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Highlights of Antarctica

**Cruise Departure Date: 9 November
2025 (From Buenos Aires)**

**Cruise End Date: 20 November
2025**

*"Experience a concentrated
expedition cruise that's all about the
frozen continent"*



- Discover Antarctica's wildlife as we spot seals, penguin colonies and spot whales against backdrops of staggering natural beauty.
- Join the Expedition Team as they deliver lectures and accompany landings, sharing their knowledge on glaciology, wildlife, climate change and polar exploration
- 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.



INCLUSIONS

Hotel

- Overnight in Buenos Aires before the expedition cruise, including breakfast

Flights

- Flights in economy class between Buenos Aires and Ushuaia

Transfers

- Transfer from the hotel to the airport in Buenos Aires before the expedition cruise
- Transfers between the Ushuaia airport and the ship, including a brief tour of the town

Expedition Cruise

- A stay in a cabin of your choice
- Breakfast, lunch and dinner including beverages* in restaurants Aune and Fredheim
- À la carte restaurant Lindstrøm included for suite guests
- Complimentary tea and coffee
- Complimentary Wi-Fi on board
- Complimentary reusable water bottle
- English-speaking Expedition Team who organise and accompany activities on board and ashore
- Range of included activities

*House beer and wine, sodas, and mineral water

*Please note there is very limited Wi-Fi and phone signal in the remote areas we travel to, and streaming is not supported.

Onboard Activities

- In-depth lectures and discussions hosted by experts on the Expedition Team
- Full use of our Science Center, small library and advanced biological and geological equipment
- Citizen Science programme where you can assist with ongoing scientific research
- Photography tips and techniques for capturing landscape and wildlife from our onboard professional photographer
- Use of ship's hot tubs, infinity pool, panoramic sauna, outdoor and indoor gyms, and running track
- Informal gatherings with the crew for daily briefings

Landing Activities

- Escorted landings with small expedition boats
- Loan of boots, trekking poles and all equipment for activities

- Complimentary wind- and water-resistant expedition jacket
- Expedition photographers on hand to assist you

Notes

- All planned activities are subject to weather and ice conditions
- Excursions and activities are subject to change
- Please make sure you meet all entry and boarding requirements
- No gratuities expected

WHAT'S NOT INCLUDED:

Not Included

- International flights
- Additional overnight(s) if required due to international flight timings
- Travel insurance
- Luggage handling
- Optional shore excursions with our local partners
- Optional small-group activities with our Expedition Team
- Optional treatments in the onboard wellness and spa area

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.



THE SHIP

MS Fridtjof Nansen

The newest addition to our fleet will honour 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.



Ship specifications



General

Year built	2020
Speed	15 knots
Ship yard	Kleven Yards (NO)
Ice class	Polar Class 6

Accommodation

Cabins	265
Passenger capacity	530
Expedition suites	53
Arctic superior	89
Polar outside	123
Crew cabins	88

Passenger areas

Gym & fitness center	2
Infinity pool	1
Lounge & bar	2
Sauna	1
Restaurants	3
Wellness center	1
Science center	1
Observation decks	2

Dimensions

Length	140 m
Gross tonnage	20,889 t
Beam	23.5 m

Machinery

Main engine type	Bergen B33/45
Number of engines	4
Output	3600 kw (each)

Hybrid system

Battery storage	2 x 627 kWh
Discharge	2 x 1750 kW

CABINS



RR | Outside cabin RR

- Lower-deck cabin
- Window
- Double bed (optional twin)
- Some with sofa bed
- Bathrobes and slippers available on request
- Guests: up to 4 | Size: 19-23 m²
- Cabin Code: RR



XT | Outside cabin with balcony XT

- Upper-deck cabin
- Private balcony
- Double bed (optional twin)
- Sofa bed or seating area
- Bathrobes and slippers available for request
- Guests: up to 4 | Size: 18 m²
- Cabin Code: XT



MA | XL Suite with balcony MA

- Extra-large upper-deck suite
- Private balcony
- Large windows
- Double bed (optional twin)
- Sofa bed
- Bathrobes and slippers available on request
- Guests: up to 4 | Size: 46-48 m²
- Cabin Code: MA



MB | XL Suite MB

- Extra-large lower-deck corner suite
- Large windows
- Seating area
- Bathtub
- Double bed (optional twin)
- Double Murphy bed
- Bathrobes and slippers available on request
- Guests: up to 4 | Size: 44 m²
- Cabin Code: MB




MC | Corner Suite with balcony MC

- Upper-deck corner suite
- Private balcony
- Hot tub
- Seating area
- Double bed (optional twin)
- Bathrobes and slippers on request
- Guests: 2 | Size: 20-30 m²
- Cabin Code: MC



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 Legacy Travel AUNZ