

# DAILY PROGRAM



HURTIGRUTEN  
MS FRAM

MONDAY, 19.12.2016 – 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 1<sup>st</sup> seating  
20:00 2<sup>nd</sup> 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 plastic land mines indiscernible to metal detectors. Most near Stanley and all clearly fenced and marked. Do not attempt to enter any mine-fields or remove minefield signs.

### 08:00 FRAM arrives in Stanley

We will be alongside a pier outside of Stanley City Centre. **Therefore a free shuttle has been arranged** from MS Fram to the 'Jetty Visitor Centre' in town and back. The Jetty Visitor Centre has tourist information, maps and souvenirs. Please show your cruise card to the shuttle bus driver and please 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.

### 09:00 Optional excursion: Falkland Nature Walk (ca. 3h)

Start: ships pier  
Please wear good hiking boots or our rubber boots.

### 09:00 Optional excursion: Bird Watching in the Falkland Islands (ca. 3h)

Start: ships pier  
Please wear good hiking boots or our rubber boots.

### 09:30 Optional excursion: Scenic Air Tour (ca. 1.5h)

Start: ships pier  
Do not take too much gear.

### Optional excursion: Lagoon Bluff Cove: (ca. 3h)

Start: ships pier. Comfortable shoes are recommended. Please check the info board for which group you are in.

**08:30 Group A**  
**09:30 Group B**  
**10:30 Group C**

15:45 All aboard!

16:00 MS Fram departs from Port Stanley.

17:00 Framheim / English & Chinese Information about extra activities in South Georgia and Antarctica.

17:00 Polhøgda / Deutsch Informationen über Extra-Aktivitäten in Süd Georgien und in der Antarktis.

### 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	Jetty Visitor Centre Stanley
08:30	08:45
09:00	09:15
09:30	09:45
10:00	10:15
10:30	10:45
11:00	11:15
11:30	11:45
12:00	12:15
12:30	12:45
13:00	13:15
13:30	13:45
14:00	14:15
14:30	14:45
15:00	15:30

The last shuttle bus from Jetty Visitor Centre to the ship leaves at 15:30.