final resting place of Antarctic explorer Sir Ernest Shackleton. We're always guided by nature, responding to daily conditions to bring you the

best possible experience.

While our itineraries are always flexible, they're even more so during peak breeding seasons when the wildlife is most vulnerable to disturbance. When it'd safe to do so, we'll wildlife watch. When our presence could disturb the animals, we'll choose another place to visit and as always, these decisions are made by your Expedition Team and are based on lifetimes of combined experience in these destinations. Sometimes we'll land, sometimes we'll cruise, it's all part of the adventure!

DAY 13-14 Towards Antarctica

Time to relax and reflect

After visiting the Falklands and South Georgia, take some time while we head towards Antarctica to relax and reflect on your journey so far.

Antarctica is a continent dedicated to peace, science and wildlife. As we get closer, the Expedition Team will talk about the IAATO environmental guidelines and sustainability rules that we follow when visiting. We leave nothing but footprints and take nothing but pictures.

DAY 15-19 A world of ice and wonder

Experience Antarctica in all its majesty

Nothing prepares you for your first sight of Antarctica's immense, frozen beauty. Icebergs, sculpted by nature, float in the straits. Gentoo, Chinstrap and Adelie Penguins watch erect from the shores. Countless seabirds wheel overhead. Nature is in charge.

You'll spend four exciting days exploring several possible landing sites, on and around the Antarctic Peninsula and South Shetland Islands. Wherever we go and whatever we do, each day will offer something different and thrilling.

We might sail into a flooded volcanic caldera or land in icy bays, where remnants of whaling paraphernalia lie abandoned. You may also get a chance to go kayaking among icebergs and seals, or snowshoe to a stunning viewpoint.

Bird enthusiasts should look skywards for Antarctic seabirds such as skuas, petrels and terns. Through onboard lectures and onshore talks, you'll learn more about this precious habitat and how we can all protect it for the future

DAY 20-22 Relax and unwind at sea

Looking for land ahead

As we say goodbye to the frozen continent, MS Fram turns to take you north over the Drake Passage and towards Punta Arenas.

This is the perfect time to go through your pictures and relive your experiences in the Falklands, South Georgia, and Antarctica. Enjoy the onboard comforts. Relax in the hot tubs or panoramic sauna or unwind in our Explorer Lounge & Bar.

When the Drake Passage is behind us, we'll enter the scenic Beagle Channel, surrounded by mountains plunging straight into the icy water. Watch for Patagonian wildlife as we sail through this wild and remote area.

DAY 23 Arrival in Punta Arenas

Onwards from Punta Arenas

Your expedition cruise of the Falklands, South Georgia and Antarctica comes to an end in Punta Arenas. From here, you'll catch a flight back to Santiago de Chile, taking with you a wealth of fantastic memories that will no doubt endure.

If you're not ready to end your adventures just yet, why not join one of our optional Post-Programmes.

Please Note:

Itineraries are subject to change.

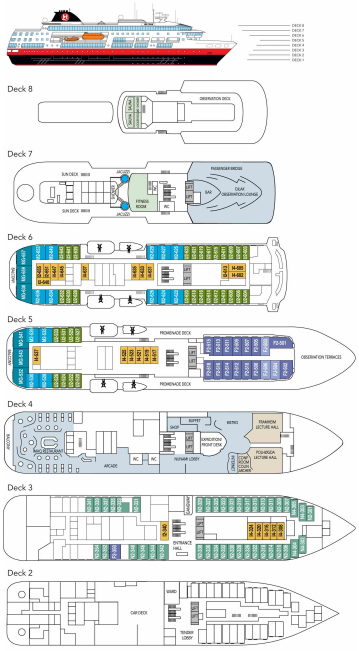
YOUR SHIP: FRAM

YOUR SHIP:	**Fram**
VESSEL TYPE:	**Expedition**
LENGTH:	**114m**
PASSENGER CAPACITY:	**276**
BUILT/REFURBISHED:	**2007**

MS Fram is designed for sailing in polar waters, holds the highest safety standards and is the perfect size for optimum nautical manoeuverability 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.

INSIDE YOUR SHIP



Arctic Superior. From

Expedition Suite. From

Polar Inside. From

Polar Outside. From

PRICING

14-Nov-2025 to 06-Dec-2025

Polar Inside. From	26528 AUD pp
Polar Outside. From	31384 AUD pp
Arctic Superior. From	33084 AUD pp
Expedition Suite. From	41826 AUD pp

05-Dec-2025 to 27-Dec-2025

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Arctic Superior. From	34285 AUD pp
Expedition Suite. From	43367 AUD pp
Polar Inside. From	0 pp

16-Jan-2026 to 07-Feb-2026

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Arctic Superior. From	37887 AUD pp
Expedition Suite. From	47990 AUD pp
Polar Inside. From	0 pp

06-Feb-2026 to 28-Feb-2026

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Polar Outside. From	35242 AUD pp
Arctic Superior. From	37167 AUD pp
Expedition Suite. From	47066 AUD pp

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Arctic Superior. From	37619 AUD pp
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18-Dec-2026 to 09-Jan-2027

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08-Jan-2027 to 30-Jan-2027

Polar Outside. From	40860 AUD pp
Arctic Superior. From	43076 AUD pp
Expedition Suite. From	54475 AUD pp

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Polar Outside. From	40067 AUD pp
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19-Feb-2027 to 13-Mar-2027

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Optional extras & upgrades

Optional tours and excursions available. Please contact us for more details.