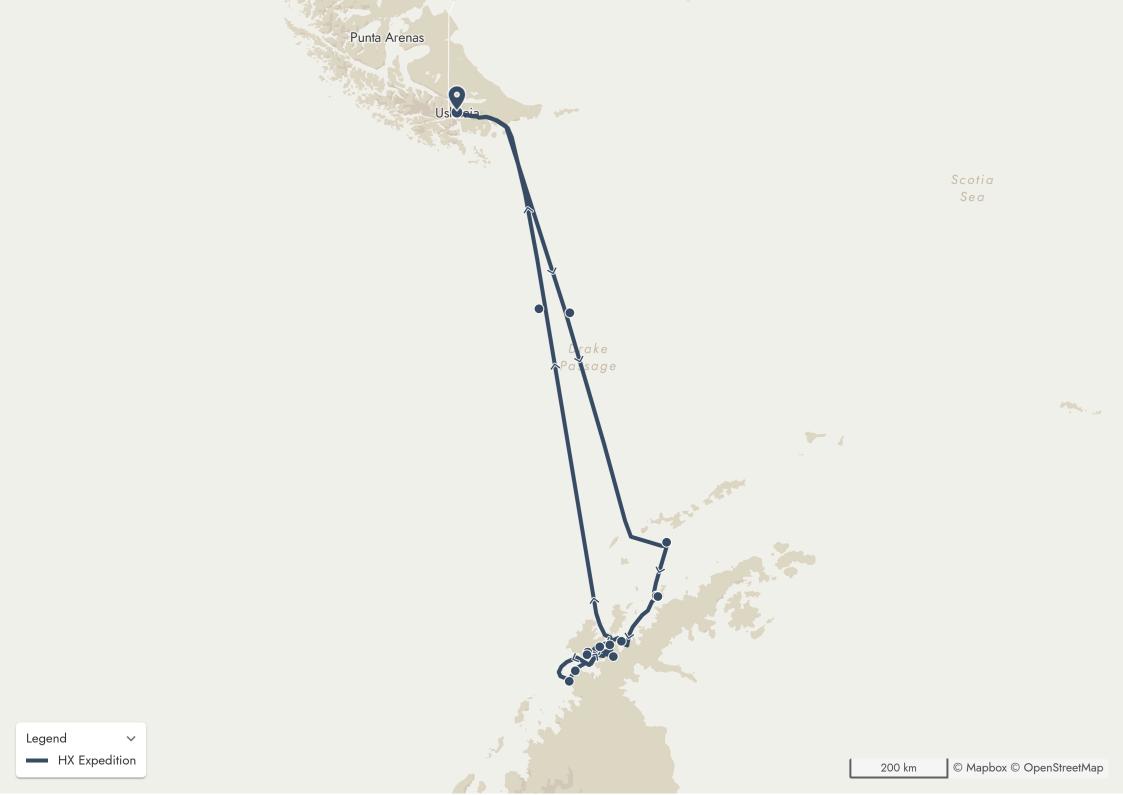


MS Fridtjof Nansen

2025.01.07 - 2025.01.17



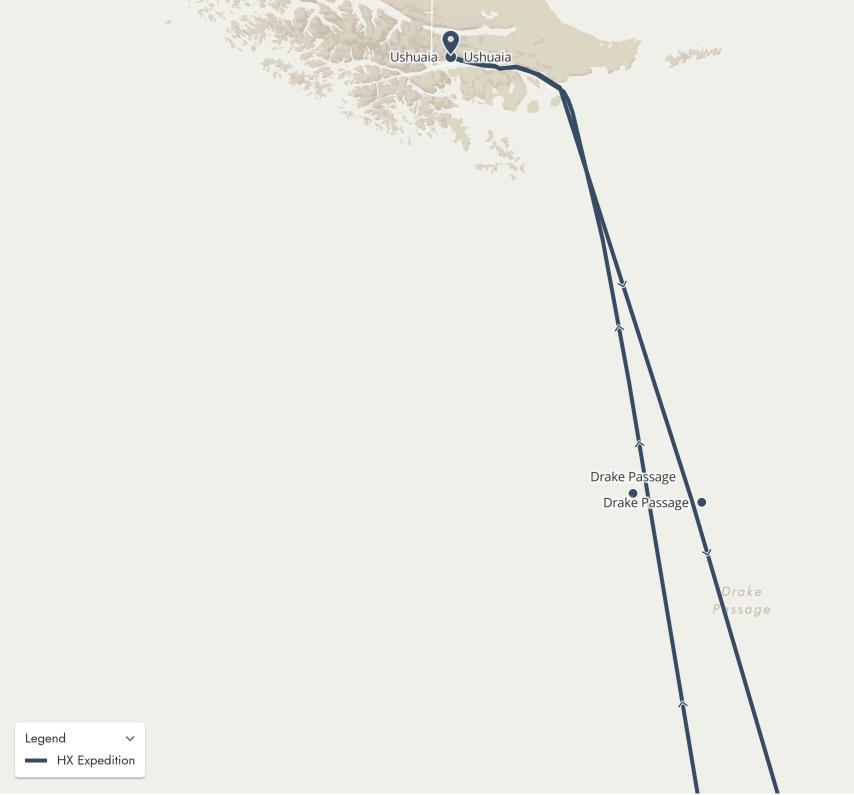
Day 1 - Embarkation in Ushuaia

It only seemed like minutes before our heads were on the pillows in our hotel room, and then we were up again. Like excited children on Christmas morning, we quickly got ready and gathered for our early morning flights to Ushuaia. Our flight descended over the Beagle Channel and the city at the end of the world—but for us, it is the

beginning of everything. Our ship was waiting patiently for us at the pier, tugging at its lines, itching to surge southward again. Sailing down the Beagle Channel, we were greeted by sei whales, dolphins, and Magellanic penguins - a truly good omen for the voyage ahead.







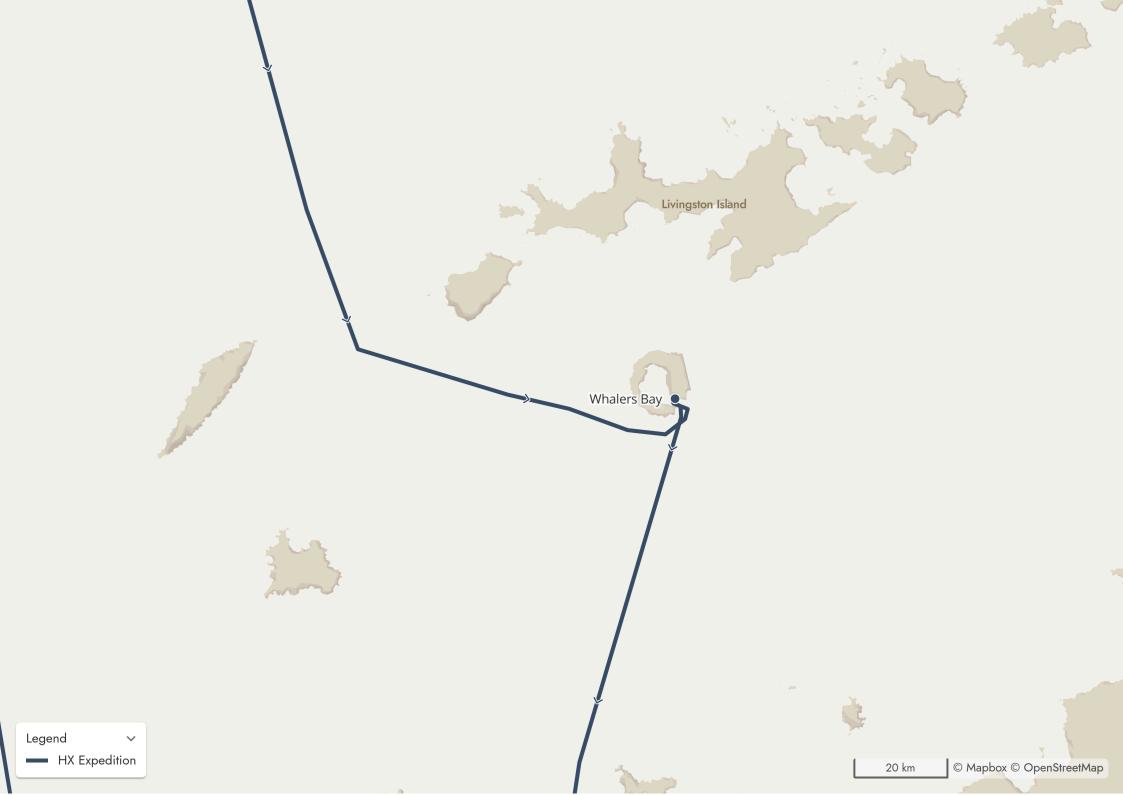
Day 2 - Drake Passage

The Drake was feeling kind today, not living up to its feared reputation. We explored our base camp at sea and began our preparations for the adventures ahead. Captain Bengt Ivar welcomed

us aboard at a cocktail reception, where he introduced us to the senior officers, and we met the entire expedition team into whose capable hands we had placed ourselves.







Day 3 - Drake Passage and Whalers Bay

How could it be? The infamous Drake was even kinder today, almost at its legendary lake status. Pre-Antarctica preparations began in earnest with briefings and the collection of our rubber boots. Captain Bengt Ivar and Torstein, our Expedition Leader, decided to take advantage of the excellent sailing conditions and surprised us with a bonus landing at Whalers Bay, Deception Island—an ACTIVE

VOLCANO. Several hardy travellers tested their mettle by partaking in a polar plunge, trying to convince themselves that the volcano had somehow magically made the water warmer—sadly, it had not. Exploring the ruins of the whaling station gave us a glimpse into the immense scale of Antarctica's brutal past and the exploitation of its natural resources.







Day 4 - Spert Island

It is somewhat magical to draw back the curtains and behold the view of Antarctica—towering snow-capped basalt peaks and calm seas.

Soon, we were loading into zodiacs to explore the caves, cliffs, and tunnels, and to marvel at the towering icebergs grounded in the bay,

admiring the majestic arches carved by Mother Nature. Whales were spotted cruising through the bay, and their gentle exhalations drifted across the water. They seemed enchanted by the kayakers and decided to have a closer look at these people floating on the water.









Day 4 - Skottsberg Point

In the afternoon, we relocated to the southeastern tip of Trinity Island and commenced cruising through the brash ice. Weddell seals hauled out on the ice guided us toward a large Chinstrap penguin rookery -

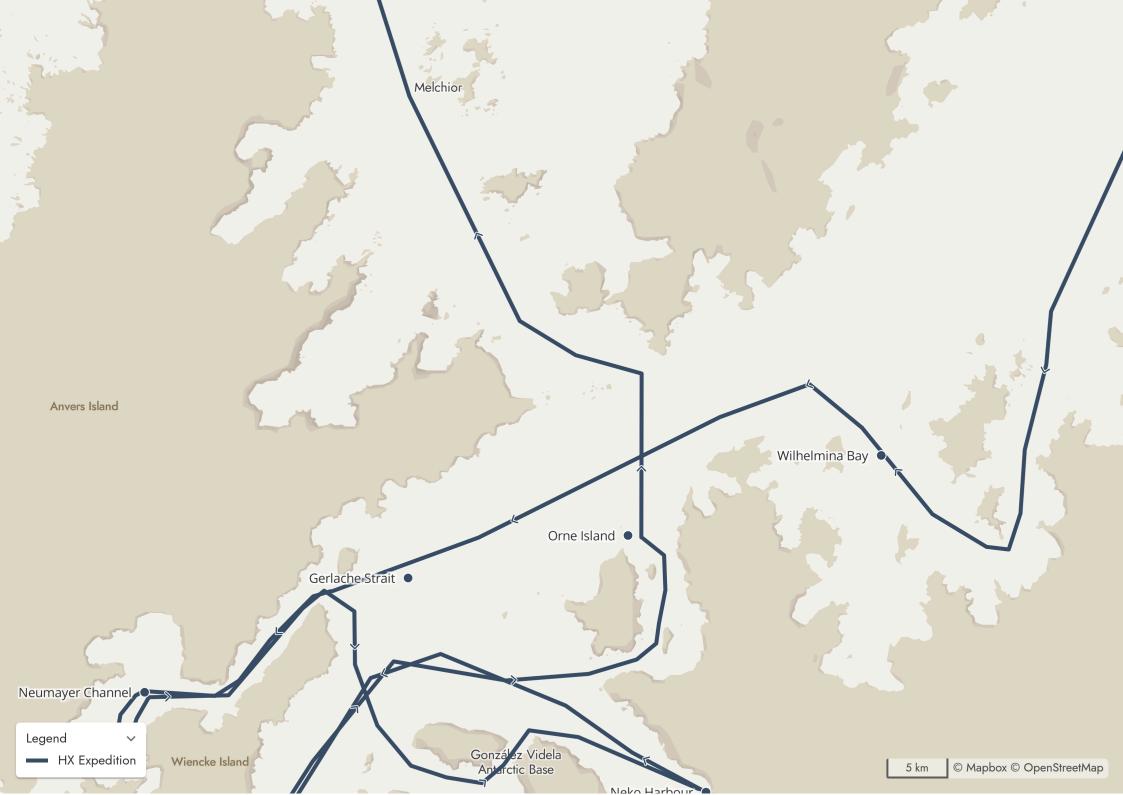
one of the three species of penguins we hoped to see on this adventure.

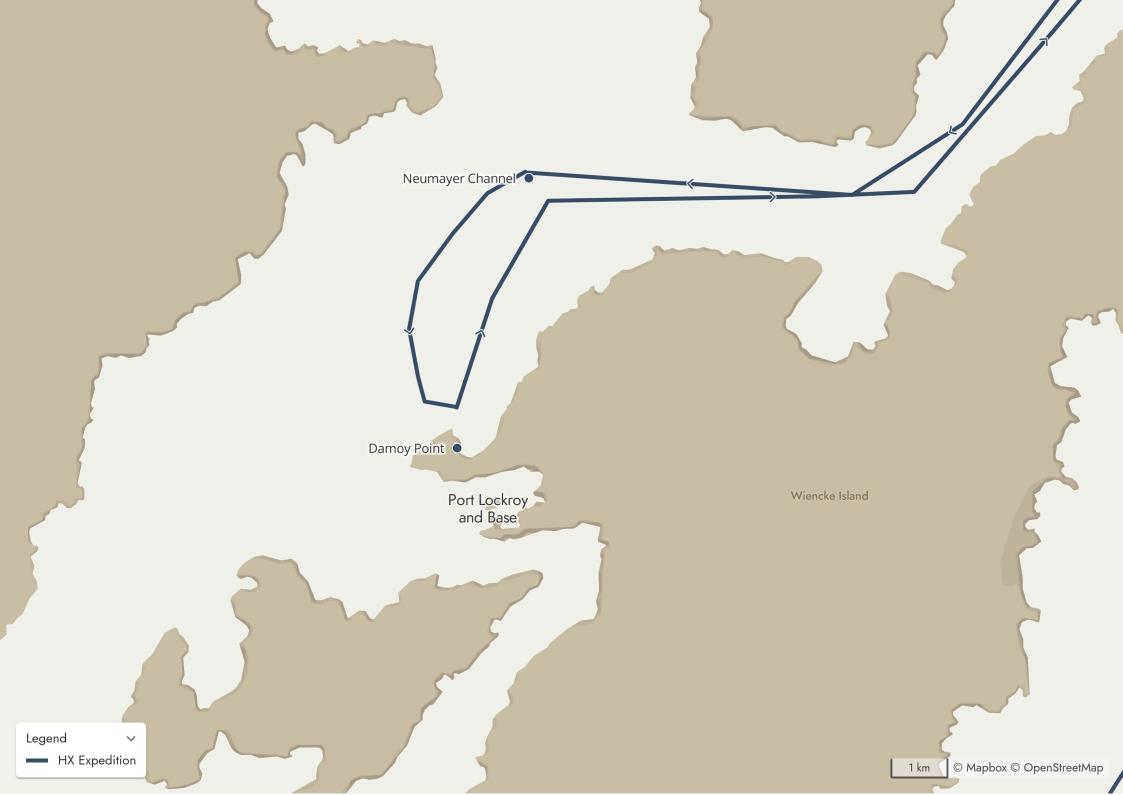












Wilhelmina Bay - Jan 11, 2025

Gerlache Strait - Jan 11, 2025

Neumayer Channel - Jan 11, 2025

Damoy Point - Jan 11, 2025

Day 5 - Damoy Point

The morning calm was broken by the sound of ice scraping along the side of the ship as we sailed through the sea ice of Wilhelmina Bay. It was fascinating to see the curious glances we received from seals and penguins on the ice as we passed by. Before long, the fog lifted, and we were greeted by the spectacular sights of the Neumayer Channel, leading to our afternoon landing at Dorian Bay on Damoy Point—

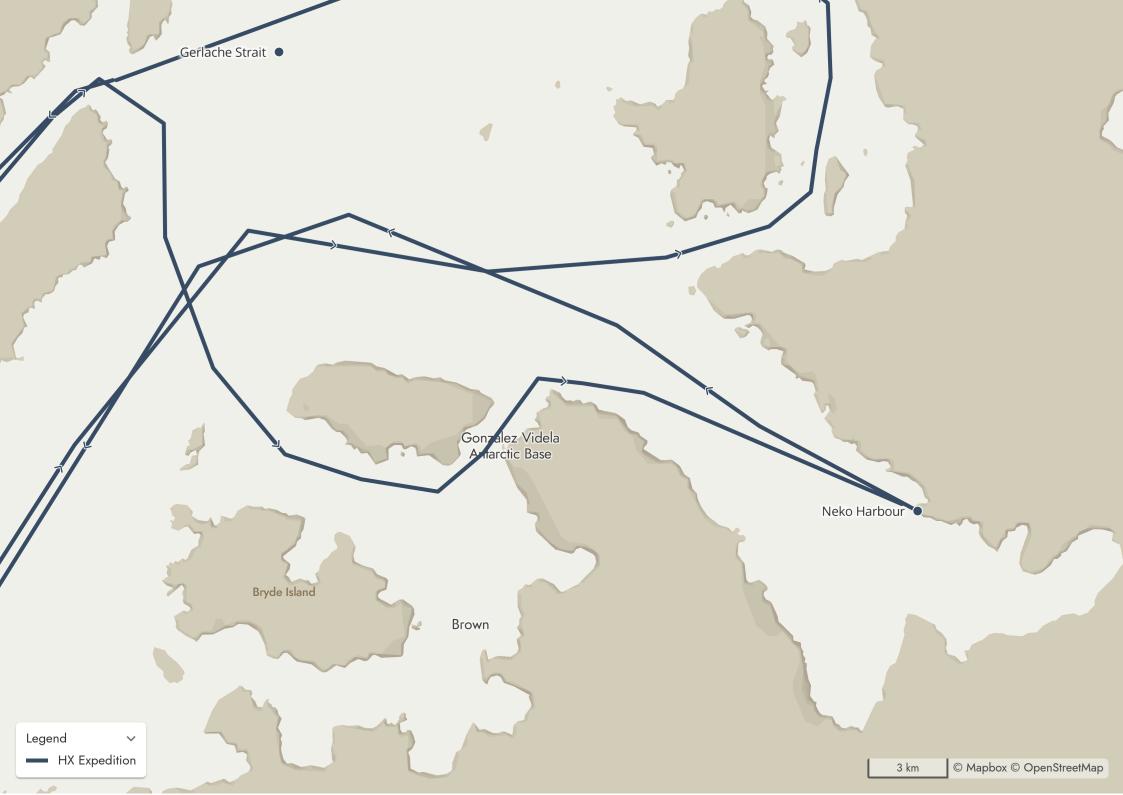
home to an Argentine Refuge Hut and a British Transit Hut, last occupied in 1994. How ingenious it was to use the top of a glacier as a runway for light aircraft bringing in supplies. A lucky few managed to spend the night on the ice, listening to the cracking of the ice and the chattering of the penguins.











Day 6 - Neko Harbour

After picking up the campers and hearing about their overnight adventures, we turned north. Sailing through Paradise Harbour on our way to Andvord Bay, a group of Orcas paid us a visit. Humpback whales awoke from their slumbers and decided to outdo the Orcas, breaching several times and flinging their massive bodies out of the water. This was only surpassed by sailing into the ice-filled waters of Andvord Bay and our continental landing at Neko Harbour.

Towering glaciers surrounded the landing site as we climbed up to observe the Gentoo penguins in the rookery. Further up, a spectacular viewpoint provided an incredible overview of the bay. The zodiacs cruised through the ice, expertly guided by members of the expedition team and deck department.







Day 7 - Yalour Islands

We headed further south today, reaching the southernmost point of this voyage. A landing and cruise around the Yalour Islands in the Penola Strait awaited us. The sun shone brightly as we explored the region, with Adélie Penguins looking after large grey fluff balls—their chicks. Large Skuas and Southern Giant Skuas patrolled the skies, eagerly watching for a wayward parent who had left a chick exposed

and vulnerable.

The zodiacs, expertly navigating the shallow rocks and skerries around the islands, soon discovered crabeater seals hauled out on the ice, while humpback whales slowly cruised by.



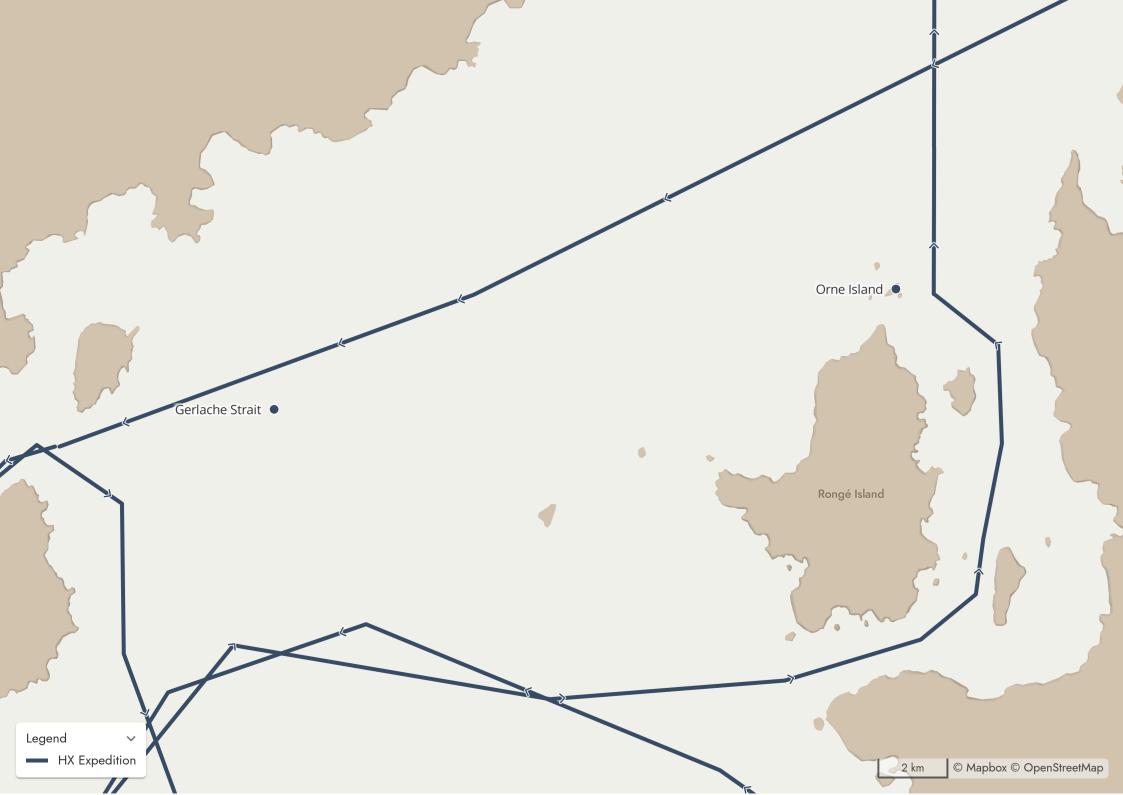












Day 8 - Orne Island

Finally, a day of proper Antarctic weather. We sailed through the majestic Errera Channel on our way to the Orne Islands, with George's Point on Ronge Island as a backup plan. A windy morning led to a choppy zodiac ride to the landing site, where members of the expedition team were on hand to ensure we could get ashore safely. We climbed to the top of the island to view the Gentoo penguins with chicks, Chinstrap penguins, and a group of Elephant seals hauled out

on the ice.

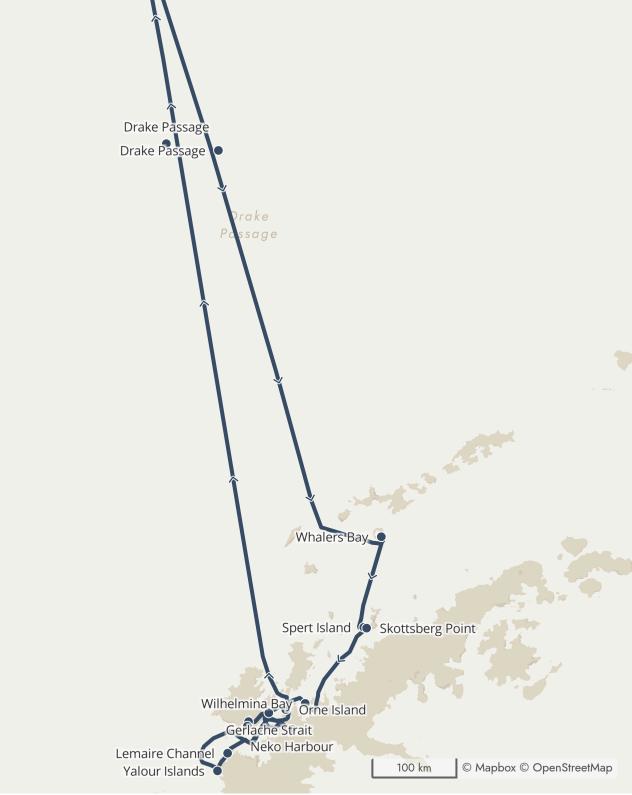
It was fantastic to experience another side of Antarctic weather and get a sense of what it was like to be an explorer during the Heroic Age. It was comforting to know we had a warm ship and a hearty meal awaiting our return.











Day 9 - Drake Passage

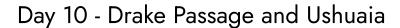
Our last day at sea. The Drake showed us her wilder side. It was a day of continued learning, sharing conversations, feelings, and emotions with newfound friends and fellow adventurers as we reflected on the impact this visit to Antarctica has had on us. We came to understand

why the Expedition Team is so passionate about what they do and their need to return year after year to experience and share the wonders of Antarctica.









The adventure comes to an end as we say goodbye to our floating home and newfound friends. In awe, we make our way back from Fin Del Mundo — the city at the end of the world and the beginning of everything. As we fly north, our hearts remain in the south, and we

reflect on what new adventures await our friends in the crew of MS

Fridtjof Nansen — we wish them clear skies and a following sea. I hear
the white wastes calling across a restless sea; civilization is paling in
the wanderer's disease.

