

# DAILY PROGRAM

FRIDAY, 10.02.2017 – EMBARKATION USHUAIA



TEA, COFFEE & COOKIES  
BUFFET DINNER

RESTAURANT TIMINGS  
15:00 – 17:30  
18:00 – 21:00

PANORAMA LOUNGE, DECK 7  
RESTAURANT, DECK 4

## 15:00 Check-In

Check in is on deck 3 and 4.  
Suites can check in on deck 7.

## 15:00-17:30 Medical Forms

Please deliver your medical forms to the Doctor in the lobby on deck 4.

15:00-17:30 If you would like to learn more about our voyage then why not come and meet some of the Expedition Team members in the Panorama Lounge on deck 7.

Approx. 17:30 **Mandatory Safety Drill** Please follow the instructions over the PA system. The drill will end outside, please bring a warm jacket.

**MS FRAM** Departs from Ushuaia around 18:00 tonight.

21:30 **Captain's Cocktails.** Our Captain Ole-Johan Andreassen would like to welcome you on board and present his officers and the Expedition Team. At the same time we'll give some information regarding our voyage, in the Panorama Lounge, deck 7.

**Daily Programs** will be delivered to your cabin each evening. You can also read it on channel 13 on your television.

**Announcements** can be heard in your cabin by choosing channel 1 on your television.

**Expedition Jackets and Rubber Boots** will be available for collection over the coming days.

We *may* have the opportunity to stamp your **passport** at an

Antarctic base during our voyage. If you would NOT like a stamp, please see Reception, Deck 4.

Most of the time we will use our **PolarCircle boats** for landings. For organizational purposes we are going to separate you into groups of approximately 30 passengers. On deck 4 by the conference rooms, you find an overview of the groups. Have a look which group you are in.

**Mealtimes can change.** We would like to inform you that all stated times and activities are changeable due to weather and ice conditions, or other circumstances out of our control.

We kindly remind you to take care walking around on the ship while at sea. Especially venturing out on deck, mind

the signs for warning of wet and slippery decks. Be aware the doors toward the outer

decks on 4, 5, 7 and 8 can be potentially dangerous in windy conditions. While walking

inside, hold on to railings but not in door frames.



# DAILY PROGRAM



HURTIGRUTEN  
MS FRAM

SATURDAY, 11.02.2017 – AT SEA



## OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE  
BREAKFAST BUFFET  
LUNCH BUFFET  
TEA TIME  
DINNER MENU

06:00 - 07:30  
07:00 - 09:30  
12:00 - 14:30  
15:30 - 17:00  
18:00 1<sup>st</sup> seating  
20:00 2<sup>nd</sup> seating

BISTRO, DECK 4  
RESTAURANT, DECK 4  
RESTAURANT, DECK 4  
PANORAMA LOUNGE, DECK 7  
RESTAURANT, DECK 4

### Bridge visit

Meeting point elevators, deck 6

11:00 Group A French  
11:45 Group B English

08:30 – 09:30 Bird watching, on deck 7 aft. Our guides will be available for any questions on birds, why not join and see if you can spot an albatross?

### 09:30 Polhøgda / Deutsch

Teilnahmepflichtige IAATO-Veranstaltung

### 09:30 Framheim / English

*Nomads of the Southern Ocean – watching seabirds from the decks of MS Fram* by Simon Delany

### 11:00 Framheim / English

Information about our optional extra activities.

### 11:00 Polhøgda / Deutsch

Informationen zu den optionalen Aktivitäten.

### 11:45 Framheim / French

Information about our optional extra activities.

12:00 – 14:00 You are welcome to pick up your Expedition Jacket on deck 2.

In accordance with International Association of Antarctica Tour Operators (IAATO) protocols, Antarctic Treaty regulations, and Norwegian law, **the IAATO briefings are mandatory for all passengers.** Please arrange to be present if you like to land in Antarctica.

### 14:30 Framheim / English

Mandatory IAATO briefing

### 14:30 Polhøgda / French

Mandatory IAATO briefing

### 16:30 Framheim / English

*The Mighty White: Antarctica - rock hard facts* by Steffen Biersack

### 16:30 Polhøgda / Deutsch

*Penguins of the world: engaging, enigmatic, endangered (including an introduction to seabirds)* by Simon Delany Simon with German translation

### 19:30 Framheim/English:

Information about the landing tomorrow.

### 19:30 Polhøgda/Deutsch:

Informationen über unsere Anlandung Morgen.

Bridge visit; If you wish to visit the bridge, please sign up at the Expedition Desk. -Sign up list are divided in languages. Timings for bridge visits will be given in the daily program.

If you wish to have dinner with some members of the expedition team one evening during the expedition, please

Please turn page.

sign up at the Expedition Desk. An invitation with date and time will be sent to your cabin the day before. If we cannot accommodate all requests we will do a drawing of names.

**Antarctica**, on average, is the coldest, driest, and windiest continent, and has the highest average elevation of all the continents. Antarctica is considered a desert, with annual precipitation of only 200 mm (8 inches) along the coast and far less inland. There are no permanent human residents, but anywhere from 1,000 to 5,000 people reside throughout the year at the research stations scattered across the continent. Only cold-adapted plants and animals survive there, including penguins, seals, nematodes, tardigrades,

mites, many types of algae and other microorganisms, and tundra vegetation. Belief in the existence of a Terra Australis – a vast continent in the far south of the globe to "balance" the northern lands of Europe, Asia and North Africa – has existed since the times of Ptolemy (1st century AD), who suggested the idea to preserve the symmetry of all known landmasses in the world. Depictions of a large southern landmass were common in maps such as the early 16th century Turkish Piri Reis map. Even in the late 17th century, after explorers had found that South America and Australia were not part of the fabled "Antarctica", geographers believed that the continent was much larger than its actual size. European maps continued to show this hypothetical land until Captain

James Cook's ships, HMS Resolution and Adventure, crossed the Antarctic Circle on 17 January 1773, in December 1773 and again in January 1774.

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# DAILY PROGRAM

SUNDAY, 12.02.2017 – AT SEA



HURTIGRUTEN  
MS FRAM



## OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE  
BREAKFAST BUFFET  
LUNCH BUFFET  
WAFFLES  
DINNER BUFFET

06:00 - 07:00  
07:00 - 09:30  
12:00 - 14:30  
15:30 - 17:00  
18:00-21:00

BISTRO, DECK 4  
RESTAURANT, DECK 4  
RESTAURANT, DECK 4  
PANORAMA LOUNGE, DECK 7  
RESTAURANT, DECK 4

### 09:00 Polhøgda / French

*Un jour à la rookerie* by Miguel Rodríguez-Gironés

From 09:00 and onwards: We will call you by your boat group to collect your "Rubber boots - Arctic Muck Boots" on deck 2 and 3. The boat group lists are to be found on the info board on deck 4. Please listen for the announcements.

You can try on a pair, and we show you down to the boot room where you can set them on the rack sorted by cabin numbers for the duration of the voyage. If you brought your private rubber boots - please come down to deck 2 and have them placed on the rack on deck 2.

**11:00 Booking deadline for extra activities, post-cruise excursions and transfers in Ushuaia and Buenos Aires.**

### 11:00 Framheim / English

*Penguins of the world: engaging, enigmatic, endangered* by Simon Delany

### 11:00 Polhøgda / Deutsch

*Das große Weiß - Antarctica's Geo-Fakten* von Steffen Biersack

**12:00 Polhøgda:** Mandatory briefing for everyone who has signed up for kayaking.

**12:30 – 14:30 Vacuuming** for backpacks and other things you will bring ashore in Antarctica taken from your home continent. You are able to use the vacuum system on deck 2,3 and 5- crew is available to assist you.

**Please sign the IAATO biosecurity declaration after vacuuming your belongings. You can do this at the vacuum station.**

### 14:00 Framheim / French

Mandatory briefing for everyone who has signed up for PolarCircle Cruising.

### 14:30 Framheim / English

Mandatory briefing for everyone who has signed up for PolarCirkel Cruising.

**14:30 Polhøgda / Deutsch** Informationsveranstaltung für alle, die sich für die Polar-Cirkel Tour angemeldet haben.

**Afternoon: We hope to do a landing at Half Moon**

We begin our landing by **calling boat group 1,2,3,4** Please listen then for the break time. After the break, we welcome groups 5,6,7,8. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called. Rubber boots are mandatory footwear. Return time to the ship will be

Please turn page.

given ashore

**Kayakers group A** please listen to the announcements for you to be called. We meet outside Polhøgda conference room.

**21:15 Framheim/English:** Information about the landing tomorrow.

**21:15 Polhøgda/Deutsch:** Informationen über unsere Anlandung Morgen.

**21:45 Panorama Lounge,** deck 7. We invite you to our famous FRAM - fashion show, where some of the officers and the expedition team will show a selection of the clothing we have in the onboard shop on deck 4.

**Half Moon Island** is a two-kilometre long (1.2 mile), crescent-shaped island in the shadow of the picturesque mountains and glaciers of nearby Livingston Island. It is a favoured expedition stop for its large chinstrap penguin rookery. Other than a short hill, walking is generally easy. The serrated and crevassed cliffs are also home to Antarctic terns, kelp gulls, snowy sheathbills, and

Wilson's storm petrels. Landings are usually made on an easily accessible, wide beach where an abandoned dory lies decaying. Once up the hill, there are magnificent views of Livingston Island and humpback whales have been spotted breaching in the water between the two islands. Down towards the western end of the beach is Teniente Camara station with its huge Argentine flags emblazoned on the orange buildings. The station has been sporadically staffed in recent years due to the Argentine economy. This will be our only opportunity to see chinstrap penguins in significant numbers.

The **Antarctic Convergence** is the where the warmer waters of the north meet the colder, denser, less saline waters of the south. As the colder water sinks beneath the warmer, a mixing occurs that brings nutrients to the surface. Found between 40°S and

60°S, the convergence is an ever-changing frontier. It is the biological limit of the Antarctic ecosystem and anywhere south of the convergence is known as the Antarctic Ocean.

While there is often a low fog in the area and an increase in wildlife, other than using a thermometer, there is no way to know when you are crossing it; the seas do not get rougher and the water color does not change. The waters of Antarctica circle the continent in the world's biggest ocean current at an estimated rate of 150 million cubic meters per second. Once carried far into the northern oceans, the dense polar water has a cooling effect on tropical and temperate waters and is important to the oceans' balance.

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# DAILY PROGRAM



HURTIGRUTEN  
MS FRAM

MONDAY, 13.02.2017 – YANKEE HARBOUR & TELEFON BAY



## OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE  
BREAKFAST BUFFET  
LUNCH BUFFET  
TEA TIME  
BUFFET

06:00 - 07:00  
06:30 - 09:30  
12:00 - 14:30  
15:30 - 17:00  
18:00 - 21:00

BISTRO, DECK 4  
RESTAURANT, DECK 4  
RESTAURANT, DECK 4  
PANORAMA LOUNGE, DECK 7  
RESTAURANT, DECK 4

[Ca 07:30: We hope to do a landing at Yankee Harbour](#)

We begin our landing by [calling boat group 2,3,4,5](#). Please listen then for the break time. After the break, we welcome groups 6,7,8,1. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called. Rubber boots are mandatory footwear. Return time to the ship will be given ashore.

[Afternoon: We are entering Neptuns Below](#)

[Ca 15:00 Geology PolarCircleboat Cruise group A](#). Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You will go ashore for

the landing after the cruise, you will then be called specially.

[Ca 15:30 We hope to do a landing at Telefon Bay](#)

We begin our landing by [calling Geology Polar Circleboat cruise group B, C followed by boat group 3,4,5](#). Please listen then for the break time. After the break, we welcome groups 6,7,8,1,2. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called. Rubber boots are mandatory footwear. Return time to the ship will be given ashore.

[Ca 17:00 Geology PolarCircleboat Cruise group B](#). Please meet on deck 2 to dress in the regatta suits. Please listen to the

announcements for exact timings.

[Ca 19:00 Geology PolarCircleboat Cruise group C](#). Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You will have to eat your dinner before the cruise starts.

[From 15:00 Film Framheim/English: Penguins Spy in the huddle, episode 1, The Journey, 60 min. Shown on repeat until 19:00](#)

[Ab 15:00 Film Polhøgda/German: Wale, Die Giganten der Meere, 40 min Shown on repeat until 19:00.](#)

[21:30 Framheim/English: Information about the landing tomorrow.](#)

**21:30 Polhøgda/Deutsch:**

Informationen über unsere Anlandung Morgen.

Information only for extra activity: [Geology Polar Cirkel Boat Cruising](#):

Consider to cancel If you have hip- or back problems, it might get bumpy!

You might get wet as the suits are not 100% waterproof!

Under the suit we recommend to wear 1 or 2 layers (long woollen underwear and a fleece).

Please take with you: sun blocker, scarf, hat and gloves.

Protect your camera and binoculars of spray water (backpack or waterproof bag).

A natural haven created by a one kilometre-long (0.6 mile), curved spit; [Yankee Harbour](#) on Greenwich Island is so well situated as to appear man-made. Named for the American sealers that frequented here in the 1820's, remnants of the era linger and a sealer's trypot can be seen on the beach. Elephant, Weddell, and fur seals are common sights on the beach and the main attraction is a terraced gentoo colony numbering around 4000 pairs. Nearby Glacier Bluff offers a dramatic backdrop and on a clear day, one can see across the McFarlane Strait to Livingston and Half Moon islands. The gravel beach affords easy walking but can often be windy and cold. Be careful of extensive moss beds and nesting skuas and fur seals. Be sure to keep your eyes on the spit during the polarCirkel boat ride in; it is a

favourite spot for elephant seals to haul out.

A portion of the wall of the volcanic caldera of [Deception Island](#) has collapsed, flooding the interior and creating an amazing natural harbour known as Port Foster. Access to the interior is through the 200 metre-wide (660 feet) entrance known as Neptune's Bellows. There is a rock in the middle just under the water and the area to one side is foul. Therefore the ship will have merely 100 metres (330 feet) with which to navigate. Once safely through the Bellows, Whalers Bay will begin to appear off the starboard side of the ship.

[Telefon Bay](#) on the northwestern side of Port Foster is named for a salvage vessel that moored here in 1909, awaiting repairs. From a wide, flat beach, a black ash apron slopes gently upward and inland for about 985 feet (300 meters) to the steep face of the cinder-covered volcanic glacier and a crater from one of Deception's recent eruptions. The rising slope of the black, cinder-covered volcanic rim can be walked uphill to spectacular view point.

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walking inside, hold on to railings but not in door frames.



# DAILY PROGRAM



HURTIGRUTEN  
MS FRAM

TUESDAY, 14.02.2017 – WILHELMINA BAY & NEKO



## OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE  
BREAKFAST BUFFET  
LUNCH BUFFET  
TEA TIME  
DINNER BUFFET

06:00 - 07:30  
07:00 - 09:30  
12:00 - 14:30  
15:30 - 17:00  
18:00 - 21:00

BISTRO, DECK 4  
RESTAURANT, DECK 4  
RESTAURANT, DECK 4  
PANORAMA LOUNGE, DECK 7  
RESTAURANT, DECK 4

From approx. 07:30 We will arrive at **Wilhelmina Bay** where we hope to see more whales! We will do shipcruising with MV Fram

**11:00 Framheim:** Mandatory briefing for everyone who has signed up for camping. Also passengers on the waiting list should be present at the meeting

**Afternoon:** We hope to do a landing at **Neko Island**.

**On arrival in Neko:**  
**PolarCirkelboat Cruise group A.** Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You will go ashore for the landing after the cruise, you will then be called specially.

We begin our landing by calling **Boat cruise B**, campers **A** and then **boat group 5,6**.

Please listen then for the break time. After the break, we welcome groups 7,8,1,2,3,4. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called. Rubber boots are mandatory footwear. Return time to the ship will be given ashore.

**Kayakers group A** please listen to the announcements for you to be called. We meet outside Polhøgda conference room.

**PolarCirkelboat Cruise group B** please listen to the announcements for you to be called. Please meet on deck 2 to dress in the regatta suits. You will do your normal landing before the cruise starts.

**From 15:00 Film Framheim/English:**

*Penguins Spy in the huddle, episode 2, First steps*, 60 min. Shown on repeat until 19:00

**Ab 15:00 Film Polhøgda/German:**  
*Eis und Meer, Polar und Meeresforschung am Alfred-Wegener-Institut*, 30 min. Shown on repeat until 19:00.

**Evening / Campers group A:**  
We hope to arrange a camp at Neko. Kindly listen to the announcement for when to go ashore. Please eat your dinner at 18:00.

**21:00 Framheim/English:**  
Information about the landing tomorrow.

**21:00 Polhøgda/Deutsch:**  
Informationen über unsere Anlandung Morgen.

Information only for extra activity: **Polar Cirkel Boat Cruising:**

Consider to cancel if you have hip- or back problems, it might get bumpy!

You might get wet as the suits are not 100% waterproof!

Under the suit we recommend to wear 1 or 2 layers (long woollen underwear and a fleece).

Please take with you: sun blocker, scarf, hat and gloves.

Protect your camera and binoculars of spray water (backpack or waterproof bag).

**Wilhelmina Bay:** The mountains and high glacier walls of the Antarctic Peninsula around Wilhelmina Bay ensure that there is plenty of dramatic scenery, interesting ice in the water, and the possibility of witnessing a calving. Enterprise Island in Wilhelmina Bay has the partially submerged wreck of the whaling ship *Governøren* near Foyen Harbour. The 3433 ton ship caught fire in 1915 and was run aground in order to rescue men and supplies. There were no fatalities. The bay is a choice feeding place for whales and therefore was a choice hunting ground for whalers. As Shackleton was marching his men across the ice of the Weddell Sea, his final destination was to be Wilhelmina Bay where he anticipated whalers could be found for rescue. As well as the possibility of whales, Weddell, crabeater, and leopard seals can be found here and Antarctic terns nest on some of the bare cliff faces.

**Andvord Bay** penetrates deep into the Antarctic Peninsula; from here the Weddell Sea side is a mere fifty kilometres

(30 miles) away. Once inside the bay, one is surrounded on all sides by the mountains and alpine glaciers of the peninsula. The bay is splendidly scenic and fills with castellated icebergs and wildlife in the long days of the summer.

Nestled at the bottom of the bay is **Neko Harbour**, named for a whaling ship which anchored there in the early 1900's. It is one of the rare places in the Antarctic Peninsula area where one can come ashore on the Antarctic mainland. Hike up the hill to the penguin rookery and an amazing view of Andvord Bay but do not continue onto the glacier as it is heavily crevassed. The glacier across the tiny harbour is very active and creates very impressive but dangerous waves when it calves – please stay off the beach.

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# DAILY PROGRAM



WEDNESDAY, 15.02.2017 – CUVERVILLE & PORT LOCKROY



## OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE	06:00 - 07:00	BISTRO, DECK 4
BREAKFAST BUFFET	07:00 - 09:30	RESTAURANT, DECK 4
LUNCH BUFFET	12:00 - 14:30	RESTAURANT, DECK 4
TEA TIME	15:30 - 17:00	PANORAMA LOUNGE, DECK 7
BUFFET	18:00 - 21:00	RESTAURANT, DECK 4

Ca 08:30 PolarCirkelboat Cruise group C. Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You will go ashore for the landing after the cruise, you will then be called specially.

Ca 08:30 We hope to do a landing at Cuverville.

We begin our landing by calling Polar Cirkel Boat cruisers group D, then boat group 5,6,7,8,. Please listen for the break time. After the break, we welcome groups 1, 2,3,4,5. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called. Rubber boots are mandatory footwear. Return time to the ship will be given ashore.

Kayakers group B please listen to the announcements for you to be called. We meet outside Polhøgda conference room.

Ca 11:00 PolarCirkelboat Cruise group D please listen to the announcements for you to be called. Please meet on deck 2 to dress in the regatta suits. You will do your normal landing before the cruise starts.

Ca 15:00 We hope to do a landing at Port Lockroy.

On arrival in Port Lockroy: PolarCirkelboat Cruise group E. Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You will go ashore for the landing after the cruise, you will then be called specially.

We begin our landing by calling Polar Cirkel Boat cruisers group F, then boat group 6. Due to the fact the island is so small; we can only have 60 guests ashore at the same time. Please listen for the break time. After the break, we welcome groups 7,8,1,2,3,4,5. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called. Rubber boots are mandatory footwear. Return time to the ship will be given ashore.

Kayakers group C please listen to the announcements for you to be called. We meet outside Polhøgda conference room.

PolarCirkelboat Cruise group F please listen to the announcements for you to be called. Please meet on deck 2 to dress in the regatta suits.

You will do your normal landing before the cruise starts

**Evening:** We will try to go through the scenic Lemaire Channel. Recommendation is to stay on the outer decks when we sail through this scenic channel.

**22:00** Today we would like to invite you for a **Fruit and Ice carving show** with our galley crew in the Panorama Lounge on Deck 7.

Information only for extra activity: **Polar Cirkel Boat Cruising:**

Consider to cancel if you have hip- or back problems, it might get bumpy!

You might get wet as the suits are not 100% waterproof!

Under the suit we recommend to wear 1 or 2 layers (long woollen underwear and a fleece).

Please take with you: sun blocker, scarf, hat and gloves.

Protect your camera and binoculars of spray water (backpack or waterproof bag).<sup>5</sup>

**Cuvertville Island** supports one of the largest known gentoo penguin colonies. This can be apparent from miles away given the right wind direction. Early in the season, snow cover impedes but doesn't stop penguins accessing their nests and an intricate network of "penguin highways" is carved into the snow. The shallow waters between Cuvertville and Rongé islands often trap and ground icebergs. This makes for superb ship-cruising through the channel. Up from the

rookery at Cuvertville, steep cliffs lead to the island top. These cliffs should be avoided so as not to damage the mosses and lichens that grow there. The cliffs are also home to skuas that are vigorous in defending their well-hidden nests.

**Port Lockroy:** during Operation Tabarin in 1944, the British set up two bases in the Peninsula area to establish a permanent presence in the Antarctic. They set up Base 'A' at Port Lockroy, a known safe anchorage. Base 'B', was established at Whalers Bay, Deception Island. The base at Port Lockroy was operational until 1962 and then fell into disrepair. Since its restoration in 1996 by the Antarctic Heritage Trust (AHT), Base 'A' on Goudier Island at Port Lockroy has become one of the most visited sites in Antarctica. It now operates as a museum, kept as it was in the 1950s, as well as a post office and souvenir shop with all proceeds going to the AHT, a non-profit organization dedicated to conserving this and other historical huts in Antarctica.

At the northern end of the Lemaire Channel are two tall, rounded, and often snowcapped peaks at **Cape Renard:** Una's Peaks, also known to Antarcticans as Una's Tits. They were so named by members of the Falkland Islands Dependencies Survey (today's British Antarctic Survey) in honor of a secretary in the Governor's Office in Stanley, capital of the Falkland Islands. She was the last woman they would see before sailing south.

The **Lemaire Channel** was first sighted by Eduard Dallman in 1873 and then charted and traversed by Adrien de Gerlache in 1898. He named it for Charles Lemaire, a fellow Belgian who explored the Congo for King Leopold III. Given the right weather, this eleven kilometre-long (seven mile) and 1.6 kilometre-wide (one mile) channel can be strikingly beautiful. The steep cliffs and glaciers of Booth Island to one side mirror the opposite shores of the Antarctic Peninsula. When protected from the wind, the clear waters offer an extraordinary reflection of the mountains in the water; there can appear to be four different sets nudging each other. So many camera clicks can be heard during a traverse of the Lemaire Channel that it is known by expedition staff as the "Kodak Crack". Navigation of the channel is dependent upon ice conditions but one doesn't need to travel all the way down to experience its beauty.

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# DAILY PROGRAM



HURTIGRUTEN  
MS FRAM

Thursday, 16.02.2017 – THE GULLET



## OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE  
BREAKFAST BUFFET  
LUNCH BUFFET  
TEATIME  
DINNER BUFFET

06:00 - 07:30  
07:00 - 09:30  
12:00 - 14:30  
15:30 - 17:00  
18:00 - 21:00

BISTRO, DECK 4  
RESTAURANT, DECK 4  
RESTAURANT, DECK 4  
PANORAMA LOUNGE, DECK 7  
RESTAURANT, DECK 4

We are going to be true explorers! Please listen carefully to the announcements for activities.

It is difficult to estimate timings for this area as everything depends on weather, wind and ice conditions! Keep in mind: Flexibility is a key word for our operation in this area

What makes our morning destination so incredibly beautiful is at the same time the reason for its unpredictability. We expect to travel through enormous amounts of sea ice and icebergs, and so we cannot give you a precise schedule here.

**09:30 Framheim / English**  
*Photo ideas* by Esther Kokmeijer

**09:30 Framheim / French**  
*L'Histoire de l'Antarctique - une introduction* par Tom Warmolts

**11:00 Framheim /English**  
*20 years living and working in Antarctica* by Rachel Morgan

**11:00 Framheim / Deutsch**  
*Eis – Portrait eines erstaunlichen Materials* von Steffen Biersack

**Afternoon:** We will be cruising with FRAM at The Gullet, a precariously narrow passage north of Marguerite Bay. According to the last ice chart it is highly unlikely to go through the strait; however, we will get as close as we can, and – if ever possible – give it an honest try. So be prepared to spend all morning outside and have your camera batteries charged!

If we find a suitable area we will launch the small boats and start a **boat cruising for everyone, starting with boat group 7**. Please listen for the announcements.

**21:00 Framheim/English:** Information about the landing tomorrow.

**21:00 Polhøgda/Deutsch:** Informationen über unsere Anlandung Morgen.

**21:30 Panorama Lounge**  
Into the ice, a little storytelling about Fram and her men with Helga Kristiansen

**09:00-10:45**

We will have 2 flights from Ushuaia to Buenos Aires:  
1. Flight LA4443 11:40-15:00  
2. Flight LA4969 13:05-16:25

All passengers joining the Escondido Lake excursion will

**The Gullet**  
**67°12 S 67°20 W**

be automatically on the second flight. Passengers with transfer arranged by Hurtigruten will be, assigned to the second flight as well.

We only have a few seats available on the first flight. Any request for flights Ushuaia – Buenos Aires must be submitted to Ina between 09:00 and 10:45 today

The final flight and transfer lists will be posted on the information board near Reception 2 days before Ushuaia.

**The Gullet** is a narrow channel that separates Adelaide Island from the west coast of Graham Land. The twisting channels somehow resemble a digestive tract and are full of ice most of the year. It separates Hansen and Day Islands, and connects the

heads of Hanusse Bay and the Laubeuf Fjord. It was first explored by Charcot.

The **Antarctic Circle** is one of the five major circles of latitude that mark maps of the Earth. It lies at latitude 66° 33' 40" south of the equator. The area south of the Antarctic Circle is known as the Antarctic, and the zone immediately to the north is called the Southern Temperate Zone. The equivalent line of latitude in the northern hemisphere is the Arctic Circle. Along the Antarctic Circle there is one day each year during which the sun does not set, about December 21 (the summer solstice, first day of summer in the Southern Hemisphere). Similarly, the sun does not rise above the horizon on approximately June 21 (the winter solstice). The number of

days without sunset or sunrise increases with proximity to the South Pole. At the Pole there are six months of continuous darkness (about March 20 to September 22) followed by six months of daylight (September 23 to March 21).

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# DAILY PROGRAM



HURTIGRUTEN  
MS FRAM

Friday, 17.02.2017 – ROTHERA STATION



## OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE  
BREAKFAST BUFFET  
LUNCH BUFFET  
TEATIME  
DINNER MENU

06:00 - 07:30  
07:00 - 09:30  
12:00 - 14:30  
15:30 - 17:00  
18:00 1<sup>st</sup> seating  
20:00 2<sup>nd</sup> seating

BISTRO, DECK 4  
RESTAURANT, DECK 4  
RESTAURANT, DECK 4  
PANORAMA LOUNGE, DECK 7  
RESTAURANT, DECK 4

**09:30 Framheim /English**  
*Ice - Portrait of a Surprising Material* by Steffen Biersack

**09:30 Polhøgda / English with German translation**  
*20 years living and working in Antarctica* by Rachel Morgan (English with German translation)

**10:00 – 13:00 Vacuuming** for backpacks and other things you will bring ashore in Antarctica taken from your home continent. You are able to use the vacuum system on deck 3 and 5.

**11:00 Framheim /English**  
*The Great Whales: secret lives of gentle giants* by Simon Delany

**11:00 Polhøgda / Französisch**  
*Otarie à fourrure ou éléphant de mer?* par Miguel Rodríguez-Gironés

**Ca 14:30** We hope to arrive at Rothera Station. MV Fram will be alongside

The disembarkation at Rothera will be by boatgroup, please listen for announcement. We will start with boatgroup 8

Today you can walk the marked route at Rothera Station by yourself. We will use our flag and cones to mark it. It is unfortunately not allowed to divide from the route. Rubber boots are mandatory footwear. Along the route you will meet different members from the Expedition Team which can tell your more

about Rothera Station and what you can see.

### **17:15 All aboard!**

**17:30** MS Fram departs from Rothera Station

**19:30 Framheim/English:** Information about the landing tomorrow.

**19:30 Polhøgda/Deutsch:** Informationen über unsere Anlandung Morgen.

**22:00** Today we would like to invite you to learn more about **Ropes & Knots** with our ABs and the Chief Officer. Meet us in the Panorama Lounge on Deck 7.

The UK's Rothera station, built in 1975, occupies a small rocky peninsula on Adelaide Island. The 900 m gravel airstrip and hangar were

**Rothera Station**  
**67°34 S 68°08 W**

added in 1990-91, making Rothera a regional logistics center for British Antarctic operations using aircraft. The station is also resupplied by ships, using a 60 m wharf built in 1990-91.

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deck, mind the signs for warning of wet and slippery. Be aware the doors toward the outer decks on 4, 5, 7 and 8 can be potentially dangerous in windy conditions. While walking inside, hold on to railings but not in door frames.



# DAILY PROGRAM



HURTIGRUTEN  
MS FRAM

SATURDAY, 18.02.2017 – FURTHEST SOUTH  
/HORSESHOE ISLAND



## OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE  
BREAKFAST BUFFET  
LUNCH BUFFET  
TEA TIME  
DINNER BUFFET

06:00 - 07:00  
07:00 - 09:30  
12:00 - 14:30  
15:30 - 17:00  
18:00 - 21:00

BISTRO, DECK 4  
RESTAURANT, DECK 4  
RESTAURANT, DECK 4  
PANORAMA LOUNGE, DECK 7  
RESTAURANT, DECK 4

We are going to be true explorers! Please listen carefully to the announcements for activities.

It is difficult to estimate landing places and even arrival times for this area as everything depends on weather, wind and ice conditions! Keep in mind: Flexibility is a key word for our operation in this area.

We hope to do a landing as far south as possible. We will then arrange:

The normal landing (starting with cruisers F, then boat group 1)

Two Polar Cirkel Boat cruises (group E starts. Group F will have their cruise approx. 2 hours later)

One kayak trip (group C)

Please listen for announcements. First call might be as early as 08:00.

**Afternoon:** We hope to do a landing at Horseshoe Island.

At Horseshoe Island they have reopened the **post office** after 57 years. They only sell stamps, no postcards. You will have to get your postcards from our ships shop. 1 stamp costs 1\$ (or 1Euro or 1£). US cash, exact change is preferred. British pounds and euros will also be accepted. We will also stamp the passports.

We begin our landing by **calling the Hikers A, Campers A, Hikers B and then boat group 2,3,4,5,6,7,8,1** Please listen then for the break time. Listen carefully for the announcements for your group

to be called. Please do not approach deck 2 until your group is called. Rubber boots are mandatory footwear. Return time to the ship will be given ashore.

**From 14:00 Film Framheim/English:**  
*Penguins Spy in the huddle, episode 3, Growing up, 60 min. Shown on repeat until 18:30*

**Ab 14:00 Film Polhøgda/German:**  
*Meet the real penguins, 50 min Shown on repeat until 18:30. (German soundtrack)*

**Evening / Campers group A:**  
We hope to arrange a camp this evening. Kindly listen to the announcement for when to go ashore. Please eat your dinner at 18:00.

**Horseshoe Island**  
**67°50 S 67°12 W**

Well below the Antarctic Circle, the [Marguerite Bay](#) was discovered by Charcot on his 1909 French Antarctic Expedition and named for his second wife. When Charcot married Marguerite in 1907, he secured from her the promise that she would never object to any of his future dreams of Antarctic exploration. She later joined him – at least until Punta Arenas in Chile.

This extensive bay is situated on the west side of the Antarctic Peninsula which is bounded on the north by Adelaide Island and on the south by Wordie Ice Shelf, George VI Sound and Alexander Island. Islands within the bay include Porquoi Pas Island, Horseshoe Island and Lagotellie Island.

[Horseshoe Island](#); occupies most of the entrance of Square Bay, on the west coast of Graham Land. It was discovered and named descriptively in 1936-37.

Horseshoe Island (Base Y) is an important example of a mostly unaltered and fully equipped British scientific research station of the 1950s. It was established in March 1955 by the Falkland Islands Dependencies Survey as Base Y, and was closed in August 1960. Scientific research carried out at the station was topographic survey, geology and meteorology. Extensive survey trips, often covering hundreds of miles and lasting several months, were undertaken from the station using dog sledges. The normal occupancy of the station was 4 to 10 people. The site consists of the original main building (which was extended in 1956 to include a sledge workshop and extra bunk space) a balloon shed, dog pens and an emergency store. Inside, the station contains almost all of its original contents, fixtures and fittings, including kitchen utensils, stocks of food and fuel, workshop tools, radio

equipment and a diesel generator. The excellent condition and completeness of both the buildings and artefacts are of considerable historical significance as together they provide a very special "time-capsule" of British life and science in the Antarctic during the late 1950s.

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# DAILY PROGRAM



HURTIGRUTEN  
MS FRAM

SUNDAY, 19.02.2017 – BONGRAIN POINT



## OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE  
BREAKFAST BUFFET  
LUNCH BUFFET  
TEA TIME  
DINNER MENU

06:00 - 07:00  
07:00 - 09:30  
12:00 - 14:30  
15:30 - 17:00  
18:00 1<sup>st</sup> seating  
20:00 2<sup>nd</sup> seating

BISTRO, DECK 4  
RESTAURANT, DECK 4  
RESTAURANT, DECK 4  
PANORAMA LOUNGE, DECK 7  
RESTAURANT, DECK 4

**Ca 09:00 PolarCirkelboat Cruise group G.** Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You will go ashore for the landing after the cruise, you will then be called specially.

**09:15:** We hope to do a landing at Bongrain.

We begin our landing by **calling boat group 3,4,5,6.** Please listen for the break time. After the break, we welcome groups 7,8,1,2. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called. Rubber boots are mandatory footwear. Return time to the ship will be given ashore.

**Kayakers group C** please listen to the announcements for you to be called. We meet outside Polhøgda conference room.

**14:30 Framheim /English**  
*Who owns Antarctica and the Antarctic treaty* by Robert Rowland

**14:30 Polhøgda / French**  
*Glace – portrait d'une matière étonnante* par Steffen Biersack

**16:00 Framheim /English**  
*Krill - the essence of Antarctica* by Kristin Heggland

**16:00 Polhøgda / English with German translation**  
*Warming up to be an Antarctic penguin* by Miguel Rodríguez-Gironés (English with German translation)

**19:30 Framheim/English:**  
Information about the landing tomorrow.

**19:30 Polhøgda/Deutsch:**  
Informationen über

**Bongrain Point** is a headland which forms the south side of the entrance to Dalgliesh Bay on the west side of Pourquoi Pas Island, off the west coast of Graham Land. It was surveyed in 1936 by the British Graham Expedition under John Rymill, and re-surveyed in 1948 by the Falkland Islands Dependencies Survey, who named the point for Maurice Bongrain, surveyor and First Officer of the Pourquoi Pas, the ship of the French Antarctic Expedition, 1908-10 who was responsible for the first surveys of the area.

**Bongrain Point**  
**67°43 S 67°48 W**

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# DAILY PROGRAM



HURTIGRUTEN  
MS FRAM

MONDAY, 20.02.2017 – PETERMANN



## OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE  
BREAKFAST BUFFET  
LUNCH BUFFET  
TEA TIME  
FILIPINO BUFFET

06:00 - 07:00  
07:00 - 09:30  
12:00 - 14:30  
15:30 - 17:00  
18:00 - 21:00

BISTRO, DECK 4  
RESTAURANT, DECK 4  
RESTAURANT, DECK 4  
PANORAMA LOUNGE, DECK 7  
RESTAURANT, DECK 4

**09:30 Framheim /English**  
*Jostling for control on the Antarctic Peninsula* by Rachel Morgan

**09:30 Polhøgda / English with German translation**  
*Who owns Antarctica* by Robert Rowland

**11:00 Framheim /English**  
*Conservation of Antarctic seabirds* by Simon Delany

**11:00 Polhøgda / French**  
*Le Grand Blanc - l'Antarctique en-dessous de la Glace* par Steffen Biersack

Afternoon We hope to do a landing at **Petermann Island**. We begin our landing by calling boat group 4,5,6,7. Please listen for the break time. After the break, we welcome groups 8,1,2,3. Listen carefully for the announcements for your group

to be called. Please do not approach deck 2 until your group is called. Rubber boots are mandatory footwear. Return time to the ship will be given ashore.

**Kayakers group D** please listen to the announcements for you to be called. We meet outside Polhøgda conference room.

**21:00 Framheim/English:** Information about the landing tomorrow.

**21:00 Polhøgda/Deutsch:** Informationen über unsere Anlandung Morgen.

**Evening:** We will try to go through the scenic Lemaire Channel. Recommendation is to stay on the outer decks when we sail through this scenic channel.

**Petermann Island** was first discovered by German whaler Eduard Dallman and named for geographer August Petermann. It is perhaps more famous for its 1909 resident Jean-Baptiste Charcot. His ship *Pourquoi Pas* wintered in a tiny cove on Petermann that Charcot named Port Circumcision. There is a cairn and plaque from the expedition on a hill near the ship's old anchorage. There is a 1950's era Argentine refuge that in recent years has been kept up and visited regularly by the staff from Vernadskiy, the nearby Ukranian base. Vernadsky was British Base Faraday until 1996. There is a cross commemorating three men from Faraday who were lost on the sea ice trying to return from the island to the base in the winter of 1982. Adélie penguins, Blue-eyed shags, and the world's southernmost Gentoo penguin

**Petermann Island**  
**65°10 S 64°10 W**

colony are the main attractions here.

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# DAILY PROGRAM



HURTIGRUTEN  
MS FRAM

TUESDAY, 21.02.2017 – GONZALES VIDELA



EARLY BIRD SELF SERVICE  
BREAKFAST BUFFET  
LUNCH BUFFET  
TEA TIME  
DINNER MENU

## OVERVIEW OF RESTAURANT TIMINGS

06:00 - 07:00  
07:00 - 09:30  
12:00 - 14:30  
15:30 - 17:00  
18:00 1<sup>st</sup> seating  
20:00 2<sup>nd</sup> seating

BISTRO, DECK 4  
RESTAURANT, DECK 4  
RESTAURANT, DECK 4  
PANORAMA LOUNGE, DECK 7  
RESTAURANT, DECK 4

09:00 We hope to do a landing at [Gonzales Videla](#).

We begin our landing by calling boat group 5,6,7,8. Please listen for the break time. After the break, we welcome groups 1,2,3,4. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called. Rubber boots are mandatory footwear. Return time to the ship will be given ashore.

[Kayakers group E](#) please listen to the announcements for you to be called. We meet outside Polhøgda conference room.

This afternoon / evening we will sail through the beautiful

[Dallman Bay](#), near Melchior Islands.

### 21:00 Panorama Lounge

We would like to invite all our happy campers this trip for a gathering in the Panorama Lounge.

22:00 Today we would like to invite you for our [Crewshow](#) in the Panorama Lounge on Deck 7.

[González Videla Base](#), on the Antarctic mainland's Waterboat Point in Paradise Bay, is named after Chilean President Gabriel González Videla, who in the 1940s became the first chief of state of any nation to visit Antarctica. The station was active from 1951-58, and was reopened briefly in the early 1980s. It is now an "inactive" base, with fuel and supplies in storage in the buildings for

emergency use, or in case the base were to be reactivated in the future. Occasional summer visits are made by Chilean parties and tourists. On the north edge of the station there is a sign identifying Waterboat Point as an official historic site under the Antarctic Treaty. This was the place where the smallest ever wintering-over party (two men) spent a year and a day in 1921-1922. The two men, Thomas Bagshawe and M.C. Lester, had been part of the British Imperial Expedition, but their particular project, which involved flying a number of aircraft to the South Pole, was aborted. Nevertheless, they decided to stay over for the winter and made their shelter in an old whaling boat they found on this site. Their time was not wasted, however, because Bagshawe wrote the first scientific study of penguin

**Gonzalez Videla**  
**64°49 S 62°52 W**

breeding development. And today the gentoos, probably descendants of the ones he studied, nest in the ruins of the whaleboat shelter.

The [Melchior Islands](#) are a series of low rocky islands in [Dallmann Bay](#) in the Palmer Archipelago. The snow-topped islands are pondered by waves from the Drake Passage, and the rocks have been sculpted by the wavy action. They were first seen but left unnamed by a German expedition under Eduard Dallmann, 1873-74. The islands were re sighted and roughly charted by the Third French Antarctic Expedition under Jean-Baptiste Charcot, 1903-05. Charcot named what he believed to be the large easternmost island in the group "Île Melchior" after Vice Admiral Jules Melchior of the French Navy.

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# DAILY PROGRAM



HURTIGRUTEN  
MS FRAM

WEDNESDAY, 22.02.2017 – AT SEA



## OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE  
BREAKFAST BUFFET  
LUNCH BUFFET  
WAFFLES  
DINNER MENU

06:00 - 07:00  
07:30 - 09:30  
12:00 - 14:30  
15:30 - 17:00  
18:00 1<sup>st</sup> seating  
20:00 2<sup>nd</sup> seating

BISTRO, DECK 4  
RESTAURANT, DECK 4  
RESTAURANT, DECK 4  
PANORAMA LOUNGE, DECK 7  
RESTAURANT, DECK 4

### Bridge visit

*Meeting point elevators, deck 6*

09:00 Group C

11:30 Group G

12:30 Group H

17:00 Group J & E

17:30 Group F

### 10:00 Framheim / English

*Top predators off the Antarctic shores by Miguel Rodríguez-Gironés*

### 10:00 Polhøgda / German

*Kein Tsunami in Antarctica: (Beinahe) alles über Wellen von Steffen Biersack*

### 11:30 Polhøgda / English with French translation

*Who owns Antarctica by Robert Rowland*

### 14:30 Framheim / English

*No Tsunami in Antarctica: (Nearly) all about waves by Steffen Biersack*

### 14:30 Polhøgda / English with German translation

*Top predators off the Antarctic shores by Miguel Rodríguez-Gironés*

### 16:00 Panorama lounge:

Recap with the Expedition Team

22:00 Today we would like to invite you for a **Question and Answer** round some of MV Fram's officers in the Panorama Lounge on Deck 7.

Human eyes did not see Antarctica until 1820 yet it had been known to exist since the time of Aristotle. Although it has been on our maps and charts and satellite photos for less than two hundred years, it survived in our imaginations for two thousand years before that. Among all the mythical and magical places of the world Atlantis, El Dorado, the

Fountain of Youth - Antarctica is the only one we have found so far. Its very existence is proof of magic. The history of Antarctica is however one of resource rape; first the seals and then the whales. Will there be a third era? We encourage you to keep Antarctica a part of your life always. The people who visit Antarctica may be the continent's best hope for its pristine survival, as they become advocates and emissaries.

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*walking inside, hold on to  
railings but not in door frames*



# DAILY PROGRAM

THURSDAY, 23.02.2017 – AT SEA



HURTIGRUTEN  
MS FRAM



## OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE  
BREAKFAST BUFFET  
LUNCH BUFFET  
TEA TIME  
DINNER MENU

06:00 - 07:00  
07:00 - 09:30  
12:00 - 14:30  
15:30 - 17:00  
18:00 1<sup>st</sup> seating  
20:00 2<sup>nd</sup> seating

BISTRO, DECK 4  
RESTAURANT, DECK 4  
RESTAURANT, DECK 4  
PANORAMA LOUNGE, DECK 7  
RESTAURANT, DECK 4

09:30 Framheim / English

*My cold war trips to Antarctica* by Robert Rowland

09:30 Polhøgda / French

*Les superprédateurs au large des côtes de l'Antarctique* par Miguel Rodríguez-Gironés

11:00 Framheim / English

*My life in Svalbard – The art of living* by Helga Kristiansen

11:00 Polhøgda / German

*Die Geschichte Antarcicas – eine Einführung* von Tom Warmolts

14:30 Framheim / English

*How to get there: The principles of navigation* by Steffen Biersack

14:30 Polhøgda / English with

German translation *My life in Svalbard – The art of living* by Helga Kristiansen

17:00 **Panoram Lounge.** Captains farewell cocktail in Panorama Lounge deck 7: Captain would like to take the Opportunity to thank you for travelling with us, and invite you for a cocktail in the bar. Welcome!

Afterwards we present the **MV Fram Charity Auction!** The auction supports the Hurtigruten Foundation, lots include a chart of this voyage, and the flag of the ship.

From 19:30 In Framheim hall there is a continuous slide presentation of Esther pictures of this expedition! If you are interested, you can order the DVD at the reception until 22:00hours!

You have received a tipping form in your cabin, if you wish to give gratuities to your excellent crew, please fill it out and deliver the form to reception.

Kindly note that the first bill that you receive is a preliminary one, for you to check. Cruise accounts

will be settled after 22:00 with the credit card information given, you will be charged automatically and a receipt is send to your email address. After 22:00 you can pay cash or with your credit card

Please ensure to read the disembarkation information printed and distributed to your cabin. The flight and transfer lists are posted on the information board near Reception. Any questions with regard to disembarkation, please contact the expedition desk.

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# DAILY PROGRAM

FRIDAY, 24.02.2017 – USHUAIA



## OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE  
BREAKFAST BUFFET

06:00 - 07:00  
06:30 - 08:30

BISTRO, DECK 4  
RESTAURANT, DECK 4

If you have purchased the Photo DVD from the expedition photographer Esther, you can pick it up in reception before disembarkation.

The Captain and Crew of MS Fram bid you farewell and a safe journey home. Remember to follow the journeys of FRAM on Facebook.

Find the daily programs, the biographies of our Expedition Team, the chart of the trip, the group picture and much more here:

<https://www.hurtigruten.com/practical-information/voyage-portfolio/antarctic-circle-expedition-8-feb/>

Facebook:  
<https://www.facebook.com/pages/MS-Fram>