

EXPEDITION CRUISES






ANTARCTICA

The Seventh Continent



© STEFAN DALL



 More Antarctica

It doesn't get cooler than this





Antarctica is a land of superlatives: It's the 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 seventh continent as "mythic", "otherworldly", and "like a fairy tale". Antarctica is like nowhere else on Earth.

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 the vast landscapes, 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 when during the Antarctic summer you visit, you'll witness penguins' 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, small-boat (RIB) cruises, and on 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. We've sailed these polar waters for over 20 years, and thankful for the privilege to help our guests actively explore these amazing land- and seascapes.

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'll 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-classed expedition ships using state-of-the-art hybrid electric-power, giving us the lowest possible carbon footprint of all expedition cruises to Antarctica. We've also sailed these polar waters for over 20 years.

Antarctica

October 2022 – March 2023

South Shetland Islands

There are a total of sixteen 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, and 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 place to admire the astounding icebergs and snow-covered mountains.

ANTARCTIC PENINSULA

Bransfield Strait

Weddell Sea

66° 33' S Antarctic Circle

Marguerite Bay

FALKLAND ISLANDS

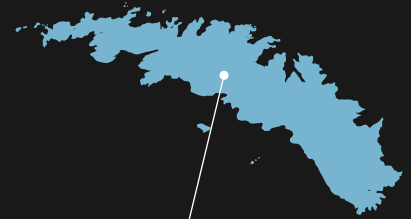


Atlantic Ocean

Falkland Islands

The scenery varies widely across these 778 islands. You have the charming capital 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, including the King Penguin, which you may have an opportunity to see here.

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'. We'll visit an enormous King Penguin colony here and admire this amazing species, which is not found on the mainland.

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.

Antarctic Sound

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

Southern Ocean

Acknowledged by scientists, but not officially named as such, the National Geographic Society announced on World Oceans Day, in 2021, that it would now designate the Southern Ocean on its maps. Dr. Verena Meraldi, Hurtigruten's Chief Scientist, says this:

"Recognizing the Southern Ocean as an independent entity, and understanding the role it plays in global circulation, is one huge step towards the increased development of scientific research projects and conservation of all species that call this ocean home."



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



THE EXPEDITION CRUISE FLEET

MS Fridtjof Nansen

14 departures:
October 2022 –
March 2023

MS Roald Amundsen

11 departures:
October 2022 –
March 2023

MS Fram

8 departures:
October 2022 –
March 2023



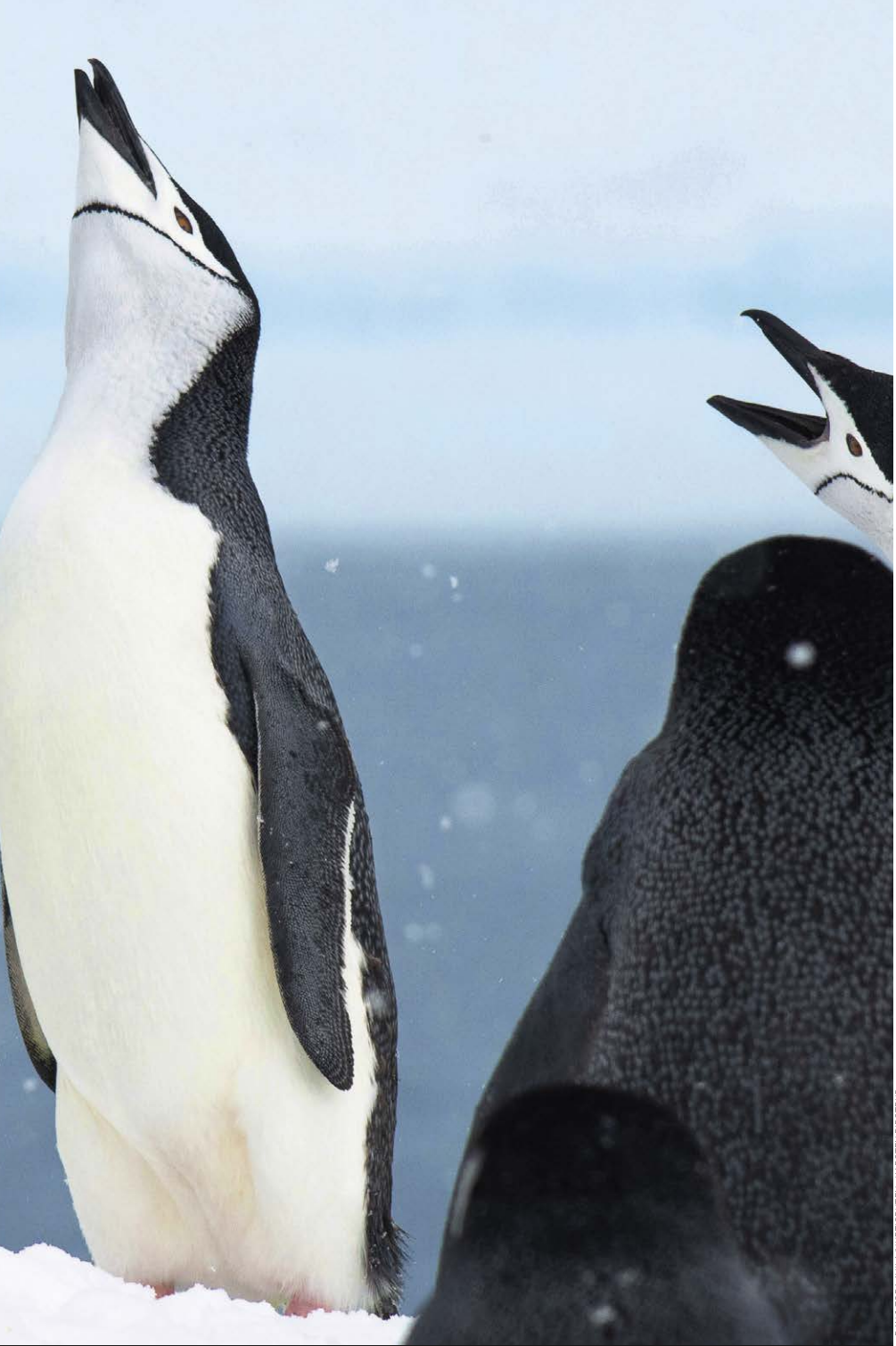
Wildlife on ice

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. Few animals will



It's all in the ears – There are two natural groups of seals: true seals and fur seals. True seals, such as sea lions, have no outer ears and can't 'walk' on land, needing to use their short front flippers and wriggling on their bellies. Fur seals can 'walk' using their muscular tail and flippers. Fur seals are smaller than true seals, with adult females weighing only about 330 pounds. But true seals can be massive. A male elephant seal can weigh over four tons!



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 armor for these warm-blooded penguins need to not only to survive, but also thrive, in the coldest place on Earth.



Deep breaths – Whales are not fish. They belong to the mammal species known as cetaceans: a whale, dolphin, or porpoise. 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. Even with an abundance of food triggered by the Antarctic summer's 24-hours-a-day sunlight, whales never forget to take a break from their around-the-clock feeding frenzy to surface and breathe.

capture your heart like the Weddell seal, with its bulbous body and head; short snout; and deep, expressive, soulful eyes. Multiply that cuteness factor by ten if it's a Weddell seal pup!

Birds up high, giants below

The Southern Ocean is a feeding ground for several whale species: blue, fin, humpback, minke, southern right, and sperm whales, as well

as the orca. 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 albatross, petrels, cormorants, fulmars, gulls, terns, and skuas, among others.

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

ACTIVE ADVENTURES IN ANTARCTICA



Landings

Whenever weather and sea conditions allow, we'll attempt landings using our small boats (RIBs). Sites might include scenic harbors, ruins from the whaling era, or penguin rookeries. Once ashore, the Expedition Team members will guide you on where to go and what you'll see. You'll be free to walk around on your own, but you must keep a safe distance from any wildlife you encounter.



Kayaking*

Paddle quietly through Antarctic waters and admire the sight of glaciers, icebergs, and snow-covered mountains. You might even meet seals, birds, penguins, and perhaps even whales along the way.

* Please note that these are optional activities subject to additional cost.

Polar plunge

The bravest on board can choose to literally dive into Antarctic waters at the end of one of the landings. Plunging into the icy-cold water for a few seconds will undoubtedly get your blood pumping! Only a few guests on each expedition meet this challenge. Will you take the plunge?



Hiking*

Join the Expedition Team on handpicked extended hikes, 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 arrive.



Small-boat (RIB) cruising

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

Lectures and Science Center

Your expert Expedition Team will deliver lectures on a range of topics, such as photography and Antarctica's geology, marine biology, history, and ornithology. These lectures and talks will be held in the ship's onboard Science Center, out on deck, ashore during landings, or when cruising in small boats (RIBs). The ship's Science Center is a treasure trove of information on Antarctica and other destinations. Use advanced microscopes to analyze 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 choose to get involved in a variety of Citizen Science projects that document wildlife or other aspects of the environment. Some projects use photos you've taken to add to scientific research around the world. Not only do you engage with nature, but also contribute to important research!



Camping*

Who wouldn't want to spend a magical night ashore on Antarctica? Camping is best experienced with soft snow in Antarctica's late spring and early summer. This is a popular activity and the number of participants is limited. A lottery system usually must be used to decide who gets to go. Feeling lucky?



Snowshoeing*

This activity is only possible when snow conditions are right, usually in Antarctica's late spring and early summer. Equipped with modern snowshoes, you'll easily walk on the soft snow and reach magnificent places and vistas that are difficult to visit by foot.



On-deck guiding

Enjoy amazing views from our observation decks. Our Expedition Team members will enhance your understanding of what you see and deepen your appreciation of these amazing surroundings out on on deck, as well as on landings.

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.

October - November: Late spring/early summer

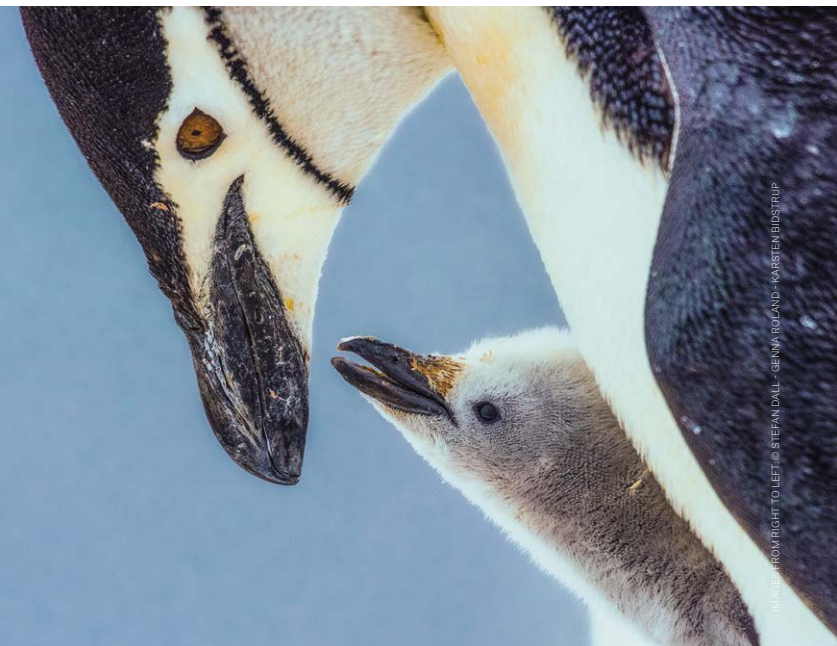
Early summer in Antarctica is the season of love. Penguins and seals will be busily engaged in courtship rituals to attract a mate. Successful penguin couples will then set about building their nest, which become snug homes for their precious eggs by the end of November.

Daytime temperatures range between 20–36°F and the ice floes and icebergs transform into a natural stream of beautiful ice sculptures, still in pristine condition 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.

■ 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



December - January: Mid-summer

Mid-summer in Antarctica means longer days, with up to 20 hours of daylight. Temperatures are also at their highest, between 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 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 nest 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.

February - March: 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 28-36°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.

You'll even see shades of bright pink and green in the water. That's snow algae thriving on the sunshine and adding glorious 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.

The year is 1820 and the race to find the elusive southern continent is on. Who will discover it first? What follows is a story of human endeavor, tenacity, determination, and the will to triumph where others have failed.

DISCOVER with us

Photo: National Library of New Zealand

To tell the whole tale, we need to travel all the way back to Ancient Greece. The Ancient 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', meaning 'opposite Arktos'.

Fast-forward to the age of European exploration of the globe in the 15th century. An imaginary land was widely printed on maps and labeled 'Terra Australis Incognita' (Unknown Southern Land). For a time, the concept of Antarctica was dismissed as fiction, even if it challenged the boldest explorers' imaginations. But sure enough, fantasy would soon become fact.

Crossing the Antarctic 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 less than 80 miles 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 only took 48 years to prove him wrong.

Land sited!

On January 27, 1820, a Russian expedition led by Fabian Gottlieb von Bellingshausen crossed the Antarctic Circle for only the second time in history. The following day, he became the first explorer to ever lay eyes on the unknown continent—an honor denied to him due to an 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 beyond a doubt.

The Heroic Age of Antarctic Exploration

After John Davis set foot on Antarctica, the focus quickly shifted to the inevitable issue of which country and which explorer would claim the enviable glory of reaching the South Pole first. 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 surmount, and the team retreated to 82° 17' South.

Anglo-Irishman Ernest Henry Shackleton had been part of Scott's expedition and barely survived. But, he was determined to try again. In 1908, he pioneered the route up to the Antarctic Plateau—and came within 112 miles of the South Pole—before being forced to return.

The race to the finish line

Two expeditions soon followed in 1910. Norwegian Roald Amundsen led one and Robert Falcon Scott led the other. By this time, Amundsen was a veteran of Arctic expeditions and had been first to traverse the Northwest Passage entirely by ship from 1903 to 1906. This experience proved crucial for him and his team to achieve what others could not.

On December 14, 1911, after 99 days and traveling 1,400 nautical miles, Roald Amundsen raised the Norwegian flag at the South Pole. Robert Falcon Scott arrived 33 days later. Scott's 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.



FINDING THE FABLED FROZEN CONTINENT

Powers for peace

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

The treaty made Antarctica a demilitarized zone free of any military activity to be preserved for scientific research. The treaty was the first arms control agreement established during the Cold War. To this day, Antarctica remains a site for scientific research—and a beacon for particularly adventurous travelers.

Now it's your turn!

Exploration in Antarctica is a story of courage, adventure, and an unwavering desire to venture where few have gone before. Fortunately, getting to Antarctica is a much safer endeavor today! We have explored some of the world's most challenging waters since 1893 and started sailing to Antarctica 20 years ago. Join us on an unforgettable journey to Antarctica, so that you too can be part of the history of the incredible frozen continent.

ANTARKTIS OG SYDISHAVET

AFRIKA

HIDDEN WILDLIFE OF ANTARCTICA

As you explore icy Antarctica, you'll be amazed by its wildlife, which includes millions of penguins and thousands of seals and whales. But there is another intriguing part of Antarctic wildlife: its hidden wildlife.



Humpback whale
Megaptera novaeangliae

DISCOVER with us

Wildlife illustrations: Hallvard Nilsen for Hurtigruten

Wildlife in Antarctica ranges from microscopic phytoplankton and tardigrades (also called 'water bears') to the world's largest animal, the blue whale. Sizes of the other Antarctic inhabitants' range between these two extremes. They include penguins, seals, seabirds, and a few land invertebrates.

But how can the coldest continent on Earth be home to such large number of animals? One of the factors is the 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, 24 hours of daylight during the summer months results in 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 over two inches long. Krill are one of the key species in the Antarctic ecosystem, given their abundance in the Southern Ocean. They

live in large schools, called swarms, and the density of these swarms can be as high as over a million individuals per cubic feet. 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 tons of krill per day. This means that almost all the animals living in Antarctica are able to tap into 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

The Antarctic ecosystem is fascinating because 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 and going all the way up to the whales.





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 that are crucial to the ecosystem, ranging from microscopic phytoplankton to the largest animal in the world: the blue whale.



An Expedition Team member measuring plankton levels in the seawater using a Secchi disk as part of a Citizen Science project.



Getting your hands wet

Measuring plankton levels—and so much more—will be thoroughly explained during the Expedition Team members' onboard lectures. Beyond lectures, the Expedition Team will also engage you in Citizen Science projects, where you'll be able to study the unique Antarctic ecosystem firsthand and contribute to science at the same time by collecting valuable data. We'll board

small boats (RIBs) 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 oceanography tools 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 a microscopic dimension.

Seeing these alien-like creatures and beautiful



geometric shapes will mesmerize you! The Expedition Team will link what you see back to the food chain. You'll soon realize the crucial role phytoplankton plays in maintaining the natural world. Phytoplankton operate in unison, fueling all the life in their environment, not to mention contributing to over 50% of the Earth's oxygen.

As one of our guests said: "Participating in Citizen Science projects allowed me to be more than just a tourist. It also reinforced that the Antarctic plays a crucial role in climate change."

Study Antarctica's unique ecosystem firsthand and collect important data to share with global research institutes.



© AGUIRYANE CONCELLON

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

22 days MS Fram
Departure: October 16, 2022

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 its 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 makes a planned landing tricky, we'll 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 White 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 frozen, 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.





© DAN & ZORA AVILA

INCLUDED ACTIVITIES

- Lecture program
- Nature landings
- Small-boat (RIB) cruising
- Science activities
- Art activities
- Photo lectures
- Birdwatching
- Sightseeing by bus
- Town walks

Activities are subject to change.



Above:
Torres del Paine
Left: Small-boat
(RIB) 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 USD \$15,053
per person, double occupancy
Booking code: FRANT2216

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
and ice conditions and may change.

18 days MS Roald Amundsen/MS Fridtjof Nansen

MS Roald Amundsen departure: October 22, 2022

MS Fridtjof Nansen departure: October 23, 2022

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 we'll sail to rustic and charming Castro. From there, we'll continue to the isolated village of Puerto Edén within Bernardo O'Higgins National Park. Then, we'll go to Puerto Natales, the gateway to Torres del Paine National Park, which you can visit on an optional excursion.

We'll 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 the more than 20 possible landing sites.

We have no fixed itinerary, as the wind, weather, wildlife, and the sea ice calls 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 possible optional activities such as kayaking, snowshoeing, or even camping.



Above: Adélie
Penguins
Right: Patagonia,
Chile



© GETTY - DAVID MERRON

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- Art activities
- Photo lectures
- Birdwatching
- Sightseeing by bus
- Town walks

Activities are subject to change.



© DAN & ZORA AVILA/HURTIGRUTEN



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 **USD \$13,450**
per person, double occupancy
Booking code: AMANT2221/
FNANT2220

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
and ice conditions and may change.

23 days MS Fram

6 departures: November 5, 26, December 17, 2022;
January 7, 28, and February 18, 2023

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 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 are 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 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 BLOSTRUP



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 USD \$19,650
per person, double occupancy
 Booking code: FRANT2217

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 and ice conditions and may change.



INCLUDED ACTIVITIES

- Lecture program
- Nature landings
- Small-boat (RIB) cruising
- Science activities
- Art activities
- Photo lectures
- Birdwatching
- Town walks

Activities are subject to change.

© HURTIGRUTEN

16 days MS Roald Amundsen

5 departures: November 7, 21, December 5, 19, 2022;
and March 11, 2023

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 frozen 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 Great White 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
- Small-boat (RIB) 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 USD \$13,241
per person, double occupancy
Booking code: AMANT222

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
and ice conditions and may change.

12 days MS Fridtjof Nansen

11 departures: November 8, 18, 28, December 8, 18, 28, 2022;
January 7, 17, 27, February 22, and March 4, 2023

HIGHLIGHTS OF ANTARCTICA

The focus of this expedition is on exploring Antarctica's icy wilderness during its late spring and summer season, seeing its stunning landscapes and observing 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 ship, 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 meaningfully discover the secrets and magic of the frozen continent.



Above:
Humpback whale,
Wilhelmina Bay
Right: Small-boat
(RIB) cruising,
Wilhelmina Bay



© KARSTEN BIDSTRUP

INCLUDED ACTIVITIES

- Lecture program
- Nature landings
- Small-boat (RIB) cruising
- Science activities
- Art activities
- Photo lectures
- Birdwatching

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
Day 12: Ushuaia/ Buenos Aires

Price from USD \$10,812
 per person, double occupancy
 Booking code: FNANT2221

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 and ice conditions and may change.

18 days **MS Roald Amundsen**

3 departures: January 12, 28, and
February 13, 2023

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, 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.

We'll cross the Drake Passage to get to Antarctica. Here, the weather and sea ice 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 ten 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.

You'll join the Expedition Team in lectures, on ice cruises, and landings all along the way.





INCLUDED ACTIVITIES

- Lecture program
- Nature landings
- Small-boat (RIB) cruising
- Science activities
- Art activities
- Photo lectures
- Birdwatching

Activities are subject to change.

© GIANFRANCOWILLY



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Above:
Damoy Point,
Antarctica
Left: Expedition
leader at Orne
Harbor



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 USD \$14,859

per person, double occupancy

Booking code: AMANT2224

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
and ice conditions and may change.

23 days MS Fram

Departure: March 11, 2023

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 activities and 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, where we'll try to go ashore, conditions permitting.

Then, we'll enter the beautiful waterways and canals of the Chilean fjords, and stop at Puerto Natales, the gateway to Torres del Paine National Park. Then we'll 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: Patagonia,
Chile



© DAN & ZORA AVILA

INCLUDED ACTIVITIES

- Lecture program
- Nature landings
- Small-boat (RIB) cruising
- Science activities
- Art activities
- Photo lectures
- Birdwatching
- Town walks

Activities are subject to change.



© DAN & ZORA AVILA / HURTIGRUTEN



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 **USD \$15,747**
per person, double occupancy
Booking code: FRANT2218

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
and ice conditions and may change.

19 days **MS Fridtjof Nansen**

Departure: March 14, 2023

ANTARCTICA & FALKLANDS EXPEDITION

NORTHBOUND

Join us on a late austral summer expedition 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, 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 meaningfully discover and experience the frozen continent.

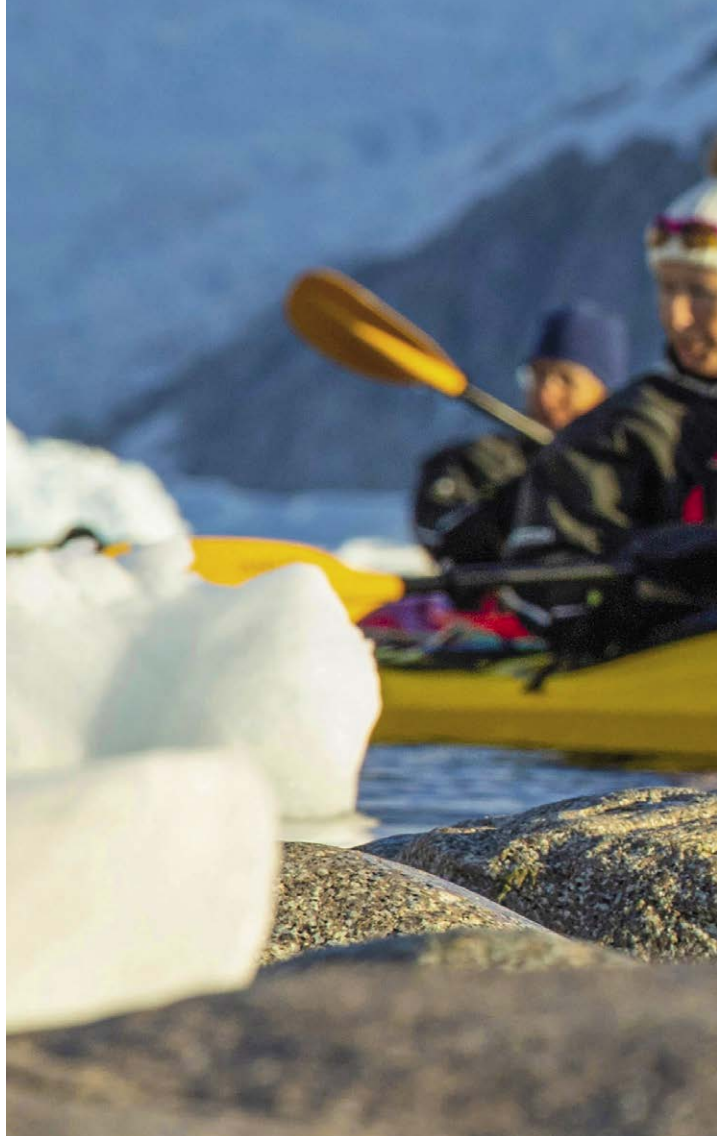
We don't have a set itinerary here, since Antarctica is known for its changing weather and sea ice. Instead, we'll adjust our plans according to the elements to take you to the best available places.

The Falkland Islands and Patagonia

After experiencing Antarctica and returning via the Drake Passage, you'll experience three days in the green, grassy Falkland Islands, a great contrast to the icy wilderness of the Great White Continent! Visit the charming capital 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 explore 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
- Small-boat (RIB) 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 USD \$13,038
per person, double occupancy
Booking code: FNANT2223

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excursions, and inclusions,
visit us online at

HURTIGRUTEN.COM

Please note that all itineraries and
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and ice conditions and may change.



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