



## Itinerary

### 23 Day Life Returns – Springtime Expedition to Antarctica

**\*IMPORTANT NOTE:** Any extra nights, optional tours or other amendments, will not be visible on this itinerary.

#### Day 1: Arrive Buenos Aires, Argentina – Embark Ship

Welcome to Buenos Aires, a city full of life, history, and culture. Known as the home of the tango, this vibrant capital blends European charm with Latin American flair. The locals, called porteños—meaning ‘people of the port’—take great pride in their city’s rich heritage.

Spend the day exploring its lively streets, historic architecture, and bustling cafés. Treat yourself to a delicious Argentine steak at a traditional parrilla, or, if you’re feeling adventurous, step onto the dance floor and try the tango in its birthplace.

In the evening, we board our expedition ship, MS Fram, ready to begin our incredible Antarctic journey.

**MEALS:** Dinner

**OVERNIGHT:** MS Fram

#### Days 2–4: At Sea

As we sail towards our first destination, take these days at sea to relax and prepare for the incredible journey ahead. Our Expedition Team will begin a series of fascinating lectures covering topics like oceanography, geology, birdlife, and history, giving you deeper insight into the places we’ll explore. You can also visit the Science Centre for hands-on presentations and interactive learning.

Keep an eye on the horizon with a pair of binoculars—you might spot majestic wandering albatrosses and soaring petrels gliding above the waves. Between lectures and wildlife spotting, take time to enjoy the ship’s facilities. Unwind in a hot tub, take in the views from the panoramic sauna, or stay active in the gym.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Fram

#### Days 5–7: Falkland Islands

The remote Falkland Islands are a paradise of rolling green hills, white sandy beaches, and abundant birdlife. Apart from a few scattered farms, the landscape is largely untouched, with grassy meadows and wildflowers stretching to the horizon.

In Stanley, the charming capital, enjoy a guided community walk to explore its highlights. Stroll through the Jubilee Villas gardens, visit the iconic Christ Church Cathedral, and learn about the islands' maritime history at the Historic Dockyard Museum.

Our landings and excursions will depend on the weather, but we hope to visit thriving colonies of albatrosses and penguins, often seen alongside seals basking on the shore. We'll get as close as possible without disturbing these incredible animals, offering a rare glimpse into their natural habitat.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Fram

### Days 8–9: At Sea

As we leave the Falkland Islands behind, we spend two days sailing towards the stunning landscapes of South Georgia. This remote archipelago is home to an incredible variety of wildlife, and excitement builds as we get closer.

During our time at sea, the Expedition Team will help you prepare for what's ahead. Through engaging lectures, you'll learn about South Georgia's rich history, unique wildlife, rugged geology, and glaciology, as well as fascinating stories of early explorers and Norwegian whalers.

We'll also focus on responsible travel, ensuring our visit has minimal impact on the environment. If you're keen to get involved, you can participate in our Citizen Science programs, contributing to important global research projects.

**MEALS:** Breakfast, Lunch, Dinner

### Days 10–12: South Georgia

South Georgia is a true wildlife paradise, earning its nickname as the 'Serengeti of the Southern Ocean'. Unlike Antarctica, this island remains free from sea ice, making it a vital breeding ground for vast colonies of penguins, seabirds, and seals. It's also an Important Bird Area, home to species such as albatrosses, petrels, shags, skuas, and terns.

Over the next three days, we'll make as many landings as conditions allow, giving you the chance to explore South Georgia's rugged beauty and remarkable wildlife up close. We also hope to visit Grytviken, where legendary Antarctic explorer Sir Ernest Shackleton is laid to rest.

As always, our expedition is guided by nature, and we'll adapt our route to take advantage of the best opportunities each day brings.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Fram

### Days 13–14: At Sea

After exploring the incredible wildlife of the Falklands and South Georgia, take these days at sea to relax and reflect on your journey so far. As we sail towards Antarctica, excitement builds for the adventures

ahead.

Antarctica is a continent dedicated to peace, science, and conservation. To ensure we visit responsibly, the Expedition Team will guide us through the environmental guidelines set by IAATO (International Association of Antarctica Tour Operators). These sustainability rules help protect this fragile ecosystem—we leave nothing but footprints and take nothing but photos.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Fram

### Days 15–19: Antarctica

Nothing can truly prepare you for your first glimpse of Antarctica's vast, frozen beauty. Towering icebergs drift silently through the icy waters, their shapes sculpted by nature. On the shores, colonies of Gentoo, Chinstrap, and Adélie Penguins stand tall, while seabirds glide overhead. Here, nature reigns supreme.

Over the next five days, we'll explore several potential landing sites along the Antarctic Peninsula and the South Shetland Islands. Each day brings a new and thrilling experience, shaped by the ever-changing conditions.

We may sail into a flooded volcanic caldera or land in icy bays where remnants of whaling history lie abandoned. If conditions allow, you'll have the chance to kayak among floating icebergs and curious seals or snowshoe to breathtaking viewpoints.

For bird enthusiasts, keep an eye on the skies for Antarctic seabirds, including skuas, petrels, and terns. Throughout the journey, onboard lectures and onshore talks will deepen your understanding of this pristine environment and how we can help protect it for future generations.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Fram

### Days 20–22: The Drake Passage

After five incredible days in Antarctica, we begin our journey back across the legendary Drake Passage. This stretch of ocean is known for its unpredictable conditions—it can be calm and glassy, earning the nickname 'Drake Lake', or it can bring powerful winds and rolling waves, known as 'Drake Shake'.

No matter the conditions, our ship is well-equipped for the journey, ensuring a safe and comfortable crossing. As we sail, the Expedition Team will help us relive the highlights of our adventure, sharing stories and insights from our time in the Falklands, South Georgia, and Antarctica.

Take this time to reflect on your incredible journey, sort through your photos, and enjoy the ship's facilities as we make our way towards our final destination.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Fram

### Day 23: Punta Arenas, Chile – Disembark Ship

Today, our incredible Antarctic expedition comes to an end as we arrive in Punta Arenas. From here, you'll take a flight to Santiago de Chile, where you'll connect to your onward journey home—bringing back a lifetime of unforgettable memories.

If you're not ready for the adventure to end just yet, you have the option to extend your journey with one of our post-programmes. Ask us about adding more experiences to your trip before heading home.

**MEALS:** Breakfast