

# DAILY PROGRAM

SUNDAY, 15.01.2017 – EMBARKATION USHUAIA



HURTIGRUTEN  
MS FRAM



TEA, COFFEE & COOKIES  
BUFFET DINNER

RESTAURANT TIMINGS  
15:00 – 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.

15:00-17:30 Learn more about our voyage and meet some of the Expedition Team members in the Panorama Lounge on deck 7.

Approx. 17:30 **Mandatory Safety Drill** Please follow the instructions over the PA system. The drill will end outside, please bring a warm jacket.

**MS FRAM** Departs from Ushuaia around 18:00 tonight.

21:30 **Captain's Cocktails.** Our Captain Ole-Johan

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.

## IMPORTANT:

**Daily Programs** will be delivered to your cabin each evening.

**Expedition Jackets and Rubber Boots** will be available for collection over the coming days.

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.

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

**Times can change.** We would like to inform you that all stated times and activities are changeable due to weather and ice 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 decks. 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

MONDAY, 16.01.2017 – 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  
07:30 - 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

**09:00-09:45** Early bird watching, on deck 7 aft. Our guides will be available for any questions on birds.

**10:00 Framheim / English**  
*The Antarctic Ecosystem* by Francis Wiese

**10:00 Polhøgda / Deutsch**  
*Die Erzählung der Steine - eine Zeitreise durch die Antarktis* by Regina Gehmlich

**11:30 Framheim / English:**  
Jim presents the plans for our voyage & our landings in Antarctica.

**11:30 Polhøgda / Deutsch:**  
Pål presents the plans for our voyage & our landings in Antarctica.

**12:15 Polhøgda / Chinese**  
Yibo & Jim present the plans for our voyage & our landings in Antarctica.

**12:00 – 14:00** You are welcome to pick up your Expedition Jacket on deck 2.

**14:30 Framheim / English**  
Regina gives a talk on the geological history of Antarctica: *The stones' tale - a time trip through Antarctica.*

**14:30 Polhøgda / Deutsch**  
*Das antarktische Ökosystem* by Francis Wiese

**16:00 Framheim / English**  
Stian gives Information about extra activities.

**16:00 Polhøgda / Deutsch**  
Judith presents Information about extra activities.

**17:00 Polhøgda / Chinese**  
Yibo & Stian present Information about extra activities.

**18:00 & 20:00 Film:**  
**Framheim / English:**  
South - Ernest Shackleton and the Endurance Expedition, 80 min, old footage

**18:00 & 20:00 Film**  
**Polhøgda / Deutsch:**  
The Endurance - Verschollen im Packeis, 90 min.

We will offer **Bridge Visits** during the course of the voyage. We will call you by boat groups, so please check which group you are in on deck 4.

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.

Please turn page.

**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.

*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, 17.01.2017 – AT SEA



## OVERVIEW OF RESTAURANT TIMINGS

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

06:00 - 07:30  
07:30 - 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

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

### 09:30 Framheim / English

Mandatory IAATO briefing with Jim, **boat group 3, 4 and 5** and we reveal our plans for tomorrow.

### 09:30 Polhøgda / Deutsch

Mandatory IAATO briefing with Pål, **boat group 1 und 2.** Wir geben zudem die Pläne für morgen bekannt.

### 10:30 Framheim / English

Mandatory IAATO briefing with Jim, **boat group 6, 7 and 8** and we reveal our plans for tomorrow.

### 10:30 Polhøgda / Chinese

Mandatory IAATO briefing with Yibo & Pål and we reveal our plans for tomorrow.

### 11:30 Polhøgda / Spanish

Mandatory IAATO briefing with Arnau and we reveal our plans for tomorrow.

**From 11:00** and onwards: We will call you by your boat group to collect your **"Rubber boots - Arctic Muck Boots"** on deck 2 and 3. The boat group lists are to be found on the info board on deck 4.

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.

**12:00 Booking deadline for extra activities, post-cruise excursions and transfers.**

### 13:00 Framheim / Chinese

Francis presents a talk about penguins together with Yibo.

**13:00 Vantage Group** meets up with Valerie in Polhøgda.

**14:00 – 16:00 Vacuuming** for backpacks and other things you will bring ashore in Antarctica you will be called by boat group to use the vacuum system on deck 3 and 5 - staff are available to assist you.

**Please sign the IAATO biosecurity declaration afterwards and collect your boat group patch, which you attach to your Expedition jacket.**

Please turn page.

### Bridge Visits:

14:00 Boat group 5

14:30 Boat group 6

15:00 Boat group 1

15:30 Boat group 2

Bridge visits for the other boat groups will be arranged during the course of the voyage.

**16:30 Framheim:** Mandatory briefing for everyone who has signed up for **kayaking**.

### 17:30 Framheim / English

Informationsveranstaltung für alle, die sich für die **PolarCirkel Tour** angemeldet haben.

### 17:30 Polhøgda / Deutsch

Mandatory briefing for everyone who has signed up for **PolarCircle Cruising**.

### 19:30 Polhøgda / Chinese

Mandatory briefing for everyone who has signed up for **PolarCircle Cruising**.

18:00 & 20:00

Framheim / English

***Polar Photography*** by our ship's photographer Chelsea

**22:00 Panorama Lounge**, deck 7. We invite you to our famous **FRAM - fashion show**, where some of the officers and the expedition team will show a selection of the clothing we have in the onboard shop on deck 4.

### The Antarctic Convergence

is the where the warmer waters of the north meet the colder, denser, less saline waters of the south. As the colder water sinks beneath the warmer, a mixing occurs that brings nutrients to the surface. Found between 40°S and

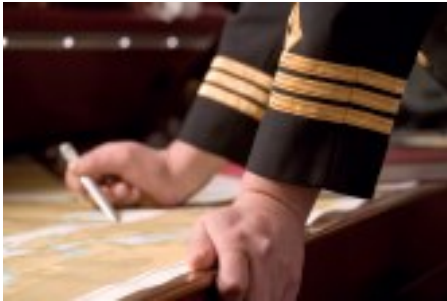
60°S, the convergence is an ever-changing frontier. It is the biological limit of the Antarctic ecosystem and anywhere south of the convergence is known as the Antarctic Ocean. While there is often a low fog in the area and an increase in wildlife, other than using a thermometer, there is no way to know when you are crossing it; the seas do not get

rougher and the water color does not change. The waters of Antarctica circle the continent in the world's biggest ocean current at an estimated rate of 150 million cubic meters per second. Once carried far into the northern oceans, the dense polar water has a cooling effect on tropical and temperate waters and is important to the oceans' balance.

*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, 18.01.2017 – 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  
12:00 - 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

During the morning: We will sail into the **Antarctic Sound** to reach our destination **Brown Bluff**, where we hope to do a long landing.

Today we will start with our activities kayaking and Polar-Cirkelboat cruising. **Please check the lists on deck 4.**

**Approx. 09:00 We hope to do a landing at Brown Bluff.**

Timings will depend on the ice conditions. We will update you in the morning. The landing will not start earlier than 9am. If we start landing, please do not approach deck 2 until your boat group is called.

We begin our landing by calling **PolarCirkleboat Cruise B, and then boat group 1, 2, 3** until approx. 100 passengers are ashore. We will then announce a break before we continue with the next boat groups.

**TBA\* PolarCirkelboat Cruise group A.** Once we call you, please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You will go ashore for the landing after the cruise. We will call you after the last boat group (**group 8**).

**TBA\* - Kayakers;** once we call you, please meet at the reception ready to go.

**TBA\* - PolarCirkleboat Cruise group B.** After your landing you return to the ship and get dressed in a regatta suit on deck 2. Please listen to the announcements for exact timings. You will go ashore for normal landing before the cruise.

**21:00 Framheim / English** Information about the plans for tomorrow.

**21:00 Polhøgda / Deutsch** Informationen über unsere Pläne für morgen.

**21:30 Framheim / Chinese** Information about the plans for tomorrow.

**21:30 Polhøgda / Spanish** Information about the plans for tomorrow.

### IMPORTANT FOR ALL LANDINGS:

**Rubber boots are mandatory footwear.**

**Be ready for changeable weather.**

**Expect to get splashed.**

**Do not carry items in your hands when embarking and disembarking from the boats.**

**Return time to the ship will be given ashore.**

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

ENJOY!

**\*TBA = to be announced**

Please turn page.

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 a presence 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 where we will land. 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, which sank here, 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. 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.

*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*



**INFORMATION ONLY FOR EXTRA ACTIVITY POLARCIRKELBOAT CRUISING:**

- Consider to cancel If you have hip- or back problems, it might get bumpy!
- You might get wet as the suits are not 100% waterproof!
- Under the suit we recommend to wear 1 or 2 layers (long woollen underwear and a fleece).
- Please take with you: sun blocker, scarf, hat and gloves.
- Protect your camera and binoculars of spray water (backpack or waterproof bag).

# DAILY PROGRAM



HURTIGRUTEN  
MS FRAM

THURSDAY, 19.01.2017 YANKEE HARBOUR & HALF MOON



## 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  
18:00 - 21:00

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

Today we plan to have two landings, in the morning at **Yankee Harbour** and in the afternoon at **Half Moon Island**, home to Chinstrap Penguins.

### IMPORTANT FOR ALL LANDINGS:

Rubber boots are mandatory footwear.

Be ready for changeable weather.

Expect to get splashed.

Do not carry items in your hands when embarking and disembarking from the boats.

Return time to the ship will be given ashore.

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

ENJOY!

### Approx. 08:00: We hope to do a landing at Yankee Harbour.

We begin our landing by calling **boat group 2, 3, 4 and 5** until we have approx. 100 passengers ashore. Then we will announce a break. Please listen carefully to the announcements for your group to be called and do NOT go down to deck 2 before we call your group. After the break we will continue with the other boat groups.



### Approx. 14:00: We hope to do a landing at Half Moon Island.

We begin our landing by calling **boat group 3, 4, 5 and 6** until we have approx. 100 passengers ashore. Then we will announce a break. Please listen carefully to the announcements for your group to be called and do NOT go down to deck 2 before we call your group. After the break we will continue with the other boat groups.

**Approx. 14:30 Kayak group**  
Please listen to the announcements for exact timings and meet at the reception ready to go once we call you.

21:00 **Framheim / English**  
Information about the plans for tomorrow.

21:00 **Polhøgda / Chinese**  
Information about the plans for tomorrow.

Please turn page.



### 21:30 Polhøgda / **Deutsch**

Informationen über unsere Pläne für morgen.

### 21:30 Framheim / **Spanish**

Information about the plans for tomorrow.

A natural haven created by a one kilometre-long (0.6 mile), curved spit; **Yankee Harbour** on Greenwich Island is so well situated as to appear man-made. Named for the American sealers that frequented here in the 1820's, remnants of the era linger and a sealer's tripod can be seen on the beach. Elephant, Weddell, and fur seals are common sights on the beach and the main attraction is a terraced Gentoo colony numbering around 4000 pairs. Nearby Glacier Bluff offers a dramatic backdrop and on a clear day, one can see across the McFarlane Strait to Livingston and Half Moon islands. The gravel beach affords easy walking but can often be windy and cold. Be careful of extensive moss beds and nesting Skuas and fur seals.

**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.



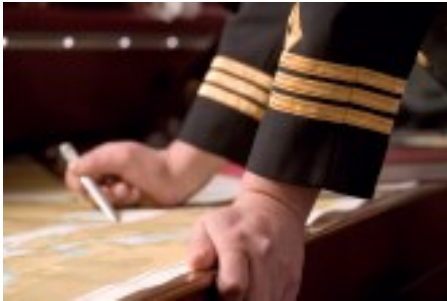
*We would like to inform you that all stated times and activities are changeable due to weather conditions, or other circumstances out of our control. We kindly remind you to take care walking around on the ship while at sea. Especially venturing out on deck, mind the signs for warning of wet and slippery. 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

FRIDAY, 20.01.2017 DECEPTION ISLAND



HURTIGRUTEN  
MS FRAM



## 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  
18:00 - 21:00

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

Today we plan to have two landings on **Deception Island**, in Whalers Bay and Telefon Bay. We will also have a Geology Cruise with our PolarCirkleboats. Please check the lists on deck 4.

**07:15** We will sail through the narrow entrance of Deception Island known as "Neptunes Bellows". It is worth being outside or close to a window to witness this navigation.

Important for both landings:  
Rubber boots are mandatory footwear. Return time to the ship will be given ashore.

**08:15** We hope to do a landing at Whalers Bay.

At Whalers Bay please remain outside of the buildings and structures. **It is unsafe to enter any building!** We will offer a scenic hike. If you wish to swim, you can do so at the

end of your landing. **Towels are provided ashore.**

We begin our landing by calling **PolarCirkleboat Geology Cruise group B, followed by boat group 4 etc.** until we have approx. 100 passengers ashore. Then we will announce a break. Please listen carefully to the announcements for your group to be called and do NOT go down to deck 2 before we call your group. After the break we will continue with the other boat groups.

**08:30** PolarCirkleboat Geology Cruise group A.

Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. **In order to go ashore after your cruise, we call you after the last boat group (3).**

**10:30** PolarCirkleboat Geology Cruise group B.

Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. **In order to go ashore before your cruise, we call you as the first group for the landing.**

**Approx. 14:30** We hope to do a landing at Telefon Bay.

Some scientific instruments are located there. Do not approach them!

We begin our landing by calling **boat group 5 etc.** until we have approx. 100 passengers ashore. Then we will announce a break. Please listen carefully to the announcements for your group to be called and do NOT go down to deck 2 before we call your group. After the break we will continue with the other boat groups.

Please turn page.

### 21:00 Polhøgda / Chinese

Information about the plans for tomorrow.

### 21:00 Framheim / English

Information about the plans for tomorrow.

### 21:30 Polhøgda / Deutsch

Informationen über unsere morgigen Pläne.

### 21:30 Framheim / Spanish

Information about the plans for tomorrow.

### 22:00 Fruit & Ice Carving.

Join us in the Panorama Lounge and enjoy our talented chefs creating pieces of art with ice and fruits.

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.

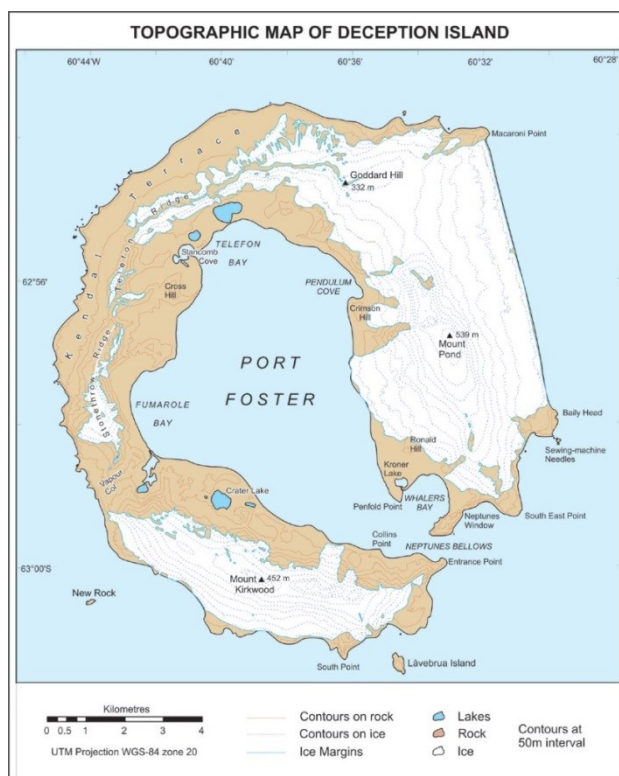
**Whalers Bay** was home to factory whaling ships as early as 1905 and a shore station named Hektor from 1912-1931 as well as British Base B built in 1941. Both the base and station were finally destroyed by a mudslide during the 1967-69 eruption along with a Chilean base farther down Port Foster in Pendulum Cove. Today there are two stations in operation, Spain's Gabriel de Castilla and Argentina's Decepción.

**Telefon Bay** on the north-western side of Port Foster is named for a salvage vessel that moored here in 1909, awaiting repairs. From a wide, flat beach, a black ash apron slopes gently upward and inland for about 985 feet (300 meters) to the steep face of the cinder-covered volcanic glacier and a crater from one

of Deception's recent eruptions. The rising slope of the black, cinder-covered volcanic rim can be walked uphill to spectacular view point.

### INFORMATION ONLY FOR EXTRA ACTIVITY POLARCIRKELBOAT CRUISING:

- Consider to cancel if you have hip- or back problems, it might get bumpy!
- You might get wet as the suits are not 100% waterproof!
- Under the suit we recommend to wear 1 or 2 layers (long woollen underwear and a fleece).
- Please take with you: sun blocker, scarf, hat and gloves.
- Protect your camera and binoculars of spray water (backpack or waterproof bag).



Please turn page.

# DAILY PROGRAM



HURTIGRUTEN  
MS FRAM

SATURDAY, 21.01.2017 – WILHELMINA & DANCO 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

Our plan in the morning is to cruise with the MV FRAM in **Wilhelmina Bay**, which has lovely glacial scenery and keep a sharp look out for whales!

In the afternoon we plan to land in **Danco Island**. We will also have a kayak group and two PolarCircleboat groups. Weather permitting camping will take place tonight. Please check the lists on deck 4.

Important for all landings:  
Rubber boots are mandatory footwear. Return time to the ship will be given ashore.



**13:30 Camping briefing /**  
Polhøgda, deck 4

**Approx. 14:00 We hope to do a landing at Danco Island.**

We begin our landing by calling **PolarCircleboat Cruise group B, followed by boat group 5 etc.** until we have approx. 100 passengers ashore. Then we will announce a break. Please listen carefully to the announcements for your group to be called and do NOT go down to deck 2 before we call your group. After the break we will continue with the other boat groups.

**14:15 PolarCircleboat Cruise group A.** Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. **In order to go ashore after your cruise, we call you after the last boat group (4).**

**14:30 Kayakers** meet in reception ready to go.

**16:15 PolarCircleboat Cruise group B.** Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. **In order to go ashore before your cruise, we call you as the first group for the landing.**

**Approx. 20:30 Camping Group A**

We hope to arrange a camp at Danco Island. Kindly listen to the announcement for when to go ashore. Please eat your dinner early.

**21:00 Polhøgda / Chinese**

Information about the plans for tomorrow.

**21:00 Framheim / English**

Information about the plans for tomorrow.

Please turn the page.

### 21:30 Polhøgda / **Spanish**

Informationen über unsere morgigen Pläne.

### 21:30 Framheim / **Deutsch**

Information about the plans for tomorrow.



**Please check the transfer, flight and post-exursion lists on the information board on deck 4!**

**Wilhelmina Bay** is a bay 24 kilometres (15 mi) wide between the Reclus Peninsula and Cape Anna along the west coast of Graham Land on the Antarctic Peninsula. It was discovered by the Belgian Antarctic Expedition of 1897-99 led by Adrien de Gerlache. The bay is named for Wilhelmina, Queen of the Netherlands, who reigned from 1890 to 1948.

Wilhelmina Bay is dubbed "Whale-mina Bay" for its large number of humpback whales. It is a popular destination for tourist expedition ships to Antarctica thanks to its abundant whale population and spectacular scenery. The bay is surrounded by steep cliffs full of snow and glaciers. An almost perfect pyramid-shaped peak towers over the water.

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.

**Danco Island** is named for the Belgian Physicist Emile Danco, a member of Adrien de Gerlache's *Belgica* expedition to this region in 1898. This expedition was the first to spend the winter in Antarctica, after their ship became trapped in the ice. Danco died of unknown causes during expedition. The island has a rocky northern shore with a gently inclining snow slope. It is one of the few landings where we can safely spread out. So we will use out flags and cones to mark a safe perimeter in which you can wander, sit, photo, write, contemplate and so on.

*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.*



#### **INFORMATION ONLY FOR EXTRA ACTIVITY POLARCIRKELBOAT CRUISING:**

- Consider to cancel if you have hip- or back problems, it might get bumpy!
- You might get wet as the suits are not 100% waterproof!
- Under the suit we recommend to wear 1 or 2 layers (long woollen underwear and a fleece).
- Please take with you: sun blocker, scarf, hat and gloves.
- Protect your camera and binoculars of spray water (backpack or waterproof bag).

*We would like to inform you that all stated times and activities are*

Please turn the page.

# DAILY PROGRAM



HURTIGRUTEN  
MS FRAM

SUNDAY, 22.01.2017 – PARADISE HARBOUR, CHARCOT



## 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

### 06:00 Campers Collection

Today we plan to have two landings, in [Paradise Harbour and Port Charcot](#). In order to land in Port Charcot we will try to pass through the scenic [Lemaire Channel](#).

In each destination we will have one kayak group. PolarCircleboat cruising will be offered in the morning. Please check the lists on deck 4.

Important for both landings:  
Rubber boots are mandatory footwear. Return time to the ship will be given ashore.



**Approx. 08:00: We hope to do a landing at Paradise Harbour, near Almirante Brown Station.**

**08:15 PolarCircleboat Cruise group A.** Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You will go ashore for the landing after the cruise. We will call you after the last boat group (**group 6**).

**08:30 Kayakers Group A**  
Please listen to the announcements for you to be called. We will meet at the reception.

We begin our landing by calling [PolarCircleboat Cruise group B](#) and then **boat group 7** and so on. Please listen then for the break time. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called.

**10:15 PolarCircleboat Cruise group B.** 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.

**Afternoon:** After leaving Paradise Harbour it will take approx. two hours to get to the entrance of the scenic [Lemaire Channel](#). Our recommendation is to stay on the outer decks when we sail through this scenic channel. The channel has been blocked with ice for much of the season and the ice situation will dictate how far we can go.

Stand by for announcements!

**Approx. 16:30: If the ice allows us to go through the channel, we hope to do a landing at Port Charcot. If not, we will be on Plan B.**

Please turn the page.

We begin our landing by calling **boat group 8 etc.** Please listen then for the break time. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called.

**As this landing is a late landing, please plan your dinner well ahead.**

**We recommend the groups 4, 5, 6 and 7 to eat before the landing and group 8, 1, 2, 3 and the kayakers to eat after the landing/kayaktour.**

#### **Approx. 16:30 Kayakers B**

Please listen to the announcements for you to be called. We will meet at the reception.

#### **21:30 Panorama Lounge**

Information about the plans for tomorrow (English, German, Chinese)

#### **INFORMATION ONLY FOR EXTRA ACTIVITY POLARCIRKELBOAT CRUISING:**

- Consider to cancel if you have hip- or back problems, it might get bumpy!
- You might get wet as the suits are not 100% waterproof!
- Under the suit we recommend to wear 1 or 2 layers (long woollen underwear and a fleece).
- Please take with you: sun blocker, scarf, hat and gloves.
- Protect your camera and binoculars of spray water

(backpack or waterproof bag).

**Paradise Harbor**, also known as Paradise Bay, is a wide embayment behind Lemaire and Bryde Islands in Antarctica, indenting the west coast of Graham Land between Duthiers and Leniz Points. The name was first applied by whalers operating in the vicinity and was in use by 1920. It is one of only two harbors used for cruise ships to stop on the continent; the other is Neko Harbour. Argentina's Almirante Brown Antarctic Base stands on the coast of the bay, as does Chile's González Videla Antarctic Base.

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 kilometer-long (seven mile) and 1.6 kilometer-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. Navigation of the channel is dependent upon ice conditions but one doesn't

need to travel all the way down to experience its beauty.

**Port Charcot** is one of Jim's favorite spots. Charcot's ship *Français* wintered here in 1904. We will land on Booth Island where we hope to find some Adelie Penguins and Chinstrap Penguins.

*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

MONDAY, 23.01.2017 Port Charcot & Vernadsky Station



## 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  
18:00 - 21:00

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

Today we plan to have two landings, in the morning at **Port Charcot** and in the afternoon at **Vernadsky Station**.

Important for both landings:  
Rubber boots are mandatory footwear. Return time to the ship will be given ashore.



**Approx. 08:00: We hope to do a landing at Port Charcot.**

We begin our landing by calling **boat group 8** and so on. Please listen then for the break time. Listen carefully for the announcements for your

group to be called. Please do not approach deck 2 until your group is called.

**08:45 PolarCircleboat Cruise.** Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You will go ashore for the landing after the cruise. We will call you after the last boat group (**group 7**).

**08:15 Kayakers:** Please listen to the announcements for you to be called. We will meet at the reception.

**Approx. 14:00: We hope to do a landing at Vernadsky Station, a Ukrainian scientific station.** We recommend bringing some cash (preferably Euros and Dollars) as the station offers some souvenirs. Together with the scientists of the station we will give you a 30-min-tour.

We begin our landing by calling **boat group 1** and so on until we have approx. 100 passengers ashore. Then we will announce a break. Please listen carefully to the announcements for your group to be called and do not go down to deck 2 before we call your group. After the break we will continue with the other boat groups.

### **Approx. 21:00 Camping Group B**

We hope to arrange a camp tonight. Kindly listen to the announcement for when to go ashore. Please eat your dinner early.

**21:00 Panorama Lounge**  
Information about the plans for tomorrow in English, German and Chinese.

Please turn page.



**Port Charcot** is one of Jim's favorite spots. Charcot's ship *Français* wintered here in 1904. We will land on Booth Island where we hope to find some Adelie, Gento and Chinstrap Penguins.

In 1947 the British built Wordie House, or Base 'F' on Winter Island in the Argentine Islands on the site of a hut built by the earlier British Graham Land Expedition. In 1954 they closed the base and began building what would become the modern station of Faraday on nearby Galindez Island. The men at Faraday Station co-discovered the Antarctic ozone hole along with Halley Station in the Weddell Sea. Despite their hard work, base staff still found time to build the nicest pub south of 60°, complete with pool table and dart board. In 1996, the British gave Faraday to the newly independent Ukraine who renamed the station **Vernadsky**.

The Ukrainians have been diligent in keeping the British traditions and memorabilia alive including the upkeep of the original base on Winter Island. Visitors to Vernadsky are given a tour of the facilities. Souvenirs of T-shirts and postcards may be available and Ukraine is one of the few non-claimant nations to offer a postal service.

**INFORMATION ONLY FOR EXTRA ACTIVITY POLARCIRKELBOAT CRUISING:**

- Consider to cancel if you have hip- or back problems, it might get bumpy!
- You might get wet as the suits are not 100% waterproof!
- Under the suit we recommend to wear 1 or 2 layers (long woollen underwear and a fleece).
- Please take with you: sun blocker, scarf, hat and gloves.
- Protect your camera and binoculars of spray water (backpack or waterproof bag).

*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, 24.01.2017 – 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

Approx. 07:00 Pick up  
Campers

This morning as we sail to our  
afternoon destination **Port  
Lockroy** we will entertain you  
with some lectures.

### 09:30 Framheim / English

Lecture: *Fram - Three  
incredible journeys* by Stian  
Aadland.

### 09:30 Polhøgda / Chinese

Lecture: *Mighty Marine  
Mammals – seals and whales*  
with Jóhann Thorbjørnson

### 11:00 Framheim / Deutsch

Lecture: *Antarktisches Wetter  
für Anfänger* by Pål Ranheim

### 11:00 Polhøgda / Catalan

Lecture with Arnau

**14:00 We welcome one of  
the team from Port Lockroy  
to the Panorama Lounge** to  
tell us about the base and  
museum, and we encourage

everyone to attend this  
informative briefing.

After the briefing we will begin  
our landing by calling **boat  
group 2 etc.**

Important for landings: Rubber  
boots are mandatory footwear.  
Return time to the ship will be  
given ashore.

**Space on the island and  
inside the base is limited, so  
we will operate a one in one  
out system. You will have 45  
min on shore.**

Listen carefully for the  
announcements for your group  
to be called. Please do not  
approach deck 2 until your  
group is called.

### Approx. 14:30 Kayakers

Please listen to the announce-  
ments for you to be called. We  
will meet at the reception.



After the landing we will begin  
sailing to the north. We will be  
in open water around 2 hours  
after leaving Port Lockroy.

**22.00 The Famous FRAM  
Crew show.** Not only do they  
cook, drive boats, and keep  
the engines running...but they  
will entertain you too!

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

Please turn page.

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'



*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*

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 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, 25.01.2017 – AT SEA



## OVERVIEW OF RESTAURANT TIMINGS

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

06:00 - 07:30  
07:30 - 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

On our first sea day we continue the **bridge visits**:

09:00 Boat group 3  
09:30 Boat group 4  
10:30 Boat group 7  
11:00 Boat group 8

09:30 **Framheim / Deutsch**  
Lecture: *Klima: woher kommt es, wohin geht es?* by Francis Wiese

09:30 **Polhøgda / Chinese**  
Lecture: *Who owns Antarctica and the Antarctic treaty* by Robert Rowland

11:00 **Framheim / English**  
Lecture: *Bird paradise* by Miguel Rubio-Godoy

11:00 **Polhøgda / Chinese**  
Lecture: Atle presents his talk *My passion for Kayaking*

**12:00 – 14:00 Expedition desk, deck 4: Return of the boat group patches**, which you had on your Expedition Jacket. If you would like to keep your patch as a souvenir you may, and a small charge will be added to your account (99Nok).

12:15 **Framheim / Catalan**  
Arnau gives a talk in Catalan.

13:00 **Vantage group** meets in Polhøgda, deck 4.

14:00 **The Campers** meet in Polhøgda, deck 4.

14:30 **Framheim / English**  
Lecture: *Climate Change: Science, Policy and Actions* by Francis Wiese

16:00 **Polhøgda / Deutsch**  
Lecture: *Vogelparadies* by Miguel Rubio-Godoy

16:00 **Framheim / English**  
Lecture: Atle presents his talk *My passion for Kayaking*

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

18:00 & 20:00 **Polhøgda / Deutsch, Film: Shackleton – Verschollen im ewigen Eis**, Teil 1, ca. 100 min

21:30 We invite you for a **Question and Answer** session with the Captain and 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

Please turn page.

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 a proof of magic. The history of Antarctica is however one of resource misuse; 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.

*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

THURSDAY, 26.01.2017 – AT SEA



HURTIGRUTEN  
MS FRAM



## OVERVIEW OF RESTAURANT TIMINGS

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

06:00 - 07:30  
07:30 - 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

**09:30 Framheim / English**  
Lecture: *Who owns Antarctica and the Antarctic treaty* by Robert Rowland

**09:30 Polhøgda / Deutsch**  
Lecture: *Das System des Antarktisvertrags* by Francis Wiese

**11:00 Framheim / English**  
Lecture: *Teva presents how you can contribute to science in Antarctica through Citizen Science.*

**11:00 Polhøgda / Deutsch**  
Lecture: *Regina erläutert, wie jeder einzelne durch Citizen Science zur Wissenschaft in der Antarktis beitragen kann.*

**12:00 Polhøgda / English:**  
Film: *Shackleton with Kenneth Branagh*, part 2, ca. 100 min, repeated at 18:00

**14:30 Framheim / English**  
Lecture: Stian presents a talk about *his journey into nature*

**14:30 Polhøgda / Catalan**  
Arnau gives a talk in Catalan.

**16:00 Polhøgda / Chinese**  
Lecture: Yibo presents a talk *how you can contribute to science in Antarctica through Citizen Science.*

**17:00 Captain's farewell cocktail**, Panorama Lounge deck 7. Our captain would like to thank you for travelling with us, and invite you for a cocktail in the bar. **Welcome!**

Afterwards we present the **MV Fram Charity Auction!** The auction supports the Hurtigruten Foundation, lots include a chart of this voyage, and the flag of the ship.

**18:00 Framheim / English:**  
Film: *Shackleton with Kenneth Branagh*, part 2, ca. 100 min

**18:00 Polhøgda / Deutsch,**  
Film: *Shackleton – Verschollen im ewigen Eis*, Teil 2, ca. 100 min

From 19:30 Framheim:  
We show the slide presentation of Chelsea's pictures of this expedition cruise!

**You can order the Photo-DVD at the reception until 22:00.**

**End of Voyage arrangements**

## INFORMATION

**Passports:** During the day you may collect your passports from reception.

A separate page with **disembarkation information** will be delivered to your cabin today.

You have received a **tipping form** in your cabin, if you wish to give gratuities to the crew, please fill it out and deliver the form to reception. This will be charged to your Cruise account.

You could also give **cash tip**, please use an envelope and put it in the "tip box" on the right hand side of the Reception. This tip will be shared between all the Crew on board. Thank you!

Kindly note that the **first bill** 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, excursion and transfer lists** are posted on the information board near the reception.

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

*stances 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.*

*We would like to inform you that all stated times and activities are changeable due to weather conditions, or other circum-*