

DAILY PROGRAM

MONDAY, 28.11.2016 – EMBARKATION USHUAIA



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

TEA, COFFEE & COOKIES
BUFFET DINNER

16:00 – 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.

16:00-17:30 Learn more about our voyage and meet some of the expedition team members in the Observation Lounge on deck 7.

Ca 17:30 Mandatory Safety

Drill Please follow the instructions over the PA system. The drill will end outside, please bring a warm jacket.

18:00 MS FRAM Departs from Ushuaia.

21:30 Our Captain Rune Andreassen 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 Programmes will be delivered to your cabin each evening.

Announcements can be heard in English and German in your cabin by choosing channel 1 on your television.

Expedition Jackets will be available for collection tomorrow and **Rubber Boots** the day after tomorrow.

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.

Times can change. Meal times will change during the course of the voyage according to our landings. Activities and landing times may change due to the weather or ice condition we encounter on our expedition.

Most of the time we will use our **Polar Circle boats** for landings. For organizational purposes we are going to separate you into groups of approximately 30- 32 passengers. On deck 4 by the conference rooms, you find an overview of the groups. Have a look which group you are in.

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

TUESDAY, 29.11.2016 – AT SEA



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

08:00 – 10:15 You are welcome to pick up your [Expedition jacket](#) on deck 2.

09:30 [Optional Excursions in Falkland Islands](#). A short presentation about the optional excursions available in the Falkland Islands.

09:30 [Informationen über Ausflüge in den Falklands](#)
Eine kurze Präsentation über die optionalen Exkursionen auf den Falklandinseln.

11:00 [Framheim / English](#)
Welcome to Africa: The Geology of the Falkland Islands by Steffen Biersack

11:00 [Polhøgda / German](#)
Falklands Geschichte und Regierung von Adrian Rubio

14:30 [Polhøgda / German](#)
Willkommen in Afrika: Die Geologie der Falkland-Inseln von Steffen Biersack

14:30 [Framheim / English](#)
Falklands history and goverment by Adrian Rubio

[From 15:30](#) and onwards: "Rubber boot -Arctic Muck Boot" on deck 2 and 3. 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. We will call you by your Polar Circle Boat Group. The group lists are to be found on the info board deck 4.

16:45 [Polhøgda/Deutsch](#)
Information über unsere Anlandungen auf den Falkland Inseln.

18:00 [Bookingdeadline for excursions in Stanley](#)

18:00 & 20:00 [Framheim /English](#) Information about all our landings at the Falkland Islands

18:00-22:00 [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.

22:00 [Panorama Lounge](#), deck 7. We invite you to our fashion show, where some of the officers and the expedition team will show a selection of the clothing we have in the onboard shop.

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.

Lying just 500 kilometres (310 miles) east of Tierra del

Fuego, the **Falklands (Malvinas)** archipelago is better described, geologically anyway, as a part of Africa. The islands separated from Africa during the breakup of the super-continent Gondwana millions of years ago and have been moving steadily away at about the speed your fingernails grow. There is evidence to suggest that the Falklands, consisting of two large and around 700 small islands, were initially visited by Yahgans (Yàmana) or other peoples of coastal Patagonia. The first recorded sighting by Europeans was in 1592 by Englishman John Davis sailing in Desire. The islands' motto,

Desire the Right, is a clever play on the ship's name.

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DAILY PROGRAM



HURTIGRUTEN
MS FRAM

WEDNESDAY, 30.11.2016 – WEST POINT & 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 West Point Island.

We hope to do a landing here at West Point 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. This can be a wet landing, rubberboots or high waterproof goretex shoes are recommended. **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!**

From 14:00 Film Framheim/English

Grandma The oldest albatross, 55 min. The film will be shown on repeat until 17:30

West Point has been in the Napier's family since its first settlement in 1879. Allan and Suzan is now taking care of the place for the Napier's. From here, the hike to Devil's Nose is nearly 2.5km (1.5miles) but seems much shorter somehow on the return

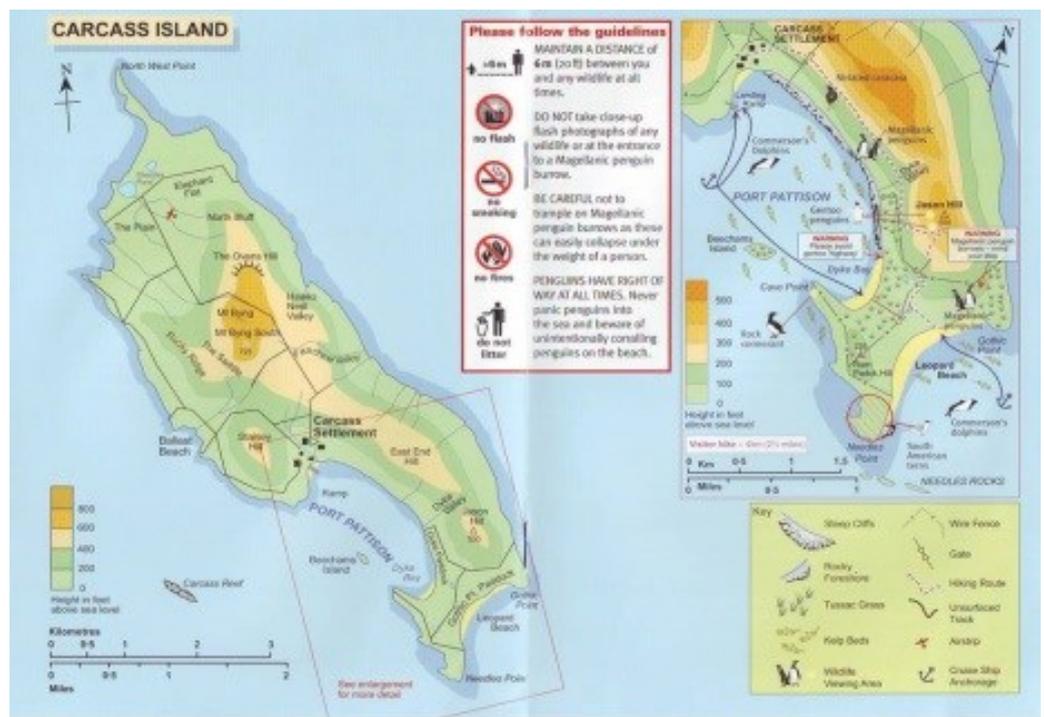
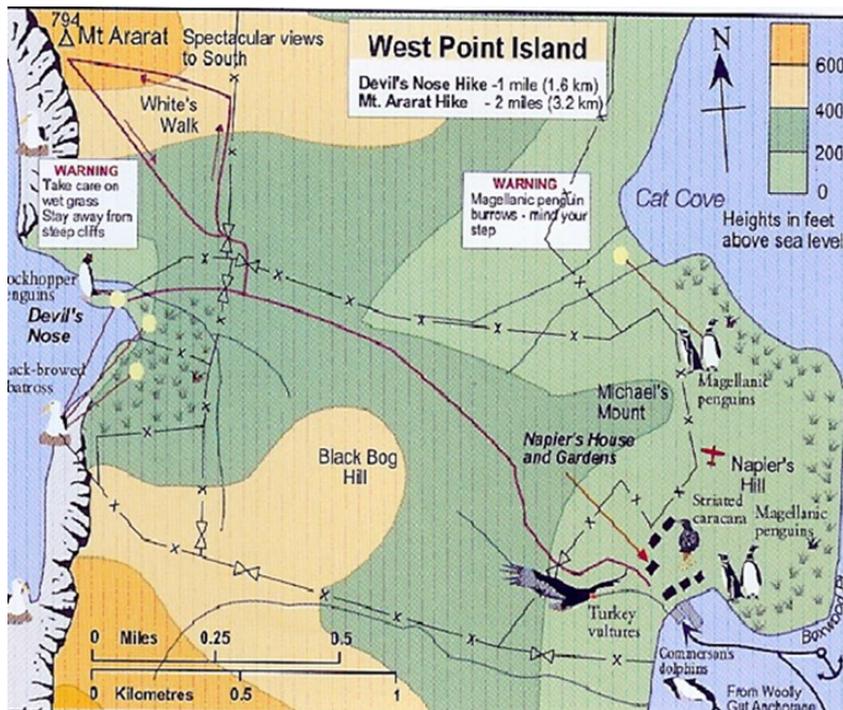
journey. The couple now living on the Island sometimes offers a ten minute, bumpy Land Rover ride instead. Devil's Nose overlooks the sea surrounded by cliffs and is home to several thousand majestic black browed albatross and several hundred rough and tumble rockhopper penguins. As visitors return from the colony they are invited into the home for a cup of tea or coffee and cakes. The very first cruise vessel to come to the Falklands stopped here in 1968 and the Napiers naturally invited everyone in for tea.

Carcass Island lies to the North West of the Falkland Islands archipelago and takes its name from the HMS Carcass which visited in the late 18th century. At present there is only two all year residents and a few more in the summer, it is the present

owners Rob and Lorraine McGill who have lived on the island for about 30 years. They continue the conservationist traditions of the previous owners planting and restoring the tussac grass for use as controlled winter animal grazing areas. There is about 900 sheep on the island, and in addition tourism makes

up for income as well. Unlike much of the Falkland Islands Carcass Island is water-rich and has several water resources. A generator gives electricity and the traditional fuel, peat, was replaced recently by the more convenient oil and gas which is delivered by local vessel. At all sites in Carcass a prolific

number of shore birds are to be seen. Flightless steamer ducks, Magellanic Penguins, Gentoo Penguins, Cobb's wren, black throated finch and many other species. When you reach the settlement of The McGills they offer coffee, tea and cakes.



DAILY PROGRAM



HURTIGRUTEN
MS FRAM

THURSDAY, 01.12.2016 – STANLEY



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

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

08:00 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.

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. It is still possible to sign up for this excursion.

09:15 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.

09:00 Group B
09:30 Group C

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.
09:30 Group D
10:30 Group E

Bird Watching in the Falkland Islands (approx 3h)

Starts from the ships pier.
Please wear good hiking boots.
09:00 Group F

Optional excursion The Lagoon Bluff Cove: (approx. 3h)

Starts from the ships pier . Comfortable shoes are recommended. Please check the info board for which group you are in.
08:30 Group G
09:30 Group H

15:45 All aboard!

16:00 MS Fram departs from Port Stanley.

16:45 Framheim (English):
Falkland islands - outpost and bone of contention by Regina Gehmlich

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
0830	0845
0900	0915
0930	0945
1000	1015
1030	1045
1100	1115
1130	1145
1200	1215
1230	1245
1300	1315
1330	1345
1400	1415
1430	1445
1500	1515
	15:30

Last shuttle bus from Jetty Visitor Centre at 1530



DAILY PROGRAM



HURTIGRUTEN
MS FRAM

FRIDAY, 02.12.2016 – SCOTIA SEA



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

In accordance with International Association of Antarctica Tour Operators (IAATO) protocols, Antarctic Treaty regulations, and Norwegian law, the following IAATO briefings are mandatory for all passengers. Please arrange to be present if you like to land in South Georgia or Antarctica.

09:30 Framheim/English

Mandatory IAATO briefing and information about South Georgia for boatgroup 4,5 and 6.

09:30 Polhøgda/Deutsch

Teilnahmepflichtige IAATO-Veranstaltung und Informationen zu Südgeorgien.

11:15 Framheim/English

Information about extra activities in South Georgia and Antarctica

11:15 Polhøgda/Deutsch

Informationen über extra Aktivitäten in Süd Georgien und in Antarktika.

12:00 Framheim/Chinese

Information about extra activities in South Georgia and Antarctica

14:30 Framheim/English

Mandatory IAATO briefing and information about South Georgia for boatgroup 7 and 8

14:30 Polhøgda/Chinese

Mandatory IAATO briefing and information about South Georgia

16:15 Framheim/English *Seabirds*

of the Southern Oceans - Masters of the Sea by Helga Kristiansen

16:15 Polhøgda/Deutsch

Die Einsamste aller Inseln - Südgeorgien von Steffen Biersack

17:45 & 20:00 Film

Framheim/English:

South, the original film of the 1914-1916 expedition, 80min

17:45 & 20:00 Film

Polhøgda/German:

The endurance, verschollen im Packeis, 90 min

22:00 Panorama Lounge, deck 7.

We invite you to our fashion show, where some of the officers and the expedition team will show a selection of the clothing we have in the onboard shop.

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DAILY PROGRAM



HURTIGRUTEN
MS FRAM

SATURDAY, 03.12.2016 – SCOTIA SEA



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
WAFFLES
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

We kindly ask you to read the Biosecurity checks for all passenger visits to South Georgia which you find further down in this program. All who would like to land in South Georgia need to sign at the reception!

Deadline: December 3th at 17:00

SEE THE BIOSECURITY SELF AUDIT CHECK LIST BELOW

09:30 Framheim/English *Minimize your impact* von Will Baker

09:30 Polhøgda//English with German translation
Polar Photography by Dominic Barrington

11:00 Framheim/English *The loneliest Island - South Georgia* by Steffen Biersack

11:00 Polhøgda/English with German translation *Seabirds of the Southern Oceans - Masters of the Sea* by Helga Kristiansen

12:00 Bookingdeadline for all optional activities in South Georgia and Antarctica.

12:00-14:30 Vacuuming for backpacks and other things you will bring ashore in South Georgia 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.

15:00 Polhøgda/Deutsch
Südgeorgien - vom Jagdrevier zum Naturschutzgebiet von Regina Gehmlich

15:00 Framheim/English *Land of the Seals* by Jónína Ólafsdóttir

16:00 Framheim/English
Mandatory briefing for everyone who has signed up for kayaking

17:00 Polhøgda/Deutsch
Information über unsere Anlandungen in Südgeorgien

17:00 Framheim (English) *Polar Photography* by Dominic Barrington

20:00 Polhøgda/Chinese
Information about our landings in South Georgia

18:00 & 20:00 Framheim /English
Information about our landings in South Georgia

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.

DAILY PROGRAM



HURTIGRUTEN
MS FRAM

SUNDAY, 04.12.2016 – FORTUNA BAY & STRØMNES



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNERBUFFET

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

Approx 08:30 We hope to do a landing in Fortuna Bay. Weather, wind and ice conditions permitting, we will begin our landing by calling the hikers (list on deck 4) Hikers will receive a separate information into their cabins. After the hikers, we call immediately for groups 3 & 4. As these are approx 100 passengers, we are going to have a short break - of approx. 30 minutes. The break will be announced over the PA System. After the break, we call for groups 5,6,7,8,1,2 Rubber boots are mandatory footwear.

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.

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.

Afternoon We hope to do a landing at Strømness. We will then begin our landing by calling group 4,5,6 and 7. 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 8, 1,2,3. Listen carefully for the announcements for your group to be called. You need to wear rubber boots.

Please remember to stay at least 200 meters from the whaling station! There is no smoking anywhere on the island.

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

Please remember to cover your windows from light for the sake of the birds

Fortuna Bay was named not for the Roman Goddess of luck but for one of the first whaling ships in the area. The inaptly named Fortuna ran aground at Hope

Point in 1916 as her helmsman was reading a letter from home. Shackleton and his stalwart companions also came through here in 1916 in their slog from one side of South Georgia to the other. The bay is home to king penguins, gentoo penguins, fur seals, elephant seals and many flighted birds including albatross and southern giant petrels. King penguins prefer to nest at long, open beaches with large swell. The king penguin colony at Whistle Cove in Fortuna Bay is the most accessible on South Georgia.

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.



DAILY PROGRAM



HURTIGRUTEN
MS FRAM

MONDAY, 05.12.2016 – GRYTVIKEN



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNERBUFFET

06:00 - 07:30
07:00 - 09:30
12:30 - 15:00
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 08:00 MV Fram will arrive in Grytviken

08:00 [Framheim](#) Information meeting Grytviken Nature Cruise ([Group A](#), [B](#) and [C](#)) Please check the lists on deck 4. Boat Cruise Group A will go cruising directly after the meeting

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 09:00 We launch the [hikers Grytviken-Maiviken-Grytviken](#) with the Polar Circle boats.

Ca 09:15 We hope for a landing at Grytviken
We start with cruisers B & C, then followed by group number

5,6,7,8,1,2,3,4. 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.

The [Kayakers](#)- Grytviken: Meet in front of Expedition Desk on Deck 4 - please listen to the announcement!

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.

14:00 [PolarCircleboat Cruise group C](#). Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings.

10:00 & 11:00 We will arrange the "Tour of the whaling station" two times. 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

12:00 We will arrange one time the tour called "[Shackelton at Grytviken](#)". 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

15:00 [Framheim](#)
Life and science at King Edward Point

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 jewelry. Credit cards are welcome, as well as USD, GBP and Euro. If you would like to hand in your "Sponsor a hectar" 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 Shackletons grave. You might buy a small bottle of Whiskey

onboard MV Fram and take it with you.

Late afternoon/Evening: MV Fram will arrive in Hercules Bay

We hope to do a half an hour cruising for everybody at Hercules Bay.

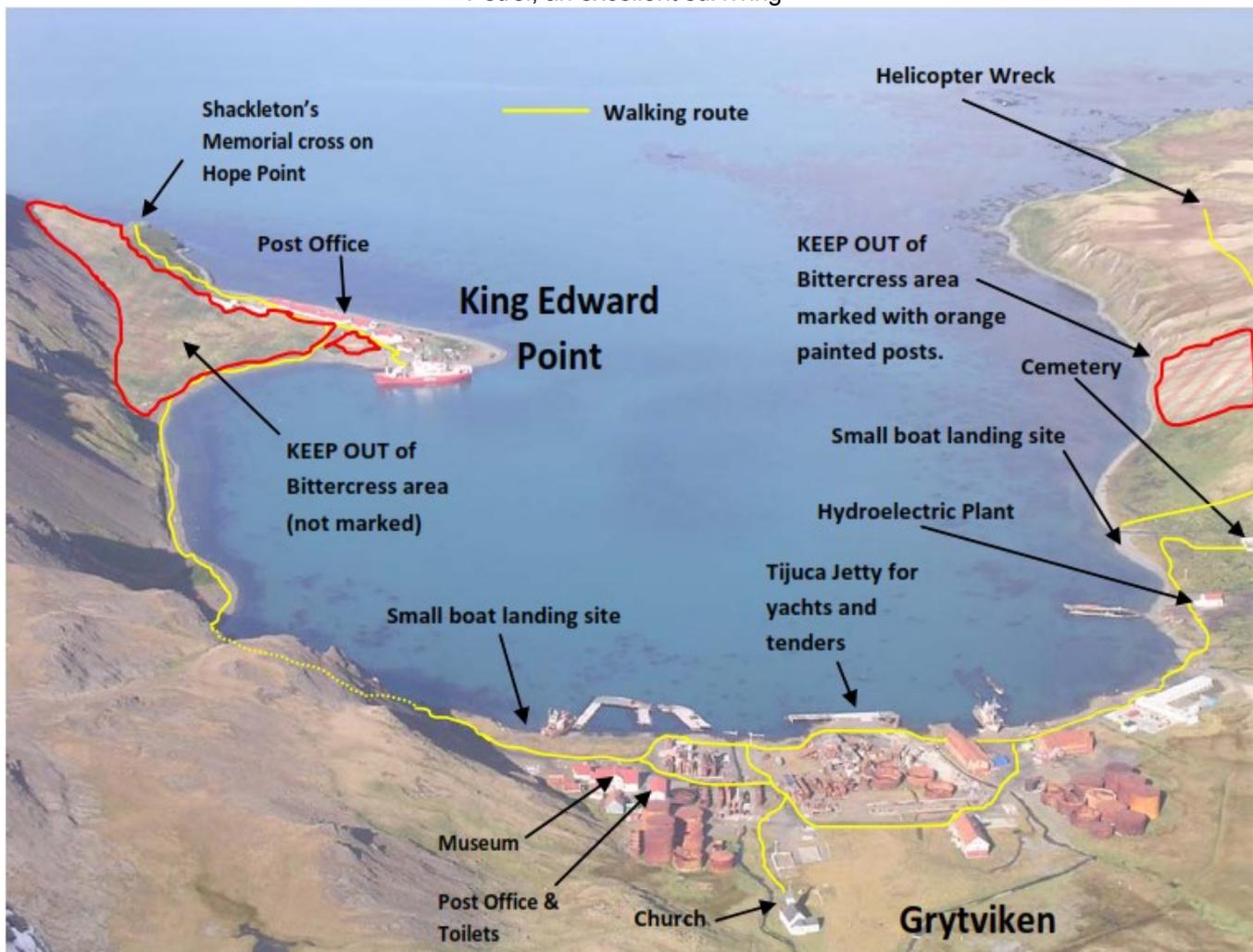
We begin our cruising by **calling boat group 6,7,8,1,2,3,4**. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called. Rubber boots are mandatory footwear.

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

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.



DAILY PROGRAM



HURTIGRUTEN
MS FRAM

TUESDAY, 06.12.2016 – ST ANDRES & DRYGALSKI FJORD



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNERBUFFET

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 08:30 We hope to do a landing at St Andrews. We will then begin our landing by calling group 7,8,1,2. 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 3,4,5,6. 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.

18:00 Bookingdeadline for all excursions and bustransfers in Buenos Aires and Ushuaia. If you already have prebooked this at home or in the hotel in Buenos

Aires, please do not to book it again.

Evening: Weather permitting, we hope to sail into the beautiful **Drygalski Fjord**.

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!

Drygalski Fjord: When he surveyed South Georgia in 1775, Captain Cook believed he had discovered a headland of the mythical continent Terra Australis

Incognita. Cook began mapping the east coast. When he arrived at the southern end and looked back up the west coast, he realized that he had discovered only an island. He left the mark of his frustration by naming the southern end Cape Disappointment. Also at the southern end of South Georgia is picturesque Drygalski Fjord. The fjord is named for Erich Dagobert von Drygalski, a professor of geography and geophysics at the University of Berlin who led the German South Polar Expedition, 1901-03.

DAILY PROGRAM

WEDNESDAY, 07.12.2016 – 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
07:00 - 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 Ice - Portrait of a Surprising Material* by Steffen Biersack

09:30 *Polhøgda / German Überleben in Eis und Schnee - Anpassungsstrategien der antarktischen Tierwelt* von Regina Gehmlich

11:00 *Framheim/English:* Information about the landing tomorrow.

11:00 *Polhøgda/Deutsch:* Informationen über unsere Anlandung Morgen.

15:15 *Framheim / English Surviving in ice and snow - adaptation strategies of Antarctic wildlife* by Regina Gehmlich

15:15 *Polhøgda / German Eis – Portrait eines*

erstaunlichen Materials von Steffen Biersack

17:00 *Panorama Lounge Into the ice, a little storytelling about Fram and her men* with Helga Kristiansen

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

18:00 & 20:00 *Film Polhøgda/English with German subtitles* South, Ein film von Frank Hurley (1919). Das Original Filmdokument von Sir Ernest Shackletons legendärer Antarktis-Expedition 1914-1917, 80 min

21:45 Today we would like to invite you for the *Whiskey show* from our Chief Officer 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 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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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

THURSDAY, 08.12.2016 – ORCADAS STATION



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNEBUFFET

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

Ca 08:30 We hope to do a landing at Orcadas Station.

We will then begin our landing by calling group 8 and 1. Then we are going to have a break before the other groups are called. The break will be announced over the loudspeaker system. 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.

Afternoon: Weather permitting, we hope to cruise around the beautiful **South Orkney Islands**.

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

18:00 & 20:00 Film
Polhøgda/English with German subtitles
Eis und Meer, Polar- und Meeresforschung am Alfred-Wegener-Institut, 30 min

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

FRIDAY, 09.12.2016 – ELEPHANT 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

Bridge visit

Meeting point elevators, deck 6

09:00 Group B
09:20 Group C
09:40 Group D
17:00 Group E
17:30 Group F

09:30 Polhøgda / German

Die Reise der James Caird von
Adrian Rubio

11:00 Framheim / English

Giants of the Antarctic by Jónína
Ólafsdóttir

11:00 Polhøgda / Norwegian

Fritjof Nansen med Svein Visdal

14:30 Framheim / English

*The Mighty White: Antarctica - rock
hard facts* by Steffen Biersack

14:30 Polhøgda / English with German translation

Giants of the Antarctic by Jónína
Ólafsdóttir (ENG w. GER
translation)

Approx 16:00

We arrive at
Elephant Island which is an Island
with very little weather protection.
Wind and ice condition will decide
what we are able to do once we
get there. We kindly ask you to
listen to the announcements for
updated information on our
intentions at Elephant Island.

17:30 Framheim/English:

Information about the landing
tomorrow.

21:00 Polhøgda/Deutsch:

Informationen über unsere
Anlandung Morgen.

21:30 Film Framheim/English:

Shackleton with Kenneth
Branagh, part 2, 100 min

21:30 Film Polhøgda/English with German subtitles

Eis und Meer, Polar- und
Meeresforschung am Alfred-
Wegener-Institut, 30 min

We will have 2 flights from
Ushuaia to Buenos Aires the 16th

of December:

1. Flight LA4443 08:45-12:05
2. Flight LA4969 12:50-16:10

All passengers joining the
Escondido Lake excursion will be
automatically on the second flight.
Passengers with transfer
arranged by Hurtigruten will be,
assigned to the second flight as
well.

We only have a few seats
available on the first flight.
Any request for flights Ushuaia –
Buenos Aires must be submitted
to Ina between 09:00 and 10:45
today

The final flight and transfer lists
will be posted on the information
board near Reception 2 days
before Ushuaia.

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.

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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

SATURDAY, 10.12.2016 – BROWN BLUFF



OVERVIEW OF RESTAURANT TIMINGS

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

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

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

10:00 Framheim Information meeting PolarCirkelboat Cruise (**Group A, B, and C**) Please check the lists on deck 4. Boat Cruise Group A will go cruising directly after the meeting.

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

We begin our landing by calling Boat cruise group B and C, then boat group 2 and 3. Please listen then 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.

13:00 PolarCirkleboat Cruise group B. Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You have to eat your lunch before the cruise.

14:30 PolarCirkleboat Cruise group C. Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings.

14:30-17:00 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 3 & 5.

This afternoon we will shipcruise in the beautiful **Antarctic Sound**.

17:00 Panorama Lounge Nordenskiöld with Helga Kristiansen

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

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

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 territory 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 often offers easy landings. 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 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. Known as "Iceberg Alley" by expedition staff, 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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DAILY PROGRAM



HURTIGRUTEN
MS FRAM

SUNDAY, 11.12.2016 HALF MOON ISLAND & WHALERS BAY



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
18:30 - 21:30

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

07:45 Kayakers group C
please meet at the reception.

08:30 We hope to do a landing at Half Moon Island

We begin our landing by calling **Kayakers D, then boat group 3,4,5,6**. Please listen then 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.

10:00 Kayakers group D
please meet at the reception ready to go. You will make your normal landing before you go kayaking

14:30 Framheim / English
Penguins by Helga Kristiansen

14:30 Polhøgda / German
Pinguin von Regina Gehmlich

15:30 Framheim Information meeting PolarCirkelboat Cruise (**Group A and B**) Geology. Please check the lists on deck 4.

Afternoon We hope to do a landing at Whalers Bay

We begin our landing by calling **Hikers first, then cruisers group B, then boat group 4,5,6**. Please listen then for the break time. After the break, we welcome groups 7,8,1,2,3. 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.

Ca 16:45 PolarCirkleboat
Cruise group A. Please meet

on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You have to eat your lunch before the cruise.

18:45 PolarCirkleboat Cruise group B. Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You have to eat your lunch before the cruise.

21:30 Framheim/English:
Information about the landing tomorrow.

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

Half Moon Island is a two-kilometre long (1.2 mile), crescent-shaped island in the shadow of the picturesque mountains and glaciers of nearby Livingston Island. It is a favoured expedition stop for its large chinstrap penguin

rookery. Other than a short hill, walking is generally easy. The serrated and crevassed cliffs are also home to Antarctic terns, kelp gulls, snowy sheathbills, and Wilson's storm petrels. Landings are usually made on an easily accessible, wide beach where an abandoned dory lies decaying. Once up the hill, there are magnificent views of Livingston Island and humpback whales have been spotted breaching in the water between the two islands. Down towards the western end of the beach is Teniente Camara station with its huge Argentine flags emblazoned on the orange buildings. The station has been sporadically staffed in recent years due to the Argentine economy. This will be our only opportunity to see chinstrap penguins in significant numbers.

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.

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DAILY PROGRAM

MONDAY, 12.12.2016 – CUVERVILLE & NEKO



HURTIGRUTEN
MS FRAM



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

08:00 Framheim Information meeting PolarCirkelboat Cruise (Group D, E, F and G) Please check the lists on deck 4. Boat Cruise Group D will go cruising directly after the meeting.

Ca 08:30 Kayakers group E please listen to the announcements for you to be called. We will meet at the reception.

Ca 08:30 We hope to do a landing at Cuverville Island.

We begin our landing by calling Boat cruise E and then boat group 5,6 7,8,. Please listen then for the break time. After the break, we welcome groups 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.

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

14:00 Polhøgda Informationmeeting for the campers group A
Afternoon: We hope to do a landing at Neko Harbor.

We begin our landing by calling Boat cruise G, Campers A, followed by boat group 6,7,8,1. Please listen then for the break time. After the break, we welcome groups 2,3,4,5. 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 (time will be announced) PolarCirkleboat Cruise group F. 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 after the cruise.

Afternoon (time will be announced) PolarCirkleboat Cruise group G. 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 start.

Evening / Campers: We hope to arrange a camp at Damoy Point. 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.

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.

[Danco](#) is a one-mile (1.6km) long island lies in the southern part of the Errera Channel, off the western coast of Graham Land. Danco Island was first chartered by Gerlache and is named for the geophysicist who died during the Belgica expedition of 1897-99. Gentoo penguins are confirmed breeders and there is a

minimum breeding population of approximately 1700 pairs. Snow algae may bloom. Snowy sheathbills, kelp gulls, blue-eyed shags also may be seen, but breeding is not confirmed.

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.

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walking inside, hold on to railings but not in door frames.

DAILY PROGRAM



HURTIGRUTEN
MS FRAM

TUESDAY, 13.12.2016 – PORT LOCKROY



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

09:30 Framheim Information meeting PolarCirkelboat Cruise (H) Please check the lists on deck 4. Boat Cruise Group H will go cruising directly after the meeting.

Ca 10:00 We hope to do a landing at Port Lockroy.

We begin our landing by calling boat group 7 and 8. Please listen then for the break time. After the break, we welcome groups 1,2,3,4,5,6. 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: 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.

22:00 Today we would like to invite you for our **Crewshow** in the Panorama Lounge on Deck 7.

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 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.

DAILY PROGRAM

WEDNESDAY, 14.12.2016 – AT SEA



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
WAFFLES
FILIPINO 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

Bridge visit

Meeting point elevators, deck 6

09:00 Group E

09:20 Group F

09:40 Group A

11:00 Framheim / English

Plastic Fantastic by Helga Kristiansen

11:00 Polhøgda / German

Die Erzählung der Steine - eine Zeitreise durch die Antarktis von Regina Gehmlich

12:00-14:00 Framheim We will have a continuous slide presentation of Dominic pictures of this expedition! If you are interested, you can order the DVD at the reception.

15:30 Film Polhøgda/Chinese:

Meet the real penguins, 50 min

15:30 Panorama Lounge

Quiz with the Expedition team.

18:00 & 20:00 Film Framheim/English: (on request)

Welcome to Port Lockroy, 60 min

18:00 & 20:00 Film Polhøgda/German: (on request)

Shackleton mit Kenneth Branagh, part 2, 100 min

22:00 Today we would like to invite you for a **Question and Answer** round 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 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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walking inside, hold on to railings but not in door frames



DAILY PROGRAM



HURTIGRUTEN
MS FRAM

THURSDAY, 15.12.2016 – AT SEA



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

09:30 *Framheim / English* My
journey into nature by Stian
Aadland

09:30 *Polhøgda / German* Kein
Tsunami in Antarctica – (beinahe)
alles über Wellen mit Steffen
Biersack

11:00 *Framheim / English*
Antarctic Seals - flipper footed
mammals by Therese Horntrich

11:00 *Polhøgda / German* *Wie*
man gut ankommt: Die Prinzipien
der Navigation von Steffen
Biersack

15:30 *Panorama lounge*: Recap
with the Expedition Team

17:00 *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 have the MV Fram
Charity Auction! The auction
supports the Hurtigruten
Foundation.

From 19:30 In Framheim hall
there is a continuous slide
presentation of Dominic 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

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

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potentially dangerous in windy
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hold on to railings but not in door
frames.

DAILY PROGRAM

MONDAY, 28.11.2016 – USHUAIA



HURTIGRUTEN
MS FRAM



EARLY BIRD SELF SERVICE
BREAKFAST BUFFET

OVERVIEW OF RESTAURANT TIMINGS

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

BISTRO, DECK 4
RESTAURANT, DECK 4

If you have purchased the Photo DVD from the expedition photographer Nick, you can pick it up in reception before disembarkation.

The Captain and Crew of MS Fram bid you farewell and a safe journey home. Remember to follow the journeys of FRAM on Facebook.

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