

DAILY PROGRAM

TUESDAY, 03.01.2017 – EMBARKATION USHUAIA



TEA, COFFEE & COOKIES
BUFFET DINNER

RESTAURANT TIMINGS

16:00 – 17:30

18:00 – 21:00

PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

16:00 Check-In

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

16:00-17:30 Medical Forms

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

16:00-17:30 Learn more about our voyage and meet some of the Expedition Team members in the Observation 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 21:30 tonight. We are waiting for a number of delayed passengers and staff. However, please do not leave

the ship in the meantime as we will depart as soon as all are on board!

Our customary first evening Captain's Welcome Cocktails will take place tomorrow evening.

IMPORTANT:

Daily Programs will be delivered to your cabin each evening.

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 - 35 passengers. On deck 4 by the conference rooms, you find an overview of the groups. Have a look which group you are in.

Times 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

WEDNESDAY, 04.01.2017 – AT SEA



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

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

06:00 - 07:30
07:30 - 10:00
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

08:30 – 10:00 You are welcome to pick up your [Expedition Jacket](#) on deck 2.

10:00 [Framheim / English](#)
The Antarctic Ecosystem by Francis Wiese

10:00 [Polhøgda / Deutsch](#)
Die Erzählung der Steine - eine Zeitreise durch die Antarktis by Regina Gehmlich

11:30 [Framheim / English](#):
Jim presents the plans for our voyage & our landings in Antarctica.

11:30 [Polhøgda / Deutsch](#):
Pål presents the plans for our voyage & our landings in Antarctica.

12:15 [Polhøgda / Chinese](#)
Yibo & Jim present the plans for our voyage & our landings in Antarctica.

14:30 [Framheim / English](#)
Regina gives a talk on the geological history of Antarctica: *The stones' tale - a time trip through Antarctica*.

14:30 [Polhøgda / Deutsch](#)
Das antarktische Ökosystem by Francis Wiese

16:00 [Framheim / English](#)
Stian gives Information about extra activities.

16:00 [Polhøgda / Deutsch](#)
Judith presents Information about extra activities.

17:00 [Polhøgda / Chinese](#)
Yibo & Stian present Information about extra activities.

18:00 & 20:00 [Film: Framheim / English](#):
South - Ernest Shackleton and the Endurance Expedition, 80 min, old footage

18:00 & 20:00 [Film Polhøgda / Deutsch](#):
The Endurance - Verschollen im Packeis, 90 min.

21:30: [Captains Cocktail: Panorama Lounge](#), deck 7.
Our captain welcomes you on board and introduces his officers and the expedition team.

[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 coast and far less inland. There are no permanent human residents, but anywhere from 1,000 to 5,000 people reside throughout the year at the research stations scattered across the continent. Only cold-adapted plants and animals survive there, including penguins, seals, nematodes, tardigrades, mites, many types of algae and other microorganisms,

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

Resolution and Adventure, crossed the Antarctic Circle on 17 January 1773, in December 1773 and again in January 1774.

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DAILY PROGRAM



HURTIGRUTEN
MS FRAM

THURSDAY, 05.01.2017 – AT SEA



OVERVIEW OF RESTAURANT TIMINGS

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

06:00 - 07:30
07:30 - 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

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.

09:30 Framheim / English

Mandatory IAATO briefing with Jim, **boat group 5 and 6** and we reveal our plans for tomorrow.

09:30 Polhøgda / Deutsch

Mandatory IAATO briefing with Pål, **boat group 1 und 2.** Wir geben zudem die Pläne für morgen bekannt.

10:30 Framheim / English

Mandatory IAATO briefing with Jim, **boat group 7 and 8** and we reveal our plans for tomorrow.

10:30 Polhøgda / Chinese

Mandatory IAATO briefing with Yibo & Pål, **boat group 3 & 4** and we reveal our plans for tomorrow.

From 11:00 and onwards: We will call you by your boat group to collect your "**Rubber boots - Arctic Muck Boots**" on deck 2 and 3. The group lists are to be found on the info board on deck 4.

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.

12:00 Booking deadline for extra activities, post-cruise excursions and transfers.

14:00 – 16:00 Vacuuming for backpacks and other things you will bring ashore in Antarctica you will be called by boat group to use the vacuum system on deck 2 and 3 - staff are available to assist you.

Please sign the IAATO declaration afterwards and collect your boat group patch, which you attach to your jacket.

14:00 Framheim / English

Documentary: Penguins – Spy in the huddle

15:30 Lens Cleasing Session with our photographer Dominic At the fireplace, Deck 4.

16:30 Framheim: Mandatory briefing for everyone who has signed up for kayaking.

17:30 Framheim / English

Mandatory briefing for everyone who has signed up

Please turn page.

for Polar Circle Cruising.

17:30 Polhøgda / **Deutsch & Chinese** Mandatory briefing for everyone who has signed up for Polar Circle Cruising.

Approx 18:00 We will do ships cruising with the FRAM on the coast of **Elephant Island** and the famous Point Wild, which was home to Shackelton's men for more than 4 months while he went to fetch help.

18:00 & 20:00

Framheim / English

Polar Photography by our ship's photographer Dominic Barrington

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:

To hear PA announcement in your cabin: Select the "Chart" channel or select the "Radio" channel, then press the blue button on the black remote to dim the screen.

A name steeped in legend, **Elephant Island** is an icon for "Antarctics" the way Cape Horn is for mariners. This imposing and desolate island was home to 22 marooned members of Sir Ernest Shackleton's fabled 1914 Imperial Trans-Antarctic Expedition for four and a half months while they awaited rescue. Led by one of Antarctica's greatest unsung heroes John Robert Francis (known as Frank) Wild, the men barely survived living in horrible conditions beneath two overturned lifeboats. Named for Frank, Point Wild was originally known as Cape Wild and "Cape Bloody Wild" by the men stranded there. Point Wild is home to a small colony of hardy chinstrap penguins and a single bronze bust incongruously watching over them. The bust is of Captain Luis Pardo master of the Chilean Navy ship Yelcho that eventually rescued Shackleton's men.

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

60°S, the convergence is an ever-changing frontier. It is the biological limit of the Antarctic ecosystem and anywhere south of the convergence is known as the Antarctic Ocean. While there is often a low fog in the area and an increase in wildlife, other than using a thermometer, there is no way to know when you are crossing it; the seas do not get rougher and the water color does not change. The waters of Antarctica circle the continent in the world's biggest ocean current at an estimated rate of 150 million cubic meters per second. Once carried far into the northern oceans, the dense polar water has a cooling effect on tropical and temperate waters and is important to the oceans' balance.

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DAILY PROGRAM



HURTIGRUTEN
MS FRAM

FRIDAY, 06.01.2017 – BROWN BLUFF & ESPERANZA



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

During the morning:

We will sail into the [Antarctic Sound](#) to reach our destination [Brown Bluff](#), where we hope to do a long landing.

Approx. 10:30 We hope to do a landing at Brown Bluff.

We begin our landing by calling [PolarCircleboat Cruise B](#), and then boat [group 1, 2, 3](#) until approx. 100 passengers are ashore. We will then announce a break before we continue with the next boat groups.

Please do not approach deck 2 until your group is called.

Today we will start with our activities kayaking and PolarCirkelboat cruising. **Please check the lists on deck 4.**

10:30 PolarCirkelboat Cruise group A. Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings.

10:45 Kayakers; please meet at the fireplace near the reception. We provide an energy bar and a water bottle.

12:15 PolarCircleboat Cruise group B. After your landing you come back to the ship and get dressed in a regatta suit on deck 2. Please listen to the announcements for exact timings.

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

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

21:30 Polhøgda / Chinese
Information about the landing tomorrow

IMPORTANT FOR ALL LANDINGS:

Rubber boots are mandatory footwear.

Be ready for changeable weather.

Expect to get splashed.

Do not carry items in your hands when embarking and disembarking from the boats.

Return time to the ship will be given ashore.

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

ENJOY!



Please turn page.

The descriptively named **Brown Bluff** lies on the coast of the Antarctic Sound at the end of the Tabarin Peninsula. Curiously, the Tabarin Peninsula was named after Operation Tabarin, the British Naval expedition to establish a presence on the Antarctic Peninsula. Adélie penguins, gentoo penguins, kelp gulls, and Cape petrels all breed here under an ominous, 745 metre-high (2450 feet) cliff. An even, stony beach with many rocky breaks where we will land. Later in the season, there are so many Adélies lounging on the beach that it may be impossible to land without disturbing them. Be aware that your landing site may change over the course of landing operations due to tides. Make sure to look for leopard seals patrolling the water off the beach! Experienced staff will tell you that the best way to

experience an Adélie rookery is to sit quietly and just observe nature's greatest comedians at work, kelp gulls, blue-eyed shags also may be seen, but breeding is not confirmed.

The **Antarctic Sound** lies between the very tip of the Antarctic Peninsula and D'Urville, Joinville, and Dundee Islands. The sound was not named for its location but rather for the ship Antarctic, which sank here, during Otto Nordenskjöld's 1903 Swedish South Polar Expedition, captained by Norwegian legend Carl Anton Larsen. Huge tabular icebergs from the ice shelves in the Weddell Sea are brought here in the Weddell's gyre-like currents. It is an astonishing assortment of floating ice both large and small. Although the 48 kilometre-long (30 mile) sound is often difficult to penetrate, it

offers the most impressive array of ice that we are likely to see on our journey. The area is home to a high concentration of Adélie penguins with estimates as high as 500 000 nesting pairs. Emperor penguins are an extremely rare sight in the Antarctic Peninsula area. If you do see one, it will likely be floating by you on an ice floe in the Antarctic Sound.

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**INFORMATION ONLY FOR EXTRA
ACTIVITY POLARCIRKELBOAT
CRUISING:**

- Consider to cancel If you have hip- or backproblems, 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: sunblocker, scarf, hat and gloves.
- Protect your camera and binoculars of spraywater (backpack or waterproof bag).

DAILY PROGRAM

SATURDAY, 07.01.2017 YANKEE HARBOUR



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
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

Today we plan to have a landing at **Yankee Harbour**. We will also have a kayak group. Please check the list on deck 4.

IMPORTANT FOR ALL LANDINGS:

Rubber boots are mandatory footwear.

Be ready for changeable weather.

Expect to get splashed.

Do not carry items in your hands when embarking and disembarking from the boats.

Return time to the ship will be given ashore.

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

ENJOY!



08:00: We hope to do a landing at Yankee Harbour.

We begin our landing by calling **boat group 2, 3, 4** and **5** until we have approx. 100 passengers ashore. Then we will announce a break. Please listen carefully to the announcements for your group to be called and do NOT go down to deck 2 before we call your group. After the break we will continue with the other boat groups.

08:15 Kayakers, please meet at the reception ready to go. Together with your guide you

will go to deck two to get dressed in the dry suits.

In the afternoon we set sail for our **journey to Deception Island** and keep a sharp eye out for whales in the **Bransfield Strait**.

15:30 Framheim / **English**
Mighty marine mammals - seals and whales in the Antarctic by Johann Torbjørnsen

15:30 Polhøgda / **Deutsch**
Meeressäugetiere by Francis Wiese

17:00 Polhøgda / **Chinese**
Information about the plans for tomorrow.

17:30 Framheim / **English**
Information about the plans for tomorrow.

Please turn page.

17:30 Polhøgda / Deutsch

Information about the plans for tomorrow.

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

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DAILY PROGRAM

SUNDAY, 08.01.2017 DECEPTION ISLAND



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
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

Today we plan to have two landings on **Deception Island**, in Whalers Bay and Telefon Bay. We will also have a Geology Cruise with PolarCircleboats. Please check the list on deck 4.

07:30: We will sail through the narrow entrance of Deception Island known as "Neptunes Bellows". It is worth being outside or close to a window to witness this navigation.

Important for both landings: Rubber boots are mandatory footwear. Return time to the ship will be given ashore.

08:15 We hope to do a landing at Whalers Bay.

At Whalers Bay please remain outside of the buildings and structures. **It is unsafe to enter any building!** We will offer a scenic hike. If you wish to swim, you can do so at the

end of your landing. Towels are provided ashore.

We begin our landing by calling **boat group 4, 5, 6 and 7**. Please listen carefully to the announcements for the break time and for your group to be called. After the break we will call the other boat groups.

Approx. 14:30 We hope to do a landing at Telephone Bay.

Some scientific instruments are located at Telefon Bay. Do not approach them!

We begin our landing by calling **boat group 5, 6, 7 and 8** until we have approx. 100 passengers ashore. Then we will announce a break. Please listen carefully to the announcements for your group to be called and do NOT go down to deck 2 before we call your group. After the break we

will continue with the other boat groups.

14:15 PolarCircleboat Geology Cruise. Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. In order to go ashore after your cruise we call you after the last boat group (4).

21:00 Polhøgda / Chinese Information about the plans for tomorrow.

21:00 Framheim / English Information about the plans for tomorrow.

21:30 Polhøgda / Deutsch Informationen über unsere morgigen Pläne.

Please turn page.

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.

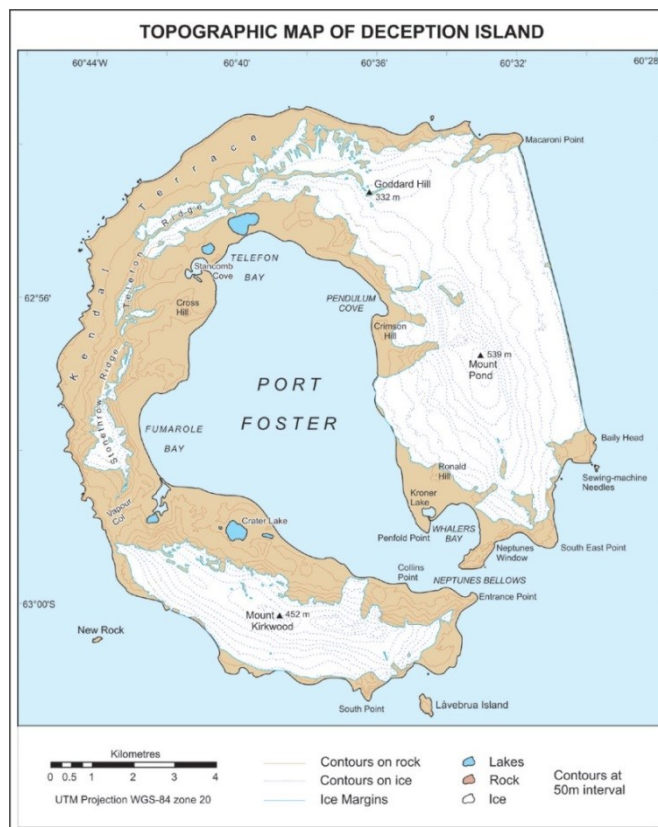
Telefon Bay on the north-western side of Port Foster is named for a salvage vessel that moored here in 1909, awaiting repairs. From a wide, flat beach, a black ash apron slopes gently upward and inland for about 985 feet (300 meters) to the steep face of the cinder-covered volcanic glacier and a crater from one of Deception's recent

eruptions. The rising slope of the black, cinder-covered volcanic rim can be walked uphill to spectacular view point.

INFORMATION ONLY FOR EXTRA ACTIVITY POLARCIRKELBOAT 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).

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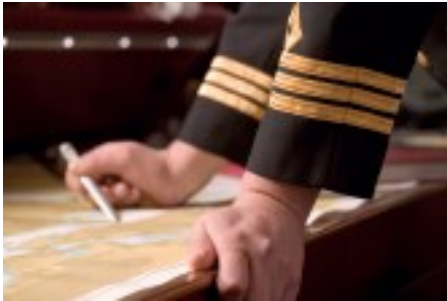


DAILY PROGRAM



HURTIGRUTEN
MS FRAM

MONDAY, 09.01.2017 – WILHELMINA BAY & CUVERVILLE



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

Our plan today is to cruise with the FRAM in [Wilhelmina Bay](#), which has lovely glacial scenery and keep a sharp look out for whales!

In the afternoon we plan to land in [Cuverville Island](#). We will also have a kayak group and two PolarCircleboat groups. Weather permitting camping will take place tonight. Please check the lists on deck 4.

Important for all landings:
Rubber boots are mandatory footwear. Return time to the ship will be given ashore.



13:30 Camping briefing /
Polhøgda, deck 4

14:30: We hope to do a landing at Cuverville Island.

We begin our landing by calling [PolarCircleboat Cruise group B](#), the Campers, followed by [boat group 6](#) and so on. Please listen then for the break time. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called.

14:15 PolarCircleboat Cruise group A.

Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You will go ashore for the normal landing after the cruise. We will call you after the last boat group (**group 5**).

14:45 Kayakers meet at the the reception ready to go.

16:15 PolarCircleboat Cruise group B. After your normal

landing you will come back to the ship to get dressed in the regatta suits on deck 2. Please listen to the announcements for exact timings.



Approx. 20:30 Camping

We hope to arrange a camp at Kerr Point. Kindly listen to the announcement for when to go ashore. Please eat your dinner early.

21:00 Polhøgda / Chinese

Information about the landing tomorrow.

21:00 Framheim / English

Information about the landing tomorrow.

Please turn the page.

21:30 Polhøgda / Deutsch
Informationen über unsere
Anlandung Morgen.

22:00 Fruit & Ice Carving.
Join us in the Panorama
Lounge and enjoy our talented
chefs creating pieces of art
with ice and fruits.

Wilhelmina Bay is a bay 24 kilometres (15 mi) wide between the Reclus Peninsula and Cape Anna along the west coast of Graham Land on the Antarctic Peninsula. It was discovered by the Belgian Antarctic Expedition of 1897-99 led by Adrien de Gerlache. The bay is named for Wilhelmina, Queen of the Netherlands, who reigned from 1890 to 1948.

Wilhelmina Bay is dubbed "Whale-mina Bay" for its large number of humpback whales. It is a popular destination for tourist expedition ships to Antarctica thanks to its abundant whale population and spectacular scenery. The bay is surrounded by steep cliffs full of snow and glaciers. An almost perfect pyramid-shaped peak towers over the water.

The **Errera Channel** is a scenic, narrow waterway between Rongé Island and the Arctowski Peninsula on the mainland. It was discovered by

the Belgica expedition and named for Professor Léo Errera of the University of Brussels, a benefactor of the voyage. Errera is home to Danco and Cuverville Islands.



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. 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.

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DAILY PROGRAM



HURTIGRUTEN
MS FRAM

TUESDAY, 10.01.2017 – NEKO & PARADISE HARBOUR



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

06:45 Campers Collection

Today we plan to have two landings, in [Neko Harbour](#) and [Paradise Harbour](#). In each destination we will have one kayak group and two Polar-Circleboat groups. Please check the lists on deck 4.

Important for both landings:
Rubber boots are mandatory footwear. Return time to the ship will be given ashore.



Approx. 08:30: We hope to do a landing at Neko Harbour.

08:15 PolarCircleboat Cruise group A. Please meet on deck

2 to dress in the regatta suits. Please listen to the announcements for exact timings. You will go ashore for the landing after the cruise. We will call you after the last boat group (**group 7**).

08:45 Kayakers Group A

Please listen to the announcements for you to be called. We will meet at the reception.

We begin our landing by calling **PolarCircleboat Cruise group B** and then **boat group 8** and so on. Please listen then for the break time. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called.

10:30 PolarCircleboat Cruise group B. Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You will go ashore for

normal landing before the cruise.

Approx. 15:30: We hope to do a landing at Paradise Harbour, near Almirante Brown Station.

We begin our landing by calling **PolarCircleboat Cruise group D** followed by **boat group 1**. Please listen then for the break time. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called.

15:15 PolarCircleboat Cruise group C. Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You will go ashore for the landing after the cruise. We will call you after the last boat group (**group 8**).

15:45 Kayakers Group B
Please listen to the announce-

Please turn the page.

ments for you to be called. We will meet at the reception.

16:45 PolarCircleboat Cruise group D. Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You will go ashore for normal landing before the cruise.

21:00 Polhøgda / Chinese
Information about the landing tomorrow.

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

21:30 Polhøgda / Deutsch
Informationen über unsere Anlandung Morgen.

INFORMATION ONLY FOR EXTRA ACTIVITY POLARCIRKELBOAT 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).

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.

Paradise Harbor, also known as Paradise Bay, is a wide Embayment behind Lemaire and Bryde Islands in Antarctica, indenting the west coast of Graham Land between Duthiers and Lenin Points. The name was first applied by whalers operating in the vicinity and was in use by 1920. It is one of only two harbors used for cruise ships to stop on the continent; the other is Neko Harbour. Argentina's Almirante Brown Antarctic Base stands on the coast of the bay, as does Chile's González Videla Antarctic Base.

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, 11.01.2017 – PORT LOCKROY & CHARCOT



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

Today we plan to land in [Port Lockroy](#) in the morning. Afterwards we attempt to ship cruise through the scenic [Lemaire Channel](#). In the afternoon we plan to land in [Port Charcot](#). Moreover we continue with our activities kayaking, PolarCirkelboat cruising and camping. Please check the lists on deck 4.

Important for both landings:
Rubber boots are mandatory footwear. Return time to the ship will be given ashore.

Approx. 08:15 we will try to land in Port Lockroy.

08:15 PolarCirkleboat 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. Therefore we will call you after the last boat group (**group 1**).

Approx. 08:30 Kayakers A
Please listen to the announcements for you to be called. We will meet at the reception.

Approx. 08:15 We welcome one of the team from Port Lockroy to the Panorama Lounge to tell us about the base and museum, and we encourage everyone to attend this informative briefing.

After the briefing we will begin our landing by calling [Polar-Cirkleboat Cruise group B](#) and then [boat group 2](#) etc.

Space on the island and inside the base is limited, so we will operate a one in one out system. You will have 45 min on shore.

Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called.

10:15 PolarCirkleboat Cruise group B. Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You will go ashore for normal landing before the cruise.

13:30 Camping briefing group B / Polhøgda, deck 4

Afternoon: After leaving Port Lockroy it will take just over an hour to get to the entrance of the scenic [Lemaire Channel](#). Our recommendation is to stay on the outer decks when we sail through this scenic channel. The channel has been blocked with ice for much of the season and the ice situation will dictate how far we can go.

Stand by for announcements!

Approx. 15:30: If the ice allows us to go through the

Please turn page.

channel, we hope to do a landing at Port Charcot. If not, we will be on Plan B.

Approx. 15:15 Kayakers B

Please listen to the announcements for you to be called. We will meet at the reception.

We begin our landing by calling **boat group 3**. Please listen then for the break time. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called

Approx. 20:30 Camping

We hope to arrange a camp at Pleneau. Kindly listen to the announcement for when to go ashore. Please eat your dinner early.

21:00 Polhøgda / Chinese

Information about the landing tomorrow.

21:00 Framheim / English

Information about the landing tomorrow.

21:30 Polhøgda / Deutsch

Informationen über unsere Anlandung Morgen.



The region we will sail in today was extensively explored by the Frenchman Jean-Baptiste Etienne Auguste Charcot in 1908-1910. He explored more than 1990 km (1240 miles) of previously unknown coastline. During his first expedition aboard the vessel *Français* in

1903-1905 he discovered Port Lockroy and Booth Island.

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

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 kilometer-long (seven mile) and 1.6 kilometer-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. Navigation of the channel is dependent upon ice conditions but one doesn't need to travel

all the way down to experience its beauty.

Port Charcot is one of Jim's favorite spots. Charcot's ship *Français* wintered here in 1904. We will land on Booth Island where we hope to find some Adelie Penguins and Chinstrap Penguins.

INFORMATION ONLY FOR EXTRA ACTIVITY POLARCIRKELBOAT 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).

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.

Please turn the page.

DAILY PROGRAM



HURTIGRUTEN
MS FRAM

THURSDAY, 12.01.2017 – DANCO ISLAND & MELCHIORS



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

06:45 Campers Collection

Today we plan to have one final long landing on [Danco Island](#) and then we will sail north through [The Melchior Islands](#). We will have two kayak group and one Polar-Circleboat group. Please check the lists on deck 4.

We are pleased to offer two talks as we sail towards our landing.

09:30 Framheim / English

Lecture: Francis prepares you for the Drake Passage with a talk on the evolution, ecology and behavior of Seabirds.

09:30 Polhøgda / Deutsch

Lecture: Smoke under water?
- Einführung in den marinen Vulkanismus by Regina Gehmlich

Approx. 10:45 We hope to do a landing at Danco Island. We aim to give everyone an hour and a half on shore, so that for your last landing you have plenty of time to spread out, sit quietly and soak up Antarctica.

10:15 PolarCircleboat

Cruise. 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 will call you after the last boat group (**group 3**).

10:15 Kayak Group A meet in reception.

Kayak group B: You will go onshore first in your normal landings clothes and then return to the ship to prepare for your kayaking adventure.

We begin our landing by calling the **Kayak group B**

and then **boat group 4** and so on. Please listen then for the break time. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called.

After landing we will ship cruise near [The Melchior Islands](#), in waters where we often find whales. Wrap up and head out on deck to join us in the search.

21:00 Join us for a quiz in the Panorama Lounge. Get together in teams of 4 – 6 passengers and test your knowledge about Antarctica. The winning team gets free drinks at the bar!

22.00 The Famous FRAM Crew show. Not only do they cook, drive boats, and keep the engines running...but they will entertain you too!

Please turn the page.

So far, only our intrepid campers have visited [Danco Island](#), so we thought we should offer everyone a chance to enjoy this landing. Danco Island is named for the Belgian Physicist Emile Danco, a member of Adrian de Gerlache's *Belgica* expedition to this region in 1898.

This expedition was the first to spend the winter in Antarctica, after their ship became trapped in the ice. Danco died of unknown causes during expedition. The island has a rocky northern shore with a gently inclining snow slope. It is one of the few landings where we can safely spread out. So we will use out flags and cones to mark a safe perimeter in which you can wander, sit, photo, write, contemplate and so on.



INFORMATION ONLY FOR EXTRA ACTIVITY POLARCIRKELBOAT CRUISING:

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- 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).

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, 13.01.2017 – AT SEA



OVERVIEW OF RESTAURANT TIMINGS

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

06:00 - 07:30
07:30 - 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

Bridge Visits

09:00 Group A
09:30 Group B
10:00 Group C

11:00 Framheim / English

Lecture: **Francis** prepares you for the Drake Passage with a talk on the *Evolution, Ecology and Behavior of Seabirds*.

11:00 Polhøgda / Deutsch

Lecture: *Smoke under water?* - *Einführung in den marinen Vulkanismus* by **Regina**

14:30 Framheim / English

Lecture: *Smoke under water?* - *An introduction to marine vulcanism* by **Regina**.

14:30 Polhøgda / Deutsch

Lecture: **Francis** bereitet Sie auf die Drake Passage vor mit einem Vortrag über Meeresvögel.

15:00 Norwegian Waffles, served on deck 7, Panorama Lounge

16:30 Framheim / English

Shackleton – a Life in Poetry, a talk by **Jim Mayer**, based on his book.

16:30 Polhøgda / Chinese:

Yibo reprises one of our lectures in Chinese.

18:00 & 20:00 Framheim

English, Film: *Shackleton with Kenneth Branagh*, part 1, ca. 100 min

18:00 & 20:00 Polhøgda /

Deutsch, Film: *Shackleton – Verschollen im ewigen Eis*, Teil 1, ca. 100 min

21:30 We invite you for a **Question and Answer** session with the Captain and some of MV Fram's officers in the Panorama Lounge on Deck 7.

Human eyes did not see **Antarctica** until 1820 yet it had been known to exist since the time of Aristotle. Although it has been on our maps and charts and satellite photos for less than two hundred years, it survived in our imaginations for two thousand years before that. Among all the mythical and magical places of the world Atlantis, El Dorado, the Fountain of Youth - Antarctica is the only one we have found so far. Its very existence is a proof of magic. The history of Antarctica is however one of resource rape; first the seals and then the whales. Will there be a third era? We encourage you to keep Antarctica a part of your life always. The people who visit Antarctica may be the continent's best hope for its pristine survival, as they become advocates and emissaries.

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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

SATURDAY, 14.01.2017 – AT SEA



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

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

06:00 - 07:30
07:30 - 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

Elena presents a two-part talk, firstly about her experiences living 14 months in an Antarctic station and secondly about how you can contribute to science in Antarctica through Citizen Science.

09:30 Polhøgda / Deutsch

Francis spricht über den Klimawechsel: *Klima – woher kommt es – wohin geht es?*

11:00 Framheim / English

Stian presents a talk about *his journey into nature*

11:00 Polhøgda / Chinese

Yibo welcomes the Chinese guests for a talk with Jóhann's.

12:00 Polhøgda / English:

Film: *Shackleton with Kenneth Branagh*, part 2, ca. 100 min, repeated at 18:00

14:00 The Campers meet in Polhøgda, deck 4.

14:30 Framheim / English

Francis will speak about *Climate Change: Science, Policy and Sections*

14:30 Polhøgda / Deutsch

Elena presents a two-part talk, firstly about her experiences living 14 months in an Antarctic station and secondly about how you can contribute to science in Antarctica through Citizen Science.

16:00 Polhøgda / English

Atle talks about his kayak adventures.

17:00 Captain's farewell

cocktail, Panorama Lounge deck 7. Our 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.

18:00 Framheim / English:

Film: *Shackleton with Kenneth Branagh*, part 2, ca. 100 min

18:00 Polhøgda / Deutsch,

Film: *Shackleton – Verschollen im ewigen Eis*, Teil 2, ca. 100 min

From 19:30 Framheim: We show the slide presentation of **Dominic's pictures** of this expedition cruise! **You can order the DVD at the reception until 22:00.**

End of Voyage arrangements

Passports / patches: During the day you may collect your passports from reception. Please hand in your boat group patch at the same time. If you would like to keep your patch as a souvenir you may,

and a small charge will be added to your account (99Nok).

A separate page with disembarkation information will be delivered to your cabin today.

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

Kindly note that the first bill 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 sent to your email address. After 22:00 you can pay cash or with your credit card. Please ensure to read the disembarkation information printed and distributed to your cabin. The flight and transfer lists are posted on the information board near the reception.

Any questions with regards to disembarkation, please contact the expedition desk.

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.

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