



Itinerary

18 Day South Georgia & Falklands From Punta Arenas to Montevideo Expedition

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

Day 1: Arrive Santiago, Chile

Welcome to Santiago, the vibrant capital of Chile and the starting point for your South Georgia and Falklands expedition. Framed by the Andes Mountains, this lively city blends colonial architecture, modern dining, fascinating museums, and relaxed neighbourhood charm.

Spend the day exploring at your own pace. Visit the historic Plaza de Armas, wander through the colourful Mercado Central, or admire the impressive Presidential Palace. For sweeping views across the city and surrounding mountains, head to Sky Costanera, one of South America's tallest viewpoints.

Santiago is the perfect place to ease into your journey before travelling south to Punta Arenas. With so much to see in and around the city, you may also wish to arrive a few days early and enjoy extra time exploring Chile's capital.

MEALS: Nil

OVERNIGHT: Hyatt Centric Las Condes Santiago

Day 2: Santiago ~ Punta Arenas

After breakfast, enjoy an early start as you transfer to the airport for your flight from Santiago to Punta Arenas. Located in Chile's far south, Punta Arenas is the gateway to Patagonia and the starting point for your expedition cruise.

On arrival, transfer to the port where your expedition ship, MS Fram, awaits. Once onboard, take time to settle into your cabin, explore the ship's facilities, and enjoy the excitement of the journey ahead.

You will also meet your experienced Expedition Team, who will be your guides, hosts, and local experts throughout the voyage. Over the coming weeks, they will share their knowledge, answer your questions, and help bring the remarkable wildlife, landscapes, and history of South Georgia and the Falklands to life.

MEALS: Breakfast, Dinner

OVERNIGHT: MS Fram

Day 3: At Sea

Today is spent at sea as MS Fram crosses towards the Falkland Islands. As the ship sails deeper into the South Atlantic, the journey begins to take on a true expedition feel.

During the day, your Expedition Team will help prepare you for the adventures ahead. Visit the onboard Science Centre, learn more about the region's wildlife, history, and fragile environment, and discover how to make your visit as safe and low-impact as possible.

You may also have the opportunity to join Citizen Science projects, where guests can assist with real research during the voyage. Between lectures and briefings, there is plenty of time to relax, enjoy the ship's facilities, and meet fellow travellers in the Explorer Lounge & Bar.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: MS Fram

Day 4: Falkland Islands

Today, your expedition continues along the southeast coast of East Falkland, with a planned visit to Bleaker Island. Known for its rugged coastline, open landscapes, and rich birdlife, this remote island offers a wonderful introduction to the wildlife of the Falklands.

Bleaker Island is home to an impressive variety of breeding birds, including Magellanic, southern rockhopper, macaroni, and gentoo penguins. You may also see large colonies of imperial cormorants, along with other seabirds nesting and feeding across the island.

As you explore, keep watch for Peale's dolphins, which are often seen in the surrounding bays. With windswept scenery, abundant wildlife, and a true sense of isolation, this is a memorable day in one of the South Atlantic's most fascinating island groups.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: MS Fram

Days 5-6: At Sea

Spend the day at sea as MS Fram sails towards South Georgia, one of the most remote and wildlife-rich destinations in the Southern Ocean. As the ship continues across the South Atlantic, enjoy time to relax, recharge, and prepare for the remarkable days ahead.

Your Expedition Team will host briefings and talks about South Georgia's fascinating history, unique environment, and extraordinary wildlife. In the Science Centre, you can take a closer look at krill and phytoplankton, the tiny organisms that support much of the region's incredible marine life.

Between sessions, make the most of the ship's facilities, join onboard workshops, or pick up photography tips from the professional onboard photographer. Whether you are relaxing in the lounge or learning something new, this sea day adds even more depth to your expedition experience.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: MS Fram

Days 7-10: South Georgia Islands

Over the next four days, explore the remote and spectacular island of South Georgia, often called the Serengeti of the Southern Ocean. This remarkable destination is famous for its dramatic landscapes, vast wildlife colonies, and unforgettable expedition experiences.

South Georgia is one of the world's great wildlife destinations. Its beaches and hillsides are home to large colonies of penguins, seals, and seabirds, including albatrosses, petrels, shags, skuas, and terns. By mid-March, the breeding season is beginning to slow, yet the island remains full of life, with penguin chicks gathering in crèches and fur seal pups active along the beaches.

During your time here, landings and activities will be guided by local conditions and wildlife activity. The Expedition Team will aim to give you the best possible experience while exploring safely and responsibly. We will also try to visit Grytviken, the historic whaling station and final resting place of legendary Antarctic explorer Sir Ernest Shackleton.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: MS Fram

Days 11-12 At Sea

Spend the next two days at sea as MS Fram sails from South Georgia towards the Falkland Islands. As you cross the South Atlantic, enjoy time to reflect on your South Georgia adventures and look ahead to another remarkable wildlife destination.

The Falkland Islands are known for their rugged coastlines, open landscapes, and diverse birdlife. During the crossing, your Expedition Team will help prepare you for the days ahead with lectures covering the region's wildlife, history, geology, and fascinating stories from the islands' past.

You may also have the opportunity to take part in Citizen Science projects, helping collect data that contributes to global research. Between talks and briefings, relax onboard, enjoy the ship's facilities, and keep watch from deck for seabirds following the ship across the ocean.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: MS Fram

Days 13-14: Falkland Islands

Spend the next two days exploring the beautiful Falkland Islands, an archipelago known for its open landscapes, white sandy beaches, and outstanding birdlife. With vast horizons, rolling green hills, and wild coastal scenery, the Falklands offer a very different but equally memorable expedition experience.

In Stanley, you can explore at your own pace and enjoy the charm of this remote island capital. Wander through its colourful streets, browse local shops, or learn more about the islands' history and way of life.

Landings, hikes, and excursions will be guided by the day's conditions. The Expedition Team will aim to visit wildlife-rich areas, with possible opportunities to see albatross and penguin colonies, often sharing the coastline with seals. As always, every experience is planned to get you as close as possible while

respecting the wildlife and environment.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: MS Fram

Days 15-17: At Sea

Spend the next few days at sea as MS Fram sails from the Falkland Islands towards Montevideo. These final sea days are a wonderful chance to rest, reflect, and take in the vast beauty of the South Atlantic.

As the ship heads north, the ocean becomes a moving wildlife observatory. Keep watch from the decks for whales beginning their seasonal journey towards warmer waters, along with albatrosses and other seabirds gliding effortlessly above the waves.

Your Expedition Team will be on hand to help spot and identify wildlife, while onboard talks and briefings bring the region's migration routes and marine life into sharper focus. You may also choose to visit the Science Centre, join further investigations, or contribute to Citizen Science projects.

This is also the perfect time to look back through your photos and relive the incredible experiences of South Georgia and the Falklands. Between activities, enjoy the ship's comforts one last time, from the hot tubs and sauna to the relaxed atmosphere of the Explorer Lounge & Bar.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: MS Fram

Day 18: Montevideo, Uruguay

Arrive in Montevideo this morning, where your South Georgia and Falklands expedition comes to an end. After disembarking MS Fram, enjoy time to explore Uruguay's colourful capital at your own pace.

You may like to stroll along the Rambla of Montevideo, a scenic waterfront promenade stretching along the city's coastline. Alternatively, wander through Ciudad Vieja, the historic old town filled with colonial architecture, art galleries, cafés, and lively markets.

For a final taste of local culture, visit the vibrant Mercado del Puerto, known for its traditional Uruguayan food and bustling atmosphere. It is the perfect place to soak up the city's character before continuing your onward journey.

MEALS: Breakfast