HIGHLIGHTS OF ANTARCTICA EXPEDITION

Breathtaking icescapes

Marvel at colossal glaciers and icebergs on this incredible Antarctica expedition cruise. Experience nature's majesty as we navigate ever-changing icescapes on our hybrid-powered ship. Your Expedition Team will bring you close to your stunning surroundings on ice-cruising and landing activities.

Antarctic wildlife

It's a busy time for the wildlife of Antarctica between November and March. In October and November, penguins court and nest, while December and January are when penguins hatch. February and March offer peak whale-watching opportunities.

ITINERARY

DAY 1 The beat of Buenos Aires

Feel the rhythm of bustling Buenos Aires

An overnight stay in Buenos Aires is the ideal way to start your Antarctic adventure.

Home to a proud and diverse community of porteños, or 'people of the port', this 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 with our optional Pre-Programme.

DAY 2 Early start in Ushuaia

Setting off at the bottom of the world

Your adventure begins with an early morning flight to Ushuaia, where you'll meet our hybrid-powered expedition ship, specially designed for sustainable cruising in polar waters.

This bustling port is the capital of Argentina's Tierra del Fuego Province. Set against the magnificent backdrop of the Martial Glacier, Ushuaia vies for the title of the world's southernmost city.

After a briefing from your Expedition Team, you'll have time to locate your cabin and explore the comforts and amenities on board.

DAY 3-4 Get set for Antarctica

Cross the Drake Passage

On the two-day crossing through the Drake Passage, the Expedition Team will equip you with all you need to make the most of your polar expedition.

Visit the onboard Science Center and find out what lies ahead. Listen to experts talk passionately about Antarctica's history, the science beneath the ice, and the impact of climate change and plastic pollution. You'll learn how to make your visit as safe and as low-impact as possible, and about the Citizen Science projects you can join.

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

DAY 5-9 Antarctica: another world

Experience Antarctica in all its natural majesty

Nothing prepares you for your first sight of Antarctica's immense, frozen beauty. Surrounded by looming glaciers, and icebergs the size of floating cathedrals, Antarctica will fill you with wonder. Perhaps the most surprising part of Antarctica is the silence. It's a stillness that's broken every so often by the locals - the wildlife.

Whales begin to arrive in greater numbers by December and January. This is also when the first penguin chicks hatch and seeing the clumsy clumps of feathers run around is always a charming sight. February and March offer peak whale-watching opportunities, when large amounts of krill lure them to the area.

Here, nature is king, and we are mere observers. Our experienced Captain will continually monitor conditions to create the best possible itinerary for your adventure. Rest assured, each day will offer something different and thrilling.

You'll join the Expedition Team on landings and ice-cruises, and may even get a chance to go kayaking among the icebergs.

Back on board, the Expedition Team will continue their lectures, helping you grow in your insights of the frozen continent. Over five magical days, you'll experience this amazing world in a way that will stay with you for a lifetime.

DAY 10-11 Returning to warmer waters

Heading back north across the Drake Passage

After five incredible days, you'll have experienced so much in Antarctica. Your head will likely be filled with a swirling kaleidoscope of special memories and impressions. The next couple of days will be a chance to reflect on your adventure to the seventh continent.

As your mind tries to conjure up the magical Antarctic scenery, now could be a good time to sift through your photos and videos to recapture a sense of its

magnitude. Why not take the chance to unwind in the sauna, or enjoy a few relaxing spa treatments in the wellness area.

DAY 12 Ushuaia and Buenos Aires

From Ushuaia to Buenos Aires

Your expedition cruise ends in Ushuaia, the main city in Tierra del Fuego, Argentina's southernmost province. From here, you'll take a flight back to Buenos Aires, but it doesn't have to be the end of your adventure.

Why not join our optional Post-Programme before heading home.

Please Note:

These expedition cruises travel to some of the most remote and pristine waters of the world. As with all expeditions; nature prevails. Weather, and ice and sea conditions, sets the final framework for all operations. Safety and unparalleled guest experiences are at all times our top priorities. All our indicative itineraries are continuously evaluated for adaptions, whether this is due to constraints the elements unexpectedly presents - or exciting possibilities nature and wildlife offer. That is why we call it an expedition.

YOUR SHIP: FRIDTJOF NANSEN

YOUR SHIP:	**Fridtjof Nansen**
VESSEL TYPE:	**Expedition**
LENGTH:	**140 m**
PASSENGER CAPACITY:	**530**
BUILT/REFURBISHED:	**2020**

MS Fridtjof Nansen is the latest addition to Hurtigruten's fleet of custom built ships - and the next generation expedition ship. She will explore some of the most spectacular corners of the globe. Featuring Hurtigruten's revolutionary battery hybrid powered propulsion system, MS Fridtjof Nansen will be a near identical twin to her sister ship MS Roald Amundsen. Combining state of the art technology and premium on board experience with Hurtigruten's 125 years of experience and unparalleled destinations, the two Norwegian built ships introduces the next generation of adventure travel.

Cabins and public areas

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 hot tubs with spectacular views.

Science Center

The core of the onboard experience is the Nansen Science Center, an edutainment venue to guests and crew meet to create a deeper understanding of the areas we explore. Nansen Science Center will also be the on board HQ for the Expedition Team.

Restaurants

MS Fridtjof Nansen's three restaurants will host a variety of dining options, with menus drawn from our rich Norwegian and Nordic tradition, as well as international cuisine and local inspiration. Whether enjoying your meal at Aune Main Dining, Fredheim - the informal international meeting place, or the specialty restaurant Lindstrøm, you will indulge in low key yet refined, modern Norwegian Nordic cooking - where our honest and delicious cuisine reflects our destinations.

After a day of exploring new destinations, guests can relax and rejuvenate in the elegant Explorer Lounge, a large gym and Wellness center, or enjoy the scenery and sunsets on the massive in- and outdoor Observation Decks with the aft infinity pool and hot tubs as one of the highlights.

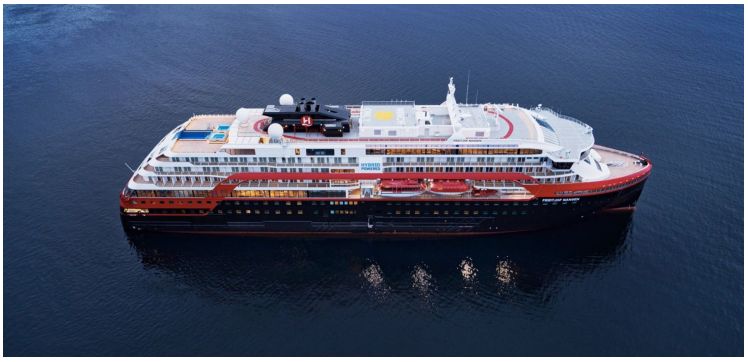
Everything you need for an expedition cruise

Each expedition voyage is accompanied by a hand-picked team of specialists and modern-day explorers. Highly experienced, passionate and knowledgeable, the Expedition Team will be your guides and guardians on your voyage of exploration, instructing you on safety, sustainability and science. MS Fridtjof Nansen will feature a variety of custom built expedition equipment, including kayaks, a fleet of Blueye underwater drones and Expedition Boats for safe landings in remote areas.

In the footsteps of a great explorer

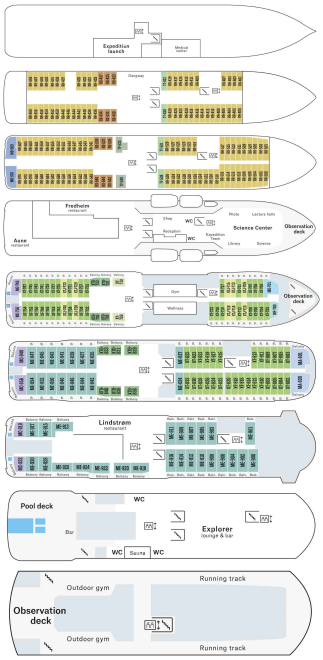
The newest addition to our fleet will honor the heritage of her namesake - the Norwegian explorer, scientist, humanitarian and Nobel Peace Prize laureate Fridtjof Nansen. Known for his

innovations in Arctic expeditions, Nansen led the first crossing of Greenland on cross-country skis. He is perhaps most famous for his attempt to reach the geographical North Pole during the Fram Expedition (1893-1896). Interestingly, after Nansen's Fram expedition, the ship was passed on to another great explorer who secretly planned an expedition to the South Pole - Roald Amundsen.



d Amundsen.

INSIDE YOUR SHIP



Arctic Superior. From

Expedition Suite. From

Polar Outside. From

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Optional extras & upgrades

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