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ANTARCTICA & FALKLANDS SMALL SHIP EXPEDITION CRUISE

The remote Falkland Islands

Set sail from Buenos Aires and explore the rolling green hills and white sands of the picturesque Falklands archipelago. A warm welcome awaits you in the capital Stanley and you'll visit the albatross, penguin and seal colonies that thrive on these remote shores.

The frozen continent

Continuing through iceberg-filled waters, we'll head towards the ethereal splendour of Antarctica, spotting penguins, seals and whales along the way. During our six days in this pristine wilderness, our route will be guided by nature, and each sunrise will offer something different and thrilling, including kayaking, ice-cruising, hiking and more.



ITINERARY

Day 1 City of many passions

Feel the rhythm of bustling Buenos Aires

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

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

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

Why not consider arriving a few days early to see all this vibrant city has to offer.

Day 2 Setting sail from Ushuaia

Flying south to Ushuaia where you'll board your ship

Your adventure begins with an early morning flight to Ushuaia, where you'll meet your 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 settle into your cabin and explore the comforts and amenities on board.

Day 3-4 Get set for Antarctica

Centre on science and learning before your Antarctic adventure

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 cruise.

Visit the onboard Science Centre 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 quite prepares you for it. 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.

In the Antarctic summer, that might be penguins tending to their chicks; cormorants, sheathbills and petrels wheeling through the skies; or even orcas or humpback whales feeding on the krill-rich waters. Antarctica is simply a place where nature is king and the rest of us are mere observers.

You'll spend an exciting five days busily exploring several of the possible landing sites. Wherever we go and whatever we do, each day will offer something different and thrilling.

You'll join the Expedition Team on landings and ice cruises. You can take part in activities such as kayaking, snowshoeing and hiking, and may even get the chance to go camping overnight. Back on board, the Expedition Team will continue their lectures, helping you grow in your insights of the frozen continent.

Day 10-11 The Drake Passage

Discover more about the Falkland Islands

As you savour your Antarctic experiences, prepare for more adventures ahead as we cruise towards the Falkland Islands. Your Expedition Team will brief you about the history and biology of the islands. In the Science Centre, you can look through the microscope at the tiny krill and phytoplankton that sustains

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so much of the region's wildlife.

Get tips from our professional photographer to improve your images or join workshops on wildlife painting and nautical knots. You can also book a spa treatment, visit the gym, and enjoy the locally sourced, regionally inspired dishes in our restaurants.

Day 12-14 Wildlife of the Falklands

Enjoy birding and hiking in these green islands

The Falkland archipelago is filled with seamless horizons and white sands teeming with birdlife. Only the occasional farm dots the landscape. You'll find grassy hills and wildflowers, in contrast to the vast whiteness of Antarctica. You'll also enjoy a community walk of Stanley, taking in the Jubilee Villas gardens, Christ Church Cathedral and the Historic Dockyard Museum.

Our landings, hikes and excursions are, as always, guided by the conditions. We hope to visit albatross and penguin colonies, which are often found sharing space with seals, and getting as close as we can without disturbing them.

Day 15 Out last day at sea

A relaxing day at sea with time to reflect

Your expedition cruise, taking in the wonders of Antarctica and the wildlife of the Falkland Islands nears its end. As we sail the final leg to Ushuaia, enjoy your final day at sea.

Join the Expedition Team in the Science Centre to examine special interests in more depth. Enlist the help of the Expedition Team to help identify species captured in your photos or simply relax on deck, recalling the highlights of your memorable adventure. End the day in the Explorer Lounge & Bar with the new friends you've made on your trip, sharing experiences over a relaxing drink.

Day 16 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 popular, optional Post-Programme before heading home.

Please note:

Itineraries are subject to change.



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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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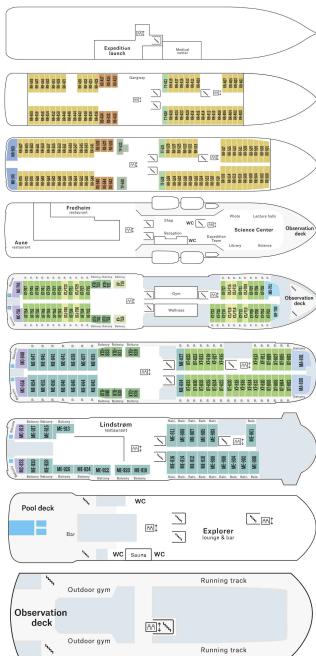
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INSIDE YOUR SHIP



Arctic Superior. From



Expedition Suite. From



Polar Outside. From



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PRICING

28-Nov-2026 to 15-Dec-2026

Polar Outside. From	20975 AUD pp
Arctic Superior. From	22983 AUD pp
Expedition Suite. From	29736 AUD pp

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Optional extras & upgrades

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