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HIGHLIGHTS OF ANTARCTICA EXPEDITION

Breathtaking icescapes

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

Antarctic wildlife

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



ITINERARY

DAY 1 The beat of Buenos Aires

Feel the rhythm of bustling Buenos Aires

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

Home to a proud and diverse community of porteños, or 'people of the port', this city is a sensuous fusion of faded European splendour and Latin American panache.

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There are plenty of places to explore, including many parrillas serving authentic Argentine steak. Or maybe you'd like to practise your dance moves in the famous hometown of the tango.

Why not consider arriving a few days early to see all this vibrant city has to offer with our optional Pre-Programme.

DAY 2 Early start in Ushuaia

Setting off at the bottom of the world

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

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

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

DAY 3-4 Get set for Antarctica

Cross the Drake Passage

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

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

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

DAY 5-9 Antarctica: another world

Experience Antarctica in all its natural majesty

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

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

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

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

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

DAY 10-11 Returning to warmer waters

Heading back north across the Drake Passage

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

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

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

DAY 12 Ushuaia and Buenos Aires

From Ushuaia to Buenos Aires

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

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

Please Note:

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



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YOUR SHIP: FRIDTJOF NANSEN

YOUR SHIP: **Fridtjof Nansen**

VESSEL TYPE: **Expedition**

LENGTH: **140 m**

PASSENGER CAPACITY: **530**

BUILT/REFURBISHED: **2020**

experts. With daily excursions, state-of-the-art safety and sustainability features, and inclusive offerings covering meals, drinks, and activities, MS Fridtjof Nansen delivers a high-comfort, immersive expedition experience across some of the world's most spectacular destinations.



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MS Fridtjof Nansen, launched in 2020 and built by Kleven Yards in Norway, is a next-generation expedition ship designed for polar exploration. Accommodating 490 guests, the 140-metre vessel combines robust expedition capabilities with luxury, featuring Scandinavian-inspired interiors with natural materials like oak, birch, granite, and wool. All cabins are outside-facing, with 50% offering private balconies and select aft suites including outdoor hot tubs. Guests can choose from a range of accommodation types, from Arctic Superior and Polar Outside cabins to spacious Expedition and corner suites, many with private balconies, hot tubs, and seating areas. Each suite is equipped with ensuite bathrooms, toiletries, TVs, safes, coffee and tea facilities, and turn-down service, ensuring comfort and convenience during the voyage.

The ship offers extensive amenities, including three restaurants serving Nordic-inspired and international cuisine, a pool bar, and a takeaway service. Public areas feature the Explorer Lounge & Bar, a gym and wellness center with spa treatments, and aft hot tubs and an infinity pool. The onboard Science Center provides interactive educational experiences, lectures, and workshops led by a hand-picked Expedition Team of

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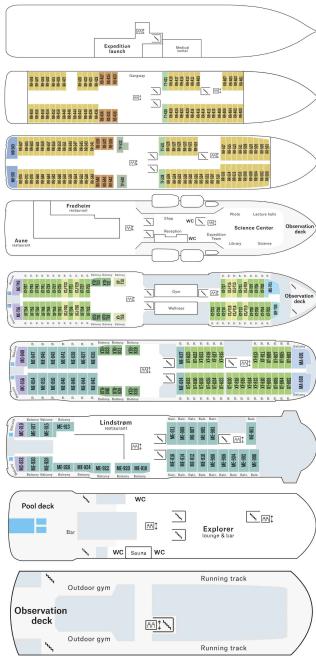
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INSIDE YOUR SHIP



Arctic Superior. From



Expedition Suite. From



Polar Outside. From



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PRICING

06-Mar-2026 to 17-Mar-2026

Polar Outside. From	14942 AUD pp
Arctic Superior. From	16313 AUD pp
Expedition Suite. From	20923 AUD pp

29-Nov-2026 to 10-Dec-2026

Polar Outside. From	13293 AUD pp
Arctic Superior. From	14755 AUD pp
Expedition Suite. From	19673 AUD pp

09-Mar-2026 to 20-Mar-2026

Polar Outside. From	14564 AUD pp
Arctic Superior. From	15893 AUD pp
Expedition Suite. From	20363 AUD pp

09-Dec-2026 to 20-Dec-2026

Polar Outside. From	17504 AUD pp
Arctic Superior. From	19130 AUD pp
Expedition Suite. From	24599 AUD pp

16-Mar-2026 to 27-Mar-2026

Polar Outside. From	14564 AUD pp
Arctic Superior. From	15893 AUD pp
Expedition Suite. From	20363 AUD pp

19-Dec-2026 to 30-Dec-2026

Polar Outside. From	18495 AUD pp
Arctic Superior. From	20231 AUD pp
Expedition Suite. From	26066 AUD pp

30-Oct-2026 to 10-Nov-2026

Polar Outside. From	16677 AUD pp
Arctic Superior. From	18213 AUD pp
Expedition Suite. From	23794 AUD pp

29-Dec-2026 to 09-Jan-2027

Polar Outside. From	19157 AUD pp
Arctic Superior. From	20964 AUD pp
Expedition Suite. From	27044 AUD pp

09-Nov-2026 to 20-Nov-2026

Polar Outside. From	17008 AUD pp
Arctic Superior. From	18580 AUD pp
Expedition Suite. From	23864 AUD pp

08-Jan-2027 to 19-Jan-2027

Polar Outside. From	18496 AUD pp
Arctic Superior. From	20231 AUD pp
Expedition Suite. From	26066 AUD pp

19-Nov-2026 to 30-Nov-2026

Polar Outside. From	13293 AUD pp
Arctic Superior. From	14755 AUD pp
Expedition Suite. From	19673 AUD pp

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Polar Outside. From	14184 AUD pp
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29-Jan-2027 to 09-Feb-2027

Polar Outside. From	14779 AUD pp
Arctic Superior. From	16404 AUD pp
Expedition Suite. From	21872 AUD pp

22-Nov-2027 to 03-Dec-2027

Polar Outside. From	13681 AUD pp
Arctic Superior. From	15186 AUD pp
Expedition Suite. From	20248 AUD pp

08-Feb-2027 to 19-Feb-2027

Polar Outside. From	14779 AUD pp
Arctic Superior. From	16404 AUD pp
Expedition Suite. From	21872 AUD pp

16-Dec-2027 to 27-Dec-2027

Polar Outside. From	14705 AUD pp
Arctic Superior. From	16323 AUD pp
Expedition Suite. From	21764 AUD pp

27-Feb-2027 to 10-Mar-2027

Polar Outside. From	17835 AUD pp
Arctic Superior. From	19497 AUD pp
Expedition Suite. From	25088 AUD pp

02-Jan-2028 to 13-Jan-2028

Polar Outside. From	14851 AUD pp
Arctic Superior. From	16485 AUD pp
Expedition Suite. From	21980 AUD pp

09-Mar-2027 to 20-Mar-2027

Polar Outside. From	16678 AUD pp
Arctic Superior. From	18213 AUD pp
Expedition Suite. From	23375 AUD pp

09-Jan-2028 to 20-Jan-2028

Polar Outside. From	14705 AUD pp
Arctic Superior. From	16323 AUD pp
Expedition Suite. From	21764 AUD pp

29-Oct-2027 to 09-Nov-2027

Polar Outside. From	12950 AUD pp
Arctic Superior. From	14375 AUD pp
Expedition Suite. From	19167 AUD pp

12-Jan-2028 to 23-Jan-2028

Polar Outside. From	15436 AUD pp
Arctic Superior. From	17134 AUD pp
Expedition Suite. From	22845 AUD pp

11-Nov-2027 to 22-Nov-2027

Polar Outside. From	13389 AUD pp
Arctic Superior. From	14862 AUD pp
Expedition Suite. From	19816 AUD pp

19-Jan-2028 to 30-Jan-2028

Polar Outside. From	15290 AUD pp
Arctic Superior. From	16972 AUD pp
Expedition Suite. From	22629 AUD pp

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22-Jan-2028 to 02-Feb-2028

Polar Outside. From	15436 AUD pp
Arctic Superior. From	17134 AUD pp
Expedition Suite. From	22845 AUD pp

21-Mar-2028 to 01-Apr-2028

Polar Outside. From	12658 AUD pp
Arctic Superior. From	14050 AUD pp
Expedition Suite. From	18733 AUD pp

01-Feb-2028 to 12-Feb-2028

Polar Outside. From	15436 AUD pp
Arctic Superior. From	17134 AUD pp
Expedition Suite. From	22845 AUD pp

Optional extras & upgrades

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

25-Feb-2028 to 07-Mar-2028

Polar Outside. From	14267 AUD pp
Arctic Superior. From	15836 AUD pp
Expedition Suite. From	21115 AUD pp

26-Feb-2028 to 08-Mar-2028

Polar Outside. From	13974 AUD pp
Arctic Superior. From	15511 AUD pp
Expedition Suite. From	20681 AUD pp

06-Mar-2028 to 17-Mar-2028

Polar Outside. From	13096 AUD pp
Arctic Superior. From	14537 AUD pp
Expedition Suite. From	19383 AUD pp

16-Mar-2028 to 27-Mar-2028

Polar Outside. From	12658 AUD pp
Arctic Superior. From	14050 AUD pp
Expedition Suite. From	18733 AUD pp