



Itinerary

18 Day Antarctica and Falklands Expedition | Southbound

***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

Your adventure begins in Buenos Aires, a vibrant city known for its rich culture and passionate people, known as porteños or "people of the port." The city is a captivating blend of old-world European elegance and lively Latin American energy.

Take time to explore the bustling streets, where you'll find charming cafés, historic buildings, and lively markets. If you're a food lover, be sure to visit a parrilla to enjoy Argentina's famous steak. Or, if you're feeling adventurous, why not immerse yourself in the world of tango in its birthplace?

Later, you'll embark on MS Roald Amundsen and begin your voyage southward. After a warm welcome from the Expedition Team, they will brief you on what to expect on your journey. You'll then have time to settle into your cabin and familiarise yourself with the ship's comfortable facilities. Enjoy your first evening on board as you prepare for the exciting days ahead.

MEALS: Dinner

OVERNIGHT: MS Roald Amundsen

Days 2-4: At Sea

As we sail south, take the time to relax and get ready for the adventures ahead. Over the next few days at sea, the Expedition Team will introduce you to the wonders we'll encounter on our journey.

Join engaging lectures on oceanography, geology, ornithology, and history, gaining insights into the unique landscapes and wildlife of the Southern Ocean. Visit the Science Centre for hands-on learning experiences and interactive presentations.

Keep your binoculars handy as you scan the open waters for magnificent seabirds, such as Wandering Albatrosses and petrels. These graceful birds soar effortlessly above the waves, offering fantastic wildlife-watching opportunities.

While on board, make the most of the ship's comfortable facilities. Relax in the hot tubs, unwind in the panoramic sauna, or stay active in the gym. This is the perfect time to enjoy the journey and anticipate the breathtaking sights that await.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: MS Roald Amundsen

Days 5-7: Falklands Islands

The Falkland Islands offer breathtaking landscapes with endless horizons, rolling green hills, and pristine white-sand beaches. These remote islands are home to diverse wildlife, making them a paradise for birdwatchers and nature lovers.

In Stanley, the capital of the Falklands, take a community walk through its charming streets. Visit Jubilee Villas gardens, the Christ Church Cathedral, and the Historic Dockyard Museum to learn about the islands' history and culture.

Our landings, hikes, and excursions will depend on the weather and sea conditions. We hope to visit albatross and penguin colonies, where you may also spot seals lounging nearby. We always ensure our visits are low impact, allowing us to observe wildlife up close while respecting their natural habitat.

Every day in the Falklands brings new discoveries, from dramatic coastal cliffs to hidden inlets teeming with seabirds. Whether you're taking in the rugged scenery, hiking along windswept trails, or simply watching penguins waddle along the shore, these islands promise unforgettable moments.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: MS Roald Amundsen

Days 8-9: At Sea

After exploring the Falkland Islands, we begin our two-day journey towards the majestic Antarctic Peninsula. As we sail through the vast Southern Ocean, take time to unwind and soak in the excitement of what lies ahead.

The Expedition Team will provide insightful lectures on Antarctica's unique wildlife, polar history, geology, and glaciology. These sessions will help you understand the fragile ecosystem and the significance of preserving this pristine environment.

To ensure a responsible and sustainable visit, you'll learn about the IAATO (International Association of Antarctica Tour Operators) guidelines. These essential rules help minimise our impact on this untouched landscape.

If you're interested in contributing to scientific research, you can join one of our Citizen Science programs. These projects allow guests to collect and share data for global research initiatives, supporting the ongoing study of Antarctica's climate, wildlife, and environment.

While at sea, take advantage of the ship's fantastic facilities. Spend time in the hot tubs, panoramic sauna, or gym, or simply relax on deck, scanning the horizon for seabirds and marine life.

Each moment brings us closer to Antarctica's breathtaking landscapes, where an adventure of a lifetime awaits.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: MS Roald Amundsen

Days 10-15: Antarctic Peninsula

Nothing can truly prepare you for your first glimpse of Antarctica's breathtaking, frozen landscapes. Towering icebergs, sculpted by nature, float in the icy waters, creating an otherworldly scene. Along the shores, Gentoo, Chinstrap, and Adélie penguins waddle and dive, while seabirds circle overhead, riding the crisp Antarctic winds. Here, nature is in complete control.

Over the next five days, we will explore a variety of possible landing sites on and around the Antarctic Peninsula and the South Shetland Islands. Each day will bring new surprises, with thrilling adventures at every turn.

We might sail into a flooded volcanic caldera, where steam rises from the black sand beaches, or land in an icy bay surrounded by towering glaciers. If conditions allow, you may have the chance to kayak among floating icebergs and curious seals or try snowshoeing to a panoramic viewpoint.

Bird enthusiasts will want to keep an eye out for Antarctic seabirds, including skuas, petrels, and terns. Throughout your journey, the Expedition Team will offer onboard lectures and onshore talks, sharing their knowledge of this fragile ecosystem and how we can all contribute to its conservation.

Every moment in Antarctica is unforgettable, a once-in-a-lifetime adventure that will stay with you forever.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: MS Roald Amundsen

Days 16-17: Drake Passage

After six incredible days in Antarctica, it's time to begin our journey back north. Our final adventure takes us across the Drake Passage, the legendary stretch of water between Antarctica and South America.

This passage is known for its strong winds and powerful currents, but it can also be calm and peaceful. Whether we encounter the 'Drake Shake' or the 'Drake Lake', every crossing is unique. MS Roald Amundsen is built to handle all conditions, so sit back and enjoy the ride.

During these two days at sea, take time to reflect on your incredible journey. The Expedition Team will be on hand to recap the highlights of your trip, from the Falklands' rolling landscapes to Antarctica's frozen wilderness. You can also review your photos, swap stories with fellow travellers, or relax in the panoramic sauna or hot tubs.

Keep an eye out for wandering albatrosses and petrels, gliding effortlessly over the waves. You might even spot whales surfacing in the distance, providing a fitting farewell to your time in the Southern Ocean.

The adventure isn't over just yet—South America is on the horizon!

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: MS Roald Amundsen

Day 18: Arrive Ushuaia – Disembark Ship ~ Buenos Aires

Your expedition cruise comes to an end as we arrive in Ushuaia, the southernmost city in Argentina. Known as the "End of the World," this vibrant port city is surrounded by snow-capped mountains, lush

forests, and dramatic coastal landscapes.

From Ushuaia, you'll board a flight back to Buenos Aires, returning to Argentina's lively capital. This marks the official end of your journey, but your adventure doesn't have to stop here!

Why not extend your trip with our optional post-programme? You could explore more of Buenos Aires, visit Iguazu Falls, or discover Argentina's famous wine regions before heading home.

As you reflect on your incredible voyage, you'll take home unforgettable memories of the Falklands, South Georgia, and Antarctica—places few people in the world have ever seen.

MEALS: Breakfast