

EXPEDITION CRUISES





ANTARCTICA

The Seventh Continent



**It doesn't get
much cooler
than this**



Cuerville island // Photo: Espen Mills



Antarctica is a land of superlatives: It's Earth's coldest, driest, highest, and most remote continent. As a travel experience and destination, nowhere else compares. Here, the elements rule and exploring this vast, white continent will seem daring and extreme to many. But perhaps that's exactly why you're drawn to it.

Great Antarctic explorers such as Roald Amundsen described the landscape as 'mythic', 'otherworldly', and 'like a fairy tale'. Antarctica is like nowhere else on Earth. Most of us will never reach the moon or Mars, but you can visit Antarctica.

Incredible icescapes

One reason to go to Antarctica is for the splendor of its scenery: endless ranges of snow-covered mountains and majestic icebergs sculpted by the sun, wind, and waves. Experience the tranquility of this vast landscape, the stark and monochromatic white, and the way the light plays off the shades and hues of the ice, sea, and sky.

On the wild side

The krill-rich waters of the Southern Ocean are a beacon for abundant wildlife: whales, seals, seabirds, and of course, penguins. The Antarctic Peninsula is home to an estimated population of 12 million penguins across several species. Depending on the stage of the Antarctic summer when you visit, you'll witness penguin courting rituals and nest building, see newly hatched chicks, or observe the chicks' molting period.

Active exploration

You won't simply wave at Antarctica from the ship as you sail past it. Instead, you'll join our experienced Expedition Team to go on landings ashore, expedition boat cruises, and optional activities such as

kayaking, snowshoeing, camping, and perhaps even a polar plunge if you're feeling brave enough! No matter your activity level or interests, you can explore Antarctica in the way that best suits you.

Knowledge seekers

Our Expedition Team members are there to guide and enhance everything you see and experience in Antarctica. They'll share their insights on the continent's geology, polar exploration history, and wildlife, as well as climate change. We also offer photography tutorials, Citizen Science projects to participate in, and access to the ship's onboard Science Center, a fully equipped learning space with a library, microscopes, and other advanced technology and learning tools.

Boldly going beyond

New for this season, some of our expeditions will attempt landings south of the Antarctic Circle in Marguerite Bay, Crystal Sound, and the Weddell Sea. Much like the great explorers before you, your expedition will be determined by the weather and sea conditions, where plans sometimes change and adventures can present themselves in unexpected ways – which is exactly what you'd expect from a polar expedition.

Protecting the pristine

Antarctica has a pure and fragile environment. We leave nothing behind but boot prints (where the boots have been sterilized) and take nothing but precious memories. MS Roald Amundsen and MS Fridtjof Nansen are ice-class expedition ships using state-of-the-art hybrid electric power, giving us the lowest possible CO₂ footprint of all expedition cruises to Antarctica. We've also sailed these polar waters for more than 20 years.

📍 Antarctica

October 2023 – March 2024

South Shetland Islands

There are a total of 16 research stations on this group of Antarctic Islands, accompanied by the seabirds, penguins, whales, and seals that feed in the surrounding waters.

Deception Island

This distinctive ring-shaped volcanic caldera has a navigable opening that leads into its flooded interior (a safe natural harbor).

Lemaire Channel

The protected waters in this narrow channel are usually as still as a lake, making it one of the most scenic and beautiful passages in Antarctica.

Petermann Island

With views across the channel to the Antarctic Peninsula, this is a great place for spotting icebergs in the spring and whales in the late austral summer and fall.

Errera Channel

Discovered on the Belgian Antarctic Expedition (1897-1899), this is a great destination to admire the astounding icebergs and snow-covered mountains.

ANTARCTIC PENINSULA

Bransfield Strait

Weddell Sea

66° 33' S Antarctic Circle

Marguerite Bay

FALKLAND ISLANDS



Atlantic
Ocean

Falkland Islands

The scenery varies widely across these 778 islands. You have the charming capital city of Stanley to accompany the grassy hills, stunning white sand beaches, and turquoise waters inhabited by wildlife such as seals, albatross, and four different penguin species.

South Orkney Islands

The climate on this group of islands is generally cold, wet, and windy. It supports a tundra of mosses, lichens, and algae, and is home to seabirds, penguins, and seals.

SOUTH GEORGIA



South Georgia

In addition to amazing landscapes and polar history, the spectacular wildlife here has earned the island nicknames such as the 'Serengeti of the Southern Ocean' and the 'Galápagos of the Poles'.

Antarctic Sound

The huge ice shelves of Antarctica calve mile-long tubular icebergs brought here by the strong currents of the Weddell Sea.



Discover the
highlights and the
wildlife on and near
the frozen continent





Active adventures in Antarctica

Your expedition comes with a wide range of included activities and optional excursions for you to immerse yourself in the frozen continent's many wonders.

Our expedition cruises to Antarctica are active and immersive, not passive sail-bys. You'll be an explorer, not a tourist, riding in small expedition boats while touring iceberg-filled bays and heading ashore for nature landings and to see penguin colonies and other wildlife.

Antarctica is an epic destination and you'll want to make the most of it. Here are some of the activities and excursions you can enjoy on your expedition cruise to Antarctica with us:

INCLUDED ACTIVITIES

- Lecture program
- Landings
- Expedition boat cruising
- Science Center
- Photo lectures
- Polar plunge

OPTIONAL EXCURSIONS

- Hiking
- Kayaking
- Snowshoeing
- Camping

A humpback whale is captured in the middle of a breach, its dark, textured back and large pectoral fin visible above the dark, choppy water. In the background, a massive, layered ice shelf or glacier extends across the horizon under a pale, overcast sky. The whale's head is pointed upwards, and its tail is still partially submerged.

Wildlife on ice

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

Cuteness alert!

The continent's signature animal is the penguin. The most common species you'll likely see are Adélie, chinstrap, and gentoo penguins. With our Expedition Team members guiding the way during your landings ashore, you're 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 deep, expressive, and soulful eyes, few animals will capture your heart like the Weddell seal. Multiply that cuteness factor by 10 if it's a Weddell seal pup!

High and low

The Antarctic Ocean is a feeding ground for several whale species: blue, fin, humpback, minke, orca, southern right, and sperm whales. You might see these magnificent giants surface near the ship and even dramatically do an acrobatic breach out of the water. Vast amounts of seabirds breed along the coast and offshore islands of Antarctica. From the deck, you might spot albatrosses, petrels, cormorants, fulmars, gulls, terns, and skuas, among others.

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 the long winter, a wide variety of wildlife can be seen throughout the various stages of the austral summer season. For example, each period showcases different stages of the penguin life cycle, including courting, nest building, chicks hatching, and penguin parents raising their young.

Late spring/Early summer

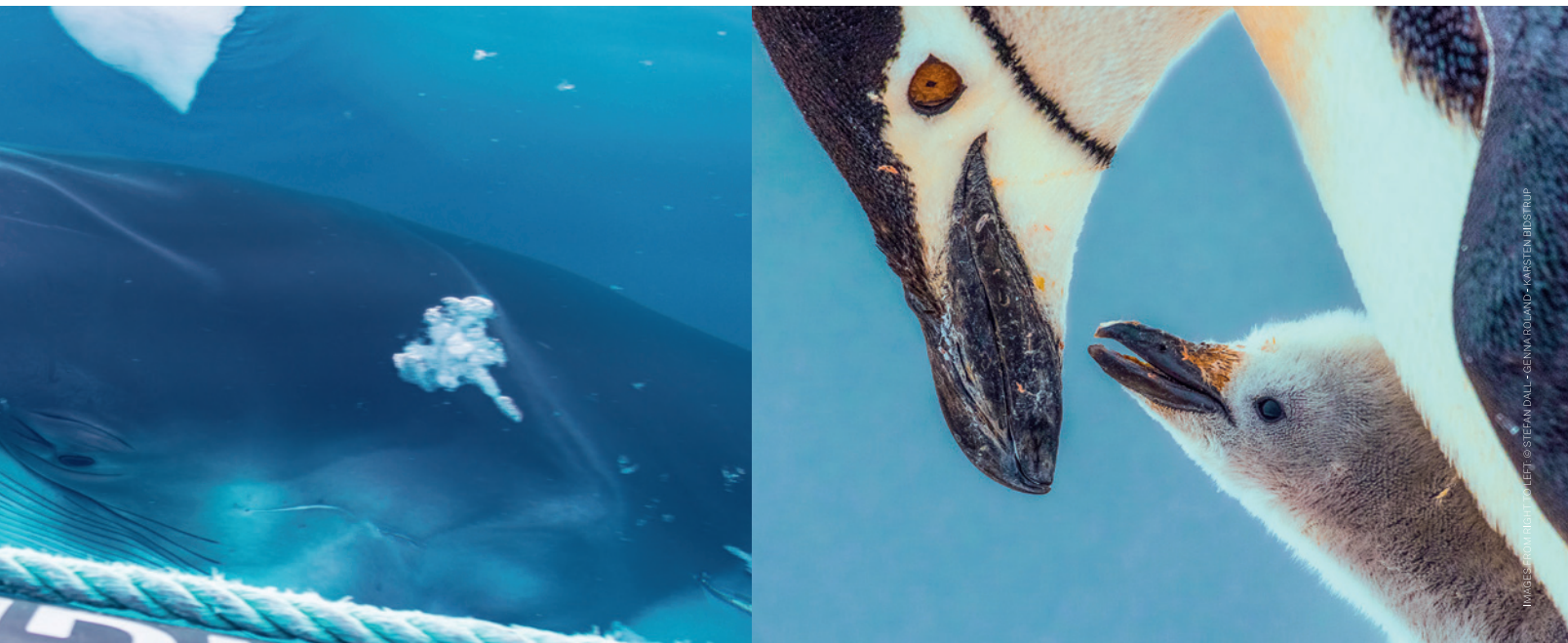
Early summer in Antarctica is the season of love. Penguins and seals will be busily engaged in courtship rituals to attract a mate. Successful penguin couples will then set about building nests, which become snug homes for their precious eggs by the end of November.

Daytime temperatures range between 20 and 36°F and the ice floes and icebergs transform into a natural stream of beautiful ice sculptures, still in pristine shape from the previous winter. The soft snow gathered on the ground over the winter also means conditions are ideal for camping as part of an optional activity.

Whales are still rare in the area this time of year, with many still making their slow migration south. Wildflowers bloom in November in the Falklands, covering the grassy green hills in color. 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 exactly when to take an expedition cruise to Antarctica? This calendar of what you can see during different stages of Antarctica's summer season might help you decide.



DECEMBER – JANUARY

FEBRUARY – MARCH



Midsummer

Midsummer in Antarctica means longer days, with up to 20 hours of daylight. Temperatures are also at their highest, between 28 and 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. Adorable fluffy chicks can then be seen warmly tucked between the legs of their parents, who will be taking turns waddling back and forth between the water and their nests to feed.

Later in January, adult penguins begin to molt their plumage and look like puffy, walking, frayed pillows. Seals and their young pups lounge on shore or on the sea ice, and whale-spotting improves by the day.

Late summer

By this stage of late austral summer, adult penguins have finished molting and now have a new coat of feathers. 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. In South Georgia, meanwhile, king penguins are only just beginning to court and lay their eggs.

The long, sunny days with a temperature range between 28 and 36°F also result in an abundance of krill in the waters. This draws a large number and a wide variety of whales to these waters, who come to gorge themselves on these 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 extra color to the white canvas of Antarctica. You can also look forward to some magical sunsets and sunrises in late austral summer that tinge the ice with soft pink and orange hues.

22 days MS Fram

Departure: October 13, 2023

IN-DEPTH ANTARCTICA & PATAGONIA EXPEDITION

SOUTHBOUND

Join us as we explore beautiful fjords along the Chilean coast. Then it's on to the pristine, remote icescapes of Antarctica in late spring for a truly unforgettable adventure.



Fabulous Patagonian landscapes

Your expedition cruise starts in Valparaíso and takes you southward along Chile's scenic Pacific coast.

We'll sail through the fabled waters of Patagonia and to charming and secluded villages and towns, such as Castro and Puerto Edén, before continuing through the natural maze of the breathtaking Chilean fjords to the southernmost tip of South America.

From here on out, sea and weather conditions can be unpredictable. That's why we don't have a fixed itinerary. If wind, weather, or ice make a planned landing tricky, we adapt our expedition to give you the best experience at that time.

We may attempt a landing at Cape Horn if the wind and waves are favorable. If not, we'll begin our crossing of the Drake Passage.

The seventh continent

Spend seven days celebrating Antarctica's wondrous late spring. Watch lovesick penguins splashing and courting to attract mates. Gaze at an infinite horizon of ice and snow, and admire the icebergs in pristine condition.

You may just fall in love with this uniquely beautiful world when you immerse yourself in this amazing environment by joining the Expedition Team during their lectures, on landings, and on ice cruises, as well as on optional activities such as kayaking and maybe even camping.





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INCLUDED ACTIVITIES

- Lecture program
- Nature landings
- Expedition boat cruising
- Science activities
- Art activities
- Photo lectures
- Birdwatching
- Sightseeing by bus
- Town walks

Activities are subject to change.



Above:
Torres del Paine.
Left: Expedition
boat cruising,
Neko Harbor.

© ESPEN MILLS



ITINERARY

Day 1: Valparaíso

Days 2-3: At sea

Day 4: Castro

Day 5: At sea

Day 6: Puerto Edén

Days 7-8: Puerto Natales

Day 9: Chilean fjords

Days 10-11: At sea

Days 12-18: Antarctica

Days 19-21: At sea/
Chilean fjords

Day 22: Punta Arenas/
Santiago de Chile

Price from \$16,837 USD
per person, double occupancy
Booking code: FRANT2317

For all pricing, optional activities/
excursions, and inclusions,
visit us online at

HURTIGRUTEN.COM

Please note that all itineraries and planned
landings are subject to weather conditions
and may change.

18 days MS Roald Amundsen/MS Fridtjof Nansen

MS Roald Amundsen, departure: October 17, 2023

MS Fridtjof Nansen, departure: October 27, 2023

ANTARCTICA & PATAGONIA EXPEDITION

SOUTHBOUND

On this expedition, you'll journey from Valparaíso to Chile's deep fjords and down to the frozen continent of Antarctica during its late spring season.

National parks of Patagonia

The expedition begins in the UNESCO World Heritage City of Valparaíso, and then sails to rustic and charming Castro. From there, we'll continue to the isolated village of Puerto Edén within Bernardo O'Higgins National Park. Then it's on to Puerto Natales, the gateway to Torres del Paine National Park, which you can visit on an optional excursion.

We cruise the Strait of Magellan on our way through the Beagle Channel before reaching the southernmost tip of South America. If we have favorable sea conditions, we'll try landing at Cape Horn. Then, we'll begin our crossing of the Drake Passage toward Antarctica.

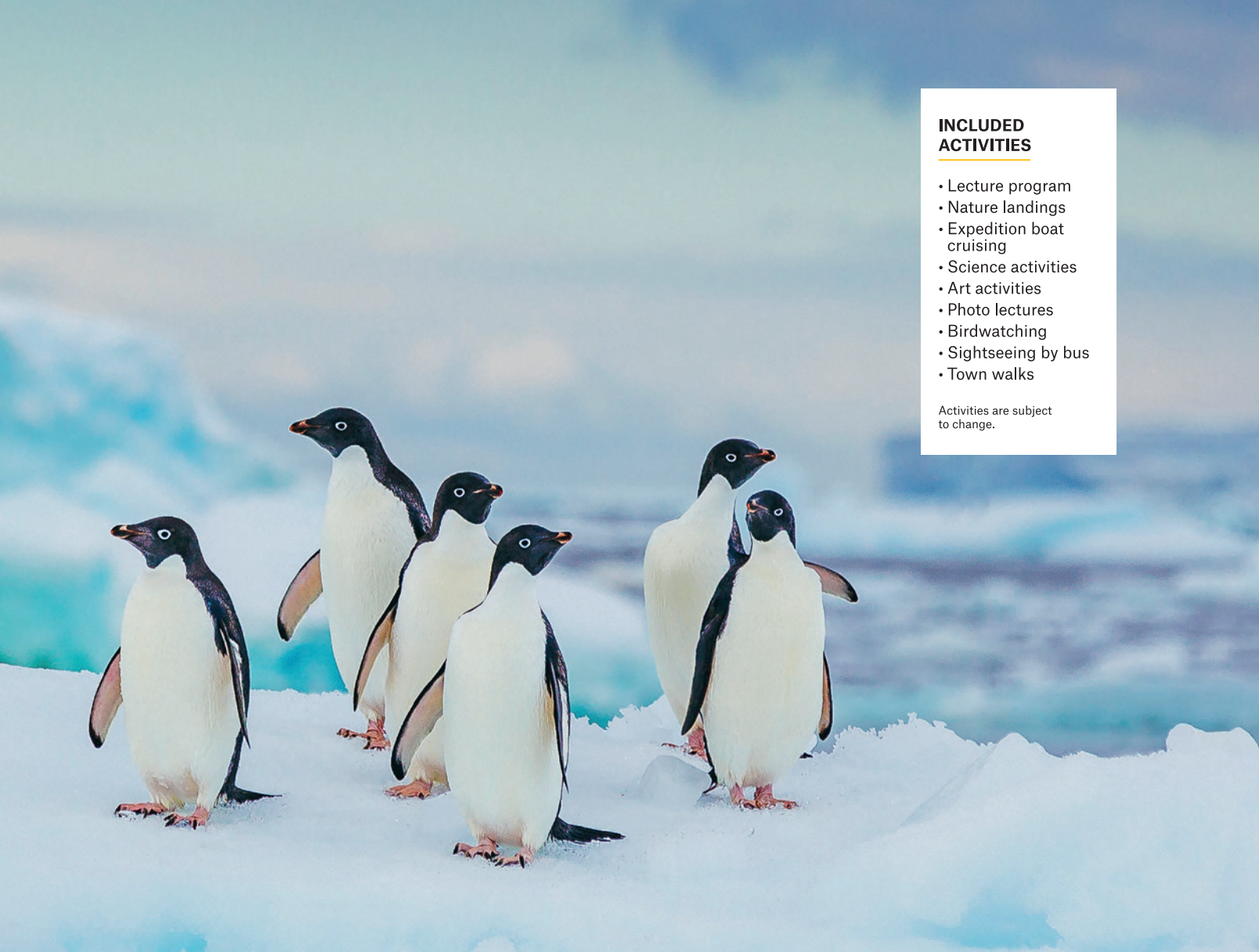
The seventh continent

You'll arrive in Antarctica in its late austral spring. The winter snow is still fresh, the icebergs look pristine, and penguin species are courting and building their nests. Over the next four days, you'll explore several of more than 20 possible landing sites.

We have no fixed itinerary, as the wind, weather, wildlife, and sea ice call the shots in this extreme environment. But rest assured, it's all part of the adventure. Join the Expedition Team during their lectures, on ice cruises, on landings, and on potential optional activities such as kayaking, snowshoeing, or even camping.



Above: Adélie penguins.
Right: Patagonia, Chile.



© GETTY - DAVID MERRON

INCLUDED ACTIVITIES

- Lecture program
- Nature landings
- Expedition boat cruising
- Science activities
- Art activities
- Photo lectures
- Birdwatching
- Sightseeing by bus
- Town walks

Activities are subject to change.



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ITINERARY

Day 1: Valparaíso

Days 2-3: At sea

Day 4: Castro

Day 5: At sea

Day 6: Puerto Edén

Days 7-8: Puerto Natales

Day 9: Chilean fjords

Days 10-11: At sea

Days 12-15: Antarctica

Days 16-17: At sea

Day 18: Ushuaia/Buenos Aires

Price from \$15,381 USD
per person, double occupancy
Booking code: AMANT2316/
FNANT2313

For all pricing, optional activities/
excursions, and inclusions,
visit us online at

HURTIGRUTEN.COM

Please note that all itineraries and planned landings are subject to weather conditions and may change.

16 days MS Roald Amundsen

5 departures: November 2, 16, 30, and
December 14, 2023; February 24, 2024

ANTARCTICA & FALKLANDS EXPEDITION

Spend five wonderful days experiencing the wildlife and wilderness of Antarctica, then sail to the Falkland Islands and discover its charming capital and white sand beaches.

The fabled seventh continent

Start off in romantic Buenos Aires before heading to Ushuaia, where your hybrid electric-powered ship awaits you.

We'll sail the Drake Passage to arrive at the white wilderness of Antarctica, where you'll spend five wonderful days. Our exact itinerary depends on the sea ice and weather conditions, but we'll always bring you to the best spots available at the time.

Just as the icescapes change with the seasons, so does the wildlife. In November, you'll likely 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. These are also peak whale-watching months.

No matter when you visit, you can join the Expedition Team in fascinating lectures, on landings, and on ice cruises.

The many charms of the Falklands

The rolling green hills and white sand beaches of the Falkland Islands – along with the friendly pubs in the capital, Stanley – may be a welcome sight after the icy wilderness of the seventh continent. We'll spend time touring this picturesque archipelago and may even go ashore near penguin and seal colonies.

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





INCLUDED ACTIVITIES

- Lecture program
- Nature landings
- Expedition boat cruising
- Science activities
- Art activities
- Photo lectures
- Birdwatching
- Town walks

Activities are subject to change.

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ITINERARY

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

Price from **\$15,152 USD**
per person, double occupancy
Booking code: AMANT2317

For all pricing, optional activities/
excursions, and inclusions,
visit us online at

HURTIGRUTEN.COM

Please note that all itineraries and planned
landings are subject to weather conditions
and may change.

23 days MS Fram

5 departures: November 2, 23, 2023; January 4, 25,
and February 15, 2024

IN-DEPTH ANTARCTICA, FALKLANDS & SOUTH GEORGIA EXPEDITION

On this expedition cruise, you'll have time to truly immerse yourself in the Falklands, South Georgia, and the ever-impressive Antarctica.

The Falklands and South Georgia

From the windswept green hills to white sand beaches, and let's not forget the charming capital of Stanley, beauty and charm abound in the Falkland Islands. Wildlife here may be plentiful, but it doesn't even come close to what you'll see on South Georgia, where the beaches are filled with seals, penguins, and other seabirds.

Our itinerary is not set in stone when we head for Antarctica. This gives us the freedom to provide you the best experience according to the elements, as we consider local wind and sea ice conditions.

With more than 20 possible landing places, there is always plenty to choose from.

A world of ice and wonder

You'll spend five days exploring the unique world of Antarctica. Its icescapes and wildlife change throughout its summer season. There's more snow during the late austral spring month of November, when penguins begin courting and nesting. And whales are rarely seen until December and January. That's also when the first penguin chicks hatch. February and March are peak whale-watching months and also when adorable penguin chicks start waddling around.

All season long, you can join the Expedition Team for lectures, landings, ice cruises, and optional activities.



Above:
Neko Harbor.
Right: King
penguins at
Fortuna Bay,
South Georgia.



© KARSTEN BIDSTRUP



ITINERARY

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

Price from \$22,234 USD
 per person, double occupancy
 Booking code: FRANT2318

For all pricing, optional activities/ excursions, and inclusions, visit us online at **HURTIGRUTEN.COM**

Please note that all itineraries and planned landings are subject to weather conditions and may change.



INCLUDED ACTIVITIES

- Lecture program
- Nature landings
- Expedition boat cruising
- Science activities
- Art activities
- Photo lectures
- Birdwatching
- Town walks

Activities are subject to change.

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18 days **MS Roald Amundsen**

3 departures: January 7, 23, and
February 8, 2024

ANTARCTIC CIRCLE EXPEDITION

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

Start and end in Buenos Aires

The Argentinian capital is the birthplace of tango and a global hub of culture and cuisine. After an exciting first night here, you'll head to Ushuaia to board your expedition ship and continue your journey south.

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

Antarctica: a world of pure amazement

Get ready for 10 full days in Antarctica, where immense icebergs and whales breaching will leave you awestruck. You'll spot species upon species of seabirds and have your heart warmed watching parent penguins care for 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, where we hope to visit remote research stations.

Join the Expedition Team in lectures, on ice cruises, and on landings all along the way.





© KARSTEN BIDSTRUP

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



INCLUDED ACTIVITIES

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

Activities are subject to change.

© GARY COVILLY

ITINERARY

Day 1: Buenos Aires

Day 2: Buenos Aires/Ushuaia

Days 3-4: At sea

Days 5-15: Antarctica

Days 16-17: At sea

Day 18: Ushuaia/Buenos Aires

Price from **\$17,256 USD**
per person, double occupancy
Booking code: AMANT2319

For all pricing, optional activities/
excursions, and inclusions,
visit us online at

HURTIGRUTEN.COM

Please note that all itineraries and
planned landings are subject to weather
conditions and may change.

12 days MS Fridtjof Nansen

11 departures: November 12, 22, and December 2, 12, 22, 2023;
January 1, 11, February 6, 16, 26, and March 7, 2024

HIGHLIGHTS OF ANTARCTICA

The focus of this expedition is on exploring Antarctica's icy wilderness during its late spring and summer seasons, seeing its stunning landscapes and observing some of its heartwarming wildlife.

Buenos Aires, Ushuaia, and the Drake Passage

After a night in vibrant Buenos Aires, you'll fly to Ushuaia and embark on hybrid electric-powered MS Fridtjof Nansen.

Then we'll sail south and cross the Drake Passage to Antarctica. In this part of the world, sea ice, wind, waves, and weather conditions are hard to predict. That's why we adapt to the elements and change our plans as we go, giving you the best possible experience for the conditions at the time.

A whole new world

The icescapes and wildlife of Antarctica change with the seasons. Late austral spring in November means more

snow and pristine landscapes, though seeing whales at this time is relatively rare. Penguins court and nest during late austral spring, with eggs hatching into cute bundles of feathers by December and January. February and March are peak whale-watching months, when huge amounts of krill lure the whales into the area.

No matter when you visit, the Expedition Team will be enhancing your experience by sharing their extensive knowledge of the history, wildlife, and science of the area. Join them in included activities and optional activities to really discover the secrets and magic of the seventh continent.

Above:
Humpback whale,
Wilhelmina Bay.
Right: Expedition
boat cruising,
Wilhelmina Bay.





INCLUDED ACTIVITIES

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

Activities are subject to change.

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© KARSTEN BIDSTRUP



ITINERARY

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

Price from **\$12,240 USD**
 per person, double occupancy
 Booking code: FNANT2314

For all pricing, optional activities/
 excursions, and inclusions,
 visit us online at

HURTIGRUTEN.COM

Please note that all itineraries and planned
 landings are subject to weather conditions
 and may change.

23 days MS Fram

Departure: March 7, 2024

IN-DEPTH ANTARCTICA & PATAGONIA EXPEDITION

NORTHBOUND

Immerse yourself in the frozen world of the seventh continent and the natural beauty of Chilean fjords in this expedition cruise in late Antarctic summer.

Wonders of Antarctica

Get ready for eight days of beautiful sunsets that bathe the icescapes in wonderful colors. This is also the best season for whale watching, when large numbers and different species come to feed on krill. You'll also see adolescent penguin chicks molting into their adult plumage.

The Expedition Team will guide you on landings, while ice cruising, and on optional excursions, bringing you right up close to Antarctica's scenery and wildlife. Since this is true wilderness, we know local ice and weather conditions will be constantly changing. That's why we regularly adjust our itinerary to bring you the best experience for the specific conditions.

Chilean fjords and Patagonia

After crossing the Drake Passage, we'll arrive at Cape Horn. We'll try to go ashore, conditions permitting.

The beautiful waterways and canals of the Chilean fjords come next. Then, we stop at Puerto Natales, the gateway to Torres del Paine National Park. From there, we continue to sail north to the secluded village of Puerto Edén.

After sailing the fabled waters of Patagonia, the last stop on your cruise will be the colonial city of Castro before ending your cruise in Valparaíso.



Above: Landing
in Antarctica.
Right: Torres
del Paine.



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INCLUDED ACTIVITIES

- Lecture program
- Nature landings
- Expedition boat cruising
- Science activities
- Art activities
- Photo lectures
- Birdwatching
- Town walks

Activities are subject to change.



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ITINERARY

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

Price from **\$17,356 USD**
per person, double occupancy
Booking code: FRANT2319

For all pricing, optional activities/
excursions, and inclusions,
visit us online at
HURTIGRUTEN.COM

Please note that all itineraries and planned
landings are subject to weather conditions
and may change.

19 days MS Fridtjof Nansen

Departure: March 17, 2024

ANTARCTICA & FALKLANDS EXPEDITION

NORTHBOUND

Join us on an expedition in late austral summer to experience unmatched landscapes, unique wildlife, and amazing sunsets while exploring the Great White Continent, the Falkland Islands, and Puerto Madryn.

Wilderness and wildlife

You'll spend five days in Antarctica during the late austral summer. Beautiful sunsets and sunrises paint the ice and snow in shades of gold, orange, and pink, which are further accentuated by blooming snow algae. This is prime whale-watching time and you'll also get to see penguins in their final stage of molting.

The Expedition Team will host lectures and guide landings and sea activities so you can truly discover and experience the seventh continent.

We don't have a set itinerary here, since Antarctica is known for its changing weather and sea ice. Instead, we'll adjust our plans according to the elements to take you to the best available places.

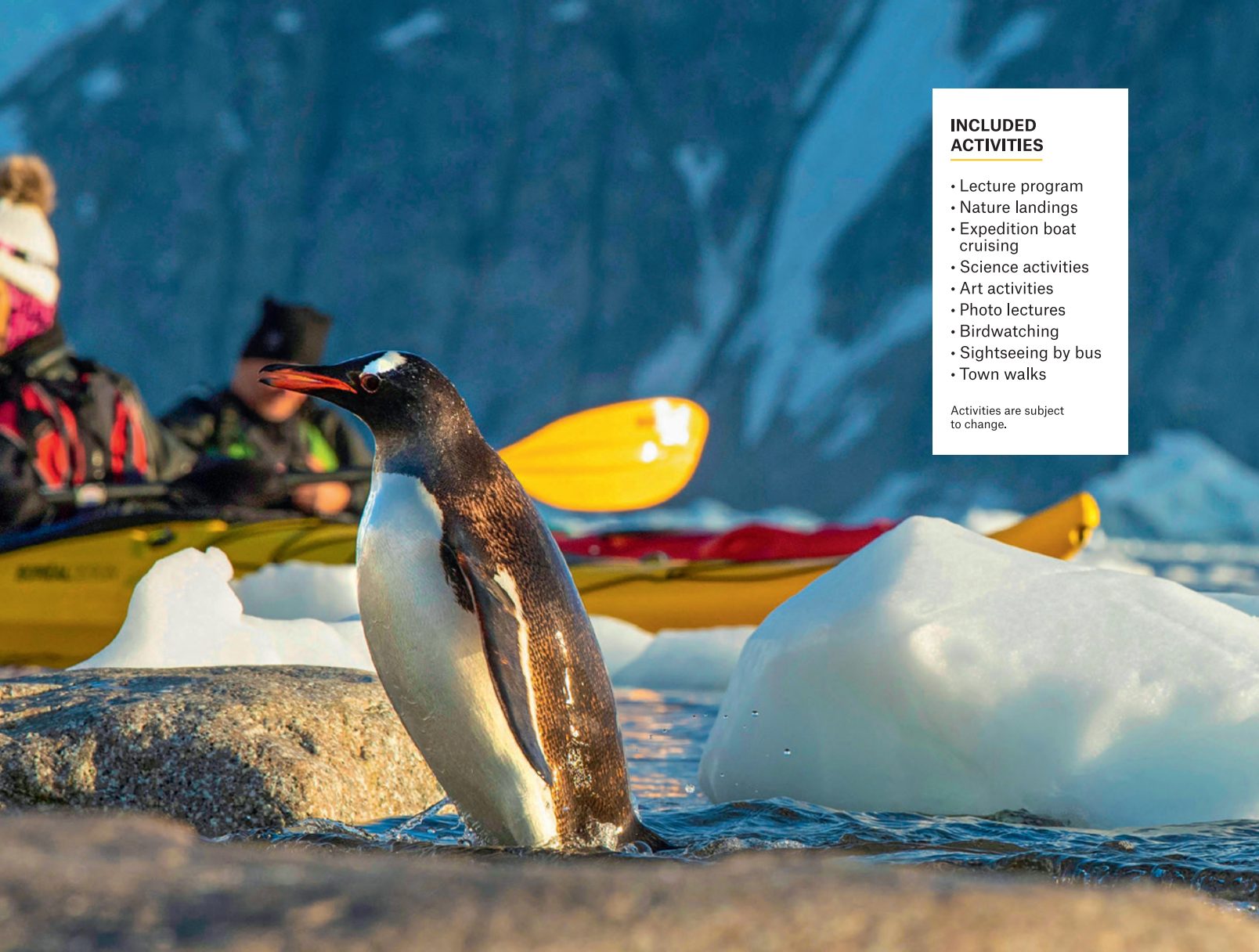
The Falkland Islands and Patagonia

After experiencing Antarctica and returning via the Drake Passage, you'll experience three days in the green and grassy Falklands Islands, a great contrast to the icy wilderness of the Great White Continent! Visit the charming capital city of Stanley, with its red English buses, restaurants, and pubs, and discover the variety of wildlife living on the more remote parts of the islands.

Then we'll reach warm and inviting Puerto Madryn, where we'll discover its beaches and a nearby nature reserve before ending our expedition cruise back in Buenos Aires.

Above: Kayaking in Antarctica.
Right: Birdwatching in the Falkland Islands.





© ROGER BRENDHAGEN

INCLUDED ACTIVITIES

- Lecture program
- Nature landings
- Expedition boat cruising
- Science activities
- Art activities
- Photo lectures
- Birdwatching
- Sightseeing by bus
- Town walks

Activities are subject to change.



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ITINERARY

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

Price from **\$14,317 USD**
per person, double occupancy
Booking code: FNANT2316

For all pricing, optional activities/
excursions, and inclusions,
visit us online at

HURTIGRUTEN.COM

Please note that all itineraries and planned
landings are subject to weather conditions
and may change.

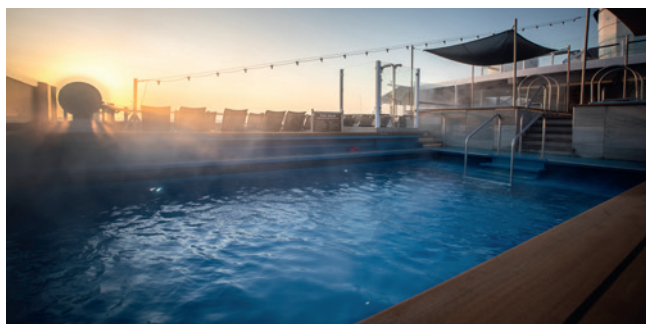




MS Roald Amundsen

The world's first hybrid electric-powered expedition ship is a design masterpiece. Public areas and cabins are comfortable and stylish, making generous use of natural materials, such as granite, oak, birch, and wool. All cabins are outside cabins with a view. Half of all cabins have a private balcony, and aft suites even have a private outdoor hot tub! MS Roald Amundsen was the first ship in our fleet to have both an indoor and an outdoor gym, an outdoor running track, an outdoor infinity pool, and a dedicated Wellness Center. Guests can enjoy delicious food from three different restaurants, relax in the Explorer Lounge & Bar, and learn through lectures in the Science Center, the ship's heart and hub.

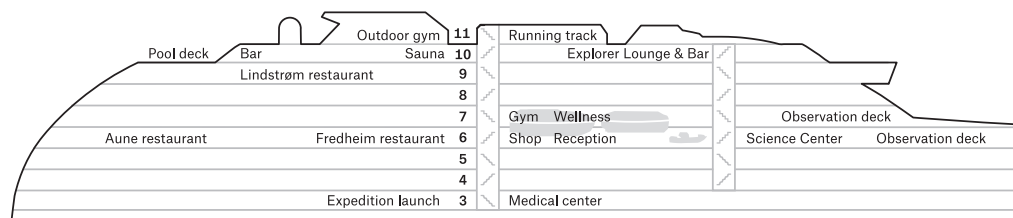
Below: Infinity pool and hot tubs. Right: Polar Outside cabin.



© OSCAR FARRERA



© AGURTXANE CONCELLON



SHIPYARD: Kleven Verft (N)
FLAG: Norway
YEAR OF CONSTRUCTION: 2019
GROSS TONNAGE: 20,889 t
CABINS: 265
OVERALL LENGTH: 459 ft
BEAM: 77.4 ft
SERVICE SPEED: 15 knots

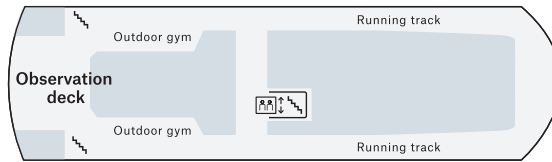
	CATEGORY	DECK	SIZE (ft²)	DESCRIPTION
EXPEDITION SUITES	MA XL suite	8	495-517	Corner suites with balcony, large windows, flexible sleeping arrangements, sofa bed, mini-bar, bathrobe, espresso maker
	MB XL suite	5	474	Aft corner suites with large windows, sofa bed, flexible sleeping arrangements, mini-bar, bathrobe, espresso maker
	MC Corner suite	7, 8, 9	215-323	Aft corner suites with balcony and hot tub, large windows, flexible sleeping arrangements, some with sofa bed, mini-bar, bathrobe, espresso maker
	MD L suite	7	377	Corner suite with balcony, flexible sleeping arrangements, sofa bed, mini-bar, bathrobe, espresso maker
	ME Suite	8, 9	215-323	Suites with balcony, flexible sleeping arrangements, some with sofa bed, mini-bar, bathrobe, espresso maker
	MF Suite	7	377	Corner suite, large windows, flexible sleeping arrangements, mini-bar, bathrobe, espresso maker
ARCTIC SUPERIOR	XT Outside cabin	7, 8	161-205	Balcony, queen bed or flexible sleeping arrangements, some with sofa bed
	XTD Outside cabin	7, 8	161-205	Balcony, queen bed, some with sofa bed
	XTJ Outside cabin	7	194	Balcony, queen bed or flexible sleeping arrangements, some with sofa bed, partly obstructed view
	XY Outside cabin	7	205	Wide balcony, queen bed, accessible to guests with limited mobility
	TT Outside cabin	4, 5	291	Flexible sleeping arrangements, sofa bed
	TY Outside cabin	5	258-280	Flexible sleeping arrangements
POLAR OUTSIDE	RR Outside cabin	4, 5	205-248	Flexible sleeping arrangements, some with sofa bed

All cabins have a TV, coffee- and tea-making provisions, and a bathroom with a shower. Cabins MD-701, XY-719, XY-726, TY-533, and TY-540 are accessible to guests with limited mobility. These cabins may also be available for general booking.

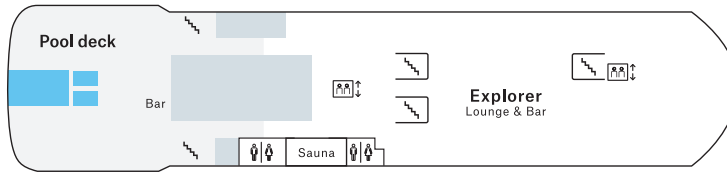
Please note: Cabins with flexible sleeping arrangements have a queen bed by default however, twin beds can be requested at the time of booking. Subject to change.

Deck

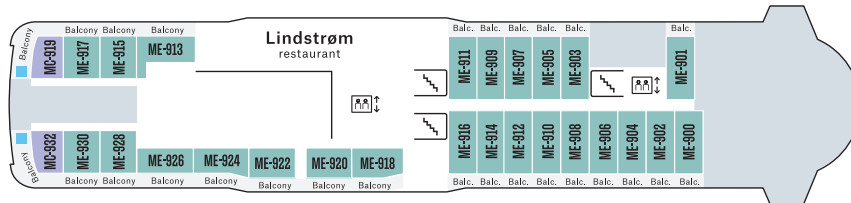
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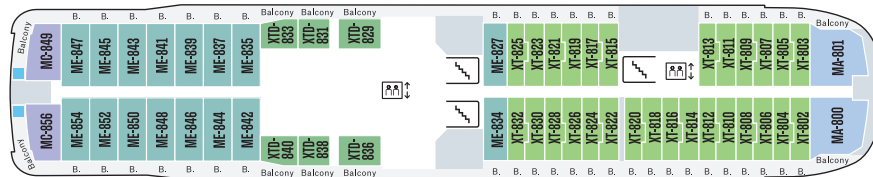
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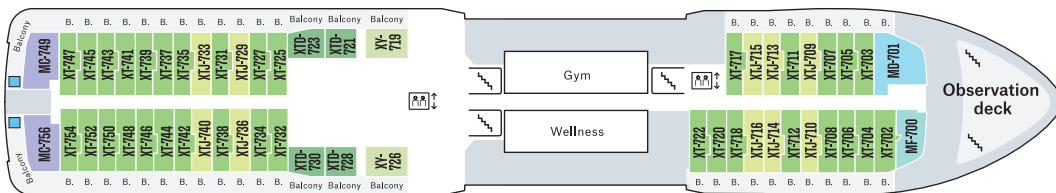
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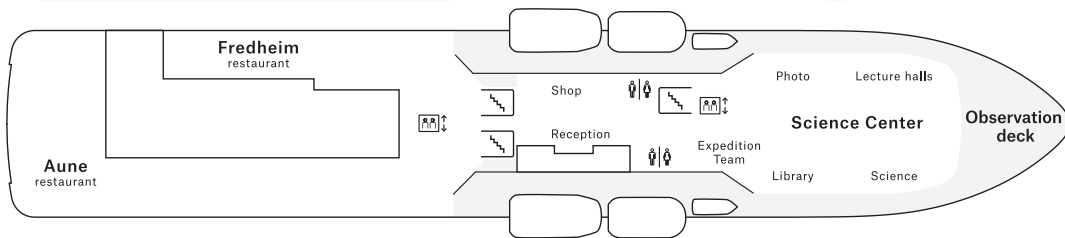
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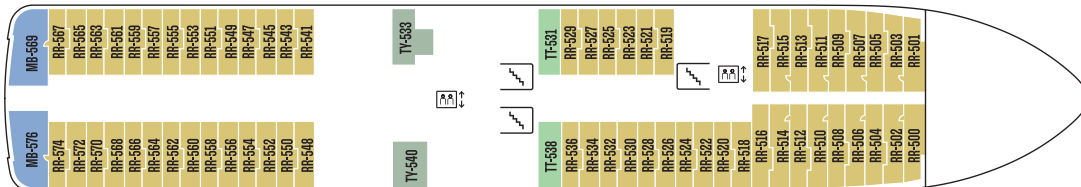
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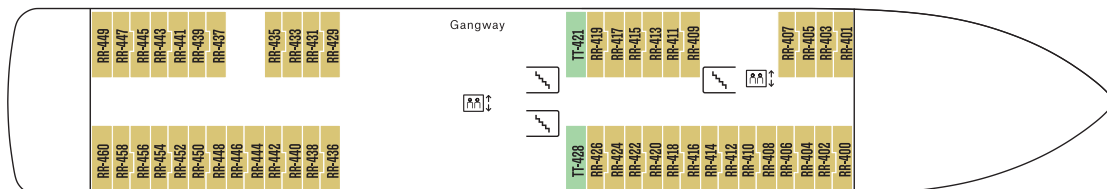
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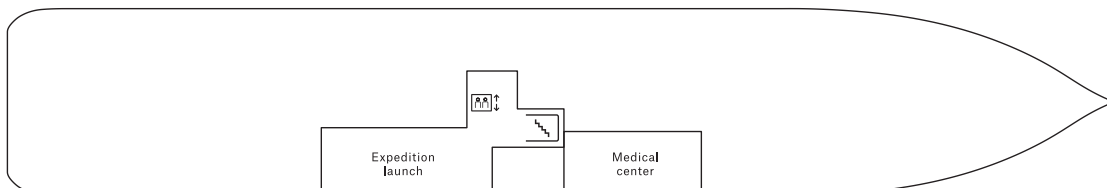
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4



3



 Indoor area  Outdoor area

MS Fridtjof Nansen

MS Fridtjof Nansen is our newest expedition ship and an advanced hybrid electric-powered base camp at sea, complete with a high-tech Science Center. She has an indoor and an outdoor gym—including an outdoor running track—to keep her guests active. And then guests can unwind in an outdoor infinity pool, in one of the hot tubs on deck, in a sauna with a view, or with a spa treatment in the Wellness Center. Guests can 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, cozy and modern. Each cabin has a window with an outside view. Half of all cabins feature private balconies, while aft suites even have a private outdoor hot tub!



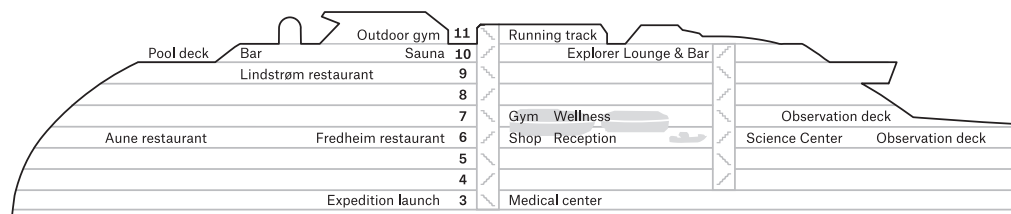
The most sustainable cruise ship in the world

Stern awarded the hybrid battery-powered MS Fridtjof Nansen as the safest and most sustainable cruise ship in the world in 2021.



Expedition suite

© AGURTXANE CONCESSION



SHIPYARD: Kleven Verft (N)

FLAG: Norway

YEAR OF CONSTRUCTION: 2020

GROSS TONNAGE: 20,889 t

CABINS: 265

OVERALL LENGTH: 459 ft

BEAM: 77.4 ft

SERVICE SPEED: 15 knots

	CATEGORY	DECK	SIZE (ft²)	DESCRIPTION
EXPEDITION SUITES	MA XL suite	8	495-517	Corner suites with balcony, large windows, flexible sleeping arrangements, sofa bed, mini-bar, bathrobe, espresso maker
	MB XL suite	5	474	Aft corner suites, large windows, flexible sleeping arrangements, sofa bed, mini-bar, bathrobe, espresso maker
	MC Corner suite	7, 8, 9	215-323	Aft corner suites with balcony, hot tub, large windows, flexible sleeping arrangements, some with sofa bed, mini-bar, bathrobe, espresso maker
	MD L suite	7	377	Corner suite with balcony, flexible sleeping arrangements, sofa bed, mini-bar, bathrobe, espresso maker, accessible for guests with limited mobility
	ME Suite	8, 9	215-301	Suites with balcony, flexible sleeping arrangements, some with sofa bed, mini-bar, bathrobe, espresso maker
	MF Suite	7	237	Corner suite, large windows, flexible sleeping arrangements, mini-bar, bathrobe, espresso maker
ARCTIC SUPERIOR	XT Outside cabin	7, 8	161-205	Balcony, flexible sleeping arrangements, some with sofa bed
	XTD Outside cabin	7, 8	161-205	Balcony, some with sofa bed
	XTJ Outside cabin	7	194	Balcony, flexible sleeping arrangements, some with sofa bed, partly obstructed view
	XY Outside cabin	7	205	Wide balcony, queen bed, accessible to guests with limited mobility
	TT Outside cabin	4, 5	291	Flexible sleeping arrangements, sofa bed
POLAR OUTSIDE	TY Outside cabin	5	258-280	Flexible sleeping arrangements
	RR Outside cabin	4, 5	205-248	Flexible sleeping arrangements, some with sofa bed

All cabins have a TV, coffee- and tea-making provisions, and a bathroom with a shower. Cabins MD-701, XY-719, XY-726, TY-533, and TY-540 are accessible to guests with limited mobility. These cabins may also be available for general booking.

Please note: Cabins with flexible sleeping arrangements have a queen bed as a standard, however, twin beds can be requested at the time of booking. Subject to change.

11



MS Fram

MS Fram is a fan favorite in our fleet and received a full renovation in 2022. This small and maneuverable vessel offers Hurtigruten's distinctive small-ship expedition experience and provides access to a greater range of potential landing sites. Spacious outside decks get you closer to nature and wildlife, while the Science Center always offers something of interest. Work out in the gym and enjoy the laid-back atmosphere of the Explorer Lounge & Bar. Then relax in the sauna with a view or a hot tub. Art by Arctic artists decorates the comfortable cabins and suites.

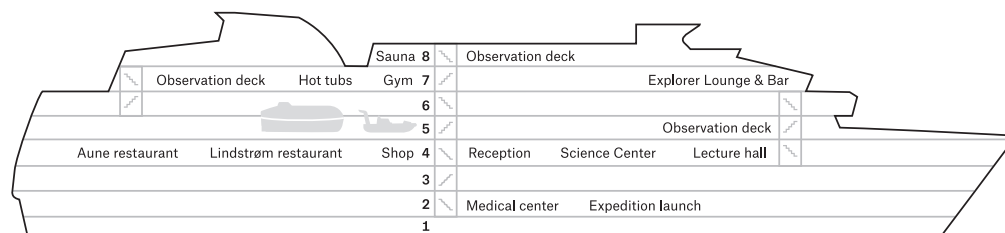


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Below: Explorer Lounge & Bar. Top: Polar Outside cabin.



© HURTIGRUTEN



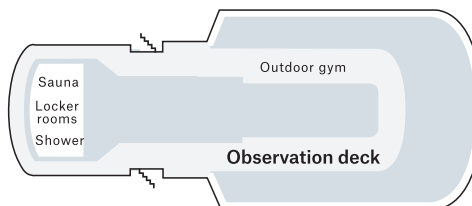
SHIPYARD: Fincantieri (I)
FLAG: Norway
YEAR OF CONSTRUCTION: 2007
 (renovated in 2022)
GROSS TONNAGE: 11,647
CABINS: 125
OVERALL LENGTH: 374 ft
BEAM: 66.3 ft
SERVICE SPEED: 13 knots

	CATEGORY		DECK	SIZE (ft²)	DESCRIPTION
EXPEDITION SUITES	MG	Grand suite	5, 6	258-377	One- or two-room suites with balcony, flexible sleeping arrangements, seating area, mini-bar, espresso maker
	Q	Mini suite	5, 6	172-215	One-room suites, flexible sleeping arrangements, seating area, mini-bar, espresso maker
ARCTIC SUPERIOR	F	Outside cabin	3, 5	183-248	Flexible sleeping arrangements, seating area
	U	Outside cabin	5, 6	118	Flexible sleeping arrangements
POLAR OUTSIDE	N	Outside cabin	3	118-140	Flexible sleeping arrangements
	SD	Outside cabin	3	194	Flexible sleeping arrangements, accessible for guests with limited mobility
	FJ	Outside cabin	5	226	Flexible sleeping arrangements, seating area, limited or no view
POLAR INSIDE	I	Inside cabin	5, 6	118-140	Flexible sleeping arrangements

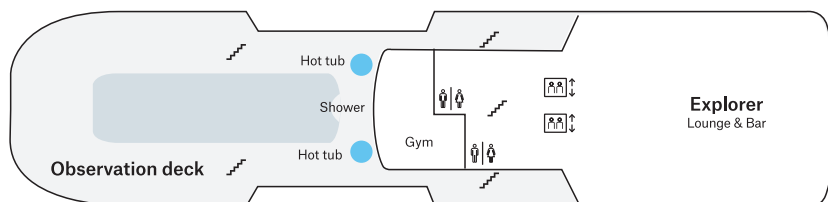
All cabins have a TV, coffee- and tea-making provisions, and a bathroom with a shower. Cabins SD-342 and SD-346 are accessible to guests with limited mobility. These cabins may also be available for general booking.
 Please note: Cabins with flexible sleeping arrangements have a queen bed as standard, however, twin beds can be requested at the time of booking.
 Subject to change.

Deck

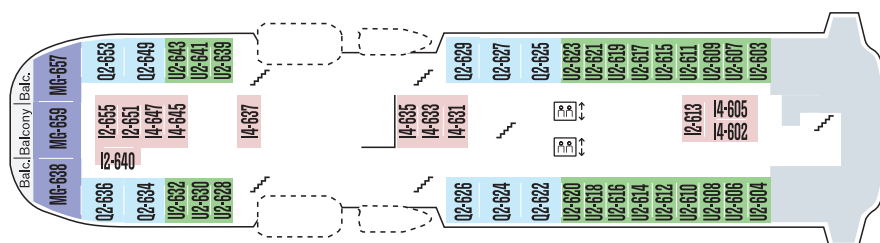
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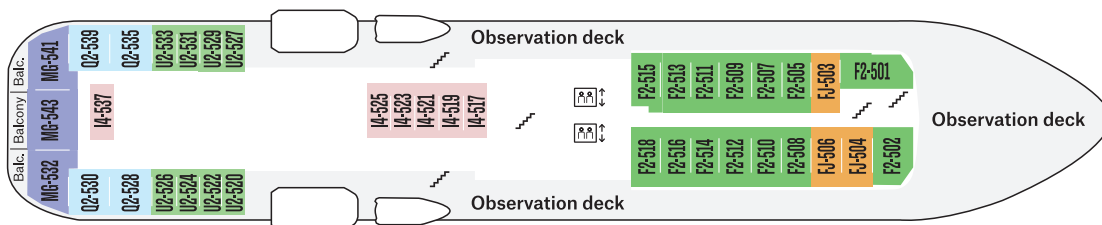
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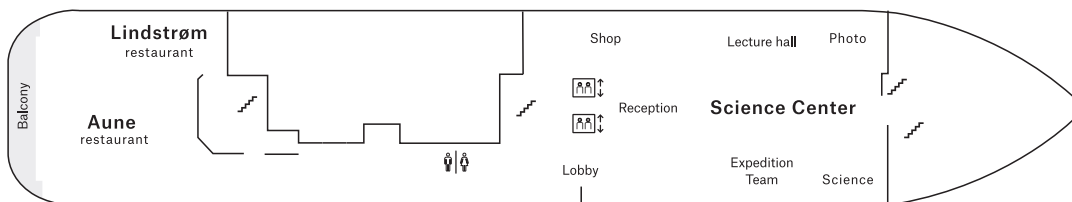
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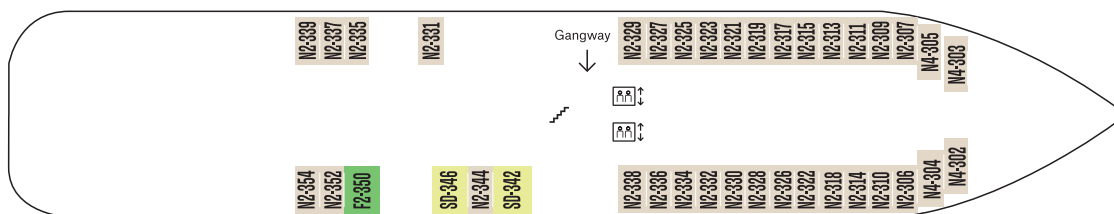
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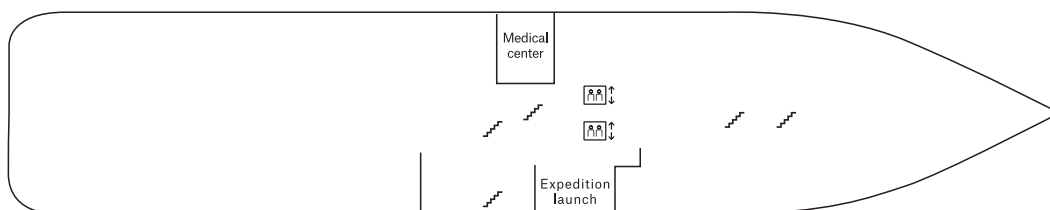
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3



2



Indoor area Outdoor area



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