

# ANTARCTIC EXPEDITION CRUISES



# Adventure Travel Done Right

Welcome to our new travel season! The expedition cruises you'll see on these pages have been crafted to give you the best adventure travel experience imaginable. We take you to some of the most naturally beautiful, culturally rich, and downright wildest places on the planet – and we do so in a way that gives back.

Our philosophy is that we should leave only positive footprints behind wherever we travel. That's why we go in small ships, trade locally, and contribute to eco projects in our destinations. In fact, our bold ambition is to be the world's most sustainable adventure travel company.

This season we have some truly exceptional voyages to your favourite destinations. Whether it's witnessing the immense grandeur of Alaska you yearn for, or the adventure of passing through the fabled Northwest Passage, or perhaps you're ready for the soul soothing tranquillity and beauty on offer in Greenland and Svalbard – we have something for everyone.

If phenomenal wildlife and scenery is your thing then the Galápagos Islands will blow you away – but we're excited to be offering another incredible destination. West Africa's magical Bissagos Islands are a designated UNESCO Biosphere Reserve and one of the least-visited corners of the world. Their relative isolation has helped preserve both the biodiversity and cultural traditions – something we aim to retain.

So, if it's adventure you're seeking, done in the most respectful and sustainable manner possible, look no further. Join us as we explore the world together, learning as we go and leaving only positive footprints behind.

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## CONTENTS

Sustainability	6
Expedition Team	8
Onboard experience	10
Discover your inner scientist	12
Active adventure in Antarctica	14
Included in your expedition	16
Antarctica cruises	32
Expedition fleet	42

# 12

# REASONS TO GO WITH US

It's been 130 years since we first pioneered expedition cruising. Join us as we continue to explore the planet, visiting some of the world's most beautiful and pristine regions – you'll be expanding your horizons in more ways than one!

## **1** **230 ports and landing sites**

Encompassing 15 global destinations, our expedition cruises probe the furthest reaches of the planet, from Antarctica to the Arctic, Galapagos to Guinea Bissau, as well as the legendary Northwest Passage.

## **2** **Expect the unexpected**

An expedition cruise is an experience like no other. In true explorer style we work with nature, changing our plans to seek out exciting opportunities and setting our course for adventure.

## **3** **Unique experiences**

Whether it's setting foot on Antarctica, kayaking at the foot of an Alaskan glacier, or visiting a tribal community in Africa's little-visited Bissagos Islands – authentic experiences await you.



## **4** **Expedition Teams**

Handpicked experts from a range of fields will deliver lectures, guide you on shore visits, and take you kayaking and expedition boat cruising while fostering your sense of wonder in the places we visit.

## **5** **Science focus**

With our onboard scientists and the most extensive science programme in the industry, we bring nature right into the heart of our ships where you can learn more about our destinations and contribute to important research.

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© ANDREA KLAUSSNER / HURTIGRUTEN EXPEDITIONS

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**6**

**Modern expedition ships**

Engineered for exploration, small enough to dock at local ports and get intimate with nature – all our ships feature stylish cabins designed for comfort and relaxation.

**7**

**Green pioneers**

From our state-of-the-art hybrid electric ships, our ban on single use plastic and our focus on environmental protection, our desire to drive change for good sits at the heart of our ethos.



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**10**

**Working with local communities**

Whether it's an Inuit settlement in Arctic Canada or a village in tropical Cape Verde, supporting and trading with the local communities we visit is how we've always done business.

**11**

**Full immersion experience**

Expedition boats for beach landings, kayaks for water level exploration, snow shoes and survival gear – you'll be getting up close and personal with the environment in the destinations you visit.

**12**

**Friendly and informal**

There's no dress code onboard, and you'll experience a warm and professional service. Just relax – after all, we've been doing this for almost 130 years!



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**8**

**Delicious food**

Regionally inspired and locally sourced, all food is cooked by master chefs and served in our stylish onboard restaurants, and features a diversity of exquisite seafood, meat and plant-based dishes

**9**

**Inclusive value**

All our expedition cruises feature included extras such as complimentary beer and wine at meals, free Wi-Fi and an activity in every port of call – and there are no extra taxes or gratuities to pay.



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# LEADING THE WAY IN SUSTAINABILITY

It's never been more important for us to protect this beautiful blue planet we call home, so that's why we're committed to sustainable exploration.

At Hurtigruten Expeditions, we hold a core belief that travel can – and should – be a force for good. Nobody can ignore the warnings presented to us every day in the news about the threats faced by the environment. So as a cruise operator feel we have both a duty and an opportunity to make a positive difference. In fact, our bold ambition is to be the most sustainable adventure travel business in the world.

But how do we achieve this? We think that taking concrete steps that have a measurable impact is the way forward. That's why we now have three expedition ships fitted with the latest battery hybrid propulsion technology, are upgrading our fleet with advanced wastewater systems, and place science and conservation efforts at the heart of our expeditions. What's more, we've committed to the UN's Science Based Targets to reduce emissions of greenhouse gases, with a target of zero emissions by 2050.

This is an ambitious target, but we want you to know that you're in good hands on your Hurtigruten Expeditions cruise when it comes to protecting the environment.





### What we've achieved so far

It's said, "actions speak louder than words" and below you can see how our ethos of protecting the planet has translated into action. We're proud of the progress we've made in a range of areas, but rest assured, we're not stopping there. This is just the start and there are many more ambitious initiatives to come.

- We are working on the next generation of expedition ships, pushing environmentally friendly technology
- We have established the Hurtigruten Foundation to fund a variety of global eco-projects
- We were first to institute a fleet-wide ban on non-essential single-use plastic
- We launched the world's first hybrid electric-powered expedition ships and plan for more
- We quit using heavy fuel oil decades ago and still campaign for a worldwide ban
- We advocate stricter visitor regulations in the fragile destinations we explore
- We offer full menus of healthy and delicious plant-based dishes on board
- We inspire guests on every one of our cruises to be environmental ambassadors
- We collaborate with 18 international scientific institutes and share vital research data
- We support local communities by making a point to trade with small-scale suppliers
- We engage in voluntary beach clean-ups in many of the areas where we go ashore
- We are long-term members of AECO and IAATO, which work to protect polar regions
- We are fully transparent with our sustainability data and publish an annual ESG report



### What is sustainability?

According to the UN World Commission on Environment and Development, sustainability is the ability to meet the needs of the present without compromising the ability of future generations to meet their needs. Sustainability is measured in three different pillars: environmental, social and economic – and they all count.

### Want to know more?

Visit [hurtigruten.com.au/about-us/csr](https://hurtigruten.com.au/about-us/csr)

An adventure can be summed up into two things: journeying somewhere exciting and being adaptable to whatever comes our way. Both apply on your expedition cruise with us.

# EXPECT THE UNEXPECTED

Embarking on an expedition, you'll be travelling to some of the most remote and pristine places on the planet. These are areas where nature reigns supreme and where wildlife live free.

Itineraries on our expedition cruises are not completely set in stone. This gives us the flexibility of responding to challenging elements and to grasp new opportunities for exploration as they arise. The option to divert from our course is an essential and exciting aspect of expedition cruises.

Certain days on several of our itineraries have multiple possible sites we can visit. You can trust the ship's Captain and Expedition Team to pick the best option, based on the conditions on the day.

So embark on a journey with us; a journey where you'll embrace pure adventure, become real explorers, and expect the unexpected. Together, we'll create unique and unforgettable experiences, working with nature, never against it.







CARCASS ISLAND, FALKLAND ISLAND © KARSTEN BIDSTRUP / HURTIGRUTEN EXPEDITIONS

# EXPERTS IN EXPLORATION

Your Expedition Team are your handpicked hosts, here to ensure your expedition is an adventure full of exciting and informative experiences.

Adventurers in their own right, our Expedition Team have a wealth of exploration knowhow. Some are Arctic Nature Guides, others have worked on remote research and conservation projects; all are well-versed in AECO and IAATO guidelines. Each team member is deeply committed to sustainability and trained to safeguard you, the wildlife, and the fragile habitats we explore.

They'll also prove to be specialists in a variety of fields, delivering engaging lectures and talks on topics such as glaciology, history, biology, archaeology, anthropology, and other destination-specific themes. You can join them in the ship's Science Center for hands-on learning and Citizen Science projects.

The multi-talented team will be busy organising a range of onboard activities for you too, covering art workshops, photography tips, yoga classes, and meditation sessions. They'll also accompany you off the ship on landings, scouting out the area, answering questions, pointing out interesting sights, and taking the lead on thrilling hikes.

You'll find your Expedition Team members come from all over the world and from all walks of life. But what they all have in common is a passion for travel, a love of our planet, and a desire to share their knowledge. Their energy and enthusiasm are inspiring, enhancing your experience and taking your expedition to a whole new level.

## From working out to chilling out

Each of our expedition ships has an indoor gym, allowing you to keep fit. Aside from rowing machines, fitness bikes, and free weights, some ships also feature advanced SKILLMILL™ equipment. Blow off some steam in the sauna with panoramic views or soak in the outdoor hot tubs. To really treat yourself, there's the Wellness Center on our hybrid ships. Feel magical hands soothe tired muscles with a full-body massage or pamper yourself with the Hurtigruten Signature treatment.



© OSCAR FARRERA / HURTIGRUTEN EXPEDITIONS

## Loving local food

Prepare your tastebuds for mouth-watering meals on board. These will often be inspired by the region's unique flavours and cooking styles. Then add in Signature Seafood Evenings and tastings that really showcase specialties of the local cuisine. Wherever possible, ingredients are sourced at local businesses in the ports we visit, reducing food miles and supporting coastal communities. You'll also be spoilt for choice with sophisticated plant-based menus of gorgeous 'green' food, potentially healthier for you and for the planet too.



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## Art on board

Every piece of art on board is handpicked by HM Queen Sonja of Norway's art foundation – the Queen Sonja Print Award. Queen Sonja Art Foundation was established in 2011 to promote graphic art, generate interest and stimulate the development of contemporary print-making. The Foundation supports and encourages graphic art of all expressions and techniques.

Hurtigruten has collaborated with QSPA on the artistic profile of MS Fridtjof Nansen and MS Roald Amundsen. Almost 500 unique works of art, mainly by younger Norwegian artists and previous QSPA winners, will be featured on board the ships, in addition to some works by HM Queen Sonja herself.

For more information about the QSPA, please visit [www.qspa.no](http://www.qspa.no).

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THE  
QUEEN  
SONJA  
PRINT  
AWARD

## Palate pleasers

Your ship's restaurants serve up high-quality, perfectly presented dishes that really do taste as good as they look. Gorge yourself on bountiful breakfasts at Aune, with made-to-order eggs and freshly baked bread, a generous lunch and a three to five-course dinner. From the open kitchen, Fredheim's chefs create dynamic dishes, from international favourites to local goodies. For fine dining, enjoy a rotating menu of exceptional modern dishes inspired by the regions we explore, at Lindstrøm. After a day's adventure, there's nowhere better to go for a nightcap than the Explorer Lounge and Bar.



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# DISCOVER YOUR INNER SCIENTIST

We believe science is one of the keys to unlocking the secrets of the destinations you sail to. That's why we've created our Science & Education Program.



Verena Meraldi  
Biologist & Chief Scientist

Verena collaborates with other scientists and invites them onto expedition cruises to conduct their research and engage with guests. She's constantly seeking new partnerships - a win-win for both the global scientific community and our explorers.

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## **Under the microscope**

One of the best things about being a scientist is the endless fascination. As soon as you start to investigate nature, you uncover even more layers of intriguing information that enrich your subject. Just by putting your eye to a microscope and seeing the unique structure of a penguin's feather, you understand in a deeper way how it keeps the biting cold of the Antarctic at bay mere millimetres from the fragile warmth of the bird's skin.

## **YOU are the scientist**

It's in this wonderful spirit of scientific enquiry that we invite you to participate in the many Citizen Science projects we support. This offers you the opportunity to take part in real scien-

tific research, making observations, counting the wildlife, and collecting and analysing samples from local ecosystems. Getting actively involved like this really adds to the sense of wonder and awe when you explore the world with us.

## **Get engaged**

We've got projects to interest everyone. One of them is observing seabirds to understand how they thrive in the habitat of the Southern Ocean. Another is identifying individual whales so they can be tracked throughout the world's oceans, giving us insight into their behaviour and distribution. There are different projects in each part of the world, all conducted in collaboration with esteemed research institutions.



### The Fjord Phyto project

FjordPhyto focuses on monitoring changes in fjord phytoplankton communities week-to-week, month-to-month, and year-to-year.

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Our Science & Education Program is just one way we give something back to the areas we sail in. It's a method of doing something positive for the planet while at the same time giving you an enhanced onboard experience. Of course, participation is voluntary, but by taking part you'll be contributing to the knowledge of the global scientific community.

#### Help the planet

We know that you're probably the kind of person who wants to learn as much as possible about the places we explore, and that expanding your mind is one reason you love expedition cruising. With the same pioneering spirit, the explorers and scientists on our ships want to study nature, and by doing so

help preserve the richness and diversity of our planet's ecosystems.

#### Top science teams

Exploration and scientific enquiry have always gone hand in hand for us ever since our first expedition almost 130 years ago – in fact they're part of our DNA at Hurtigruten Expeditions. It's the reason all our ships have onboard Science Centers with state-of-the-art equipment, and why our Expedition Teams include hand-picked scientists eager to share their knowledge and expertise with you. On every expedition cruise you'll learn and be guided by these enthusiasts as they provide fascinating lectures and accompany you on shore landings. After your adventure, we hope you'll return home to

champion the protection of our planet's most fragile ecosystems and be a true ambassador for nature and science.

Who knows, maybe you'll even end up channelling your inner scientist!

Our expedition cruises to Antarctica are not passive sail-bys. You'll be an explorer not a tourist, boarding small expedition boats, touring iceberg-filled bays and going ashore to see penguin colonies.

# ACTIVE ADVENTURE IN ANTARCTICA



## Landings

Whenever weather and sea conditions allow, we'll attempt landings via small expedition boats. Sites might include a scenic harbour, ruins from the whaling era, or penguin rookeries. Once ashore, the Expedition Team will guide you on where to go and what to see. You are free to walk around on your own, keeping a safe distance from any wildlife you encounter.

\* Please note that these are optional activities and an additional cost applies.



## Kayaking\*

Enjoy the feeling of gliding through Antarctic waters in serene silence and admiring the sight of glaciers, icebergs and snow-covered mountains around you. You might even meet seals, birds, penguins and perhaps whales along the way.

### Polar plunge

For the brave and bold, there is an option to literally dive into Antarctica at the end of one of the landings. A plunge into the icy-cold water for a few seconds will undoubtedly get your blood pumping. Only a few guests on each expedition ever take up the challenge. Will you?



### Hiking\*

Join the Expedition Team on long hikes handpicked by them and based on their deep and extensive knowledge of exploring the Antarctic Peninsula. Reaching the best viewpoints may involve some effort, making it all the more satisfying when you do.



### Expedition boat cruising

Even though your expedition ship is specially designed for sailing in Antarctica, there are limits on where it can go. This is where our small explorer boats come in. Enjoy gliding through the water as you take in views of the surrounding white landscape and floating icebergs. You might spot seals, penguins or whales feeding on krill.



### Lectures/talks and Science Center

Your expert Expedition Team will be delivering lectures on a range of topics, such as geology, marine biology, history, photography, and ornithology. This will be in the ship's onboard Science Center, out on deck, ashore during a landing, or when cruising in small boats.

You'll have access to the ship's Science Center, a treasure trove of information on Antarctica and other destinations. There are advanced microscopes here to analyse rock, soil and water samples taken from the field which are usually full of microscopic life for you to discover.

### Citizen Science

You can also get involved in a variety of projects that ask you to document wildlife or aspects of the environment. Your photos are then uploaded to scientific organisations around the world. Not only do you engage with nature, but you'll contribute to important research too!



### Camping\*

Who wouldn't want to spend a magical night ashore on Antarctica? Best experienced with soft snow in late spring and early summer, camping is a popular activity and numbers are limited. Who gets to go usually has to be decided by a lottery system. Feeling lucky?



### Snowshoeing\*

This activity is only possible when snow conditions are right, which is usually late spring or early in the Antarctic summer. Equipped with modern snowshoes, you'll easily walk on the soft snow and reach places that are normally difficult to get to just on foot.



### On deck guiding

Enjoy the art of relaxation as you cruise the Antarctica with great views and good company. Our Expedition Teams are on board to make your trip better with useful information to make you learn even more about the amazing surroundings.

# INCLUDED VALUE ON YOUR EXPEDITION





On a Hurtigruten Expeditions cruise you get outstanding value for money. There are no **hidden costs** and all of the following is included, so just relax and enjoy the experience of a lifetime.

### **Active immersion offered every day**

Revel in the sense of adventure with an included activity every day. Whether it's a nature walk through a cloud forest or an expedition boat cruise in a picturesque fjord, there's a range of activities designed to inspire you.

### **Passionate Expedition Teams**

Your cruise will be enriched beyond your expectations by our onboard group of highly skilled global experts. From leading onshore landings to delivering fascinating lectures and sharing spellbinding stories, our Expedition Teams will ignite your sense of wonder.

### **Immersive Science Programmes**

Expand your mind as you collect and study samples from nature in our state-of-the-art Science Centers. Make a difference with Citizen Science projects and socialise with our onboard scientists.

### **Keep your wallet in your pocket**

On an expedition cruise, the only surprises you'll get will be encounters with magnificent wildlife or waking up to awe inspiring scenery NOT hidden or extra fees, as all gratuities, taxes and even Wi-Fi are included.

### **Pro photos that capture memories**

Fully re-live the moment with high quality digital photos. A professional photographer is also on hand to boost your skills with free workshops, personal tips and photoshoots.

### **The drinks are on us**

Beer, wine and soda are provided with every meal, and you can enjoy free tea and coffee at any time. You'll also get a quality, reusable water bottle as part of our sustainability pledge.

### **Tantalise your taste buds**

Enjoy outstanding cuisine as our onboard master chefs prepare delicious dishes featuring meat, seafood and plant-based options inspired by the region you're sailing in. Everything is made with quality local ingredients and served in our stylish signature restaurants.

### **Kick back and relax**

Well-equipped fitness suite, heavenly sauna and hot tubs, observation decks boasting panoramic views, a research library – these extensive, premium facilities are designed to make you feel at home while on board.

### **Equipped for adventure**

We supply whatever equipment your destination requires, from snowshoes to paddleboards, so you can travel lighter and be well-prepared to get close to the places you visit. You'll take your free high-quality expedition jacket home with you, ready for the next adventure!

# ANTARCTICA

## The Seventh Continent

Explore this wild and wonderful frozen continent and see penguins, whales and seals in their natural habitat.





## Wildlife on ice

The mighty, frozen continent that surrounds the South Pole is home to a surprisingly large array of animals.

### Cute alert

The continent's signature animal is the penguin. The most common penguin species are Adélie, chinstrap, gentoos and emperor. With our Expedition Team guiding the way during your landings ashore, you are more than likely to meet these adorable, tuxedoed creatures.

Certain colonies may also be near families of seals. With their bulbous body and head, short snout, and



**It's all in the ears** – There are two natural groups of seals: true seals and fur seals. True seals differ from fur seals, such as sea lions, in that they have no outer ears and can't walk on all-fours. Fur seals are also smaller, with adult females weighing only 150 kg. True seals on the other hand, can be massive. A male elephant seal, for example, can weigh an impressive 4 tonnes!



**A coat fit for a penguin** – All penguins living in Antarctica have feathers devoted entirely to insulation. Penguin feathers are short, densely packed and, cleverly, also overlap. The structure and arrangement of their feathers helps them trap air all around their bodies. A thick coat of fat just beneath the skin completes the armour the hot-blooded penguins need not only to survive but thrive in the coldest place on earth.



**Deep breaths** – Whales are not fish; they belong to the mammal species known as cetaceans. And like any other mammal, whales need to breathe. This forces them up to the surface every 20 minutes or so. All of the whale species seen in Antarctica have had to migrate from afar, usually swimming thousands of miles. That's a lot of breaths just to get here. Even with an abundance of food triggered by the Antarctic summer's 24-hour sunlight, whales never forget to take a break from their around-the-clock feeding frenzy to surface and breathe.

deep, expressive, soulful eyes, there are few animals that will capture your heart like the Weddell seal. A Weddell seal pup just multiplies that cuteness factor by ten.

**Birds up high, giants below**

The Antarctic Ocean is a feeding ground for several whale species: blue, fin, humpback, minke, orcas, southern right and sperm whales. You might see these magnificent giants surfacing near the ship and

even breaching acrobatically and dramatically out of the water.

There are vast amounts of seabirds breeding along the coast and offshore islands of Antarctica. From the deck, you might spot albatrosses, petrels, cormorants, fulmars, gulls, terns and skuas, among others.

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# Cycle of life calendar



OCTOBER-NOVEMBER

LARGEST ICEBERGS

PENGUIN CHICKS

WHALES

ANTARCTIC CIRCLE CROSSING

TEMPERATURES ABOVE FREEZING POINT

As the sun returns to Antarctica after its long winter, a wealth of wildlife can be seen throughout the spring and summer season. Each period showcases different stages of the cycle of life, including courting, nest-building, giving birth to new life, and raising their young.

## Late spring/Early summer

Spring is the season of love no matter where you are in the world, including Antarctica. Penguins and seal species will be busily engaged in courtship rituals to attract a mate. Successful penguin couples will then set about building nests which will become snug homes for their precious eggs by the end of November.

Daytime temperatures range between -7 to 2°C (20-36°F) and there is a natural stream of beautiful ice sculptures for you to admire in the form of ice floes and icebergs, still in pristine shape from the previous winter. The soft snow gathered on the ground over winter also means conditions are ideal for camping as part of an optional activity.

Whales are still a rare sight in the area, with many still making their slow migration south at this time. November is when wildflowers bloom in the Falklands/Malvinas, covering the grassy green hills in colour. Over in South Georgia, elephant seal pups can be spotted on the beaches, as well as fur seals later in the season.

■ best time   ■ good time

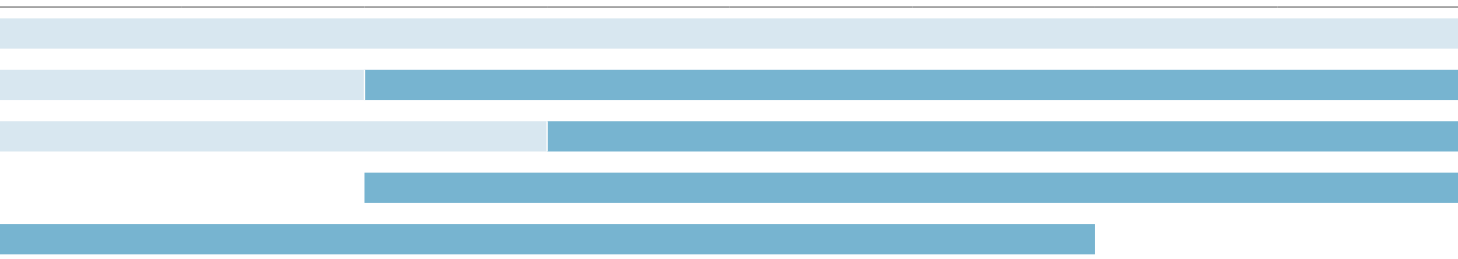
Not sure when exactly to make your trip to Antarctica?  
 This calendar of what you can see during different stages  
 of its spring and summer season might help you decide.



IMAGES FROM RIGHT TO LEFT: STEPHAN DALL - GENNA ROLAND - KARSTEN BIDSTRUP

DECEMBER-JANUARY

FEBRUARY-MARCH



**Mid-summer**

When summer fully arrives in Antarctica, days grow longer with up to 20 hours of daylight and temperatures are at their highest between -2 to 4°C (28-39°F). Glaciers calve more often and there is less snow on the shores and rocky cliffs.

In Antarctica, the Falklands, and South Georgia, most penguin eggs will also be ready to hatch. Fluffy chicks can then be seen warmly tucked between the legs of their parents who will be taking turns to waddle back and forth between the water and their nests to feed.

Later in January, almost as a sign of parental stress, adult penguins begin to moult their plumage, looking like puffs of walking frayed pillows. Seals and their young pups lounge on along the shores or on sea ice, and chances of spotting whales increase each day.

**Late summer**

By this stage of summer, adult penguins have finished moulting and have a new coat of feathers. The young chicks are now adolescents, eager to make it on their own as they take their first cautious steps into the sea to learn how to swim and fish. At the same time in South Georgia, king penguins are only just beginning to court and lay their eggs.

The long, sunny days, with a temperature range between -2 to 2°C (28-36°F), also result in an abundance of krill in the waters. This draws large numbers and a wide variety of whales who come to gorge themselves on the tiny crustaceans, making these months the best for whale-watching.

And if you think you see shades of bright pink and green in the water, your eyes aren't deceiving you. That's snow algae thriving on the sunshine and adding some extra colour to the white canvas of Antarctica. You can also look forward to some magical sunsets and sunrises that tinge the ice with soft pink and orange hues.

# HIDDEN WILDLIFE OF ANTARCTICA

As you explore the ever-icy Antarctica, you will be amazed by its wildlife: millions of penguins, thousands of seals and whales. But there is another intriguing part of Antarctic wildlife waiting to be revealed by you...



Humpback whale  
*Megaptera novaeangliae*

**DISCOVER** with us

Wildlife illustrations: Hallvard Nilsen for Hurtigruten

Wildlife in Antarctica ranges from the microscopic plankton and water bears (Tardigrade) to the world's largest animal, the blue whale. The sizes of the other Antarctic inhabitants' range between these two extremes, and include penguins, seals, sea birds and a few land invertebrates.

But how can the coldest continent on Earth be home to such large number of animals? One of the answers is that there is a huge seasonal supply of food in the waters surrounding Antarctica. This is due to upwellings of deep ocean

water bringing high levels of nutrients to the surface layers. In addition, up to 24 hours daylight during the summer months results in a continuous photosynthesis, making it possible for a microscopic plant-like organism called phytoplankton to grow and reproduce extremely fast.

#### **Everything counts in large amounts**

Phytoplankton is food for krill, a shrimp-like creature that can grow up to 6 cm long. Krill are one of the key species in the Antarctic ecosystem because there is a huge number of them in

the Southern Ocean. They live in large schools, called swarms, and the densities of these swarms can reach an impressive 10,000 to 30,000 individuals per cubic metre. Krill are an essential part of the menu for penguins, seals, birds, fish, squids and whales. A blue whale can in fact eat up to 4 tonnes of krill per day. This means that almost all the animals living in Antarctica are able to tap the food chain close to the producers (phytoplankton) before energy from photosynthesis is lost in intermediate stages. In short, Antarctic phytoplankton and krill support a large population of large animals.

#### **Small changes have big consequences**

What is so fascinating about the Antarctic ecosystem is that a small change can lead to something that will affect many levels of the food web. Let's use climate change and global warming as an example; when the glaciers of Antarctica melt, the freshwater held in the glaciers will enter the sea, making it less salty. This can alter the living conditions for all life in the Southern Ocean, beginning with phytoplankton going all the way up to the whales.







**Killer whale / orca**  
*Orcinus orca*

**Crabeater seal**  
*Lobodon carcinophaga*

**Leopard seal**  
*Hydrurga leptonyx*

**Gentoo Penguin**  
*Pygoscelis papua*

**Antarctic Toothfish**  
*Dissostichus mawsoni*

**Krill**  
*Euphausiacea*

**Antarctic Squid**  
*Galiteuthis glacialis*

**Plankton**

Antarctica is home to all kinds of extraordinary creatures crucial to the ecosystem, ranging from microscopic plankton to the largest animal in the world, the blue whale.



An Expedition Team member measuring plankton levels in the sea water using a Secchi Disk as part of a Citizen Science project



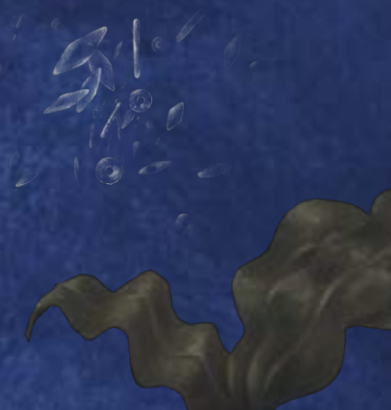
## Getting your hands wet

This will be enthusiastically and thoroughly explained through our onboard lectures. But going beyond lectures, our Expedition Team will also engage you in Citizen Science projects. You'll be able to study this unique ecosystem first-hand and contribute to science at the same time by collecting data. We board small expedition boats to go out in the field to

take samples from glacier-fed fjords along the coast of the Antarctic peninsula. The Expedition Team will be equipped with tools oceanographers use, such as a net to collect seawater, a Secchi disk to determine the transparency of the water, and a CTD, a device that measures conductivity, temperature and depth.

### Revealing a whole new world through the microscope

The real magic happens back on board when you discover the invisible forest under the microscope. What looked like plain clear water suddenly comes to life, opening a hidden door to another microscopic dimension. Seeing these beautiful geometric shapes



and alien-like creatures will mesmerise you! At the same time our Expedition Team will link that awe back to the food web, and then you'll realise the crucial role phytoplankton plays in maintaining the natural world. Phytoplankton operate in unison, fuelling all life in the environment, and they contribute to over 50% of Earth's oxygen.

As one of our guests said: "Participating in citizen science allowed me to be more than just a tourist. It also reinforced the Antarctic as a crucial part of climate change."



Study Antarctica's unique ecosystem first-hand and collect important data to share with global research institutes at the same time.



© AGURTXANE CONCEJON

Tardigrades are known for their extensive resilience since they are also found in extreme environments such as Antarctica, deep sea vents, and mud volcanoes.



© GETTY IMAGES

© ESPEN MILLS



It's 1820, and the race to find the elusive southern continent is on. But who will be the first to discover it? What follows is a story of human endeavour, tenacity, determination, and the will to triumph where others failed.

**DISCOVER** with us

Photo: National Library of New Zealand

To truly tell the tale, we need to start earlier than 1820, going all the way back to ancient Greece. The Greek scholars were among the first to suggest that a sizeable southern continent could even exist. Aristotle stated that the symmetry of a sphere meant that the Earth's northern region had to be balanced by an equal southern region. This theoretical land was given the vague name Antarktos, or 'opposite Arktos'.

Fast-forward to the age of European exploration of the globe in the 15th century. The imaginary land was widely printed in maps and labelled 'Terra Australis Incognita' - Unknown Southern Land. For a time, Antarctica continued to be dismissed as reality, even if the thought of it fired the imagination of many an explorer. But sure enough, fantasy would soon pass into fact.

### Crossing the Circle

In 1773, James Cook and his crew crossed the Antarctic Circle for the first time. He discovered isolated islands but found no continent. Little did he know that he had been just 128 kilometres from the Antarctic coast at one point in his journey. Cook famously declared, "I can be bold to say, that no man will ever venture farther than I have done and that the lands which may lie to the South will never be explored." It would take only 48 years to prove him wrong.

### Land ahoy!

On 27 January 1820, a Russian expedition led by Bellingshausen crossed the Antarctic Circle, for only the second time in history till then. The following day, he became the first explorer to ever lay eyes on the unknown continent - an honour denied him due to incorrect translation of his journal. Just a year later, explorer and sealer John Davis became the first person to set foot on Antarctica. The seventh continent had finally been proven without a doubt at last.

### The Heroic Age of Antarctic Exploration

The focus quickly shifted to the inevitable issue of which country and explorer would claim the enviable glory of first to reach the South Pole. British explorer Robert Falcon Scott sailed from England in 1901 and attempted to reach the South Pole in 1902. The harsh conditions proved to be impossible to beat, and the team had to retreat to 82°17'S.

Anglo-Irishman Ernest Henry Shackleton had been a part of Scott's expedition and barely survived. He was, however, determined to try again. In 1908, he pioneered the route up to the polar plateau and came within 180 km of the Pole before being forced to return.

### The race to the finish line

Two expeditions soon followed in 1910. Norwegian Roald Amundsen led one, Robert Falcon Scott the other. By this time, Amundsen was a veteran of Arctic expeditions and had been first to cross the Northwest Passage entirely by ship from 1903 to 1906. This experience proved crucial, and he and his team managed to achieve what others had failed to before.

On 14 December 1911, after 99 days and 1,400 nautical miles after his departure, Roald Amundsen raised the Norwegian flag at the South Pole. Robert Falcon Scott arrived 33 days later. His agony is recorded in his diary, "The worst has happened [...] All the daydreams must go [...] Great God! This is an awful place". Tragically, neither he nor his companions made it back alive.



MAP FILES  
country Antarctica  
subject EXP  
scale

# FINDING THE FABLED FROZEN CONTINENT

## Powers for peace

In the years to come, several countries claimed rights in Antarctica, and negotiations between Britain, Australia, New Zealand, France, Norway, Chile, Argentina and the USA began in 1948. Finally, to prevent conflict in the region, 12 countries signed the Antarctic Treaty in 1959.

The treaty set Antarctica aside as a scientific preserve, established freedom of scientific investigation and banned all military activity on the continent. The treaty was the first arms control agreement to be set during the Cold War. Antarctica remains to this day, a site for scientific research and a beacon for particularly adventurous travellers.

## Now it's your turn!

Explorer history in Antarctica is a story of courage, adventure, and an unwavering desire to go where no one has gone before. Fortunately, getting to Antarctica is a much safer endeavour nowadays. We have explored some of the world's most challenging waters since 1893 and started sailings to Antarctica 20 years ago. Join us on an unforgettable journey, so that you too can be part of the history of the frozen continent.

Scott's route

Amundsen's route

1000m = 31/100

ANTARKTIS OG SYDISHAVET

AFRIKA

## 23 days MS Fram

6 departures: 9, 30 November, 21 December 2024;  
11 January, 1 and 22 February 2025

# IN-DEPTH ANTARCTICA, FALKLANDS & SOUTH GEORGIA EXPEDITION

Immerse yourself in wonder while exploring the Falklands, South Georgia and show-stopping Antarctica.

### A world of ice and wonder

You'll spend five days exploring the unique world of Antarctica. Its icescapes and wildlife change through its summer season. During the late-spring months of October and November there is more snow, and the penguins start courting and nesting.

In January the first penguin chicks hatch, while February and March are the peak months for whale-watching and penguin chicks will be waddling around. Whatever the season, you'll join the Expedition Team on landings, ice cruises and much more besides.

### The Falklands and South Georgia

From their windswept green hills and white sandy beaches, there's rugged beauty and charm everywhere you look in the Falkland Islands.

On South Georgia the beaches are packed with seals, penguins and seabirds. In true expedition style, our itineraries are not set in stone, giving us the freedom to chase the best experiences according to local wind and sea ice conditions.



Above:  
Neko Harbour,  
Antarctica.  
Right: King  
Penguins at  
Fortuna Bay,  
South Georgia.



**All-Inclusive Flight Package Available**

Enquire about our All-inclusive options for Antarctica with international flights, pre and post accommodation and airport transfers.

©KARSTEN BIDSTRUP / HURTIGRUTEN EXPEDITIONS



**ITINERARY**

- Day 1: Santiago de Chile
- Day 2: Santiago de Chile/ Punta Arenas
- Day 3: At sea
- Day 4-6: Falkland Islands
- Day 7-8: At sea
- Day 9-13: South Georgia
- Day 14: At sea
- Day 15-19: Antarctica
- Day 20-22: At sea & Beagle Channel
- Day 23: Punta Arenas/ Santiago de Chile

Price from **AU\$21,684\***

Tourcode: FRANT2417

Note: Please make sure you meet all entry and boarding requirements - All itineraries and planned landings are subject to weather and ice conditions and may change.

\*Terms and conditions apply. Read more on

**HURTIGRUTEN.COM.AU**

AUS 1300 322 062

NZ 0800 005 201



**INCLUDED ACTIVITIES**

- Lecture programme
- Nature landings
- Expedition boat cruising
- Science activities
- Art activities
- Photo lectures
- Town walk

Please note, activities may be subject to change.

©THEME MEDIA / HILDE FOSS

## 18 days MS Roald Amundsen

3 departures: 11, 27 January and  
12 February 2025

# ANTARCTIC CIRCLE EXPEDITION

This is one of our longest expeditions in Antarctica, departing at the peak of its summer and with an attempt to sail below the Antarctic Circle to try to reach the usually secluded yet magnificent Marguerite Bay.

### **Begin and end in Buenos Aires**

The Argentine capital is the birthplace of tango, home to passionate football fans, and a world centre for all things cultural and culinary. After spending one exciting night here, you'll fly to Ushuaia to board your expedition ship and continue your journey south.

When we cross the Drake Passage, the weather and sea ice here at the edge of the world can be unpredictable. That's why we don't have a fixed itinerary when we travel to Antarctica, but instead carefully monitor the current conditions and decide on the best sites for each day. It's what we like to call the expedition factor.

### **Antarctica: a place of pure amazement**

Get ready for 11 days in Antarctica, being in awe of immense icebergs and whales, spotting many species of seabirds and seeing colonies of penguins with their chicks. The season's milder weather may have created a path through the sea ice south of the Antarctic Circle, all the way to Marguerite Bay to possibly visit the remote historical buildings there. Join the Expedition Team for lectures, ice-cruising and landings along the way.

### **All-Inclusive Flight Package Available**

Enquire about our All-inclusive options for Antarctica with international flights, pre and post accommodation and airport transfers.







Above:  
Damoy Point,  
Antarctica.  
Left: The Gullet,  
Marguerite Bay,  
Antarctica.

© KARSTEN BIDSTRUP / HURTIGRUTEN EXPEDITIONS



### INCLUDED ACTIVITIES

- Lecture programme
- Nature landings
- Expedition boat cruising
- Science activities
- Art activities
- Photo lectures

*Please note, activities may be subject to change.*

### ITINERARY

- Day 1:** Buenos Aires
- Day 2:** Buenos Aires/ Ushuaia
- Day 3-4:** At sea
- Day 5-15:** Antarctica
- Day 16-17:** At sea
- Day 18:** Ushuaia/ Buenos Aires

**Price from AU\$18,585\***  
Tourcode: AMANT2415

Note: Please make sure you meet all entry and boarding requirements • All itineraries and planned landings are subject to weather and ice conditions and may change.

\*Terms and conditions apply.  
Read more on  
**HURTIGRUTEN.COM.AU**  
AUS 1300 322 062  
NZ 0800 005 201

© GRANTRICO WILLY / HURTIGRUTEN EXPEDITIONS

## 16 days MS Roald Amundsen

4 departures: 6, 20 November,  
14 and 28 December 2024

# ANTARCTICA & FALKLANDS EXPEDITION

Explore Antarctica during its summer, touring icebergs and visiting penguin colonies ashore. You'll also go to the Falkland Islands, visit its capital Stanley and see penguins and seals.

### All-Inclusi Package A

Enquire ab  
All-inclusiv  
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flights, pre  
accommod  
airport tran

### The fabled frozen continent

Start off in the romance-infused city of Buenos Aires before heading to Ushuaia, where your hybrid-powered ship is docked. We sail the Drake Passage and arrive at the white wilderness of Antarctica, where you'll spend five wonderful days.

Exactly where we go and when is down to the sea ice and weather conditions on the day, but we'll always bring you to the best spots available at the time.

Just as the icescapes change with the seasons, so do the wildlife. During November, you'll see thousands of penguins courting and building nests. Whales are rarely seen until December

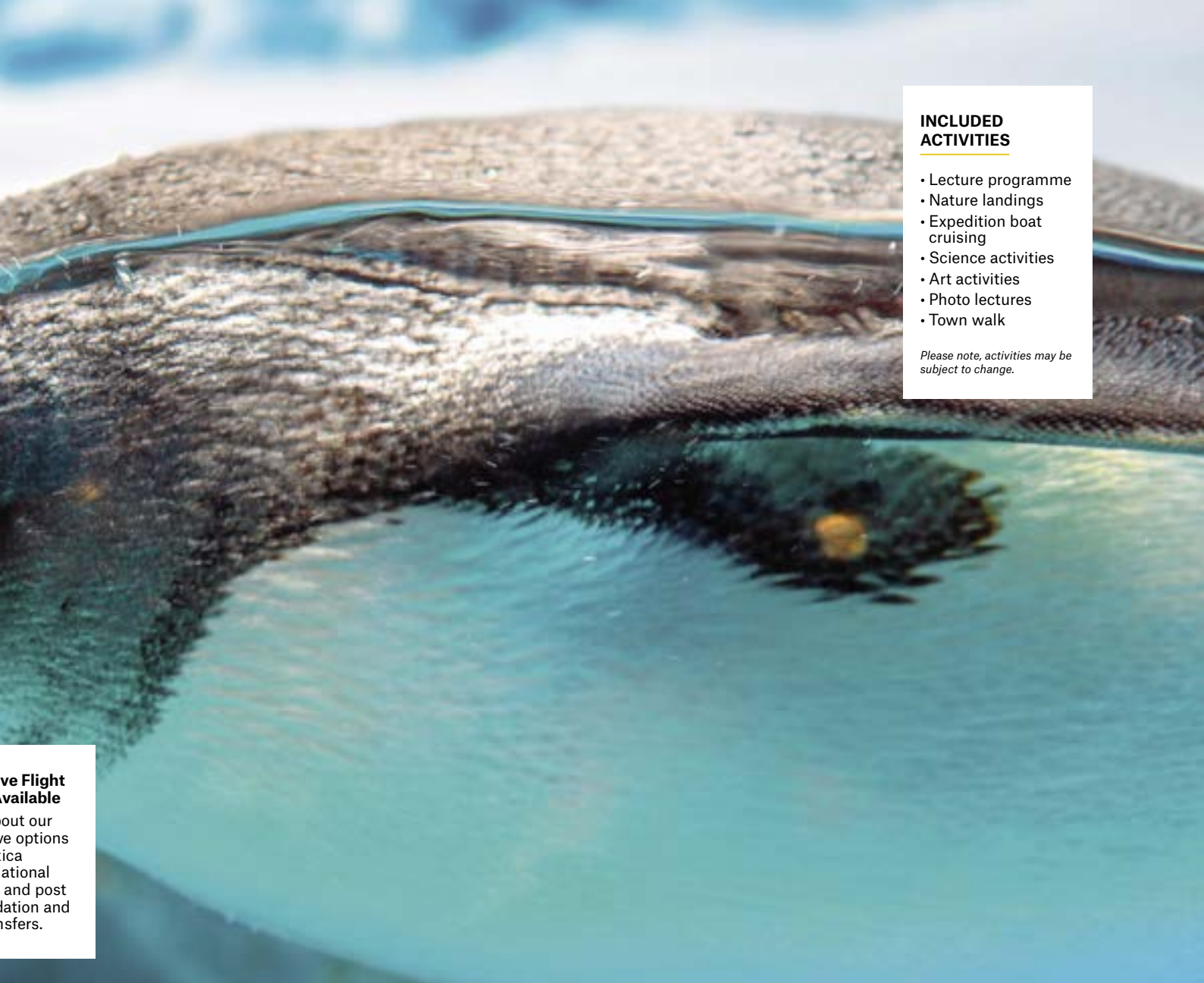
and January, which is also when penguin eggs hatch. By February and March, penguin chicks start growing up, and these are the peak months for whale-watching. Whenever you visit, you can join the Expedition Team in fascinating lectures, landings and ice-cruises.

### The rugged charms of the Falklands

The grassy moorland and wind-blown beaches of the Falkland Islands will be a sight to move the soul. We'll spend time exploring this picturesque archipelago and might go ashore to a variety of penguin and seal colonies. Perhaps you'll pay a visit to a friendly pub in the capital, Stanley.

Above:  
Gentoo Penguin.  
Right: Stanley,  
the capital of the  
Falkland Islands.





### INCLUDED ACTIVITIES

- Lecture programme
- Nature landings
- Expedition boat cruising
- Science activities
- Art activities
- Photo lectures
- Town walk

*Please note, activities may be subject to change.*

**Private Flight available**  
 About our private options for Antarctica and post-landings and transfers.

©HURTIGRUTEN EXPEDITIONS



Enquire about our All-inclusive options for Antarctica with international flights, pre and post accommodation and airport transfers.

©KARSTEN BIDSTRUP / HURTIGRUTEN EXPEDITIONS



### ITINERARY

- Day 1:** Buenos Aires
- Day 2:** Buenos Aires/ Ushuaia
- Day 3-4:** At sea
- Day 5-9:** Antarctica
- Day 10-11:** At sea
- Day 12-14:** Falkland Islands
- Day 15:** At sea
- Day 16:** Ushuaia/ Buenos Aires

**Price from AU\$13,185\***  
 Tourcode: AMANT2413

Note: Please make sure you meet all entry and boarding requirements • All itineraries and planned landings are subject to weather and ice conditions and may change.

\*Terms and conditions apply. Read more on [HURTIGRUTEN.COM.AU](http://HURTIGRUTEN.COM.AU)  
 AUS 1300 322 062  
 NZ 0800 005 201

## 12 days MS Fridtjof Nansen/MS Roald Amundsen

MS Fridtjof Nansen, 12 departures: 17, 27 November, 7, 17, 27 December 2024; 6, 16, 26 January, 5, 15, 25 February and 7 March 2025

MS Roald Amundsen, 3 departures: 4 December 2024; 28 February and 10 March 2025

# HIGHLIGHTS OF ANTARCTICA

Looking for a concentrated expedition cruise that's all about the frozen continent? This is it. Together with us, you'll explore the Antarctic Peninsula on an adventure like no other.

### From Buenos Aires to the Drake Passage

Spend a night in the Argentine capital, the place where the tango was born and is still celebrated in bars and clubs across the city. The next day, you'll fly to Ushuaia and board your hybrid-powered ship, which will sail south into the Drake Passage towards Antarctica.

That's when we enter expedition mode for real, allowing sea ice and local weather to determine our agenda on any given day. But with decades of experience sailing here and more than 20 possible landing spots in the Antarctic Peninsula, we always bring you the best sites available at the time.

### The wonders of Antarctica

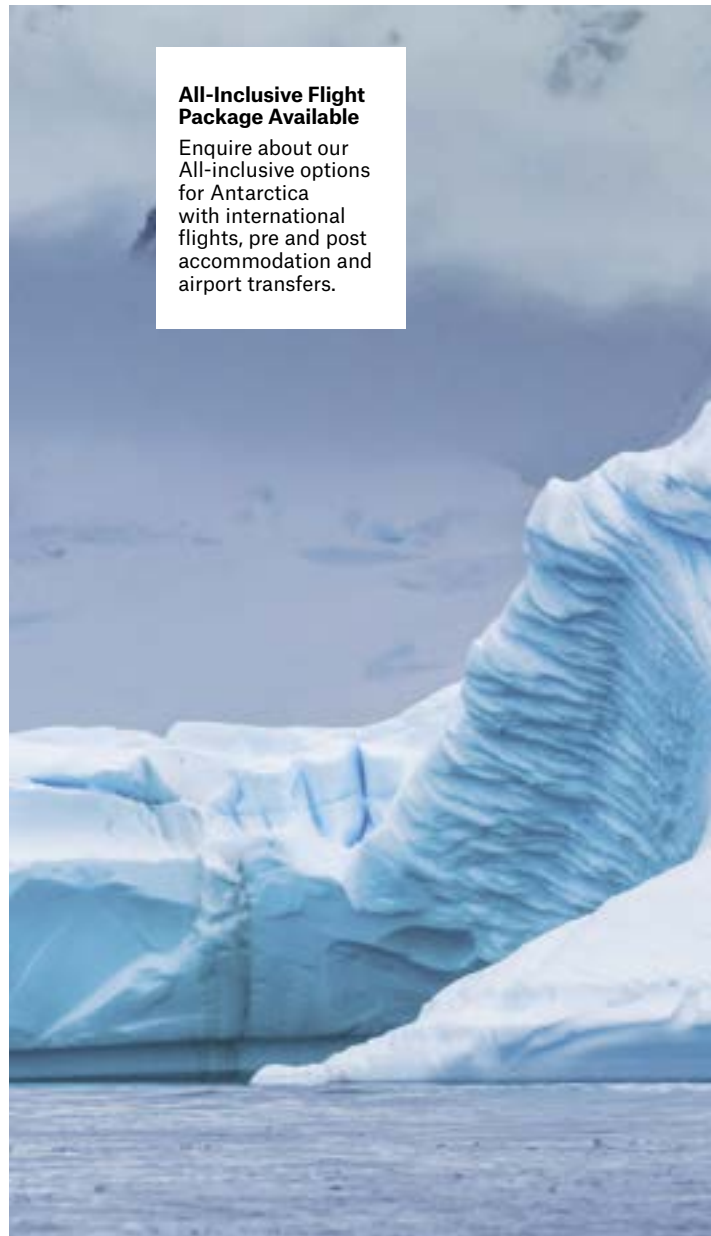
It'll be summer when you get to Antarctica. The temperature is milder and the five days you spend here among the icebergs and glaciers will seem longer. You'll enjoy the sight of colonies of thousands of penguins with their down-covered chicks, while the March cruise is the best time for seeing whales.

Our Expedition Team will take you ice-cruising and on landings so you can experience the scenery up close, and you may even get the chance to go kayaking among the icebergs.



### All-Inclusive Flight Package Available

Enquire about our All-inclusive options for Antarctica with international flights, pre and post accommodation and airport transfers.



Above: Gentoo Penguins with chicks.  
Right: Expedition boat cruising, Wilhemina Bay, Antarctica.



© GENNA ROLAND / HURTIGRUTEN EXPEDITIONS



## ITINERARY

- Day 1:** Buenos Aires
- Day 2:** Buenos Aires/ Ushuaia
- Day 3-4:** At sea
- Day 5-9:** Antarctica
- Day 10-11:** At sea
- Day 12:** Ushuaia/ Buenos Aires

**Price from AU\$12,695\***  
Tourcode: FNANT2411/AMANT2414

Note: Please make sure you meet all entry and boarding requirements. All itineraries and planned landings are subject to weather and ice conditions and may change.

\*Terms and conditions apply.  
Read more on  
**HURTIGRUTEN.COM.AU**  
AUS 1300 322 062  
NZ 0800 005 201



## INCLUDED ACTIVITIES

- Lecture programme
- Nature landings
- Expedition boat cruising
- Science activities
- Art activities
- Photo lectures

*Please note, activities may be subject to change.*

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Check out our expedition cruises online, call us on **AUS 1300 322 062** **NZ 0800 005 201** or contact your travel agency.



Kayaking in Antarctica

© ROGER BRENDHAGEN / HURTIGRUTEN EXPEDITIONS

**22 days MS Fram**  
Departure: 20 Oct 2024  
Southbound

## In-depth Antarctica & Patagonia Expedition



Explore the beautiful Chilean coast and fjords before experiencing Antarctica when the penguins are courting and the icebergs are at their most pristine.

**DAY 1:** Valparaíso **DAY 2-3:** At sea **DAY 4:** Castro **DAY 5:** At sea **DAY 6:** Puerto Edén **DAY 7-8:** Puerto Natales **DAY 9:** Chilean Fjords **DAY 10-11:** At sea **DAY 12-18:** Antarctica **DAY 19-21:** At sea & Chilean fjords **DAY 22:** Punta Arenas/Santiago de Chile

Price from **AU\$18,585\*** pp Tourcode: FRANT2416

**18 days MS Roald Amundsen**  
Departure: 21 Oct 2024  
Southbound

## Antarctica & Patagonia Expedition



Journey from the UNESCO city of Valparaíso, past Chile's deep fjords and down to the frozen continent of Antarctica during its late spring season.

**DAY 1:** Valparaíso **DAY 2-3:** At Sea **DAY 4:** Castro **DAY 5:** At sea **DAY 6:** Puerto Edén **DAY 7-8:** Puerto Natales **DAY 9:** Chilean fjords **DAY 10-11:** At sea **DAY 12-15:** Antarctica **DAY 16-17:** At sea **DAY 18:** Ushuaia/Buenos Aires

Price from **AU\$17,035\*** pp Tourcode: AMANT2412



Neko Harbour, Antarctica

**18 days MS Fridtjof Nansen**  
 Departure: 1 Nov 2024  
 Southbound

## Antarctica & Patagonia Expedition



Explore the Chilean fjords and the waters of Patagonia before feeling the love in the frozen world of Antarctica when penguins are busy courting and nesting.

**DAY 1:** Valparaiso **DAY 2-3:** At sea **DAY 4:** Castro  
**DAY 5:** At sea **DAY 6:** Puerto Edén **DAY 7-8:** Puerto Natales  
**DAY 9:** Chilean fjords **DAY 10-11:** At sea  
**DAY 12-15:** Antarctica **DAY 16-17:** At sea  
**DAY 18:** Ushuaia/Buenos Aires

Price from **AU\$17,035\*** pp Tourcode: FNANT2410

**12 days MS Roald Amundsen**  
 3 departures: 4 Dec 2024, 28 Feb and 10 Mar 2025

## Highlights of Antarctica



Join us on a 12-day expedition cruise where we focus solely on the icy wilderness and the heartwarming wildlife of mighty Antarctica.

**DAY 1:** Buenos Aires **DAY 2:** Buenos Aires/Ushuaia  
**DAY 3-4:** At sea **DAY 5-9:** Antarctica **DAY 10-11:** At sea  
**DAY 12:** Ushuaia/Buenos Aires

All-Inclusive packages also available.

Price from **AU\$12,695\*** pp Tourcode: AMANT2414

**19 days MS Fridtjof Nansen**  
 Departure: 17 Mar 2025  
 Northbound

## Antarctica & Falklands Expedition



Embark on a late summer expedition to explore both the Falklands and Puerto Madryn and experience Antarctica when whale watching is at its best.

**DAY 1:** Buenos Aires **DAY 2:** Buenos Aires/Ushuaia  
**DAY 3-4:** At sea **DAY 5-9:** Antarctica **DAY 10-11:** The Drake Passage  
**DAY 12-14:** Falkland Islands **DAY 15:** At sea  
**DAY 16:** Puerto Madryn **DAY 17-18:** At sea **DAY 19:** Buenos Aires

All-Inclusive packages also available.

Price from **AU\$16,105\*** pp Tourcode: FNANT2412



**23 days MS Fram**  
 Departure: 15 Mar 2025  
 Northbound

## In-depth Antarctica & Patagonia Expedition



Immerse yourself in the natural beauty of the Chilean fjords and the frozen world of Antarctica in a 23-day late summer expedition cruise.

**DAY 1:** Santiago de Chile **DAY 2:** Santiago de Chile/Punta Arenas  
**DAY 3-4:** At sea **DAY 5-12:** Antarctica **DAY 13-14:** At sea  
**DAY 15:** Chilean Fjords **DAY 16-17:** Puerto Natales  
**DAY 18:** Puerto Edén **DAY 19:** At sea **DAY 20:** Castro  
**DAY 21-22:** At sea **DAY 23:** Valparaiso

Price from **AU\$19,514\*** pp Tourcode: FRANT2418



© DAN & ZORA AVILA / HURTIGRUTEN EXPEDITIONS

### **MS Fridtjof Nansen**

State-of-the-art hybrid power and cutting-edge hull design.

- 265 outside cabins and suites
- 50% of cabins have private balconies
- Science Center
- Observation decks
- Three different restaurants
- Explorer lounge & bar
- Infinity pool
- Two hot tubs
- Panoramic sauna
- Indoor and outdoor gym
- Wellness Center
- Expedition boats



© KARSTEN BIDSTRUP / HURTIGRUTEN EXPEDITIONS

### **MS Roald Amundsen**

The world's first ever hybrid-powered expedition ship.

- 265 outside cabins and suites
- 50% of cabins have private balconies
- Science Center
- Observation decks
- Three different restaurants
- Explorer lounge & bar
- Infinity pool
- Two hot tubs
- Panoramic sauna
- Indoor and outdoor gym
- Wellness Center
- Expedition boats

Our expedition ships are your stylish and comfortable havens at sea, bringing you safely on authentic adventures. Welcome aboard explorers!

# MEET THE FLEET

© AGURTYANE CONCELLON / HURTIGRUTEN EXPEDITIONS





© STIAN KLO / HURTIGRUTEN EXPEDITIONS

### MS Fram

Smaller in size for up-close exploration of landscapes and wildlife.

- 127 cabins and suites
- Science Center
- Observation decks
- Two different restaurants
- Explorer lounge & bar
- Two hot tubs
- Panoramic sauna
- Fitness room
- Expedition boats



© DAN & ZORA AVILA / HURTIGRUTEN EXPEDITIONS

### MS Maud

Technologically advanced and well-suited for expedition cruising.

- 266 cabins and suites
- Science Center
- Observation decks
- Three restaurants
- Explorer lounge & bar
- Two hot tubs
- Panoramic sauna
- Indoor gym
- Expedition boats





© AGURTYANE CONCELLON / HURTIGRUTEN EXPEDITIONS

Full board (breakfast, lunch and dinner)



© AGURTYANE CONCELLON / HURTIGRUTEN EXPEDITIONS

Suite welcome greeting



© AGURTYANE CONCELLON / HURTIGRUTEN EXPEDITIONS

Bathrobe



© AGURTYANE CONCELLON / HURTIGRUTEN EXPEDITIONS

Kettle and tea/coffee



© AGURTYANE CONCELLON / HURTIGRUTEN EXPEDITIONS

Arctic Pure amenity kit

# Extras during your expedition voyage

FLEET	MS FRIDTJOF NANSEN & MS ROALD AMUNDSEN		MS FRAM		MS MAUD	
	Cabins	Suites	Cabins	Suites	Cabins	Suites
<b>CABIN CATEGORIES</b>						
POLAR INSIDE	-	-	I	-	I	-
POLAR OUTSIDE	RR	-	N, SD, FJ	-	O, N, L, J	-
ARCTIC SUPERIOR	XT, XTD, XTJ, XY, TT, TY	-	F, U	-	QJ, YA, U, P	-
EXPEDITION SUITES	-	MA, MB, MC, MD, ME, MF	-	MG, Q	-	MX, MG, M, Q
<b>Meals</b>						
Full board (breakfast, lunch and dinner)	✓	✓	✓	✓	✓	✓
All day dining in casual international cuisine restaurant Fredheim	✓	✓	-	-	✓	✓
Early riser - Continental breakfast	✓	✓	✓	✓	✓	✓
Breakfast and lunch in à la carte restaurant Lindstrøm	-	✓	-	✓	-	✓
À la carte restaurant Lindstrøm	+	✓	+	✓	+	✓
<b>Beverages</b>						
House wine, beer, soda and water with lunch and dinner in all restaurants	✓	✓	✓	✓	✓	✓
Coffee and tea	✓	✓	✓	✓	✓	✓
<b>Amenities</b>						
Wind- and water-resistant expedition jacket	✓	✓	✓	✓	✓	✓
Re-usable aluminum water bottle	✓	✓	✓	✓	✓	✓
Arctic Pure amenity kit (bathroom)	✓	✓	✓	✓	✓	✓
Hairdryer	✓	✓	✓	✓	✓	✓
Cabin kit (bathrobe and slippers)	✓	✓	✓	✓	✓	✓
Espresso maker	-	✓	-	✓	-	✓
Kettle and premium tea/coffee	✓	✓	✓	✓	✓	✓
TV	✓	✓	✓	✓	✓	✓
Minibar, replenished daily*	✓	✓	✓	✓	-	✓
Wi-Fi	✓	✓	✓	✓	✓	✓
Safe	✓	✓	✓	✓	✓	✓
Loan of equipment needed for activities	✓	✓	✓	✓	✓	✓
<b>Service</b>						
Welcome greeting** (Bottle of champagne and a carabiner watch)	-	✓	-	✓	-	✓
Take Away	✓	✓	✓	✓	✓	✓
Turn-down service	-	✓	-	✓	-	✓
Laundry service	+	✓	+	✓	+	✓

\*Suites: The first minibar setup is included for each item, each replenishment is chargeable. Cabins: Chargeable as of first usage.

\*\*On MS Santa Cruz II the welcome greeting is a Galápagos wildlife book

✓ Included    + Upgrade possible, bookable on board    - Not applicable

Please note that the selection of extras above may vary between cabin categories and between ships. Subject to change.

MS Roald Amundsen and  
MS Fridtjof Nansen

# Get to know the port side

Every aspect of our small  
530-guest ships are designed  
to enhance your expedition  
cruise experience.

## Outside observation deck

The spacious  
observation deck  
gives you a 360-  
degree view from  
which to observe  
and photograph  
the wildlife and  
scenery.

## Inside observation deck

The large sheltered  
indoor observation  
deck is where you  
can view spectacular  
scenery without going  
outside. If you want  
to take photos without  
a window getting in  
the way? Take the stairs  
up to the exterior  
observation deck

## Explorer Lounge & Bar

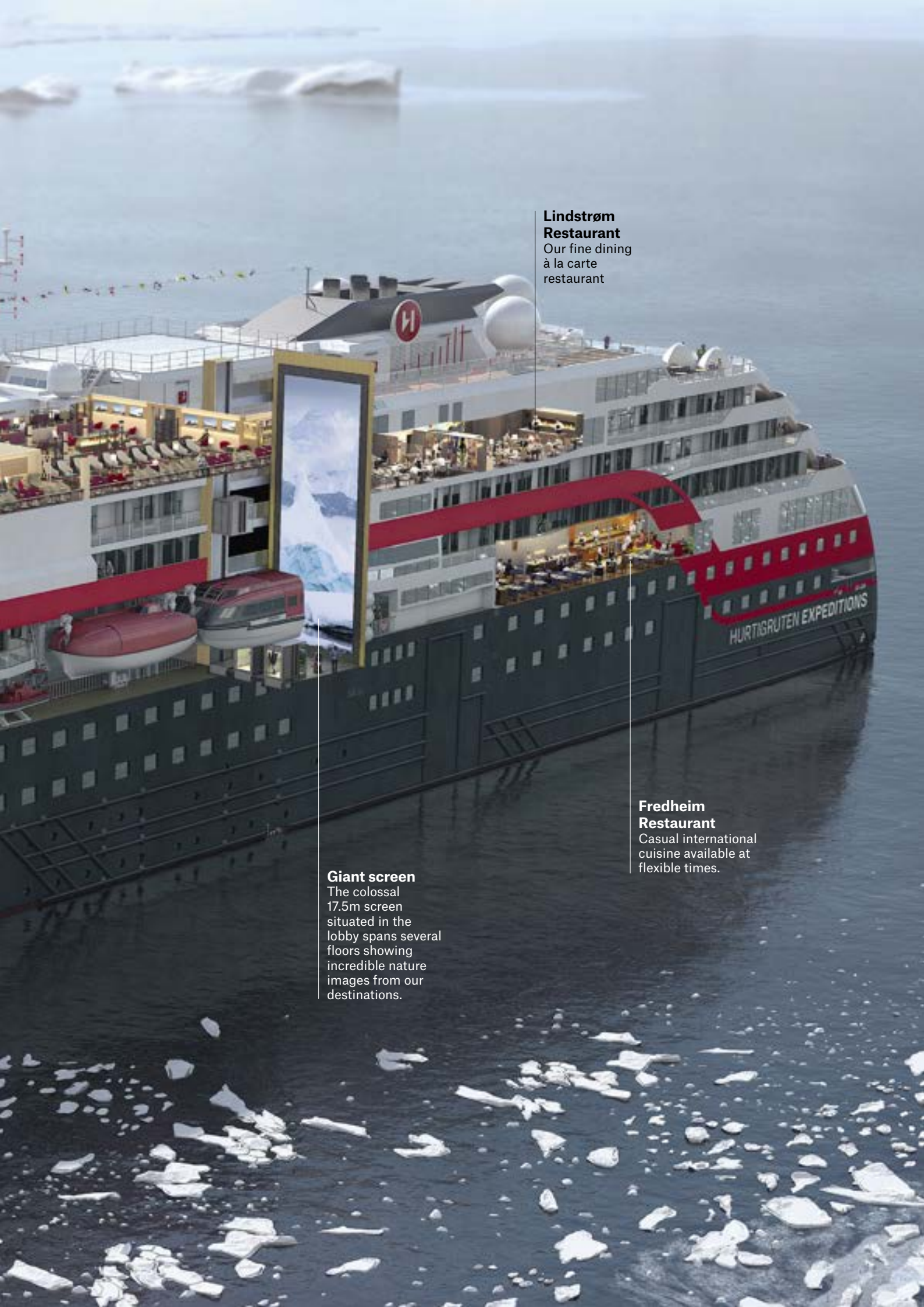
Featuring large  
windows, fireplaces,  
sofas and comfort-  
able loungers. This  
is the relaxing social  
hub as well as an  
amazing place to  
enjoy the scenery.

## Outdoor track and gym

Work up a sweat on  
the outdoor 150m  
running track and  
round off your run  
with some pull-ups  
or squats using the  
trackside training  
equipment.

## Science Center

This is the ship's  
high-tech learning  
hub and a great  
place to chat with  
the Expedition  
Team.



**Lindstrøm  
Restaurant**

Our fine dining  
à la carte  
restaurant

**Giant screen**

The colossal  
17.5m screen  
situated in the  
lobby spans several  
floors showing  
incredible nature  
images from our  
destinations.

**Fredheim  
Restaurant**

Casual international  
cuisine available at  
flexible times.

MS Roald Amundsen and  
MS Fridtjof Nansen

# Get to know the starboard side

## Expedition suites

These well-appointed cabins go the extra mile to give you the ultimate experience. With expansive windows and super-comfortable beds and fittings, most suites feature balconies while some even have outdoor hot tubs.

## Pool deck

This is where you'll find the heated infinity pool, two hot tubs and the pool bar. Seat yourself on the comfy lounge furniture and enjoy a pleasant *al fresco* drink.

## Restaurant Aune

Aune is our main restaurant. Here you'll enjoy most meals. A great selection of delicious food is served every day.



**Panoramic sauna**

Probably the most amazing sauna experience you'll ever have, with windows from floor to ceiling giving you 'panoramas as you perspire'.

**Explorer lounge & bar**

Featuring floor-to-ceiling windows, cosy fireplaces, sofas and comfortable loungers. This is the relaxing social hub as well as an amazing place to enjoy the scenery.

**Gym**

High quality workout equipment and running machines in our fully equipped indoor gym.

**Wellness and spa**

Offering a wide variety of relaxing spa services, a full wellness menu and natural products, all delivered by our highly trained staff.

**Arctic superior cabins**

Our popular Arctic cabins are roomy, comfortable and flexible. Most have balconies and can accommodate 2-4 guests.

**Launch pad**

A platform launched to sea level for easy access to expedition boats, stand-up paddle boards and kayaks. Inside, a change room where you get safety briefings and equipment before leaving the ship.

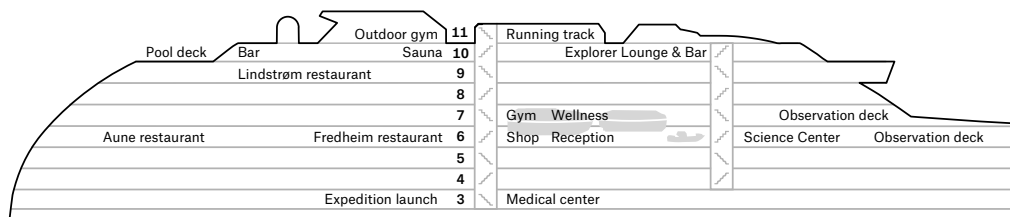
# MS Fridtjof Nansen

Welcome aboard our newest built expedition ship and your hybrid-powered home at sea with a high-spec Science Center. There's an indoor and outdoor gym and a 150-metre outdoor running track to keep active while an outdoor infinity pool with hot tubs, a scenic sauna, and the Wellness Center take care of the relaxation side of things. Dine in one of three onboard restaurants which serve a wide variety of dishes. All areas of the ship have a fresh Scandinavian contemporary design, homely and modern. Each cabin has a window to an outside view. Half feature private balconies while the aft suites go further and sport private outdoor hot tubs to soak in.



Expedition suite.

© AGURTXANE CONCESSION / HURTIGRUTEN EXPEDITIONS



**SHIP YARD:** Kleven Verft (N)  
**FLAG:** Norway  
**YEAR OF CONSTRUCTION:** 2020  
**GROSS TONNAGE:** 20,889 t  
**CABINS:** 265  
**OVERALL LENGTH:** 140 m  
**BEAM:** 23.6 m  
**SERVICE SPEED:** 15 knots

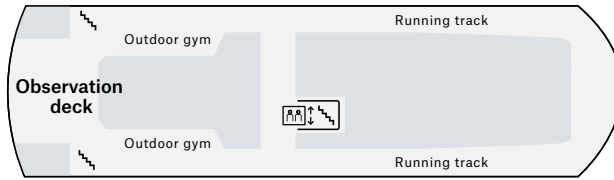
	CATEGORY	DECK	SIZE (m <sup>2</sup> )	DESCRIPTION
EXPEDITON SUITES	<b>MA</b> XL suite	8	46-48	Extra large corner suite with private balcony. Ship's most spacious cabins with large windows, flexible sleeping arrangements, sofa bed, TV, minibar, amenity kit, bathrobe, kettle, tea and coffee, espresso maker.
	<b>MB</b> XL suite	5	44	Extra large corner suite without balcony. Aft corner suite with sofa bed, flexible sleeping arrangements, large windows, TV, minibar, amenity kit, bathrobe, kettle, tea and coffee, espresso maker.
	<b>MC</b> Corner suite	7, 8, 9	20-30	Aft corner suite with private balcony and hot tub. Various sizes, large windows, flexible sleeping arrangements, some with sofa, TV, minibar, amenity kit, bathrobe, kettle, tea and coffee, espresso maker.
	<b>MD</b> L suite	7	35	Large corner suite with private balcony, flexible sleeping arrangements, sofa bed, TV, minibar, amenity kit, bathrobe, kettle, espresso maker. Adapted for guests with wheelchairs.
	<b>ME</b> Suite	8, 9	22-28	Suites with private balcony, different sizes, top-high decks, flexible sleeping arrangements, some with sofa bed, TV, minibar, amenity kit, bathrobe, kettle, tea and coffee, espresso maker.
	<b>MF</b> Suite	7	22	Corner cabin with large windows without balcony. Flexible sleeping arrangements, TV, minibar, amenity kit, bathrobe, kettle, tea and coffee, espresso maker.
ARCTIC SUPERIOR	<b>XT</b> Outside cabin	7, 8	18	High deck cabins with balcony. Spacious cabins, different sizes, double bed or flexible sleeping arrangements, some with sofa bed, TV, amenity kit, kettle, tea and coffee.
	<b>XTD</b> Outside cabin	7, 8	15-19	High deck cabins with balcony. Spacious cabins, different sizes, double bed, some with sofa bed, TV, amenity kit, kettle, tea and coffee.
	<b>XTJ</b> Outside cabin	7	18	High deck cabins with balcony. Spacious cabins, different sizes, double bed or flexible sleeping arrangements, some with sofa bed, TV, amenity kit, kettle, tea and coffee. Partly obstructed view.
	<b>XY</b> Outside cabin	7	19	Accessible cabin with balcony. High deck, wide balcony, double bed, TV, amenity kit, kettle, tea and coffee.
	<b>TT</b> Outside cabin	4, 5	27	Large cabins without balcony. Middle decks, flexible sleeping arrangements, sofa bed, TV, amenity kit, kettle, tea and coffee.
	<b>TY</b> Outside cabin	5	24-26	Large accessible cabins without balcony. Middle decks, flexible sleeping arrangements, TV, amenity kit, kettle, tea and coffee.
POLAR OUTSIDE	<b>RR</b> Outside cabin	4, 5	19-23	Larger cabins on middle decks. Most 20 square metres, flexible sleeping arrangements, some with sofa bed, TV.

Cabins MD-701, XY-719, XY-726, TY-533 and TY-540 are adapted for guests with disabilities. These cabins may also be available for general booking. Please note: cabins with flexible sleeping arrangements have double beds as standard, however a double bed can be requested at the time of booking. Subject to change.

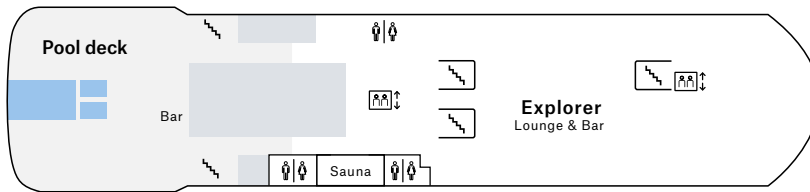


# Deck

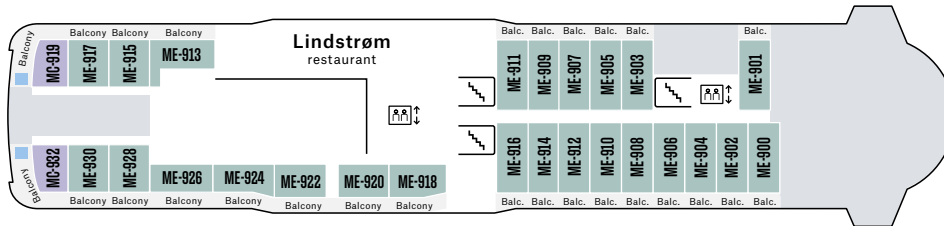
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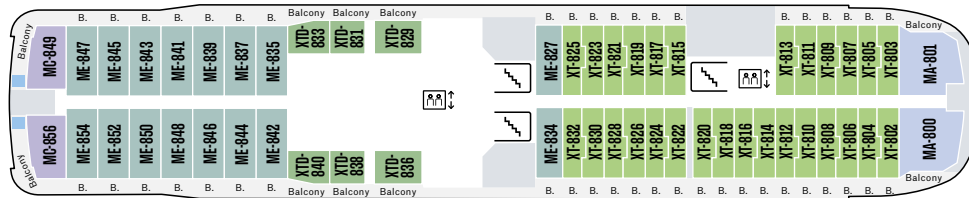
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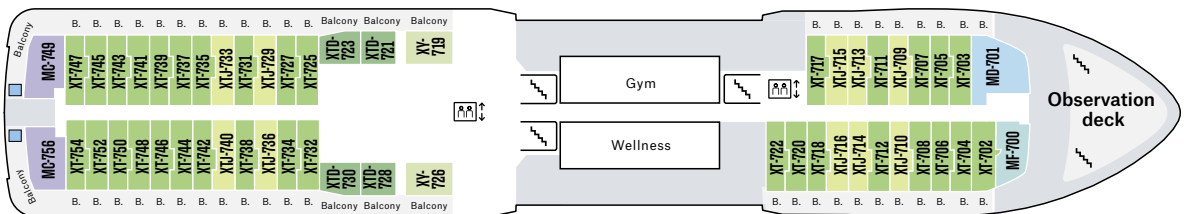
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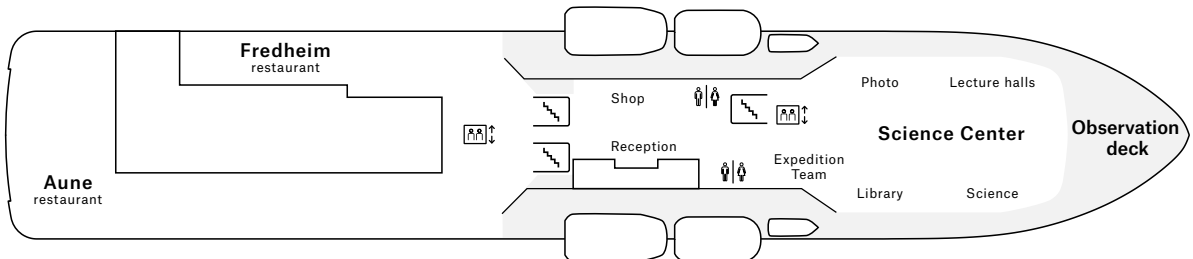
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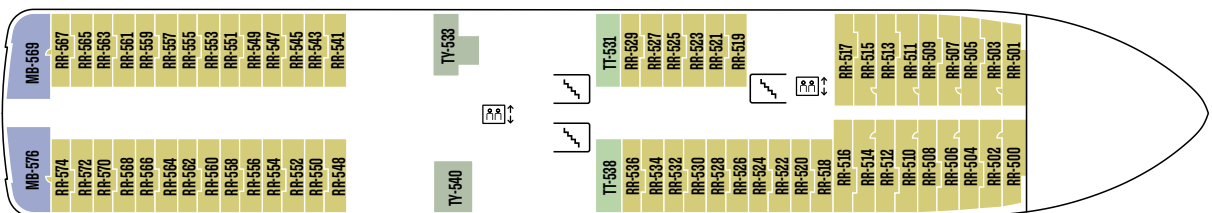
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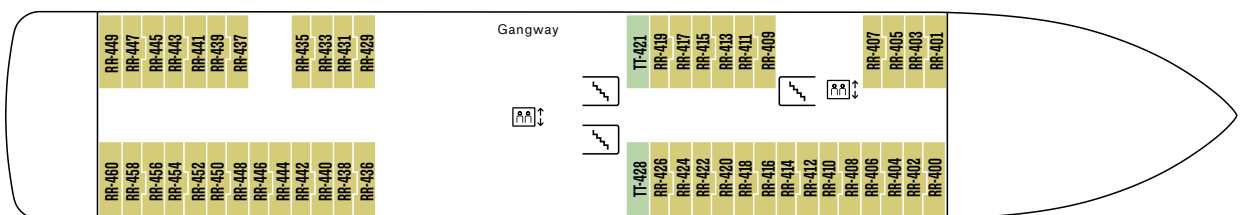
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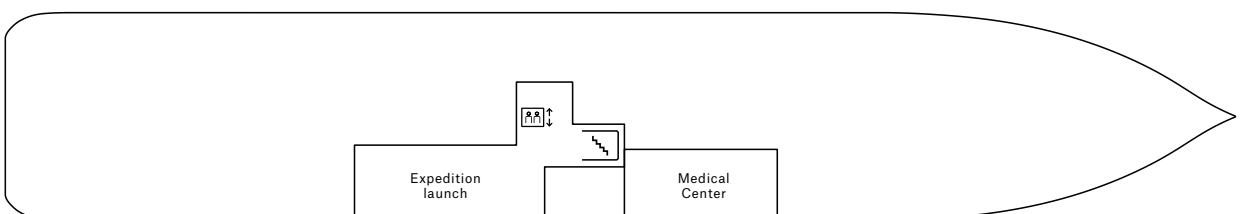
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3



□ Indoor area □ Outdoor area

# MS Roald Amundsen

The world's first ever hybrid-powered expedition ship is a masterpiece of design. Public areas and cabins are comfortable and stylish, making generous use of natural materials such as granite, oak, birch, and wool. All cabins have outside views, half with private balconies, and aft suites even boast private outdoor hot tubs. It is also the first ship in our fleet to have both indoor and outdoor gyms, a 150-metre outdoor running track, outdoor infinity pool and a dedicated Wellness Center. Enjoy delicious food from three restaurants concepts, relax in the Explorer lounge & bar, and learn through lectures in the Science Center, the heart and hub of the ship.

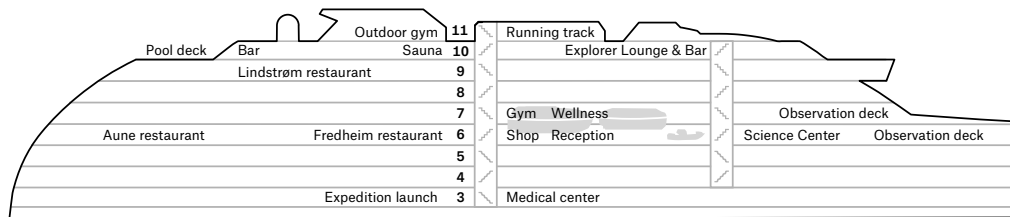
Below: Infinity pool and hot tubs. Right: Polar Outside cabin.



© OSCAR FARRERA



© AGURTXANE CONCELLON



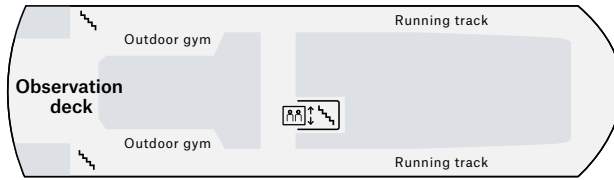
**SHIP YARD:** Kleven Verft (N)  
**FLAG:** Norway  
**YEAR OF CONSTRUCTION:** 2019  
**GROSS TONNAGE:** 20,889 t  
**CABINS:** 265  
**OVERALL LENGTH:** 140 m  
**BEAM:** 23.6 m  
**SERVICE SPEED:** 15 knots

	CATEGORY	DECK	SIZE (m <sup>2</sup> )	DESCRIPTION
EXPEDITON SUITES	<b>MA</b> XL suite	8	46-48	Extra large corner suite with private balcony. Ship's most spacious cabins with large windows, flexible sleeping arrangements, sofa bed, TV, minibar, amenity kit, bathrobe, kettle, tea and coffee, espresso maker.
	<b>MB</b> XL suite	5	44	Extra large corner suite without balcony. Aft corner suite with sofa bed, flexible sleeping arrangements, large windows, TV, minibar, amenity kit, bathrobe, kettle, tea and coffee, espresso maker.
	<b>MC</b> Corner suite	7, 8, 9	20-30	Aft corner suite with private balcony and hot tub. Various sizes, large windows, flexible sleeping arrangements, some with sofa, TV, minibar, amenity kit, bathrobe, kettle, tea and coffee, espresso maker.
	<b>MD</b> L suite	7	35	Large corner suite with private balcony, flexible sleeping arrangements, sofa bed, TV, minibar, amenity kit, bathrobe, kettle, espresso maker. Adapted for guests with wheelchairs.
	<b>ME</b> Suite	8, 9	22-28	Suites with private balcony, different sizes, top-high decks, flexible sleeping arrangements, some with sofa bed, TV, minibar, amenity kit, bathrobe, kettle, tea and coffee, espresso maker.
	<b>MF</b> Suite	7	22	Corner cabin with large windows without balcony. Flexible sleeping arrangements, TV, minibar, amenity kit, bathrobe, kettle, tea and coffee, espresso maker.
ARCTIC SUPERIOR	<b>XT</b> Outside cabin	7, 8	18	High deck cabins with balcony. Spacious cabins, different sizes, double bed or flexible sleeping arrangements, some with sofa bed, TV, amenity kit, kettle, tea and coffee.
	<b>XTD</b> Outside cabin	7, 8	15-19	High deck cabins with balcony. Spacious cabins, different sizes, double bed, some with sofa bed, TV, amenity kit, kettle, tea and coffee.
	<b>XTJ</b> Outside cabin	7	18	High deck cabins with balcony. Spacious cabins, different sizes, double bed or flexible sleeping arrangements, some with sofa bed, TV, amenity kit, kettle, tea and coffee. Partly obstructed view.
	<b>XY</b> Outside cabin	7	19	Accessible cabin with balcony. High deck, wide balcony, double bed, TV, amenity kit, kettle, tea and coffee.
	<b>TT</b> Outside cabin	4, 5	27	Large cabins without balcony. Middle decks, flexible sleeping arrangements, sofa bed, TV, amenity kit, kettle, tea and coffee.
	<b>TY</b> Outside cabin	5	24-26	Large accessible cabins without balcony. Middle decks, flexible sleeping arrangements, TV, amenity kit, kettle, tea and coffee.
POLAR OUTSIDE	<b>RR</b> Outside cabin	4, 5	19-23	Larger cabins on middle decks. Most 20 square metres, flexible sleeping arrangements, some with sofa bed, TV.

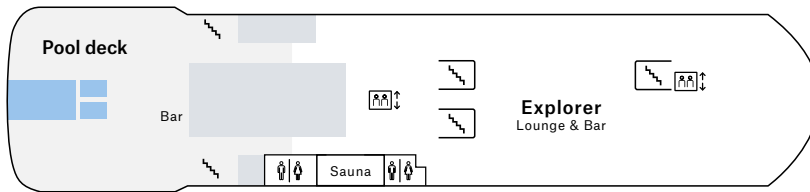
Cabins MD-701, XY-719, XY-726, TY-533 and TY-540 are adapted for guests with disabilities. These cabins may also be available for general booking. Please note: cabins with flexible sleeping arrangements have double beds as standard. To order twin beds, you must notify Hurtigruten at time of booking. Subject to change.

Deck

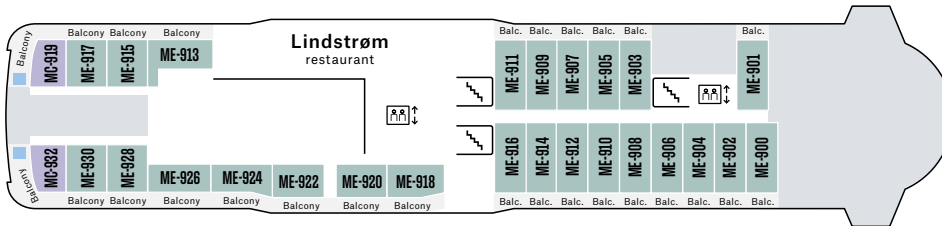
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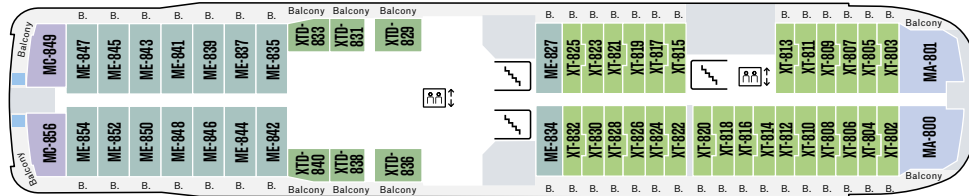
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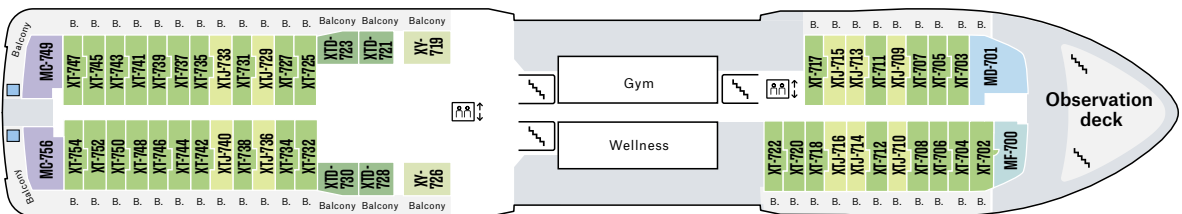
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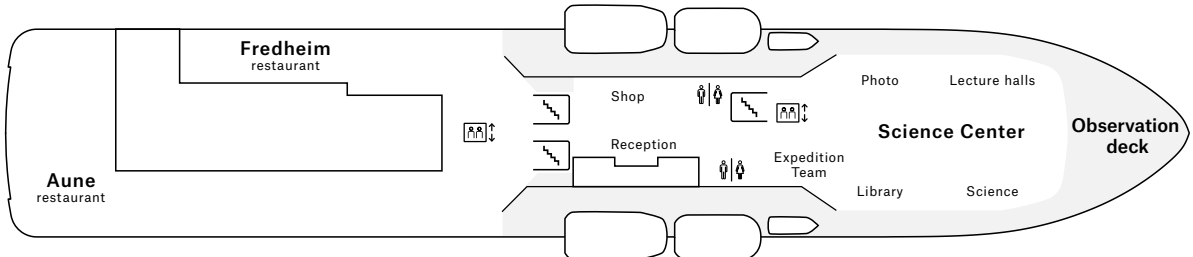
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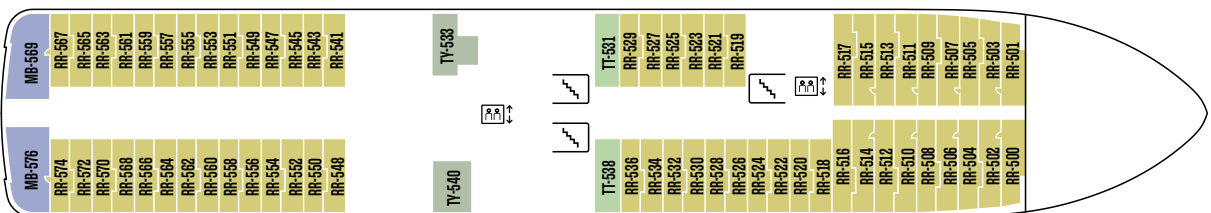
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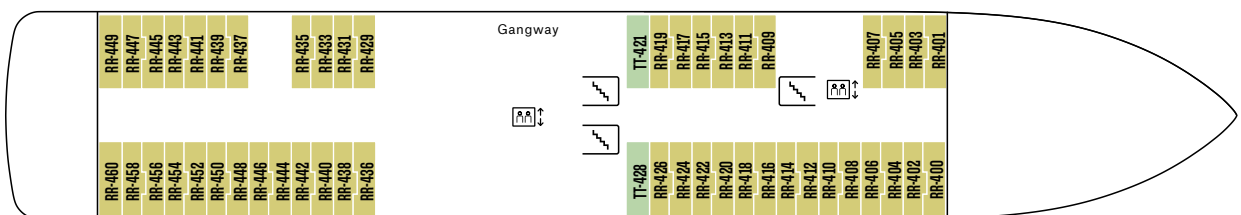
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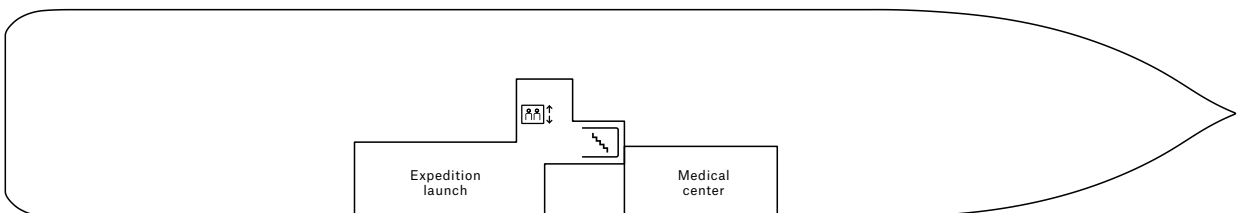
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4



3



Indoor area Outdoor area

# MS Fram

MS Fram is a favourite in our fleet and has been extensively refurbished in 2022. As a small and manoeuvrable vessel, it offers Hurtigruten's distinctive small ship expedition experience, providing access to a greater range of potential landing sites. Its spacious outside decks allow you to get closer to nature and wildlife while the Science Center always offers something of interest. Stay in shape in the gym, enjoy the relaxed atmosphere in the Explorer lounge & bar, and treat yourself in the restaurants, sauna, and hot tubs. Art by Arctic artists decorate the comfortable cabins and suites.

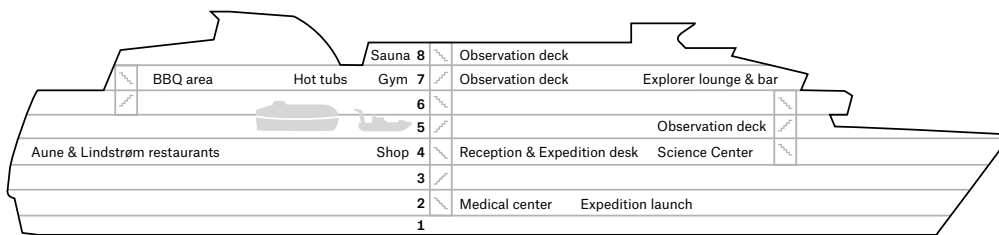


©CLARA TUMA

Below: Explorer lounge & bar. Top: Polar inside cabin.



©KIM RORMARK



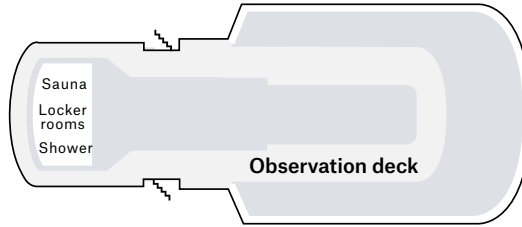
**SHIP YARD:** Fincantieri, (I)  
**FLAG:** Norway  
**YEAR OF CONSTRUCTION:** 2007  
 (Year of refurbishment 2022)  
**GROSS TONNAGE:** 11,647 t  
**CABINS:** 119  
**OVERALL LENGTH:** 114 m  
**BEAM:** 20.2 M  
**SERVICE SPEED:** 13 knots

	CATEGORY	DECK	SIZE (m²)	DESCRIPTION
EXPEDITON SUITES	MG Grand suite	5, 6	24-27	High deck, one-room suites with private balcony, double bed, seating area, TV, minibar, kettle, tea and coffee, espresso maker.
	Q Mini suite	5, 6	15-20	High deck one-room suites, double bed, TV, minibar, kettle, tea and coffee, espresso maker. Two cabins with additional sofa beds.
ARCTIC SUPERIOR	F Outside cabin	3, 5	17-23	High deck spacious cabins, double bed, seating area, TV, refrigerator, kettle, tea and coffee.
	U Outside cabin	5, 6	10-11	High deck cabins, flexible sleeping arrangements, TV, kettle, tea and coffee.
POLAR OUTSIDE	N Outside cabin	3	10-13	Flexible sleeping arrangements, TV, kettle, tea and coffee.
	SD Outside cabin	3	15-16	Cabins adapted for guests with disabilities. Two separate beds, TV, refrigerator, kettle, tea and coffee.
	FJ Outside cabin	5	17-21	High deck cabins, double bed, some with flexible sleeping arrangement, seating area, TV, refrigerator, kettle, tea and coffee. Limited or no view.
POLAR INSIDE	I Inside cabin	6	10-13	Flexible sleeping arrangements, TV, kettle, tea and coffee.

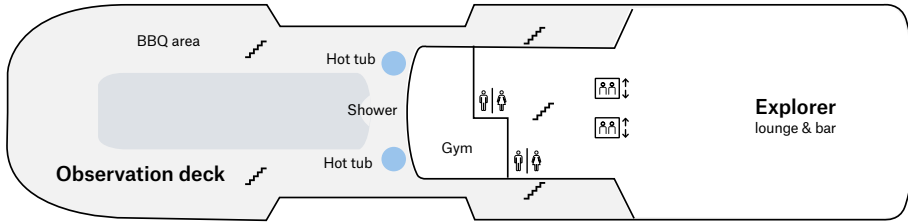
Cabins SD-342 and SD-346 are adapted for guests with disabilities. These cabins may also be available for general booking. Subject to change.

Deck

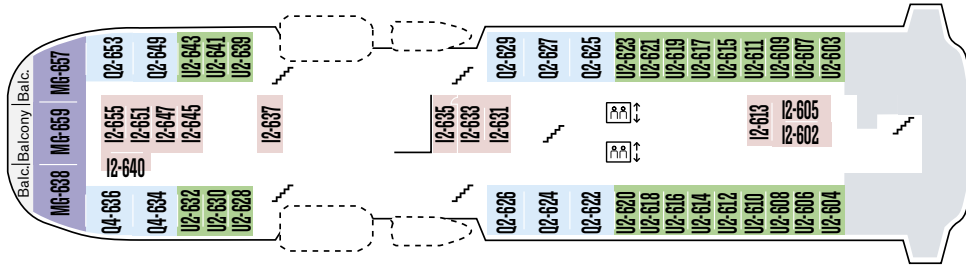
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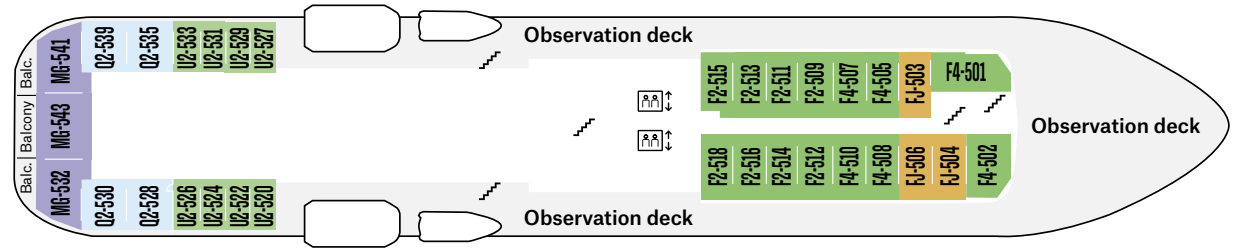
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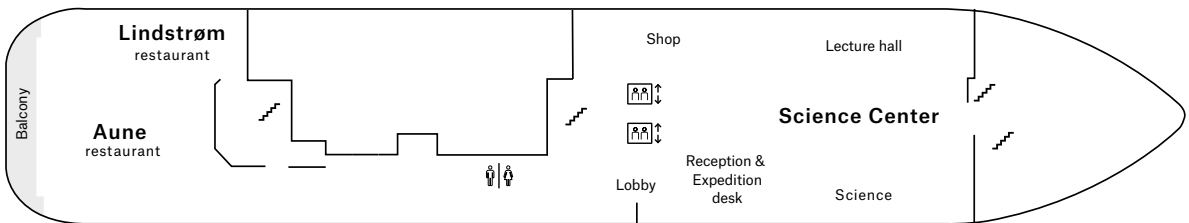
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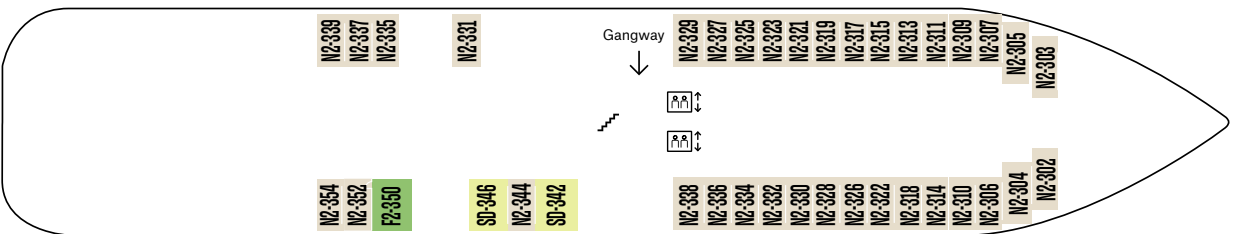
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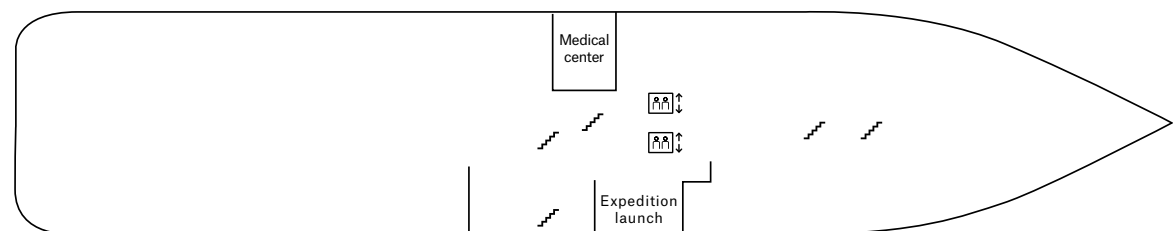
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3



2



□ Indoor area □ Outdoor area

# MS Maud

This classic vessel has been a treasured part of our fleet for 20 years. Bright interiors are designed in a contemporary Scandinavian style, with décor inspired by Norway's stunning nature. Your cosy cabin awaits, where you can relax surrounded by carefully chosen Nordic details. You'll enjoy sampling delicious dishes in our trio of outstanding onboard restaurants. Our sauna, outdoor hot tubs, and well-equipped gym will keep you relaxed and healthy while providing stunning views of the scenery outside. Attend lectures and workshops in the Science Center, and get to know your fellow guests in the Explorer lounge & bar.

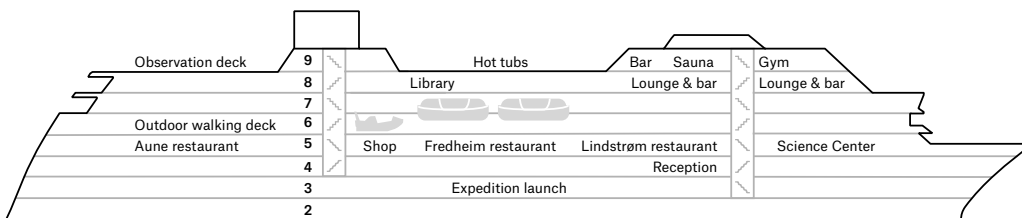


©OSCAR E. FARRERA GONZALEZ / HURTIGRUTEN EXPEDITIONS

Below: Fredheim restaurant. Right: Polar Outside cabin.



©OSCAR E. FARRERA GONZALEZ / HURTIGRUTEN EXPEDITIONS

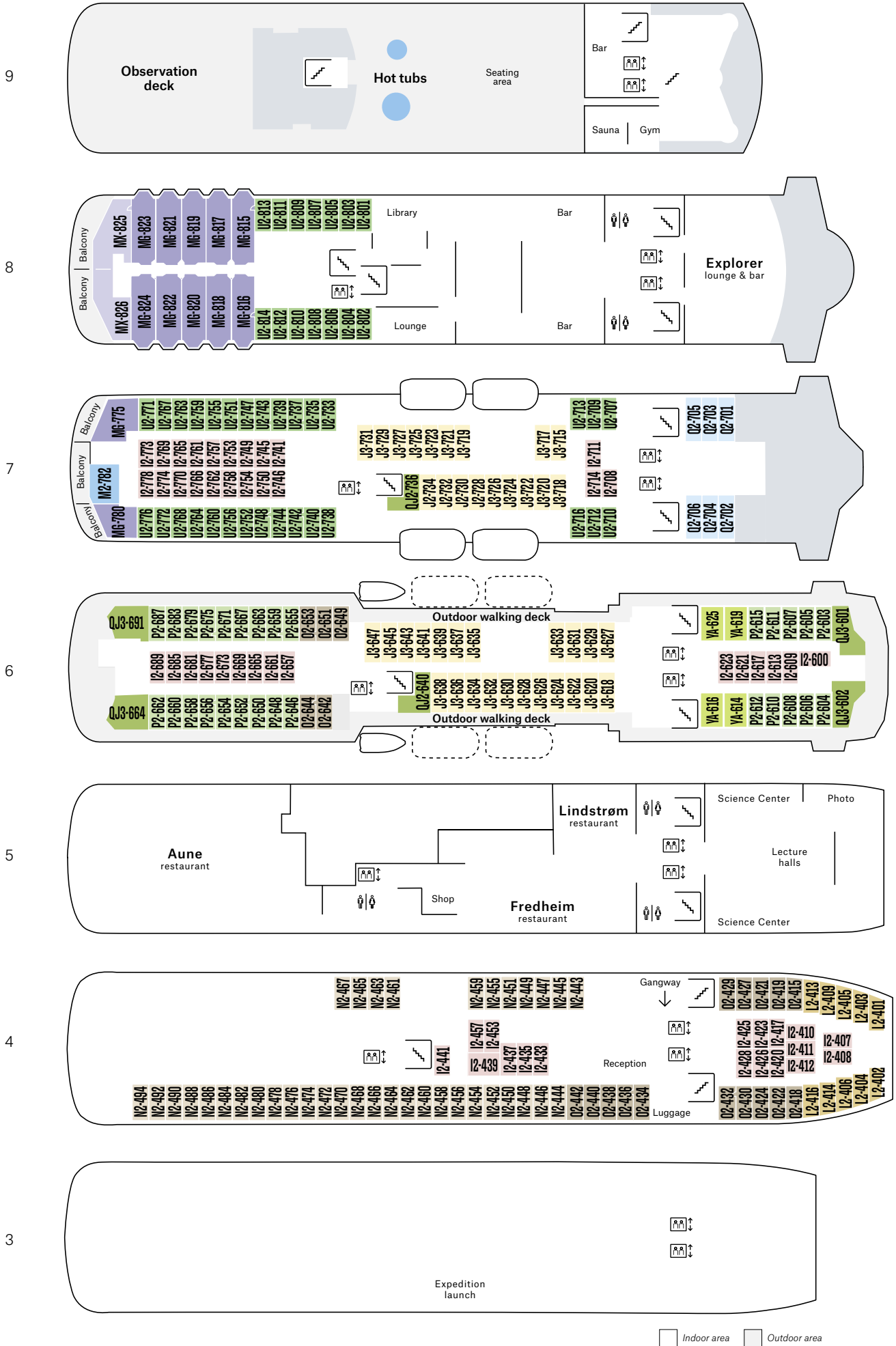


**SHIP YARD:** Fosen Mek. Verk. (N)  
**FLAG:** Norway  
**YEAR OF CONSTRUCTION:** 2003  
**GROSS TONNAGE:** 16,140 t  
**CABINS:** 266  
**OVERALL LENGTH:** 135.75 m  
**BEAM:** 21.5 m  
**SERVICE SPEED:** 15 knots

	CATEGORY	DECK	SIZE (m²)	DESCRIPTION
EXPEDITION SUITES	<b>MX</b> Owner's suite	8	44	Two-room suite with double bed, bathtub, sofa bed, seating area, dining table, TV, espresso machine, kettle, minibar, private balcony.
	<b>MG</b> Grand suite	7, 8	26-35	One or two-room suite with double bed, sofa bed, seating area, TV, espresso machine, kettle, minibar, some with bathtub, bay window or private balcony.
	<b>M</b> Suite	7	23	One-room suite with double bed, sofa, TV, espresso machine, kettle, minibar, private balcony.
	<b>Q</b> Mini suite	7	14-16	One-room suite with double bed, sofa or seating area, TV, espresso machine, kettle, minibar.
ARCTIC SUPERIOR	<b>QJ</b> Outside cabin	6, 7	16-23	With limited/no view, double or separate beds, seating area, TV, kettle, minibar.
	<b>YA</b> Outside cabin	6	16	Separate beds, one of which converts into a sofa, table, TV, kettle. Adapted for guests with disabilities.
	<b>U</b> Outside cabin	7, 8	10-11	Separate beds, one of which converts into a sofa, some with table, TV, kettle.
	<b>P</b> Outside cabin	6	10-11	Separate beds, one of which converts into a sofa, TV, kettle.
POLAR OUTSIDE	<b>O</b> Outside cabin	4, 6	10-11	Separate beds, one of which converts into a sofa, TV, kettle.
	<b>N</b> Outside cabin	4	11-13	Separate beds, one of which converts into a sofas, TV, kettle.
	<b>L</b> Outside cabin	4	11	Some with limited/no view, separate beds, one of which converts into a sofa, portholes, TV, kettle.
POLAR INSIDE	<b>J</b> Outside cabin	6, 7	11	With limited/no view, separate beds, one of which converts into a sofa, TV, kettle.
	<b>I</b> Inside cabin	4, 6, 7	9-11	Separate beds, one of which doubles as a sofa, TV, kettle.

Subject to change.

Deck



□ Indoor area □ Outdoor area



FRONT PAGE: ROGETTY IMAGES - BACK PAGE: ©KARSTEN BILDSTRUP / HURTIGRUTEN EXPEDITIONS

**HURTIGRUTEN AUSTRALIA**  
AUS 1300 322 062  
NZ 0800 005 201  
EMAIL [au.info@hurtigruten.com](mailto:au.info@hurtigruten.com)  
WEB [hurtigruten.com.au](http://hurtigruten.com.au)  
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