

DAILY PROGRAM

FRIDAY, 24.02.2017 – 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 Raymond Martinsen 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.

FRAM goes paperless! On your first day you will receive the Daily program in printed version. From tomorrow on you will find the daily information on your cabin's TV screen as well as in all public spaces. By doing so we avoid unnecessary waste of paper. You will also get all the daily programs at the end of the voyage in digital form. (PDF)

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



SATURDAY, 25.02.2017 – 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 1st seating
20:00 2nd seating

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

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?

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.

09:30 Polhøgda / Deutsch
Teilnahmepflichtige IAATO-Veranstaltung

09:30 Framheim / English
Mandatory IAATO briefing.

11:00 Framheim / English
Information about our optional extra activities.

11:00 Polhøgda / Deutsch
Informationen zu den optionalen Aktivitäten.

11:45 Framheim / Chinese
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

14:30 Framheim / Skandinavisk
Obligatorisk IAATO informasjon

14:30 Polhøgda / Chinese
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 by Simon Delany Simon with German translation

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 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

Please turn page.

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.

We would like to inform you that all stated times and activities are changeable due to weather 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. 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

SUNDAY, 26.02.2017 – AT SEA



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
WAFFLES
DINNER MENU

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

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

09:00 Polhøgda / Chinese

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

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 in Antarctica and South Georgia

11:00 Framheim / English

Photo ideas by – Esther Kokmeijer

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 Polhøgda / Chinese

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 PolarCirkel Tour angemeldet haben.

15:30 Polhøgda

Mandatory briefing for everyone who has signed up for Camping

16:30 Framheim / English

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

16:30 Polhøgda / English with German translation

Photo ideas by – Esther Kokmeijer

Please turn page.

19:30 Framheim/English:

Information about the landing tomorrow.

19:30 Polhøgda/Deutsch:

Informationen über unsere Anlandung Morgen.

20:15 Polhøgda/Chinese

Information about the landing tomorrow.

22:00 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.

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.

We would like to inform you that all stated times and activities are changeable due to weather 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. 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

MONDAY, 27.02.2017 – NEKO & PETERMANN



OVERVIEW OF RESTAURANT TIMINGS

BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
BUFFET

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

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

07:00 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.

Ca 07:00 We hope to do a landing at Neko.

We begin our landing by calling Boat cruise B, then 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 given ashore.

Ca 07:30 Kayakers group A please listen to the announcements for you to be called. We meet outside Polhøgda conference room.

Ca 09:30 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.

Early afternoon: 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.

Afternoon: 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.

Afternoon We hope to do a landing at **Petermann Island**. We begin our landing by calling Boat cruise D, Campers A, then boat group 2,3. Please listen for the break time. After the break, we welcome groups 4,5,6,7,8,1 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.

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

Petermann Island
65° 10 S 64° 10 W
Neko Harbour
64° 50 S 62° 33 W

Afternoon: 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.

Evening / Campers: 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.

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

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

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.

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 colony are the main attractions here.

We would like to inform you that all stated times and activities are changeable due to weather 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. 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.

Petermann Island
65° 10 S 64° 10 W
Neko Harbour
64° 50 S 62° 33 W

PROGRAM

TUESDAY, 28.02.2017 – ALMIRANTE BROWN & CUVERVILLE



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
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

Ca 10:00 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 10:15 We hope to do a landing at Almirante Brown

We begin our landing by calling Polar Cirkel Boat cruisers group D, then 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 B please listen to the announcements

for you to be called. We meet outside Polhøgda conference room.

Ca 12:00 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.

Afternoon: 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.

Afternoon: We hope to do a landing at Cuverville

We begin our landing by calling boat group Polar Cirkel Boat Cruisers group F, followed by 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.

Afternoon: 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.

20:45 Framheim/Deutsch: Informationen über unsere Anlandung Morgen.

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

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).⁵

The Argentine base of Almirante Brown is located on the Antarctic Peninsula mainland near Skontrop Cove in Paradise Harbour. It is named for William Brown, an Irish immigrant who became a national hero in Argentina and is known as the father of the Argentine Navy. In 1984, the station's doctor went slightly mad and burned the base down. All seven members of the base staff were subsequently rescued by the American research vessel Polar Duke. The Argentineans sent down a crew every summer to rebuild the base but, as many other Argentine bases, it has been closed in recent years. The empty base makes for a nice landing where you can view the station and the gentoo penguins that call it home. A steep hike up the snow-covered hill is rewarded with a magnificent view of the entire bay.

[Cuverville 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 Cuverville and Rongé islands often trap and ground icebergs. This makes for superb ship-cruising through the channel. Up from the rookery at Cuverville, 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.

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.

We would like to inform you that all stated times and

activities are changeable due to weather 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. 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

WEDNESDAY, 01.03.2017 – WHALERS BAY



OVERVIEW OF RESTAURANT TIMINGS

BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER MENU

06:00 - 09:00
12:00 - 14:30
15:30 - 17:00
18:00 1st seating
20:00 2nd seating

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

Ca.07:00: We are entering
Neptuns Below

07:30:Geology 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.

07:45 We hope to do a landing
at Whalers Bay

We begin our landing by
calling Geology Polar
Cirkelboat cruise group B,
followed by boat group 5,6,7.
Please listen then for the
break time. After the break, we
welcome groups 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.

Ca 09:30 Geology
PolarCirkelboat Cruise group
B. Please meet on deck 2 to
dress in the regatta suits.
Please listen to the
announcements for exact
timings.

14:30 Framheim / English
*Ice - Portrait of a Surprising
Material* by Steffen Biersack

14:30 Polhøgda / English with
german translation
*The Great Whales: secret lives
of gentle giants* by Simon
Delany

16:00 Framheim / English
*Who owns Antarctica and the
Antarctic treaty* by Robert
Rowland

16:00 Polhøgda / Deutsch
*Die Geschichte Antarcitas –
eine Einführung* von Tom
Warmolts
22:00 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.

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 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.

[Whalers Bay](#) was home to factory whaling ships as early as 1905 and a shore station named Hektor from 1912-1931 as well as British Base B built in 1941. Both the base and station were finally destroyed by a mudslide during the 1967-69 eruption along with a Chilean base farther down Port Foster in Pendulum Cove. Today there are two stations in operation, Spain's Gabriel de Castilla and Argentina's Decepción.

We would like to inform you that all stated times and activities are changeable due to weather 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. 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

THURSDAY, 02.03.2017 – AT SEA



OVERVIEW OF RESTAURANT TIMINGS

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

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

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

09:30 Framheim / English *The Great Whales: secret lives of gentle giants* by Simon Delany

09:30 Polhøgda / German *Eis – Portrait eines erstaunlichen Materials* von Steffen Biersack

11:00 Booking deadline for all excursions in Stanley and excursions/transfers in Montevideo.

11:00 Framheim/English: *Shackleton - Polar Hero with a heart* by Kristin Heggland

11:00 Polhøgda/Deutsch: *Die Geopolitik Antarcicas* von Bernardo Groschopp

14:30 Framheim / English *Fur seal or sea elephant?* by Miguel Rodríguez-Gironés

14:30 Polhøgda / Chinese *The history of Chinese*

Antarctic Program by Jianxi Cao

17:00 Panorama Lounge *Nordenskiöld* with Helga Kristiansen

18:00 & 20:00 Film *Framheim/English:* *Shackleton* with Kenneth Branagh, part 1, 100 min

18:00 & 20:00 Film *Polhøgda/Deutsch* *The Endurance, Verschollen im Packeis*, 90 min

We would like to inform you that all stated times and activities are changeable due to weather 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. 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



FRIDAY, 03.03.2017 – AT SEA



OVERVIEW OF RESTAURANT TIMINGS

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

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

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

Bridge visit

Meeting point elevators, deck 6

09:00 Group D

09:30 Group E

17:00 Group A

17:30 Group Scandinavian

09:30 Framheim / Chinese

Who owns Antarctica? by Robert Rowland

09:30 Polhøgda / German

Die Einsamste aller Inseln - Südgeorgien von Steffen Biersack

11:00 Framheim / English

Mandatory information about our first landing in South Georgia

11:00 Polhøgda/Deutsch

Teilnahmepflichtige
Information über unser erste Anlandungen in Südgeorgien

12:00 – 14:00 Vacuuming for backpacks and other things

you will bring ashore on South Georgia. You are able to use the vacuum system on deck 2, 3 and 5. Crew is available to assist you. After 14:00 you can use the vacuuming on deck 3 by yourself.

14:30 Framheim / English

Geology of South Georgia Island by Robert Rowland

14:30 Polhøgda / German

Web of Life by Kristin Heggland (Englisch mit Deutscher Übersetzung)

16:00 Framheim / English

Thirty million seabirds: the birdlife of South Georgia by Simon Delany

16:00 Polhøgda/ Chinese

Mandatory information about our first in South Georgia

18:00 & 20:00 Film

Framheim/English:

Shackleton with Kenneth Branagh, part 2, 100 min

18:00 & 20:00 Film

Polhøgda/Deutsch

Wilde Paradiese, South Georgia Island, Paradies aus Eis, 52 min

21:45 Today we would like to invite you to learn more about **Ropes & Knots** with our ABs. Meet us in the Panorama Lounge on Deck 7.

Please remember to cover your windows from light for the sake of the birds

South Georgia Biosecurity Self Audit Check list & Landing Declaration for all Visitors

Invasive animal and plant species pose a very real threat to South Georgia's fragile environment. By complying with the simple measures

below you will personally be making a real and valuable contribution to the conservation of the island.

The biosecurity measures designed by South Georgia Government are intended to protect the island by preventing the introduction or transfer between sites of any organic material including animals, plants, seeds, soil and diseases.

Please study carefully the following points.

- Have you scrubbed all of your footwear in the bootwashing station on board your vessel, removing all soil and organic material?
- Have you inspected all of your clothing for soil, seeds and insects, especially cuffs, Velcro, pockets, seams and hoods?
- Is all your equipment and luggage clean and free of soil and seeds? This includes walking sticks, ski poles and tripods for cameras.
- Have you emptied, vacuumed and inspected inside any bags that you plan to take ashore, to ensure absence of soil, seeds and insects?
- Have you removed all fresh produce, especially poultry products*, from any bags or garments that you intend to take ashore?
(* In order to prevent the introduction of avian diseases)
- Do you understand that you need to repeat the biosecurity self check

procedure before landing at each new site?

- Have you seen anything which causes you concern? If so, please speak to your Expedition Leader or Officer in charge, who can raise it directly with the Government of South Georgia if necessary.

Government of South Georgia and the South Sandwich Island

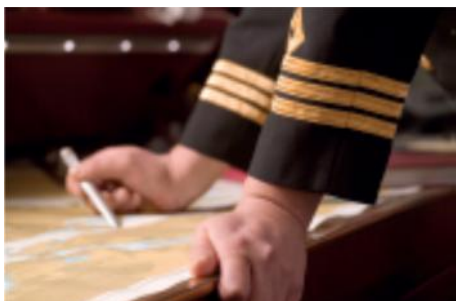
We would like to inform you that all stated times and activities are changeable due to weather conditions, or other circumstances out of our control. We kindly remind you to take care walking around on the ship while at sea. Especially venturing out on deck, mind the signs for warning of wet and slippery. 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, 04.03.2017 – ST ANDREWS



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNERBUFFET

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

Bridge visit

Meeting point elevators, deck 6
09:00 Group F
09:30 Group Chinese

11:00 Film *Polhøgda/English*:
Mandatory film about South Georgia (This is a repeat from the briefing yesterday. If you missed it yesterday, we kindly ask you to be present today)
37 min

Ca 14:30 We hope to do a landing at St Andrews. We will then begin our landing by calling group 6,7,8,1. Then we are going to have a break before the other groups are called. The break will be announced over the loudspeaker system. After the break we are ready for groups 2,3,4,5. Listen carefully for the announcements for your group to be called. You need to wear rubber boots.

Remember to return to the landing site immediately if the ship's horn sounds

After the landing: Vacuuming for backpacks and other things you will bring ashore on the next landing. You are able to use the vacuum system on deck 3 and 5. Remember to clean your rubber boots before you leave the landing site and disinfect at the cleaning station on tenderpit.

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

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

Please remember to cover your windows from light for the sake of the birds

St. Andrews Bay: According to the expedition team this is "just the most amazing place

in the world", probably due to South Georgia's largest king penguin and elephant seal concentration. The bay is fully exposed to the open sea and the frequently occurring strong winds that plummet from the summits of the Allardyce Range (up to 2000m high). The 3km long fine dark sanded beach only gets interrupted by some rivers flowing from the Heaney, Buxton and Cook Glaciers. Enjoy!

There is nowhere, in any latitude, quite like *South Georgia*; magnificent mountain scenery, glaciers galore, a rugged coastline punctuated with castellate and tabular icebergs, a rich historical tapestry, and wildlife wildlife wildlife. Its unique position inside the Antarctic Convergence yet outside the limit of the yearly sea ice makes this 3,755 square kilometre island home to tens

of millions of breeding penguins, seals and seabirds. Although it was first sighted by Londoner Antoine de la Roche in 1675, Captain James Cook became the first to land on and survey the island in 1775. Upon his return to Britain, Cook's description of large numbers of seals in the Southern Ocean precipitated the plundering of the area. The whalers followed the sealers and the first shore station was up and running by 1904. The last of the eventual six shore stations closed in 1965. During this period over 175,000 whales were 'processed' at South Georgia, including 41,515 blue whales. There is an estimated 4% of the original whale population left in the Southern Ocean.

We would like to inform you that all stated times and activities are changeable due to weather 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. 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



SUNDAY, 05.03.2017 – GRYTVIKEN & STRØMNES



OVERVIEW OF RESTAURANT TIMINGS

BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNERBUFFET

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

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

06:45 We launch the [hikers Maiviken-Grytviken](#) with the Polar Cirkel boats. You have received separate information into your cabin.

Ca 08:00 MV Fram will arrive in Grytviken

08:00 [Grytviken nature 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.

Ca 08:15 [Framheim/English A representative from South Georgia Heritage Trust](#) - working at the museum will come onboard and have a short lecture about the "Eradication of rats in South Georgia" program while the ship is being formally cleared by the government official - marine officer in Grytviken, before the landing starts. Listen to the announcement

for when the representative is onboard and when the presentation starts.

Ca 08:45 [Kayak- Grytviken](#): Meet in front of Expedition Desk on Deck 4 - please listen to the announcement!

Ca 09:15 [We hope for a landing at Grytviken](#)
We start with boat group number 7,8,1,2,3,4,5,6. There is no limit on how many who can go ashore in Grytviken. Listen carefully for the announcements for your group to be called. Rubber boots are necessary. Listen to the instructions of the guides ashore, timings for return to the ship will be given ashore. Please do not approach deck 2 until your group is called.

10:15 & 12:00 We will arrange the "[Tour of the whaling station](#)" two times. (ca 35 min)
Meetingplace is in front of the museum. You do not need to

book this tour, you just meet up. It will only be given in English

11:00 We will arrange one time the tour called "[In depth of the factory](#)". (Ca 60 min)
Meetingplace is in front of the museum. You do not need to book this tour, you just meet up. It will only be given in English

11:00 We will arrange one time the tour called "[Shackleton at Grytviken](#)". (Ca 30 min)
Meetingplace is in front of the museum. You do not need to book this tour, you just meet up. It will only be given in English

In the [museum](#) building ashore there is a small but well equipped souvenir shop which sells a good selection of books, clothing and a bit of jewellery. Credit cards are welcome, as well as USD, GBP and Euro. If you would like to hand in your

"Sponsor a hectare" form (available near reception), you can do so in the museum. To have one hectare "rat-free", it is a US 145/Pound 90 sponsorship. It is also possible to visit the local [Post Office](#) behind the museum.

[Shackleton Grave](#): It is allowed to have a toast when you stand next to Shackleton's grave. You might buy a small bottle of Whiskey onboard MV Fram and take it with you.

[Afternoon](#): MV Fram will arrive in Strømness

[Afternoon: History 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.

We begin our landing by [calling boat group 8,1,2,3](#). Please listen then for the break time. After the break, we welcome groups 4,5,6,7. 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 Kayak-Strømness](#): Meet in front of Expedition

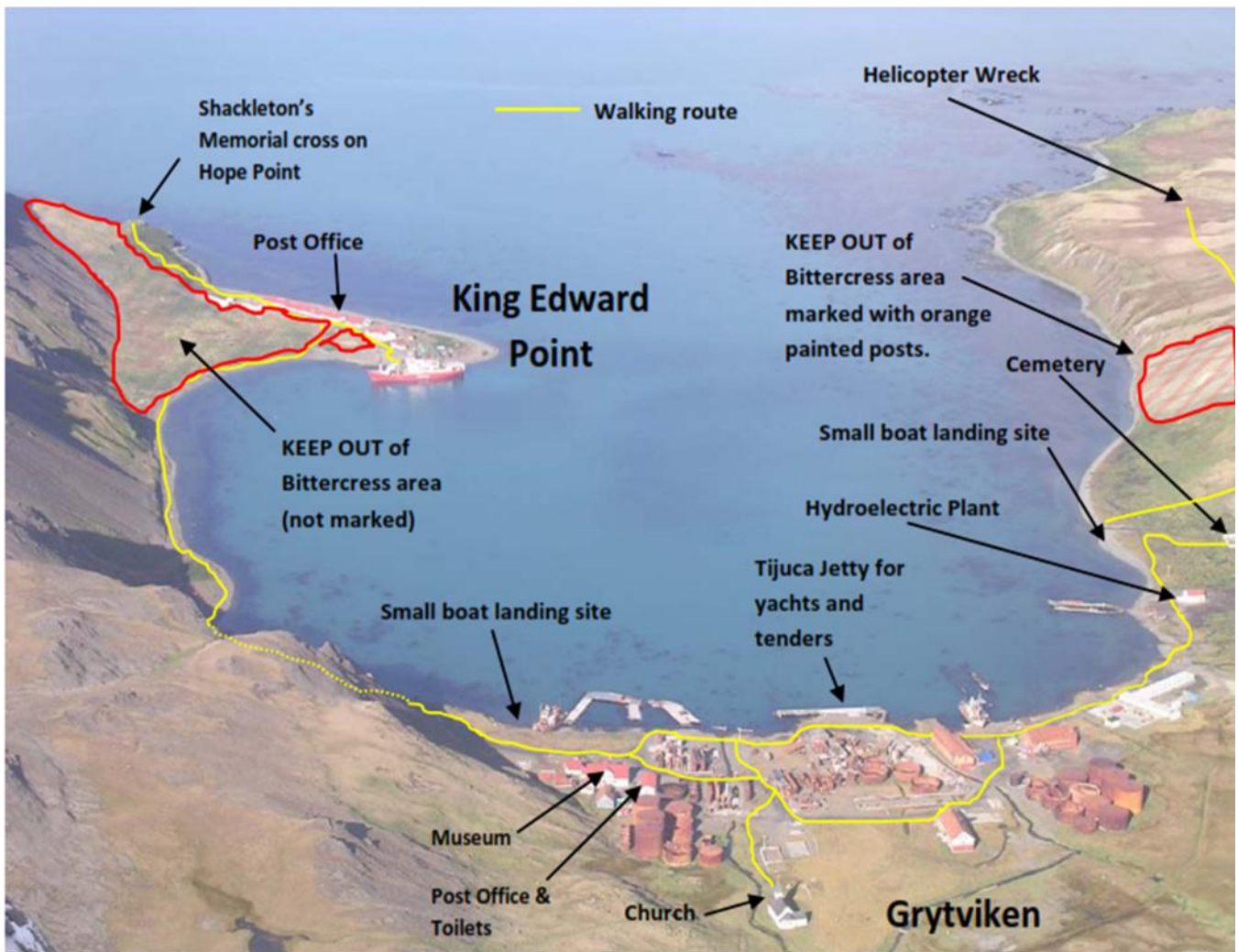
Desk on Deck 4 - please listen to the announcement!

Please remember to cover your windows from light for the sake of the birds

Founded by Norwegian Carl Anton Larsen in 1904, [Grytviken](#) was the first whaling station in Antarctic waters. Here it is possible to pay your respects to Sir Ernest Shackleton and others at the graveyard and visit the Whaler's Church. The manager's house became the South Georgia Whaling Museum in 1992 and is maintained by the British Antarctic Survey and the Government of South Georgia. The museum has a rich and fascinating display of whaling, sealing, exploring, and natural histories of the whole island. There is also a shop with a variety of souvenirs – they accept British pounds, Euros, American dollars, and Visa credit cards (no Amex). Grytviken is home to several derelict ships, including Petrel, an excellent surviving example of a steam-powered whale-catcher. Just across the cove from Grytviken is King Edward Point, site of the former British Garrison and now home to a British Antarctic Survey applied fisheries research station as well as the Marine Officer, the

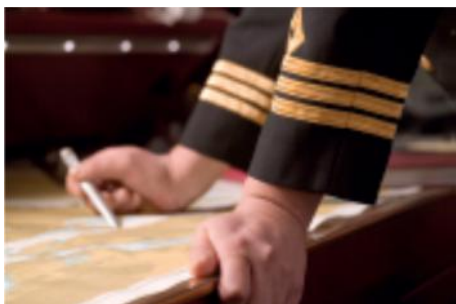
Government's sole representative. The Marine Officer's duties include those of Harbour Master, Customs and Immigration, Fisheries Officer, and sub-Postmaster. Captain Larsen knew a good thing when he saw it; King Edward Cove is located in a protected corner of Cumberland East bay. The pier at Grytviken is very unstable however and landings usually occur on a beach set out by the Marine Officer.

[Strømness Bay](#) is home to the three deserted whaling stations; Strømness, Leith Harbour, and Husvik. Unfortunately, the station buildings cannot be entered for safety reasons but one can usually get close enough to acquire a sense of what they must have been like during their heyday. Elephant seals and fur seals are found along the beach. There is a small gentoo population as well as occasional king penguins. It was from the nearby station of Husvik that the entire staff volunteered to rescue Shackleton's 22 men stranded on Elephant Island. Setting out in Southern Sky, and the men of Husvik would not be able to get through the sea ice surrounding Elephant Island and it would take Shackleton four attempts and over four months to reach his men.



DAILY PROGRAM

MONDAY, 06.03.2017 – AT SEA



OVERVIEW OF RESTAURANT TIMINGS

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

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

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

Bridge visit

Meeting point elevators, deck 6
09:30 Group G English

09:30 Framheim / Chinese

1 year in Antarctic (Great Wall Station) by Jianxi Cao

09:30 Polhøgda / German

Willkommen in Afrika: Die Geologie der Falkland-Inseln von Steffen Biersack

11:00 Framheim / English

Logger, Mollymauks & Johnny Rooks - An Introduction to the birdlife of the Falkland Islands by Simon Delany

11:00 Polhøgda / German

Der Falkland-Krieg von 1982 von Bernardo Groschopp

14:30 Bookingdeadline

Camping on the Falkland Island

14:30 Framheim / English

Scurvy and exploration by Robert Rowland

14:30 Polhøgda / English with German translation

Pelzrobbe oder See-Elefant? by Miguel Rodríguez-Gironés

16:00 Panorama lounge:

Recap with the Expedition Team

18:00 & 20:00 Film

Framheim/English:
Grandma, The oldest Albatross, 55 min

18:00 & 20:00 Film

Polhøgda/Deutsch
Wale, Die Giganten der Meere, 40 min

22:00 Today we would like to invite you for a **Question and Answer** round with some of

MV Fram's officers in the Panorama Lounge on Deck 7.

Please remember to cover your windows from light for the sake of the birds

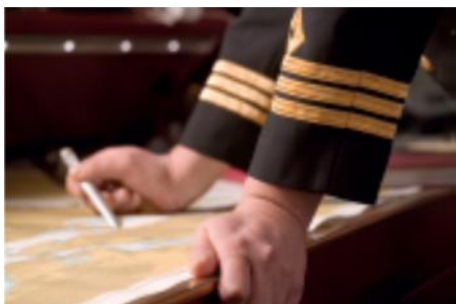
We would like to inform you that all stated times and activities are changeable due to weather conditions, or other circumstances out of our control. We kindly remind you to take care walking around on the ship while at sea. Especially venturing out on deck, mind the signs for warning of wet and slippery. 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

TUESDAY, 07.03.2017 – AT SEA



OVERVIEW OF RESTAURANT TIMINGS

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

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

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

09:30 Framheim / English
*Welcome to Africa: The
Geology of the Falkland
Islands* by Steffen Biersack

09:30 Polhøgda / Englisch mit
Deutscher Übersetzung
*Logger, Mollymauks & Johnny
Rooks - An Introduction to the
birdlife of the Falkland Islands*
by Simon Delany

11:00 Framheim / English *My
life in the Arctic* by Helga
Kristiansen

11:00 Polhøgda / Englisch mit
Deutscher Übersetzung:
Scurvy and exploration by
Robert Rowland

14:30 Framheim / English
The 1982 Falkland War by
Bernardo Groschopp

14:30 Polhøgda / German
*Willkommen in Afrika: Die
Geologie der Falkland-Inseln*
von Steffen Biersack

16:00 Panorama lounge:
Recap with the Expedition
Team

Bridge visit
Meeting point elevators, deck 6
17:30 Group G English

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

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

18:00 & 20:00 Film
Framheim/English:
The Falkland Islands, A
Natural Kingdom, 31 min

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

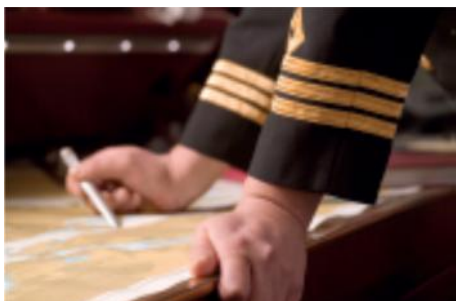
*We would like to inform you
that all stated times and
activities are changeable due
to weather conditions, or other
circumstances out of our
control. We kindly remind you
to take care walking around on
the ship while at sea.
Especially venturing out on
deck, mind the signs for
warning of wet and slippery.
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

WEDNESDAY, 08.03.2017 – STANLEY



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

Special warning: The Argentine forces in 1982 left behind between 25.000-30.000 unmapped plastic land mines indiscernible to metal detectors. There are 135 mined areas in the Falklands, most near Stanley and all clearly fenced and marked. Do not attempt to enter any minefields or remove minefield signs

Ca 09:00 FRAM arrives Stanley

We will be alongside outside of Stanley City Centre. A free shuttle has been arranged. Please show the driver your cruise card. MS Fram- Jetty Visitor center: See the reversed side for schedule Jetty Visitor center- MS Fram: See the reversed side for schedule

Please note that it is not allowed to take out food from the vessel to Stanley. Baggage inspection by the port authorities might take place on the pier.

Optional excursion: Welcome to Africa – the trip into the stunning geology of the Falkland Island: (approx. 3-3 ½ h)

Starts from the ships pier. We recommend muckboots and warm/wind/water proof clothing. You may also buy some souvenirs on the way, we recommend to bring a credit card. Start: 10:00

Stanley Highlights Tour: (approx. 2h)

Starts from the ships pier, ends at the museum. You can take the shuttle bus back to the ship. Comfortable shoes are recommended
10:00 Group A

Optional excursion: Falkland Nature Walk (approx 3h)

Starts from the ships pier. Please check the info board for which group you are in. Please wear good hiking boots. We also recommend warm/wind/water proof clothing.

13:30 Group B
14:00 Group C
14:30 Group D

Optional excursion: Scenic Air Tour (approx 1.5h)

Starts from the ships pier. Do not take too much gear. Starts from the ships pier. Please check the info board for which group you are in.

11:00 Group E
12:00 Group F
13:00 Group G

17:45 All aboard!

18:00 MS Fram departs from Port Stanley.

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

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

Stanley: Chosen as the new seat of government and first settled in the early 1840's, Stanley was picked for its sheltered harbour and access to abundant fresh water and peat for fuel. Initially surviving

as a provisioning and repair stop for ships traveling around Cape Horn, Stanley achieved a notorious reputation as a haven for vagabond seamen and grizzled whalers. After the opening of the Panama Canal in 1914 and the switch from sail to steam, Stanley became increasingly dependent on the wool trade. Its notorious reputation long gone, the residents of Stanley have that hardy, cooperative friendliness often found in remote communities. One doesn't

have to leave Stanley to experience the wildlife of the Falklands. All kind of fauna can be found around town from sea lions and Peale's and Commerson's dolphins in the harbour to steamer ducks or upland geese holding up traffic (two or three cars on the same street would be considered traffic) while turkey vultures and Dominican gulls soar overhead.

FRAM SHUTTLE TIMINGS

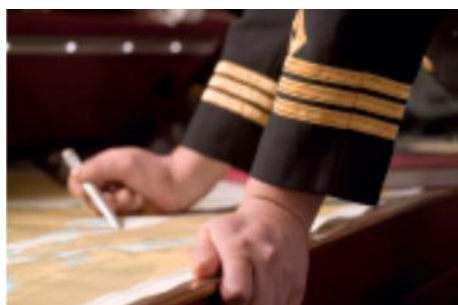
SHIP	JVC
1000	1015
1030	1045
1100	1115
1130	1145
1200	1215
1230	1245
1300	1315
1330	1345
1400	1415
1430	1445
1500	1515
1530	1545
1600	1615
1630	1645
1700	1715
1730	

Last shuttle bus from Jetty Visitor Centre at 1730

DAILY PROGRAM



THURSDAY, 09.03.2017 – NEW ISLAND & CARCASS ISLAND



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE	06:00 - 07:30	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
DINNER BUFFET	18:00 - 21:00	RESTAURANT, DECK 4

Morning approx. 08:00 FRAM arrives at New Island.

We hope to do a landing here at New Island today. Weather permitting; we will begin our landing by calling group no 1. All groups are called one after the other. Please do not approach deck 2 until your group is called, to avoid long line-ups. **Smoking is not allowed on the island!**

12:00-14:30 **Vacuuming** for backpacks and other things you will bring ashore in the Falkland Islands taken from your home continent. You are able to use the vacuum system on deck 3 and 5- crew is available to assist you.

Afternoon FRAM arrives Carcass in the Falkland Islands.

We hope to do a landing here at Carcass Island today. Weather permitting, we will begin our landing by calling group no 2. All groups are called one after the other. Please do not approach deck 2 until your group is called, to avoid long line-ups. **Smoking is not allowed on the island!**

New Island has a rich history associated with whaling and sealing including being host to Admiralen, the first factory whaling ship to ply the Southern Ocean back in 1905. The New Island South Conservation Trust is restoring a stone hut built by a marooned American sealer. At the shore in front of the hut is the beached Canadian Navy minesweeper Protector, brought south in a failed sealing enterprise. The island is host to large colonies of black-browed albatross,

rockhopper penguins, and gentoo penguins as well as many other species including king penguins, sea lions, upland geese, and striated caracaras. After landing on the sandy beach at Settlement Harbour, one can make a level, 1.5 kilometre (one mile) walk to a colony of rockhopper penguins, imperial cormorants, and black-browed albatross. You may see non-indigenous rabbits scurrying across the path. The colony offers a spectacular vista of soaring albatross and squawking, bounding penguins.

Carcass Island lies to the North West of the Falkland Islands archipelago and takes its name from the HMS Carcass which visited in the late 18th century. At present there is only two all year residents and a few more in the summer, it is the present

New Island	51° 42 00 S 61° 16 59 W
Carcass Island	51° 16 56 S 60° 33 27 W

owners Rob and Lorraine McGill who have lived on the island for about 30 years. They continue the conservationist traditions of the previous owners planting and restoring the tussac grass for use as controlled winter animal grazing areas. There is about 900 sheep on the island, and in addition tourism makes

up for income as well. Unlike much of the Falkland Islands Carcass Island is water-rich and has several water resources. A generator gives electricity and the traditional fuel, peat, was replaced recently by the more convenient oil and gas which is delivered by local vessel. At all sites in Carcass a prolific

number of shore birds are to be seen. Flightless steamer ducks, Magellanic Penguins, Gentoo Penguins, Cobb's wren, black throated finch and many other species. When you reach the settlement of The McGills they offer coffee, tea and cakes.



New Island 51° 42 00 S 61° 16 59 W
 Carcass Island 51° 16 56 S 60° 33 27 W

DAILY PROGRAM



HURTIGRUTEN
MS FRAM

FRIDAY, 10.03.2017 – SAUNDERS



OVERVIEW OF RESTAURANT TIMINGS

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

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

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

Morning approx. 08:00 FRAM arrives at Saunders.

We hope to do a landing here at Saunders today. Weather permitting; we will begin our landing by calling **group no 3**. All groups are called one after the other. Please do not approach deck 2 until your group is called, to avoid long line-ups. This is a wet landing, rubberboots or high waterproof goretex shoes are highly recommended. **Smoking is not allowed on the island!**

14:30 Framheim / English
Nomads of the Southern Ocean – watching seabirds from the decks of MS Fram by Simon Delany

14:30 Polhøgda / German
Kein Tsunami in Antarctica (Beinahe) alles über Wellen von Steffen Biersack

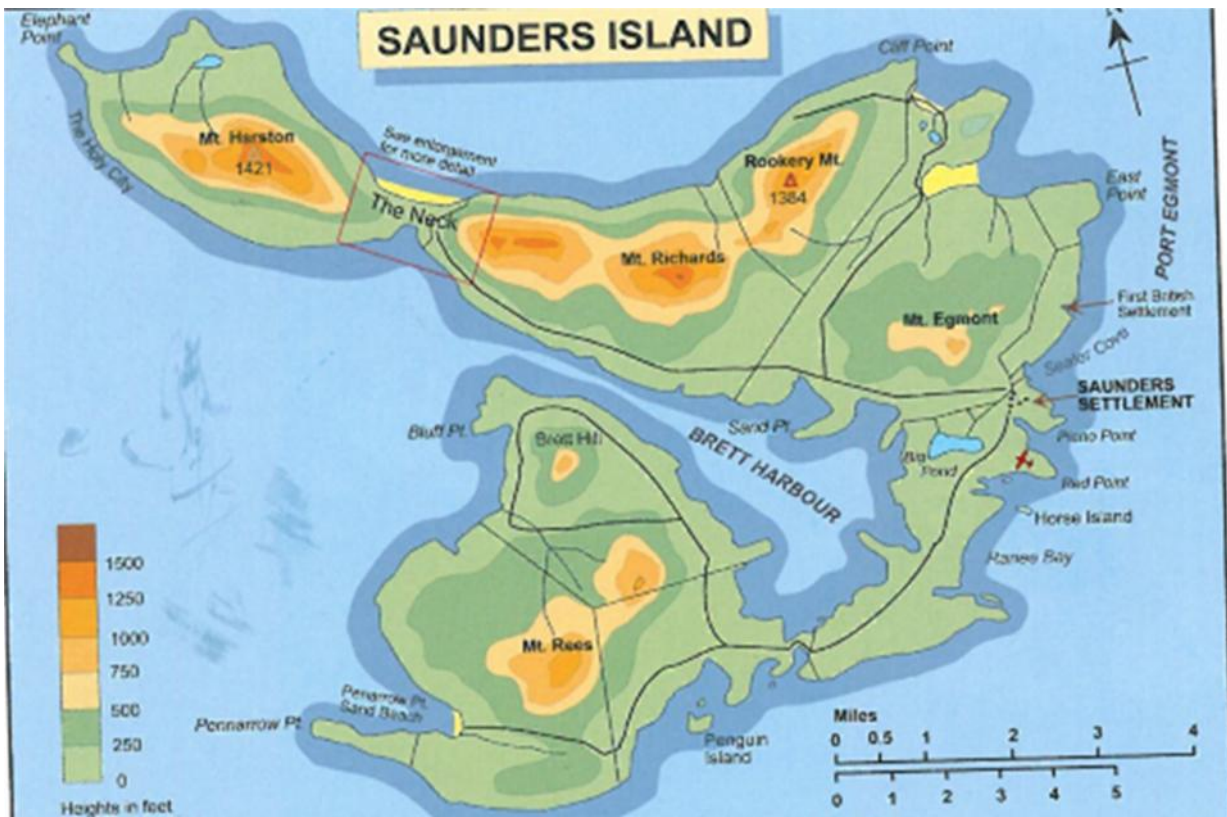
16:00 Framheim / English
Web of Life by Kristin Heggland

16:00 Polhøgda / German
Selk'nam, Yamana und Alakaluf - Die Aborigines von Feuerland von Bernardo Groschopp

21:45 Today we would like to invite you for the **Whiskey show** from our Chief Officer in the Panorama Lounge on Deck 7.

Saunders Island has an area of 131.6 km² (50.8 sq mi) and a coastline of 106.8 km (66.4 mi). It is about 21 km (13 mi) from east to west and almost that distance from north-east to south-west. It consists of three peninsulas linked by

narrow necks, and it has three large upland areas. The highest point, Mount Richards, is 457 m (1,499 ft) high. Port Egmont on the island was the site of the first British settlement, established in 1765.



DAILY PROGRAM



HURTIGRUTEN
MS FRAM

SATURDAY, 11.03.2017 – AT SEA



OVERVIEW OF RESTAURANT TIMINGS

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

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

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

Lectures:

09:30 Framheim / English

Southern Ocean Whaling – a senseless slaughter by Simon Delany

09:30 Polhøgda / Chinese

One year in Antarctica (Great Wall Station) by Jianxi Cao

11:00 Framheim / English

Circles and lines by Robert Rowland

11:00 Polhøgda / Englisch mit

Deutscher Übersetzung: Mein Leben in Svalbard von Helga Kristiansen

14:30 Framheim / English

Plastic fantastic by Helga Kristiansen

14:30 Polhøgda / Norwegian

Tre reiser med Hurtigruta til Grønland, Newfoundland og Labrador by Benedicte Ingstadt

17:00 Panorama Lounge

Into the ice, a little storytelling about Fram and her men with Helga Kristiansen

We would like to inform you that all stated times and activities are changeable due to weather 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. 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

SUNDAY, 12.03.2017 – AT SEA



OVERVIEW OF RESTAURANT TIMINGS

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

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

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

09:30 Framheim / English

Three travels with Hurtigruta to Greenland, Newfoundland and Labrador by Benedicte Ingstadt

09:30 Polhøgda / Chinese

Chinese: *Dome A* by Cao Jianxi

11:00 Framheim / English

Conservation of Antarctic seabirds by Simon Delany

11:00 Polhøgda / German:

Wie man gut ankommt: Die Prinzipien der Navigation von Steffen Biersack

14:30 Framheim / English

No Tsunami in Antarctica – (almost) all about waves by Steffen Biersack

16:00 Panorama Lounge

Come and join us for a Quiz together with the Expedition Team

We would like to inform you that all stated times and activities are changeable due to weather 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. 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

MONDAY, 13.03.2017 – AT SEA



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
BBQ

06:00 - 07:00
07:00 - 09:30
12:00 - 14:30
15:30 - 17:00
17:00-20:00

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

09:30 Framheim / English

Selk'nam, Yamaná and Alakaluf - The aborigens of Tierra del Fuego by Bernardo Groschopp

09:30 Polhøgda / English with

German translation: *Krill - The essence of Antarctica* by Kristin Heggland

11:00 Framheim / English

4 times to the moon and back. Arctic Terns by Esther Kokmeijer

11:00 Polhøgda / English with

German translation: *Three travels with Hurtigruta to Greenland, Newfoundland and Labrador* by Benedicte Ingstadt

14:30 Framheim / English

How the Kunlun Station was built on Dome A by Cao Jianxi

16:00 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

Monday afternoon you will receive a printed copy of the disembarkation information in your cabin. Any questions with regard to disembarkation, please contact the expedition desk.

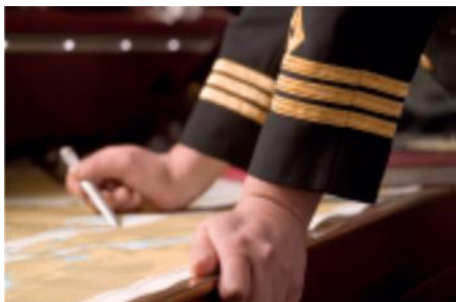
We would like to inform you that all stated times and activities are changeable due to weather conditions, or other circumstances out of our control. We kindly remind you to take care walking around on the ship while at sea. Especially venturing out on

deck, mind the signs for warning of wet and slippery. 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

TUESDAY, 14.03.2017 – MONTEVIDEO



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET

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

BISTRO, DECK 4
RESTAURANT, DECK 4

Passengers with transfer booked by Hurtigruten:

You are welcome to bring your luggage from the cabin to the transfer buses yourself. If you prefer, you could place your luggage, with coloured luggage tag attached, at the nearest elevator until 23:00 tonight 13 of March. You will then find your luggage on the pier tomorrow morning. Please take the luggage from the pier **INTO THE TRANSFER BUS** yourself!

If you are not on any of our transfer buses, please **DO NOT** put your luggage outside the cabin. Please keep it in your cabin until disembarkation in the morning in Montevideo. You do not need a luggage tag.

The disembarkation will be from deck 3, and we will have crew at the gangway assisting you down the staircase.

Approx. 06:00 MV Fram will arrive in Montevideo.

After arrival in Montevideo the ship needs to be cleared. This might take some time. The passports will be handed out after clearance.

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

We kindly ask all passengers to leave the cabin before 08:00. You can put your luggage into Framheim or Polhøgda hall during breakfast

Bus transfers:
The buses will be parked just in front of the ship.

08:30 direct transfer from the ship to the airport. **We kindly ask you to use green luggage tag.**

08:30 Excursion Montevideo Hightlight Tour, ending at the airport, **We kindly ask you to use blue luggage tag.**

08:30 Excursion Montevideo Hightlight Tour, ending at Hotel NH Montevideo Columbia. **We kindly ask you to use red luggage tag.**

09:00 Transfer to Hotel NH Montevideo Columbia **We kindly ask you to use yellow luggage tag.**

09:00 We kindly ask all passengers to disembark the ship.

Hotel NH Montevideo Columbia will have a hospitality desk open for Hurtigruten passengers the 14th of March 13:00-17:00.

Please contact them regarding times for further transfers and post program.

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/antarctica-and-the-south-atlantic-islands2/>

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