

# Antarctica – Highlights of the Frozen Continent



## Day 1

### **Arrive in Buenos Aires**

Unescorted overnight in Buenos Aires. Guests can explore the capital of Argentina with its colorful neighborhoods and beautiful parks.

Included:

- One-night bed and breakfast at a centrally located three-star hotel

## Day 2

### ***Fly to Ushuaia and embark the ship***

Transfer from the hotel to the airport for an early morning flight to Ushuaia, the southernmost city in the world and where *MS Fridtjof Nansen* awaits. Once aboard the ship, guests join a mandatory safety drill before the Captain's introduction and welcome dinner.

Included transfers and flight:

- Transfer from hotel to Buenos Aires airport
- Flight in coach class from Buenos Aires to Ushuaia
- Transfer from Ushuaia airport to the ship

## Day 3-4

### ***Sail the Drake Passage to Antarctica***

The Drake Passage connects the Atlantic, Pacific, and Southern Oceans and is the shortest crossing to Antarctica. It is also nicknamed the 'Drake Shake' when the seas are stormy or the 'Drake Lake' when the waters are still.

While at sea, and provided conditions are calm, guests may be able to sight whales, dolphins, and sea birds such as albatrosses and petrels. Join lectures and watch films about Antarctica in the Science Center or spend time enjoying the ship's infinity pool, hot tubs, gym, and Wellness Center.

## Day 5-9

### ***Antarctica***

Each day, we venture to one of 22 possible sites to go cruising in small boats and to make landings where guests are able to observe penguin colonies, seals, whales, glaciers, and icebergs up close.

All aboard are invited to participate in lectures on glaciology, climate change, and marine biology. Guests can also engage in Citizen Science programs like photographing leopard seals and spotting whale tails that contribute directly to scientific research.

Included:

- Daily landings with short hikes to scenic or wildlife spots
- Small boat cruises near the ship and landing site
- Lectures on a wide range of scientific topics

Additional optional activities may include:

- Kayaking near icebergs, and possibly seals and penguins
- Longer small boat cruises to explore hard-to-reach areas
- Guided longer hikes to scenic viewpoints
- Camping ashore possibly with penguins
- Snowshoeing through pristine snow fields
- In-depth photography lessons

## Day 10-11

### ***Sail the Drake Passage back to Ushuaia***

As we return to open water, guests will have time to learn more in the Science Center, attend lectures, enjoy the ship's infinity pool, hot tubs, gym, and Wellness Center, or just relax while bird and whale watching out on deck.

## Day 12

***Arrive in Ushuaia, disembark the ship, and fly back to Buenos Aires***

It's time to return home via Ushuaia and Buenos Aires. Guests can extend their trip with a choice of excursions or a post-voyage program.

Included transfers and flight:

- Transfer from the ship to Ushuaia airport
- Flight in coach class from Ushuaia to Buenos Aires