

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.

Daily Programs will be posted next to the elevator on each deck. 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.

日程安排

2017年2月24日 星期五 乌斯怀亚登船



用餐时间和地点

下午茶
晚餐（自助餐自由选择桌位）

15:00 – 17:30

18:00 – 21:00

7层观景大厅

4层餐厅

15:00 办理入住手续

3层和4层办理，
套房在7层办理。

15:00-17:30 身体健康表

请交给4层大厅的医生

15:00-17:30 如果您想了解更多关于本航次的信息，请到7层观景大厅来吧，我们有探险队员在那里为您解答所有问题。

约 17:30 强制安全演习 请遵循船上的广播通知。安全演习会在室外结束，所以请带上保暖衣物。

前进号 18:00 左右启航。

21:30 船长欢迎酒会. 7层观景大厅，我们的船长 Raymond

Martinsen 希望借此机会欢迎各位上船，并介绍他的船上官员和探险队员。同时再补充一些关于本航次的信息。

日程安排 会每天张贴在每一层的电梯门口，您也可以通过电视机的13频道阅读。

船上广播 可以通过房间电视机的1频道接听。

风衣和防水胶鞋 会在之后的时间安排。

我们可能有机会在南极的某个考察站给大家的护照盖戳。如果您不希望盖，请到4层前台向我们的工作人员说明。

我们会需要用到橡皮艇 登陆。为了便于组织，我们需要把大家分成30人左右一组。在4层靠近会议室的公告栏上，您会看到分组名单。请您务必提前去看一下。

用餐时间会变动 我们希望大家了解所有的既定安排，有可能会受到天气，海冰，或其它不可预料情况而调整。

游轮航行期间，请大家在船上行走时格外小心，尤其是户外甲板，一定要注意各种警示牌，扶好扶手，避免扶门和门框。4, 5, 7, 8层通往外甲板的门在有风的时候有可能会有危险。

DAILY PROGRAM

SATURDAY, 25.02.2017 – AT SEA



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

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

06:00 - 07:30
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?

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 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 / 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 considered a desert, with annual precipitation of only 200 mm (8 inches) along the

Please turn page.

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.

日程安排

2017年2月25日 星期六 海上



用餐时间和地点

早起鸟自助简餐	06:00 - 07:30	4层小餐厅
早餐（自助餐自由选择桌位）	07:00 - 09:30	4层餐厅
午餐（自助餐自由选择桌位）	12:00 - 14:30	4层餐厅
下午茶	15:30 - 17:00	7层观景大厅
五道式晚餐	18:00 第一批 20:00 第二批	4层餐厅

08:30 – 09:30 7层船尾外甲板，欣赏海鸟。我们探险队的专家会在那里给大家解答关于鸟的各种问题。欢迎参加！

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 会议室 / 中文
可选额外探险活动介绍。

12:00 – 14:00 请到2楼甲板领取一件风衣。

依照南极旅游协会(IAATO)条

款，《南极条约》规章，以及挪威法律，所有乘客都必须参加 **IAATO 信息会**。请各位想在南极登陆的乘客务必参加。

14:30 Framheim / Skandinavisk
Obligatorisk IAATO informasjon

14:30 Polhøgda 会议室 / 中文
强制性 IAATO 信息会

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

□□□将会安排在某天的日程安排表里。

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如果您希望某天和我们的探险队员共进晚餐，请到探险队前台填写报名表。邀请信将会提前发放到您的房间。如果报名人数太多，我们将采取抽签的方式。

平均来说，**南极**，是地球上最冷，最干，风最大的一个大陆。同时又是平均海拔最高的大陆。南极就像一个沙漠，沿海的年平均降雨量只有不到 200 mm，而内陆则更少了。那里没有永久居民，只有每年 1,000 到 5,000 的科学考察人员分散在南极大陆的各个考察站里。只有耐寒的动植物可以在这里生存，比如企鹅，海豹，线虫类，蠕虫，海藻，微生物，和地衣植被。澳洲的一个杂志介绍到 – 一个地球最南端的辽阔大地 “平衡”了北半球的亚欧及北非大陆 – 只是这个理论在托勒

请翻页

密时期（公元前 1 世纪）就被提出来了，他相信只有这样，地球才能平衡。人们发现 16 世纪早期的土耳其地图里也有一块很大的南方大陆。到了 17 世纪，发现了南美及澳洲之后，地理学家相信这也不是寓言中

的南方大陆，因为尺寸应该要更大。欧洲国家一直把这当作一个假说，直到库克船长在 1773 年 1 月 17 日驶入南极圈才作一定数。

游轮航行期间，请大家在船上行走时格外小心，尤其是户外甲板，一定要注意各种警示牌，扶好扶手，避免扶门和门框。4，5，7，8 层通往外甲板的门在有风的时候有可能会有危险。

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, post-cruise excursions and transfers in Ushuaia and Buenos Aires.

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 Polar-Cirkel 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 / Deutsch

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.

20:00 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*

日程安排

2017年2月26日 星期日 海上



HURTIGRUTEN
MS FRAM



用餐时间和地点

早起鸟自助简餐	06:00 - 07:30	4层小餐厅
早餐 (自助餐自由选择桌位)	07:00 - 09:30	4层餐厅
午餐 (自助餐自由选择桌位)	12:00 - 14:30	4层餐厅
下午茶	15:30 - 17:00	7层观景大厅
五道式晚餐	18:00 第一批 20:00 第二批	4层餐厅

09:00 Polhøgda 会议室 / 中文
世界上的企鹅: 配对, 神秘, 濒危
by Simon Delany

09:00 后 我们将按登陆的组别广播通知大家到2层和3层领取您的防水胶鞋。分组信息请到4层公告栏查看。

您先试穿, 然后我们告诉您存放胶鞋的地方。如果您自己带了胶鞋, 请带到2层甲板, 我们告诉您存放的位置。

11:00 额外探险活动, 南极游结束下船后续游览项目, 乌斯怀亚和布宜诺斯艾利斯的机场接送预订截止时间。

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: 皮划艇项目强制信息告知会, 请报了名的乘客务必参加。

12:30 – 14:30 吸尘 背包或其它您会在南极带上岸的装备如果需要清洁, 我们会在2, 3, 和5层放置吸尘器供您使用。工作人员会提供协助。

吸尘后请在 IAATO 的外来物种防护声明单上签字。

14:00 Polhøgda 会议室 / 中文
橡皮艇巡游强制信息告知会, 请报了名的乘客务必参加。

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.

15:30 Polhøgda

Please turn page.

露营活动强制信息告知会, 报了名的乘客请务必参加。

16:30 Framheim / English
Penguins of the world: engaging, enigmatic, endangered by Simon Delany

16:30 Polhøgda / Deutsch
Photo ideas by – Esther Kokmeijer

17:30 南极摄影技巧讲座, 主讲人: 中国著名极地摄影师李济山

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

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

20:15 Polhøgda/中文
明天登陆的信息告知会。

22:00 7层观景大厅. 欢迎您光临前进号时装秀, 船上的官员

和探险队员给大家展示 4 层商店里的一些服装。

南极辐合带 是南大洋里冷热水交汇的地方。冷，重，盐度低的南方水下沉，北方的热水上升。这种翻滚把底部的营养物带到表层，它通常发生在南纬 40-60 度之间，界线一直在变动。因此，南极辐合带也是南极生态系统的界线，辐合带以

南我们就称之为南大洋。辐合带的特征是海面上烟雾弥漫，海洋生物丰富。不借用温度计的话，根本不可能知道什么时候通过了，因为海浪不会变化，海水颜色也不会改变。环绕南极大陆的水形成了世界最大的洋流，大约为 1.5 亿立方米 / 秒的流通量。一旦流入到北边，南极水会起到冷却热带水

的作用，这对海洋温度的平衡非常重要。

游轮航行期间，请大家在船上行走时格外小心，尤其是户外甲板，一定要注意各种警示牌，扶好扶手，避免扶门和门框。4, 5, 7, 8 层通往外甲板的门在有风的时候有可能会有危险。

DAILY PROGRAM

MONDAY, 27.02.2017 – NEKO & PETERMANN



HURTIGRUTEN
MS FRAM



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. Vernadskiy 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 Gentoos 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

日程表

2017年2月27日，星期一 – NEKO & PETERMANN



HURTIGRUTEN
MS FRAM



用餐时间和地点

自助早餐	06:00 - 09:00	4楼餐厅
自助午餐	12:00 - 14:30	4楼餐厅
下午茶	15:30 - 17:00	7层观景大厅
自助晚餐	18:00 - 21:00	4楼餐厅

07:00 小艇巡游 A 组 听到广播以后请到 2 楼集合并穿巡游服。您会先巡游再登陆。

约 **07:00** 我们希望在内科港 (Neko) 登陆，从小艇巡游 B 组开始登陆，然后是 1,2,3,4 组的顺序。之后会有一个停顿。请 5, 6, 7, 8 组的乘客注意听广播通知具体时间。听到广播之前请不要前往 2 层甲板。请大家务必穿上雨靴登陆。返回的时间会在岸上被通知。

约 **07:30 皮划艇 A 组** 听到广播以后，请到 Polhøgda 会议室门口集合。

约 **09:30 小艇巡游 B 组** 听到广播以后请到 2 楼集合并穿巡游服。你们这时已经登陆回来。

午后: 前进号会经过风景秀丽的勒梅尔海峡 (Lemaire Channel)，界时，我们建议大家到外甲板去欣赏美景。

下午: **小艇巡游 C 组**。听到广播以后请到 2 楼集合并穿巡游服。您会先巡游再登陆。

下午我们计划在彼德曼岛 (Petermann Island) 登陆。登陆顺序依次是小艇巡游 D 组，露营 A 组，然后是 2,3。暂停一下，然后广播通知 4, 5, 6, 7, 8, 1，请注意听广播通知具体时间。听到广播之前请不要前往 2 层甲板。请大家务必穿上雨靴登陆。返回的时间会在岸上被通知。

皮划艇 B 组 听到广播以后，请到 Polhøgda 会议室门口集合。

小艇巡游 C 组。听到广播以后请到 2 楼集合并穿巡游服。您这时已经登完陆回来。

晚间 / 露营: 我们计划安排露营，请注意听广播通知具体时间。请 18: 00 用餐。

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

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

21:30 Polhøgda/中文: 第二天登陆计划信息告知会。

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

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 Argentines 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.

日程表

2017年2月28日，星期二 – ALMIRANTE BROWN & CUVERVILLE



HURTIGRUTEN
MS FRAM



用餐时间和地点

早起鸟自助早餐	06:00 - 07:00	4层小餐厅
早餐	07:00 - 09:30	4层餐厅
午餐	12:00 - 14:30	4层餐厅
下午茶	15:30 - 17:00	7层观景大厅
自助晚餐	18:00 - 21:00	4层餐厅

约 10:00 小艇巡游 C 组。听到广播以后请到 2 楼集合并穿巡游服。您会巡游后再登陆。

约 10:15 我们计划在 Almirante Brown 尝试登陆

从小艇巡游 D 组开始登陆, 然后是 3,4,5,6 组的顺序。之后会有一个停顿。请 7, 8,1,2 组的乘客注意听广播通知具体时间。听到广播之前请不要前往 2 层甲板。请大家务必穿上雨靴登陆。返回的时间会在岸上被通知。

皮划艇 B 组 听到广播以后, 请到 Polhøgda 会议室门口集合。

约 12:00 小艇巡游 D 组。听到广播以后请到 2 楼集合并穿巡游服。您这时已经登陆回来。

下午: 小艇巡游 E 组。听到广播以后请到 2 楼集合并穿巡游服。您会巡游后再登陆。

下午: 我们计划在 Cuverville 尝试登陆。

从小艇巡游 F 组开始登陆, 然后是 4,5,6,7 组的顺序。之后会有一个停顿。请 8,1,2,3 组的乘客注意听广播通知具体时间。听到广播之前请不要前往 2 层甲板。请大家务必穿上雨靴登陆。返回的时间会在岸上被通知。

下午: 12:00 小艇巡游 F 组。听到广播以后请到 2 楼集合并穿巡游服。您这时已经登陆回来。

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

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

21:45 Framheim/中文: 明天登陆信息会。

小艇巡游:

腰或臀不好请不要参加!

巡游服不是 100%防水!

里面建议穿 1 到 2 层内衣。

请别忘了带上防晒霜, 围脖, 帽子, 手套。

请注意做好照相机的防水。

游轮航行期间, 请大家在船上行走时格外小心, 尤其是户外甲板, 一定要注意各种警示牌, 扶好扶手, 避免扶门和门框。4, 5, 7, 8 层通往外甲板的门在有风的时候有可能会有危险。

DAILY PROGRAM



HURTIGRUTEN
MS FRAM

WEDNESDAY, 01.03.2017 – WHALERS BAY



OVERVIEW OF RESTAURANT TIMINGS

BREAKFAST BUFFET	06:00 - 09:00	RESTAURANT, DECK 4
LUNCH BUFFET	12:00 - 14:30	RESTAURANT, DECK 4
TEA TIME	15:30 - 17:00	PANORAMA LOUNGE, DECK 7
DINNER MENU	18:00 1 st seating 20:00 2 nd seating	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.

日程表

2017年3月1日, 星期三 - WHALERS BAY



用餐时间和地点

早餐	06:00 - 09:00	4层餐厅
午餐	12:00 - 14:30	4层餐厅
下午茶	15:30 - 17:00	7层观景大厅
五道式晚餐	18:00 1 st 批 20:00 2 nd 批	4层餐厅

约 07:00: 我们进入海王星的风箱 (Neptuns Below)

07:30:地质小艇巡游 A 组。听到广播以后请到 2 楼集合并穿巡游服。您会巡游后再登陆。

07:45 我们计划在 Whalers Bay 登陆。

从地质小艇巡游 B 组开始登陆, 然后是 5,6,7 组的顺序。之后会有一个停顿。请 8, 1, 2, 3, 4 组的乘客注意听广播通知具体时间。听到广播之前请不要前往 2 层甲板。请大家务必穿上雨靴登陆。返回的时间会在岸上被通知。

约 09:30:地质小艇巡游 A 组。听到广播以后请到 2 楼集合并穿巡游服。您会巡游后再登陆。

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 Antarciticas – eine Einführung von Tom Warmolts

20:00 南极摄影技巧讲座及回顾总结 – 极地摄影师李济山

22:00 7层观景大厅. 欢迎您光临前进号时装秀, 船上的官员和探险队员给大家展示 4 层商店里的一些服装。

游轮航行期间, 请大家在船上行走时格外小心, 尤其是户外甲板, 一定要注意各种警示牌, 扶好扶手, 避免扶门和门框。4, 5, 7, 8 层通往外甲板的门在有风的时候有可能会有危险。

DAILY PROGRAM



HURTIGRUTEN
MS FRAM

THURSDAY, 02.03.2017 – AT SEA



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
DINNER MENU	18:00 1 st seating	RESTAURANT, DECK 4
DINNER MENU	20:00 2 nd seating	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.

日程表

2017年3月2日，星期四 - 海上



用餐时间及地点

早起鸟自助早餐	06:00 - 07:00	4层小餐厅
早餐	07:00 - 09:30	4层餐厅
午餐	12:00 - 14:30	4层餐厅
下午茶	15:30 - 17:00	7层观景大厅
五道式晚餐	18:00 1 st 批	4层餐厅
	20:00 2 nd 批	

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 报名截止时间 福克兰群岛 Stanley 及乌拉圭首都 Montevideo 的额外付费活动

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 / 中文 *中国南极考察历史，科研成果，及未来* by Jianxi Cao

17:00 Panorama Lounge *Nordenskiöld* with Helga Kristiansen

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

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

我们希望大家理解所有的既定安排，有可能会受到天气，海冰，或其它不可预料情况而调整。

游轮航行期间，请大家在船上行走时格外小心，尤其是户外甲板，一定要注意各种警示牌，扶好扶手，避免扶门和门框。4，5，7，8层通往外甲板的门在有风的时候有可能会有危险。

DAILY PROGRAM



HURTIGRUTEN
MS FRAM

FRIDAY, 03.03.2017 – AT SEA



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
DINNER MENU	18:00 1 st seating	RESTAURANT, DECK 4
DINNER MENU	20:00 2 nd seating	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

The loneliest Island of them all - South Georgia by Steffen Biersack

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.

日程表

2017年3月3日, 星期五 - 海上



用餐时间和地点

早起鸟自助早餐	06:00 - 07:00	4楼小餐厅
早餐	07:00 - 09:30	4层餐厅
午餐	12:00 - 14:30	4层餐厅
下午茶	15:30 - 17:00	7层观景大厅
五道式晚餐	18:00 1 st 批	4层餐厅
	20:00 2 nd 批	4层餐厅

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 / 中文
谁拥有南极? 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 吸尘

背包和其它要在南乔治亚岛登陆的装备。吸尘器会布置在 2,3, 和 5 层。14:00 之后中, 3 楼的吸尘器会继续保留。

需要每个人的签字

14:30 Framheim / English
The loneliest Island of them all - South Georgia by Steffen Biersack

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/ 中文
南乔治亚岛登陆注意事项 (强制性, 每人必须参加, 否则不允许登陆。

18:00 & 20:00 电影
Framheim/English:
Shackleton with Kenneth Branagh, part 2, 100 min

18:00 & 20:00 电影
Polhøgda/Deutsch
Wilde Paradiese, South Georgia Island, Paradies aus Eis, 52 min

21:45 7层观景大厅, 船上水手邀请您学习怎么打绳结。

晚间请务必把窗帘拉起来, 遮光, 以避免误导海鸟。

DAILY PROGRAM



HURTIGRUTEN
MS FRAM

2017年3月4日, 星期六 – ST ANDRES



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
DINNERBUFFET	18:00 - 21:00	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.

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. 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.

日程表

2017年3月4日，星期六 – ST ANDREWS



用餐时间和地方

早起鸟自助早餐	06:00 - 07:00	4层小餐厅
早餐	07:00 - 09:30	4层餐厅
午餐	12:00 - 14:30	4层餐厅
下午茶	15:30 - 17:00	7层观景大厅
自助晚餐	18:00 - 21:00	4层餐厅

参观驾驶台

集合点：6层电梯口

09:30 中文组

11:00 电影 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

约 14:30 我们希望在 St Andrews 进行登陆。

登陆顺序依次是 6, 7, 8, 1。暂停一下，然后广播通知 2, 3, 4, 5，请注意听广播通知具体时间。听到广播之前请不要前往 2层甲板。请大家务必穿上雨靴登陆。返回的时间会在岸上被通知。

登陆点有时会遇上大浪，发生时登陆活动会被取消。当船上

的汽笛声响的时候，请岸上的乘客立即返回登陆点，准备立即撤回船上。

登陆结束后: 吸尘

背包和其它会在之后的登陆中用到的装备。吸尘器会布置在 3 和 5 层。请在登陆点清洗一下雨靴，回船消毒。

请拉上窗帘，避免室内灯光吸引海鸟并使之受伤。

St. Andrews Bay: 最大的王企鹅和象海豹聚集地。经常会有大风，3公里长的黑沙滩上有几条小河。

南乔治亚岛，位于南极辐合带之内，但又常年没有海冰，使这个地方成为大量企鹅，海豹和海鸟的聚集地。库克船长在 1775 年首次登陆了这个小岛，

以当时英国国王的名字命名。他们回去以后的报告，促使了后来对生活在这里的海豹和之后的鲸鱼的猎杀。从 1904 年到 1965 年，超过 175000 支鲸鱼被杀掉，其它有 41515 只蓝鲸。据估计，只剩下 4% 左右的鲸鱼逃过这次劫难。

我们希望大家理解所有的既定安排，有可能会受到天气，海冰，或其它不可预料情况而调整。

游轮航行期间，请大家在船上行走时格外小心，尤其是户外甲板，一定要注意各种警示牌，扶好扶手，避免扶门和门框。4, 5, 7, 8 层通往外甲板的门在有风的时候有可能会有危险。

DAILY PROGRAM



HURTIGRUTEN
MS FRAM

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 Circle 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 ["Shackelton 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

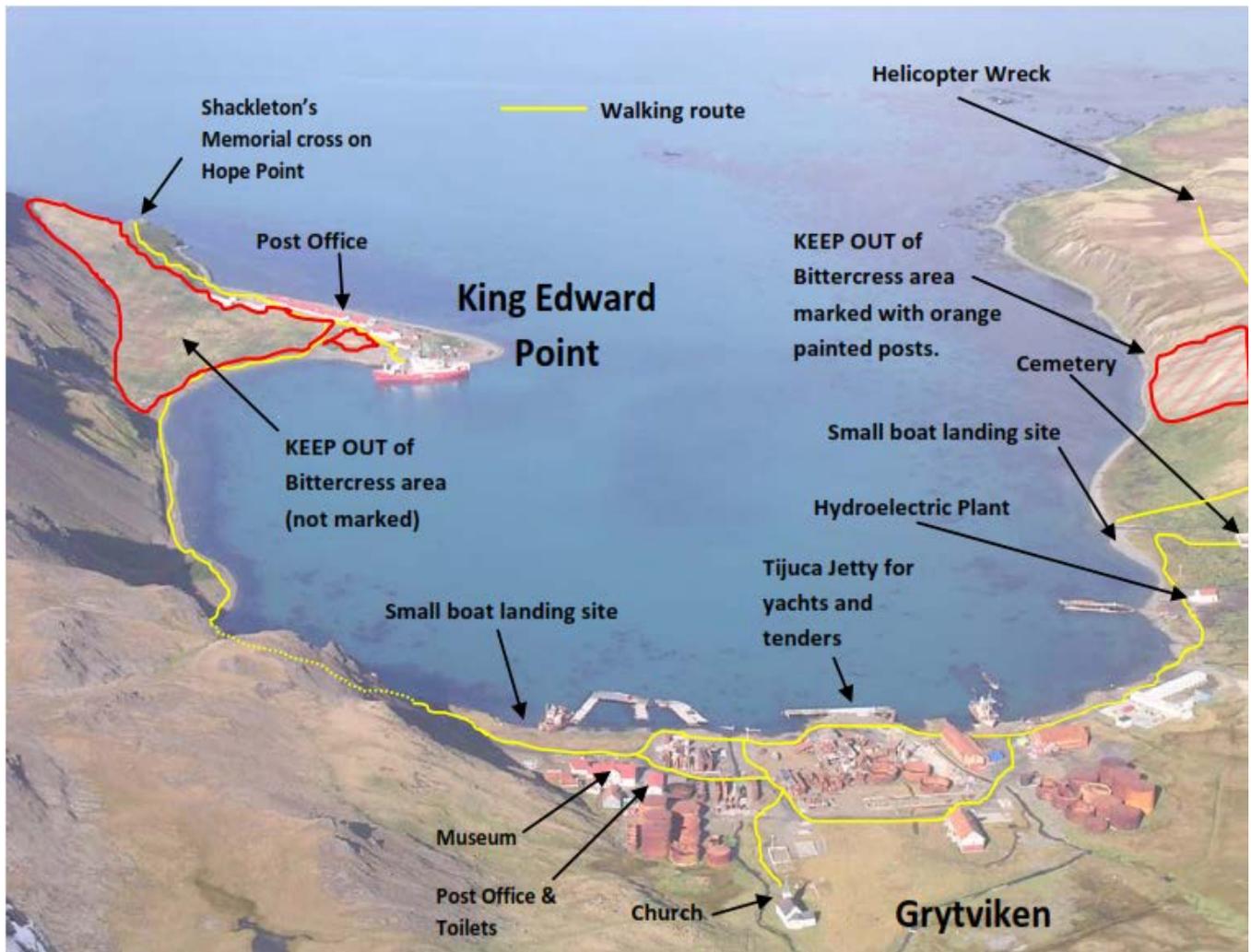
Desk on Deck 4 - please listen to the announcement!

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.



日程表

2017年3月5日，星期日- GRYTVIKEN & STRØMNES



用餐时间和地点

早餐	06:00 - 09:00	4层餐厅
午餐	12:00 - 14:30	4层餐厅
下午茶	15:30 - 17:00	7层观景大厅
晚餐	18:00 - 21:00	4层餐厅

06:45 参加 **Maiviken-Grytviken** 徒步的队伍出发。额外的信息会发放到您的房间。

约 08:00 前进号到达 **Grytviken**

08:00 **Grytviken** 自然风光小艇巡游 A 组 听到广播以后请到 2 楼集合并穿巡游服。您会先巡游再登陆。

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.

约 08:45 **皮划艇- Grytviken**: 听到广播以后，请到 **Polhøgda** 会议室门口集合。

约 09:15 我们计划在 **Grytviken** 登陆。

我们按照 7,8,1,2,3,4,5,6 组的顺序登陆，因为 **Grytviken** 没有登陆人数的限制，所以中间没有停顿。请注意听广播通知各组的时间，听到广播之前，请不要前往 2 层。请务必穿雨靴。登陆后请注意听探险队员的介绍，回船的时间会在岸上被通知。

10:15 & 12:00 我们会两个时间组织“浏览捕鲸站”（约 35 分钟）的活动。在博物馆门口集合。这个活动不需要提前报名，您只需准时到场就行。全程会是英语介绍。

11:00 我们会组织一次“深入工厂”（约 60 分钟）的活动，在博物馆门口集合。这个活动不需要提前报名，您只需准时到场就行。全程会是英语介绍。

11:00 我们会组织一次“**Grytviken** 的沙克尔顿”（约 30 钟）的活动，在博物馆门口集合。这个活动不需要提前报名，您只需准时到场就行。全程会是英语介绍。

在博物馆的房子里面有个小的纪念品商店，里面卖一些书，衣服，饰品等。可以用信用卡，美元，英镑，欧元支付。如果您愿意，可以在博物馆前台拿到一张捐赠表，捐赠 145 美元以支持岛上的“灭鼠”行动。邮局在博物馆后面。

沙克尔顿墓地: 可以在这里向沙克尔顿敬酒。船上有小瓶的威士忌卖，可以带上岸。

下午: 前进号到达 **Strømness**

下午: **历史小艇巡游 A 组**. 听到广播以后请到 2 楼集合并穿巡游服。您会先巡游再登陆。

登陆顺序依次是 8, 1, 2, 3。暂停一下，然后广播通知 4, 5,

6, 7 请注意听广播通知具体时间。听到广播之前请不要前往2层甲板。请大家务必穿上雨靴登陆。返回的时间会在岸上被通知。

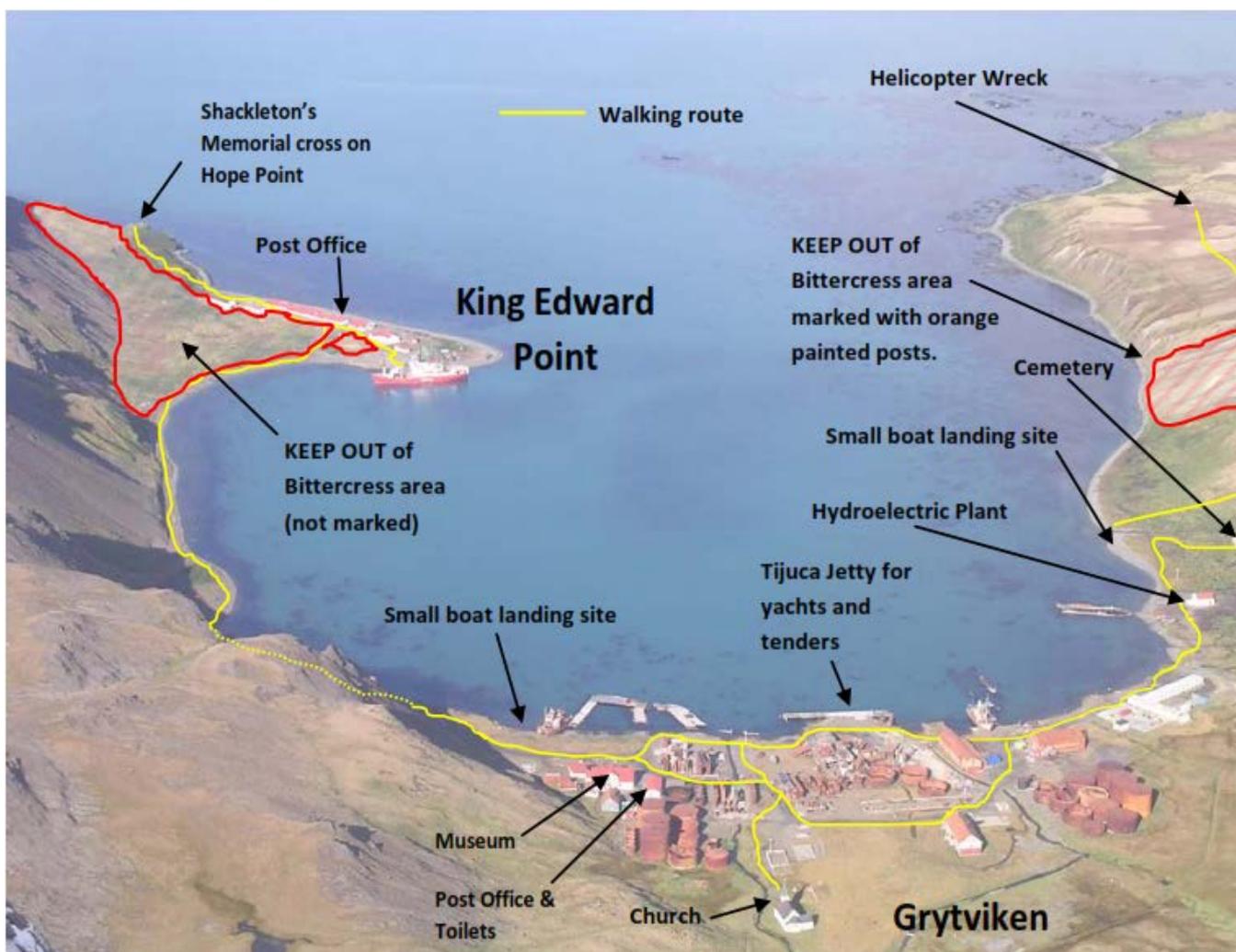
下午 皮划艇-Strømness: 听到广播以后, 请到 Polhøgda 会议室门口集合。

请拉上窗帘, 避免室内灯光吸引海鸟并使之受伤。

Grytviken 是 1904 年在南极水域建立的第一个捕鲸站, 这里也是探险家沙克尔顿的长眠之地, 还有一个教堂。以前管理者的住房 1992 年起被改建成了博物馆。这里还有一个小商店和邮局。

Strømness Bay 曾有三个捕鲸站: ; Strømness, Leith Harbour, and Husvik. 但出于安

全原因, 这些捕鲸站现在都不允许进入。沿沙滩通常有象海豹, 海狗, 有时还会有金图企鹅, 甚至王企鹅出现。Husvik 是沙克尔顿最先出发尝试去营救他那被困在南极象岛的 22 名队员的地方, 但由于南极密集的海冰而没有成功。之后他又不断尝试了 3 次, 历时超过 4 个月才最终把所有人救回来。



DAILY PROGRAM



HURTIGRUTEN
MS FRAM

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

How the Kunlun station been built on Dome A 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.

日程表

2017年3月6日, 星期一 - 海上



用餐时间和地点

早起鸟自助早餐	06:00 - 07:00	4层小餐厅
早餐	07:00 - 09:30	4层餐厅
午餐	12:00 - 14:30	4层餐厅
下午茶	15:30 - 17:00	7层观景大厅
五道式晚餐	18:00 1 st 批	4层餐厅
五道式晚餐	20:00 2 nd 批	4层餐厅

Bridge visit

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

09:30 Framheim / 中文

南极昆仑站是怎么建成的! by
曹建西

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 报名截止时间

福克兰群岛

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 7层观景大厅: 和探险队
员一起回顾本航程。

18:00 & 20:00 电影

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

18:00 & 20:00 电影 Polhøgda/Deutsch

Wale, Die Giganten der
Meere, 40 min

22:00 7层观景, 知识问题竞赛。

请晚间把窗帘拉上, 避免海鸟
的追踪

我们希望大家理解所有的既定
安排, 有可能会受到天气, 海
冰, 或其它不可预料情况而调
整。

游轮航行期间, 请大家在船上
行走时格外小心, 尤其是户外
甲板, 一定要注意各种警示牌,
扶好扶手, 避免扶门和门框。4,
5, 7, 8层通往外甲板的门在
有风的时候有可能会危险。

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.

日程表

2017年3月7日，星期二- 海上



用餐时间和地点

早起鸟自助早餐	06:00 - 07:00	4层小餐厅
早餐	07:00 - 09:30	4层餐厅
午餐	12:00 - 14:30	4层餐厅
下午茶	15:30 - 17:00	7层观景大厅
晚餐（五道式）	18:00 1 st 批	4层餐厅
	20:00 2 nd 批	4层餐厅

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: 和探险队员回顾本次航程。

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 电影
Framheim/English:
The Falkland Islands, A Natural Kingdom, 31 min

22:00 7层观景大厅，知识问题竞赛。

请晚间把窗帘拉上，避免海鸟的追踪

我们希望大家理解所有的既定安排，有可能会受到天气，海冰，或其它不可预料情况而调整。

游轮航行期间，请大家在船上行走时格外小心，尤其是户外甲板，一定要注意各种警示牌，扶好扶手，避免扶门和门框。4, 5, 7, 8层通往外甲板的门在有风的时候有可能会有危险。

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.

Ca 10:00 (as soon as possible after ships clearance. Please listen for announcements):

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
10:30 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

日程表

2017年3月8日，星期三- STANLEY



用餐时间和地点

早起鸟自助早餐
早餐
午餐
下午茶
晚餐（自助）

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

4层小餐厅
4层餐厅
4层餐厅
7层观景大厅
4层餐厅

注意: 1982年的马岛战争留下了25000-30000无法探测的塑料地雷。整个福克兰群岛共有135个雷区，大部分都在斯坦利（Stanley）附近，全部用栅栏围起来并标记了。所以请千万不要进入任何的雷区或拆除雷区的警示标志。

约09:00前进号抵达 Stanley
我们会停靠码头，近市区位置。免费大巴会接送大家前往市中心。请向司机出示您船上的房卡。大巴时刻表请查看背面。

请注意严禁携带任何食品下船，岸上有可能会遇到海关人员检查。

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.
Ca 10:00 (as soon as possible after ships clearance. Please listen for announcements):

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
10:30 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 全体回船!

18:00 前进号驶离 Stanley.

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

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

21:00 Polhøgda /中文: 明天的登陆信息会。

斯坦利（Stanley）：是福克兰群岛首府，1840年以来开始有

人居住。最初的经济来源主要是维修和补给经过合恩角的船，充斥着游手好闲的水手或是捕鲸人。但 1914 年巴拿马运河开通以后，尤其船舶技术也从帆

船进步到了蒸水船，斯坦利逐步转为依赖羊毛贸易。也逐步摆脱了以前臭名昭著的名声。不用走出斯坦利，就能见到很多野生动物，比如：海狗，海

豚，鸭类，鹅类，火鸡，飞鸟等。

大巴口刻表

船	JVC 游客中心
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	

回船的末班□□□□ : 1730



DAILY PROGRAM



HURTIGRUTEN
MS FRAM

THURSDAY, 09.03.2017 – NEW ISLAND & CARCASS ISLAND



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

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. New Island is owned in two halves however the respective

owners, Tony Chater and Ian Strange, both run their properties as nature preserves. 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

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

日程表

2017年3月9日，星期四 – NEW ISLAND & CARCASS ISLAND



用餐时间和地点

早起鸟自助早餐	06:00 - 07:30	4层小餐厅
早餐	07:00 - 09:30	4层餐厅
午餐	12:00 - 14:30	4层餐厅
下午茶	15:30 - 17:00	7层观景大厅
晚餐（自助）	18:00 - 21:00	4层餐厅

约早上 08:00 前进号抵达新岛 (New Island)。

计划在新岛登陆，最终取决于天气。从第 1 组开始登陆，请注意听广播通知每组具体时间。听到广播之前请不要前往 2 层甲板。请大家务必穿上雨靴登陆。返回的时间会在岸上被通知。**岸上禁止吸烟！**

12:00-14:30 吸尘

背包和其它会在之后的登陆中用到的装备。吸尘器会布置在 3 和 5 层。请在登陆点清洗一下雨靴，回船消毒。

下午：前进号抵达卡克斯岛 (Carcass Island)

计划在新岛登陆，最终取决于天气。从第 1 组开始登陆，请注意听广播通知每组具体时间。听到广播之前请不要前往 2 层甲板。请大家务必穿上雨靴登陆。返回的时间会在岸上被通知。**岸上禁止吸烟！**

新岛 (New Island)：

捕鲸和海豹时期，这个岛一度非常富有。而且在 1905 年，这里还是南大洋里第一艘移动捕鲸工厂的基地。岛上的环境保护组织正在修复美国海豹猎手遗留下来的一个石头小层。沙滩上有一个加拿大海军扫雷保护器。新岛分成两块，岛上每个主人占有一块。岛上有大量的黑眉信天翁 (black-browed albatross)，跳岩企鹅

(rockhopper penguins)，金图企鹅 (gentoo penguins)，和其它种类比如王企鹅 (king penguins)，海狗 (sea lions)，高地鹅 (upland geese)，条纹卡拉鹰 (striated caracaras)。从沙滩上走 1.5 公里即可到跳岩企鹅，帝国鸬鹚

(imperial cormorants)，和黑眉信天翁。还有可能看到兔子。

卡克斯岛 岛上现在只有两位居民 Rob and Lorraine McGill。他们已经在岛上住了 30 年了。他们主要致力于环境保护工作。岛上有 900 头羊，同时也开放旅游业。岛上水源充沛，可以看到不会飞的蒸鸭 (Flightless steamer ducks)，麦哲伦企鹅 (Magellanic Penguins)，金图企鹅，柯布雷恩 (Cobb's wren)，黑喉雀 (black throated finch) 和其它很多种类的生物。主人的房子里有咖啡，茶，蛋糕提供。

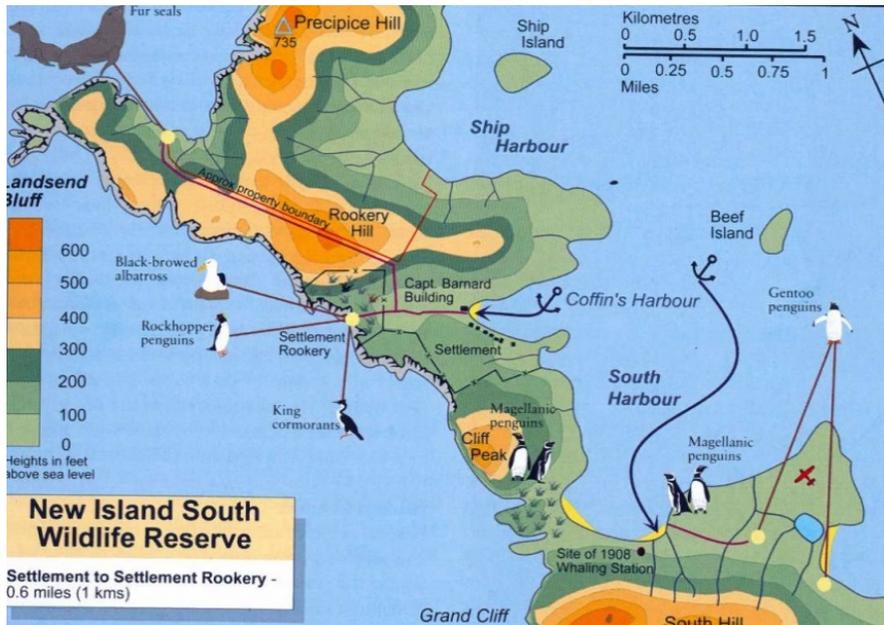
我们希望大家理解所有的既定安排，有可能会受到天气，海冰，或其它不可预料情况而调整。

游轮航行期间，请大家在船上行走时格外小心，尤其是户外甲板，一定要注意各种警示牌，扶好扶手，避免扶门和门框。4，

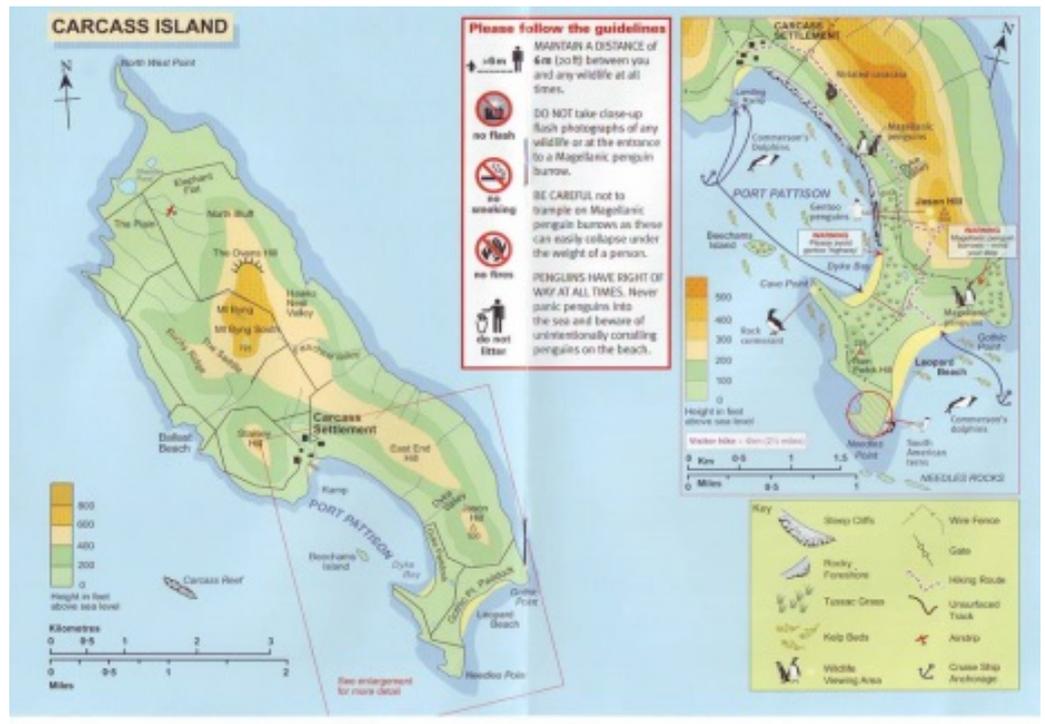
New Island 51°42'00"S 61°16'59"W
Carcass Island 51°16'56"S 60°33'27"W

5, 7, 8 层通往外甲板的门在

有风的时候有可能会有危险。



新岛地图



卡克斯地图

New Island $51^{\circ}42'00''S61^{\circ}16'59''W$
 Carcass Island $51^{\circ}16'56''S60^{\circ}33'27''W$

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

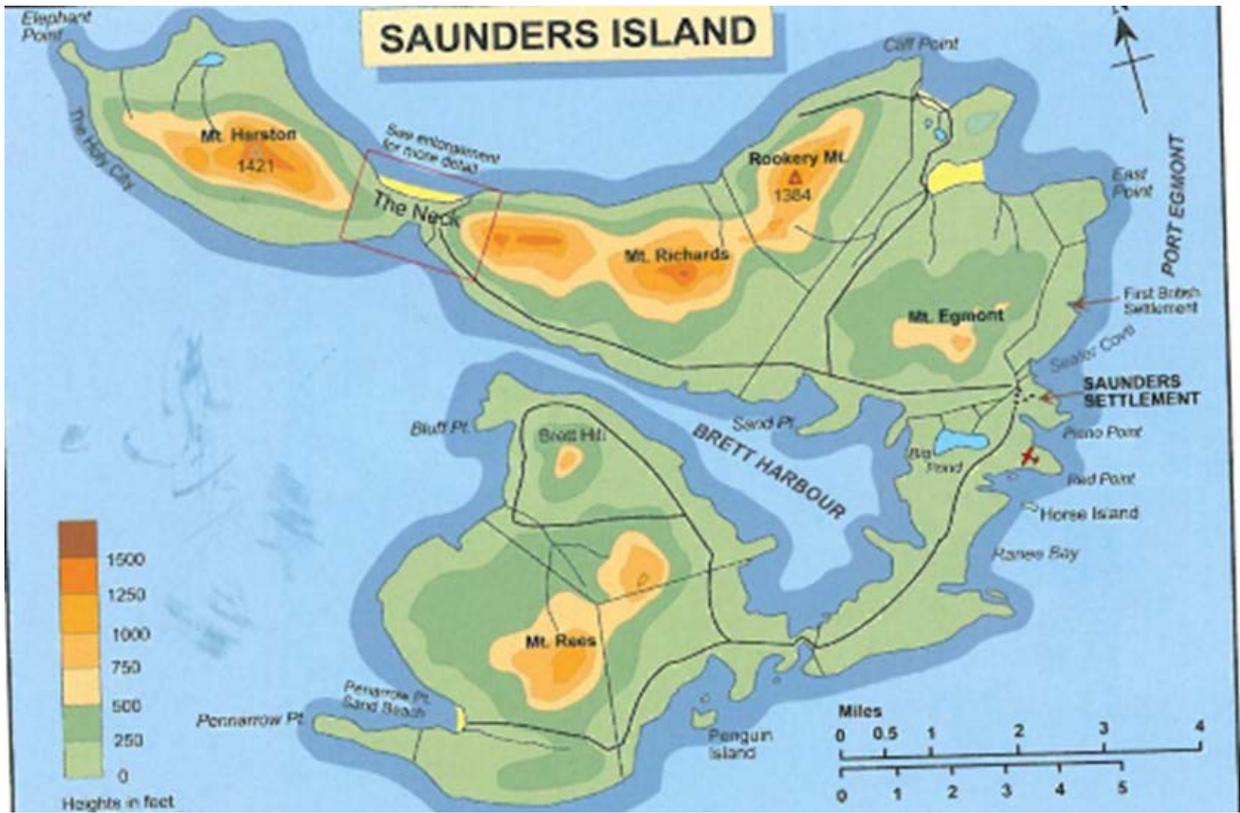
21:45 Today we would like to invite you for the **Whiskey show** from our Chief Officer in the Panorama Lounge on Deck 7.

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.

Saunders Island

51°21'57"S60°05'14"W



日程表

2017年3月10日，星期五 – SAUNDERS



用餐时间和地点

早起鸟自助早餐	06:00 - 07:30	4层小餐厅
早餐	07:00 - 09:30	4层餐厅
午餐	12:00 - 14:30	4层餐厅
下午茶	15:30 - 17:00	7层观景大厅
晚餐	18:00 1 st 批	4层餐厅
	20:00 2 nd 批	

约 08:00 前进号抵达桑德斯岛 (Saunders) .

计划在桑德斯岛登陆，能否成行最终取决于天气。从第3组开始登陆，请注意听广播通知每组具体时间。听到广播之前请不要前往2层甲板。请大家务必穿上雨靴登陆。返回的时间会在岸上被通知。**岸上禁止吸烟！**

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

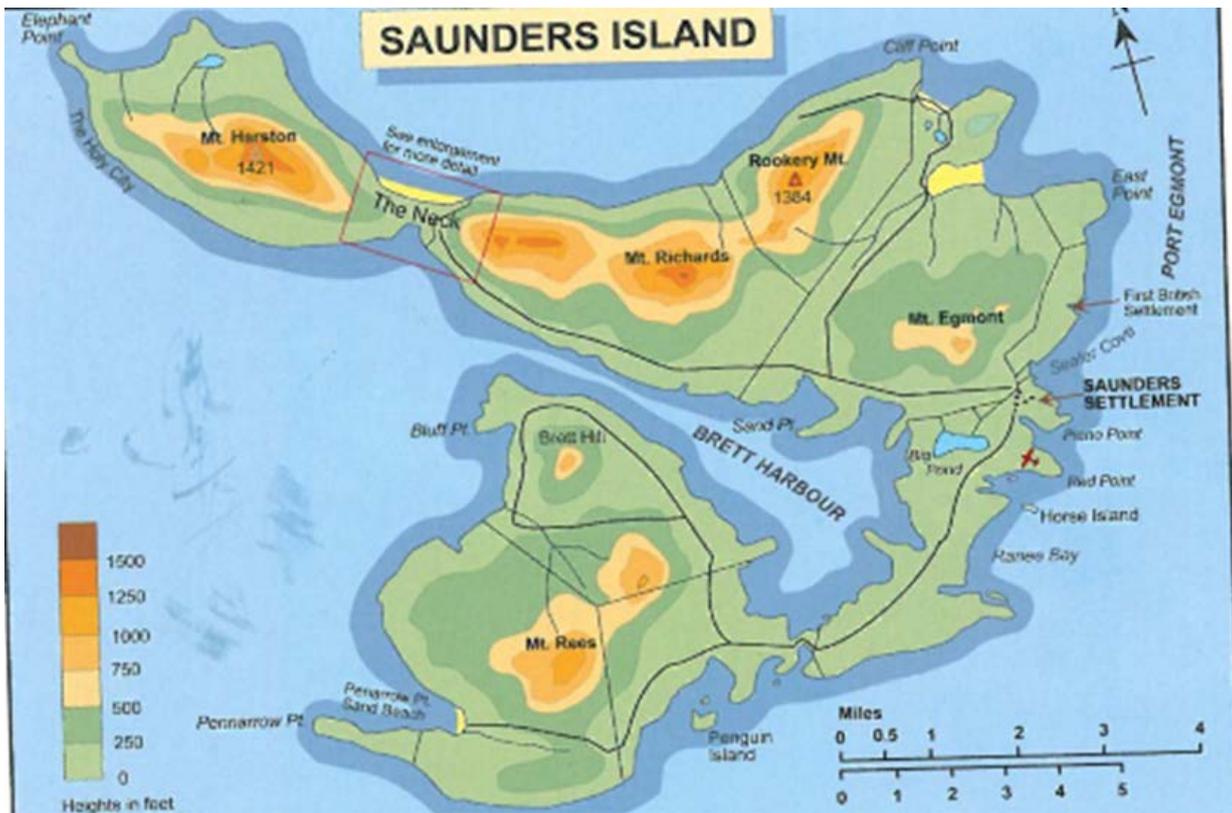
16:00 Framheim / English
Web of Life by Kristin Hegglund

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

21:45 7层观景大厅威士忌酒秀，船上大副介绍船上自己品牌的威士忌酒的历史。

我们希望大家理解所有的既定安排，有可能会受到天气，海冰，或其它不可预料情况而调整。

游轮航行期间，请大家在船上行走时格外小心，尤其是户外甲板，一定要注意各种警示牌，扶好扶手，避免扶门和门框。4，5，7，8层通往外甲板的门在有风的时候有可能会有危险。



DAILY PROGRAM



HURTIGRUTEN
MS FRAM

SATURDAY, 11.03.2017 – AT SEA



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
DINNER MENU	18:00 1 st seating	RESTAURANT, DECK 4
DINNER MENU	20:00 2 nd seating	RESTAURANT, DECK 4

Lectures:

09:30 Framheim / English

Conservation of Antarctic seabirds by Simon Delany

09:30 Polhøgda / Chinese *1 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 *Antarctic terns* by Esther Kokmeijer

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.

日程表

2017年3月11日，星期六-海上



HURTIGRUTEN
MS FRAM



用餐时间和地点

早起鸟自助早餐	06:00 - 07:00	4楼小餐厅
早餐	07:00 - 09:30	4楼餐厅
午餐	12:00 - 14:30	4楼餐厅
下午茶	15:30 - 17:00	7楼观景大厅
晚餐（五道式）	18:00 1 st 批	4楼餐厅
	20:00 2 nd 批	

Lectures:

09:30 Framheim / English
Conservation of Antarctic seabirds by Simon Delany

09:30 Polhøgda / 中文
南极长城站的1年 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
Antarctic terns by Esther Kokmeijer

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

我们希望大家理解所有的既定安排，有可能会受到天气，海冰，或其它不可预料情况而调整。

游轮航行期间，请大家在船上行走时格外小心，尤其是户外甲板，一定要注意各种警示牌，扶好扶手，避免扶门和门框。4, 5, 7, 8层通往外甲板的门在有风的时候有可能会有危险。

DAILY PROGRAM



HURTIGRUTEN
MS FRAM

SUNDAY, 12.03.2017 – AT SEA



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
DINNER MENU	18:00 1 st seating	RESTAURANT, DECK 4
DINNER MENU	20:00 2 nd seating	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.

日程表

2017年3月12日，星期日-海上



HURTIGRUTEN
MS FRAM



用餐时间和地点

早起鸟自助早餐	06:00 - 07:00	4层小餐厅
早餐	07:00 - 09:30	4层餐厅
午餐	12:00 - 14:30	4层餐厅
下午茶	15:30 - 17:00	7层观景大厅
晚餐（五道式）	18:00 1 st 批	4层餐厅
	20:00 2 nd 批	

09:30 Framheim / English

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

我们希望大家理解所有的既定安排，有可能会受到天气，海冰，或其它不可预料情况而调整。

09:30 Polhøgda / 中文

南极昆仑站是怎么建成的？ by 曹建西

游轮航行期间，请大家在船上行走时格外小心，尤其是户外甲板，一定要注意各种警示牌，扶好扶手，避免扶门和门框。4, 5, 7, 8层通往外甲板的门在有风的时候有可能会有危险。

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 观景大厅

小测验

DAILY PROGRAM



HURTIGRUTEN
MS FRAM

MONDAY, 13.03.2017 – AT SEA



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
BBQ	17:00-20:00	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.

日程表

2017年3月13日，星期一 – 海上



HURTIGRUTEN
MS FRAM



用餐时间和地点

早起鸟自助早餐	06:00 - 07:00	4层小餐厅
早餐	07:00 - 09:30	4层餐厅
午餐	12:00 - 14:30	4层餐厅
下午茶	15:30 - 17:00	7层观景大厅
烧烤	17:00-20:00	7层外甲板

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 七层观景大厅

船长欢送会。船长借此机会感谢大家和我们一起航行。

随后我们进行“前进号慈善拍卖会”，拍卖物品有本次航海图，船旗等。所得善款进入“海达路德慈善基金”。

19:30 开始，在 Framheim 会议室循环播放我们摄影师 Esther 拍摄的本航次的作品。如果您感兴趣，请在 22:00 之前到前台订购包含这些照片的一张 DVD。请尊重艺术版权，不要互相拷贝。

您已收到一张小费单，如果想对我们优秀的工作人员表示感谢，请填写完了交到前台，谢谢。

敬请注意，您第一次收到的帐单只是一个初步帐单，只为了给您审核。房卡关联的信用卡会在 22:00 之后停掉，发生的费用会自动被扣除，实际帐单会发邮件给您。22:00 之后在

船上的花费需要付现金或者直接刷信用卡。

星期一下午会有一张“下船须知”发送到您的房间，关于下船的所有其它问题，请到前台咨询。

我们希望大家理解所有的既定安排，有可能会受到天气，海冰，或其它不可预料情况而调整。

游轮航行期间，请大家在船上行走时格外小心，尤其是户外甲板，一定要注意各种警示牌，扶好扶手，避免扶门和门框。4, 5, 7, 8 层通往外甲板的门在有风的时候有可能会有危险。

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>

日程表

2017年3月14日，星期二 – MONTEVIDEO



用餐时间和地点

早起鸟自助早餐
早餐

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

4层小餐厅
4层餐厅

预定了海达路德转乘大巴的乘客:

您可以自己把行李拿到大巴上。但如果您愿意，也可以把系好不同颜色牌子的行李箱在今晚**23:00**之前放到最近的电梯口。工作人员会把您的行李搬到码头。明早上您只需在码头上找到自己的行李并搬上车即可。

如果您不坐转乘大巴，请不要把行李拿出来，也不需要系行李标签。

请从**3层**下船，工作人员会在那里帮助您下楼梯。

前进号预计在**06:00**左右到达Montevideo。

到了以后，需要一点时间办理清关手续。护照在清关后才会发给大家。

如果您订购了摄影师 **Esther** 的照片 DVD，请在下船前到前台领取。

我们真诚地请求所有乘客在**08:00**前离开各自的房间。您早餐的时候可以把行李放到四楼两个会议室里。

大巴转乘:
大巴会停在船边。

08:30 直接去机场的车出发。
请用绿色标签标记您的行李箱。

08:30 Montevideo 亮点游览，之后送到机场。请用蓝色行李标签。

08:30 Montevideo 亮点游览，之后送到 Hotel NH Montevideo Columbia 酒店。
请用红色行李标签。

09:00 直接去 Hotel NH Montevideo Columbia 酒店。
请用黄色行李标签。

09:00 请所有乘客下船。

Hotel NH Montevideo

Columbia 会在 14 号 13:00-17:00 之间设立一个海达路德乘客专柜，有关任何的转车情况请询问他们。

船长携全体工作人员祝大家回程一路平安!

以下链接可以下载到关于本航次的一些信息:

<https://www.hurtigruten.com/practical-information/voyage-portfolio/antarctica-and-the-south-atlantic-islands2/>

请关注我们的 Facebook:

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