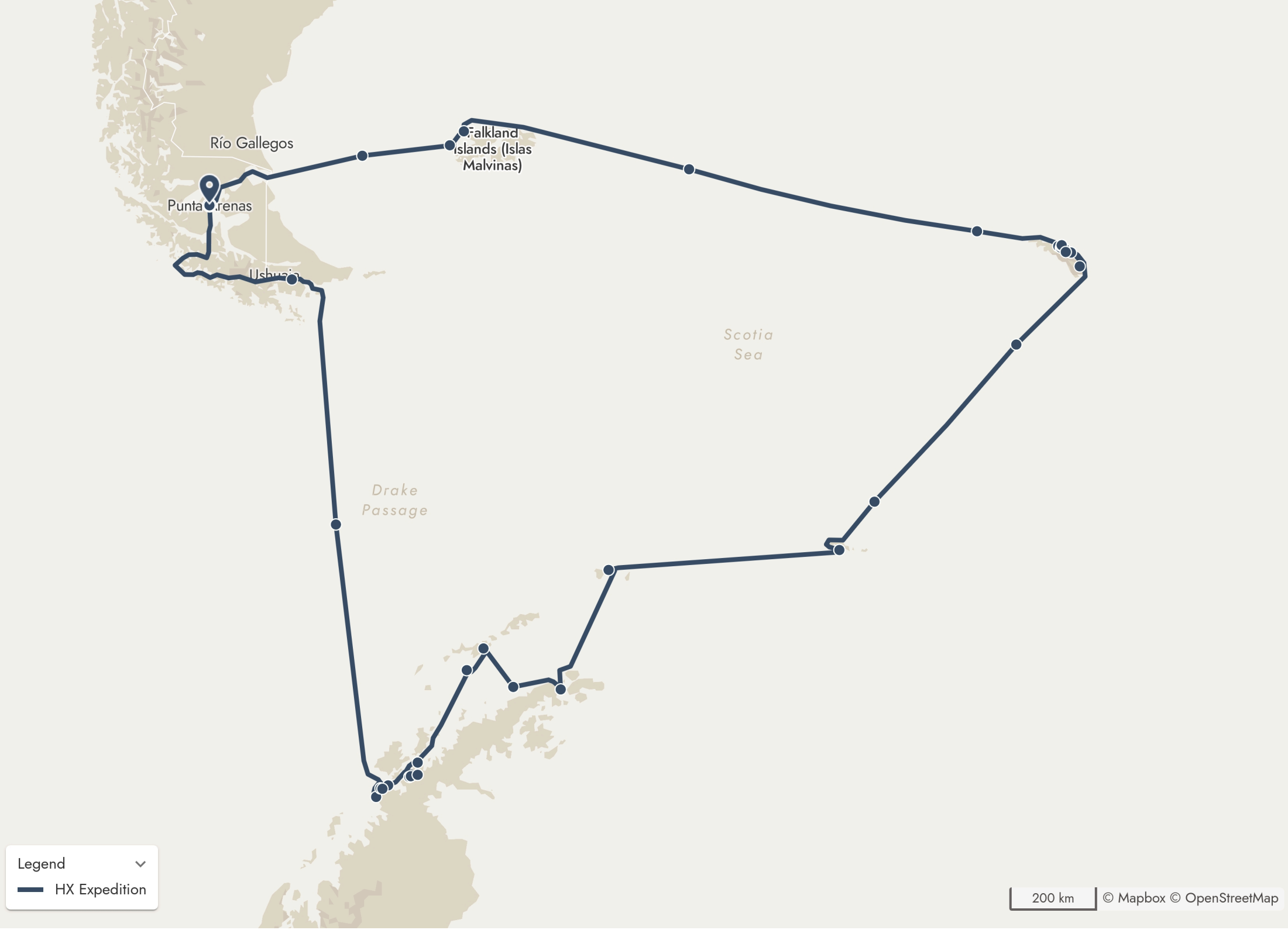




MS Fram

2025.02.02 - 2025.02.23



## Embarkation Day!

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Our group gathered in Punta Arenas, our Gateway to Antarctica, where we boarded the MS Fram, our floating home for the upcoming three-week adventure. The excitement was palpable as we anticipated our journey to the Falkland Islands, South Georgia, and ultimately,

Antarctica. It had been a long journey for all of us, and after settling into our cabins, we savoured a delightful inaugural dinner aboard the ship. Following the mandatory Safety Drill, we finally set sail around 7 pm, charting a course for our first stop: the Falkland Islands.





## On the way to the Falklands

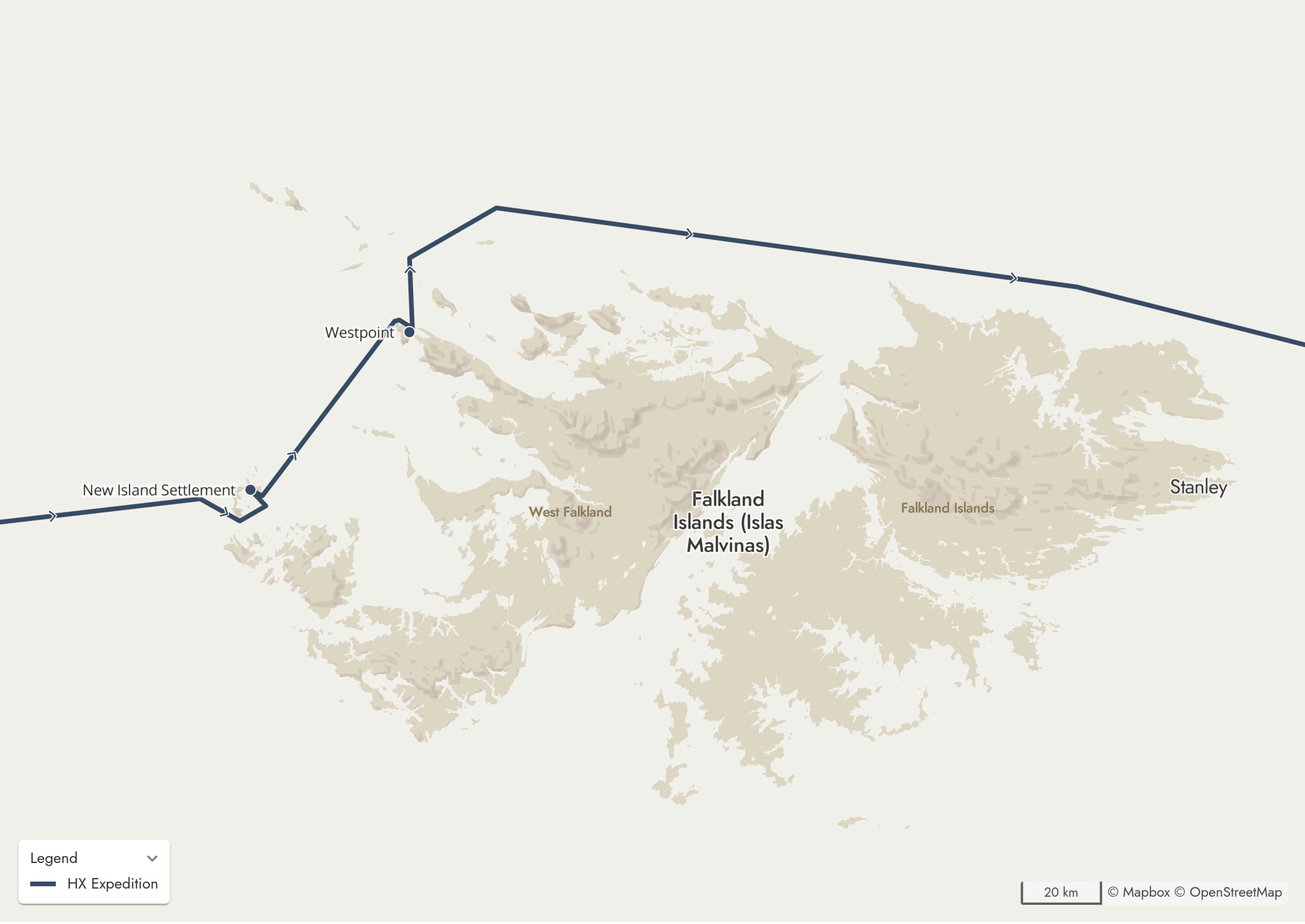
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We had an eventful day at sea on February 3, 2025, aboard our expedition ship. The day began early with a Wildlife Watch on the bow of deck 5, where we eagerly scanned the horizon for any signs of marine life. At 9:00 AM, we gathered in the Lecture Hall on deck 4 for a comprehensive Ship & Voyage Introduction, hosted by our Expedition Leader and Hotel Manager. Following this, we had the opportunity to learn about the onboard science program. At 11:15 AM, we attended an introduction to Fram's science program in the Lecture Hall, where we discovered exciting citizen science projects we could participate in during our voyage. Immediately after, we headed to the Science Center to meet the scientists in person and explore how we could get involved in the various research activities. After lunch, we enjoyed an informative lecture on Photography Composition by

Geraldine. This session provided us with valuable tips on improving our photography skills, which would come in handy for capturing the stunning landscapes and wildlife we anticipated seeing. In the afternoon, we had another chance for Wildlife Watch on the bow, followed by an introduction to the eBird Citizen Science project on deck 5. Many of us then participated in a session at the Science Center, where we learned how to use iNaturalist, a platform for submitting our wildlife and plant observations. The highlight of the evening was the Captain's Welcome, where we were introduced to the ship's officers, crew, and expedition team over welcome drinks. We concluded our day with an important information session about the plans for the following day and a crucial Boat Safety Briefing.







Legend

HX Expedition

## New Island Settlement

Our day in the Falklands unfolded with a blend of expedition activities and island exploration. After meticulous gear inspections at the deck 3 bio-security station, we divided into boat groups for the New Island landing, starting at 08:00 under favourable swell conditions. The morning was spent exploring rugged coastlines and observing nesting seabirds, returning to the ship by noon for lunch.

The afternoon brought dual enrichment opportunities - a Wildlife Watch from deck 5's bow (13:00-14:00) revealed black-browed albatrosses soaring above the waves, while concurrent offerings included a Falklands history lecture in the Lecture Hall and Chinese-language photography workshop in the Science Center.





## West Point

At 15:30, we headed for West Point Island's landing, where dramatic sea cliffs hosted both black-browed albatross colonies and energetic rockhopper penguins. The excursion sweetened with Kiki's legendary pastries served at the island settlement.

As dusk approached, the Captain and Expedition Leader gathered us for an important announcement. While confirming we'd need to alter course to avoid a 9-meter storm system approaching from the west, they emphasized this prudent detour would allow extended time in

South Georgia's wildlife-rich waters. Though bidding farewell to the Falklands sooner than planned, we felt reassured by our crew's expertise in balancing discovery with safety. The evening found us exchanging stories over dinner while expedition staff prepared cameras for tomorrow's photographic opportunities. As we retired to cabins, anticipation hummed through the ship - our course now set for legendary South Georgia, where new wonders await just beyond the horizon's curve.



## Sailing to South Georgia

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Our fourth day at sea was a blend of exploration, learning, and shared experiences as we embraced the rhythm of life aboard the ship. The day began with a variety of activities designed to inspire and connect us with the natural world. Wildlife enthusiasts among us gathered on Deck 5 for Wildlife Watch, scanning the horizon for marine life under the guidance of our expedition team. Meanwhile, all passengers attended the mandatory South Georgia Regulations Briefing, ensuring we were prepared for future landings in this pristine and protected environment. In the Science Center, we examined water samples collected from the Falkland Islands, marvelling at the unique ecosystems they revealed. For those seeking creative outlets, the Art Corner provided an opportunity to explore artistic talents, while photography enthusiasts participated in manual photography workshops led by Geraldine, owning their skills in capturing the

beauty around us.

The afternoon brought more enriching experiences. Some of us joined NASA's GLOBE Cloud Observer program on Deck 7, contributing to climate research by identifying cloud formations. Others attended a lecture by ORCA scientists on whale research in the Southern Ocean, gaining a deeper appreciation for these majestic creatures and their habitats. As evening approached, we gathered for dinner in either Restaurant Lindstrøm or Aune, sharing reflections on the day's activities. The anticipation for our upcoming adventures in South Georgia added excitement to our conversations. The combination of discovery, learning, and camaraderie made this day at sea truly unforgettable, leaving us feeling more connected to both nature and each other.





## At sea

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The morning began with a wildlife watch on Deck 5, where we braved the crisp air to spot seabirds soaring above and occasionally glimpsed marine life below. Later, we attended a lecture about whales and dolphins in the Lecture Hall. Richard's passion was infectious, and we learned how to identify these majestic creatures by their fins and flukes. It felt as though we were preparing for our own future encounters with these animals. Afterward, some of us joined the "Big Seaweed Search" citizen science project in the Science Center. We examined samples and contributed to research on seaweed rafts that might transport alien species to South Georgia. It was fascinating to realize that our small efforts could aid ongoing scientific studies. In

the afternoon, we gathered for another lecture about Sir Ernest Shackleton's famous Trans-Antarctic Expedition. The story of his crew's resilience resonated deeply with us as we imagined their struggles in such harsh conditions. Inspired, a few of us explored creative outlets at the Art Corner, letting our imaginations flow while sharing stories and laughter.

After dinner, we reflected on the day's activities and exchanged thoughts about our upcoming adventures in South Georgia and Antarctica. The excitement for what lay ahead was palpable as we bonded over shared experiences and dreams of exploration.









## Jason Harbour

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On February 12, 2025, we found ourselves immersed in the wonders of exploration aboard our expedition ship. We joined the Wildlife Watch on deck 5, marvelling at the seabirds soaring against the backdrop of South Georgia's rugged beauty. The winds were kind to us, and the crisp air carried a sense of anticipation. Later in the morning, some of us attended Geraldine's Manual Photography Workshop in the Lecture Hall. We honed our skills with manual camera settings, eager to capture the extraordinary landscapes and wildlife around us. Meanwhile, others delved into the fascinating world of feathers during George's engaging session in the Science Center. After lunch, we ventured onto deck 5 once more for another Wildlife Watch and participated in the Raft Watch project. Contributing to citizen science, we scanned the seas for floating

seaweed rafts that might carry invasive species—a reminder of our shared responsibility to protect these pristine environments. The highlight of our day was the landing at Jason Harbour. Around 4:00 PM, as conditions permitted, we descended in small groups and set foot on this breath-taking site. The serene harbour, framed by snow-capped peaks and dotted with fur and elephant seals lounging onshore, left us awestruck. Each group took turns exploring while respecting the fragile ecosystem, visiting the lagoon, the 1909 refuge, and the thriving king penguin colony right on the beach. As evening approached, we gathered for a briefing on tomorrow's plans in the Lecture Hall. The Expedition Team shared insights into what awaited us next, fuelling our excitement for another day of discovery.





## Fortuna Whistle Cove

Our unforgettable journey to South Georgia continued on February 8, 2025, with a day packed full of adventure and exploration. Our expedition began early in the morning as we prepared for our landing at Fortuna Bay. The excitement was palpable as we were called by boat groups to disembark, starting at approximately 09:00. The bravest among us took the challenging Shackleton Hike from Fortuna Bay to Stromness Viewpoint. This trek allowed hikers to follow in the footsteps

of the legendary explorer Ernest Shackleton. They set out early, with hikers called before the regular boat groups, giving them an extra hour to explore the landing site before their main expedition began around 10:00.

After our morning activities, everybody returned to the ship for a well-deserved lunch.





## Ship Cruising to Stromness, Husvik and Leith

The afternoon was filled with enriching activities, including a fascinating lecture on the Seals of South Georgia by Giulia in the Lecture Hall. This presentation provided us with valuable insights into the local wildlife. As the day progressed, we participated in a Wildlife Watch session on the bow of deck 5, where we had the opportunity to observe the diverse fauna of the region. The experience was truly breath-taking, allowing us to connect with nature in its purest form.

Our expedition culminated with a scenic ship cruise into Stromness Bay, cruising along the Stromness, Husvik, and Leith Harbour whaling stations. This gave us a chance to view the historic old whaling stations, a poignant reminder of the area's industrial past. As we retired for the evening, we gathered for an informative session about the next day's plans, eagerly anticipating what new adventures awaited us in this remarkable corner of the world..



Husvik Whaling Station, South Georgia and the South Sandwich Islands - Feb 8, 2025

Leith Harbour, South Georgia and the South Sandwich Islands - Feb 8, 2025

Gold Harbour King Penguin Colony, South Georgia and the South Sandwich Islands - Feb 9, 2025

## Gold Harbour

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On February 9, 2025, we embarked on an exhilarating day of exploration at Gold Harbour and Godthul in South Georgia. Throughout the day, we engaged in various activities, including Wildlife Watch on the bow of deck 5, where we observed local fauna in their natural habitat. We also participated in the Raft Watch, a citizen science project focused on the Big Seaweed Search, helping monitor potential alien species transportation to South Georgia. In the afternoon, we attended an enlightening lecture on "Shackleton the Man: the Beginning & the End," providing valuable insights into the famous explorer's life.

Gold Harbour, our morning destination on the eastern coast of South Georgia, is renowned for its scenic beauty, featuring snow-capped mountains and hanging glaciers as a backdrop. The beach hosts a large colony of king penguins, as well as elephant and fur seals. We marvelled at thousands of penguins waddling along the shore and tending to their chicks. Gold Harbour was the stunning location for Photo Adventure Landing and Science Boat excursions. Sunny and mild weather accompanied us throughout the day, enhancing our adventure.







## Godthul

In the afternoon, we visited Godthul, meaning "Good Cove" in Norwegian, still blessed by sunshine and mild temperatures. This natural harbor on the northeast coast of South Georgia offered a different perspective of the island's rugged beauty. Known for its historical significance as a former whaling station site, we explored the area, observing remnants of the whaling era while appreciating nature's resilience as wildlife reclaims the land. The surrounding

tussock grass slopes provided excellent wildlife viewing opportunities, including king and gentoo penguins, various seabirds, and the ever-present fur seals. As the day concluded, we gathered for an informative session about the following day's plans, ensuring we were well-prepared for upcoming adventures in this breath-taking part of the world.





## Hercules Bay

We had an exciting day in South Georgia on February 10, 2025, filled with diverse activities and memorable experiences. Our day began early with small boat cruising at Hercules Bay. Starting at 7:30 AM, we were called by groups to board the boats, which offered us a unique

perspective of the stunning scenery from the water. The highlight was visiting the only Macaroni Penguin colony on our itinerary, where we enjoyed observing these charismatic birds in their natural habitat.





## Grytviken

Later, we headed to Grytviken for a landing opportunity, where various activities awaited us. Some of our adventurous group members embarked on the challenging Maiviken Hike, while others joined a Science Boat excursion, providing a unique perspective on the local environment. Many of us visited Sir Ernest Shackleton's grave and explored the remains of the Grytviken whaling station. The Museum, Post Office, and church were popular stops for our group. Our day's educational component included a lecture on whaling in South Georgia and Norwegian explorer Carl Larsen, delivered by

Cristian. Additionally, we received a presentation by the South Georgia Heritage Trust about their Habitat Restoration Project, covering rodent eradication and albatross protection. We concluded our day with a delightful singing session in the Explorer Lounge, where we joined pianist Maryki and the Expedition Team for an informal gathering of song and merriment. This day in South Georgia offered us a perfect blend of outdoor adventures, educational opportunities, and cultural experiences, creating unforgettable memories of this remarkable destination.





## Sailing by A23a

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On February 11, 2025, we found ourselves sailing along the colossal iceberg A23a, a breath-taking sight that left us in awe of nature's grandeur. Our days were filled with a perfect balance of relaxation and adventure. We started our mornings early, joining wildlife watches on the bow of deck 5, where we marvelled at the diverse marine life that called these icy waters home. We eagerly participated in citizen science projects, contributing to important research through the eBird project and NASA GLOBE Cloud Observer program. Our thirst for knowledge was quenched by fascinating lectures. We learned about the frozen world of Antarctica and the intricate ecosystem of diatoms

in Signy Island from expert speakers, including a guest scientist from the British Antarctic Survey. The Science Center became our hub of discovery, where we examined water samples from South Georgia, gaining insights into the microscopic life teeming beneath the surface. Throughout our journey, we forged new friendships, unleashed our creativity in art sessions, and immersed ourselves in the raw beauty of the Antarctic. This expedition not only broadened our horizons but also deepened our appreciation for the planet's most remote and pristine wilderness.



## On our way to the South Orkneys

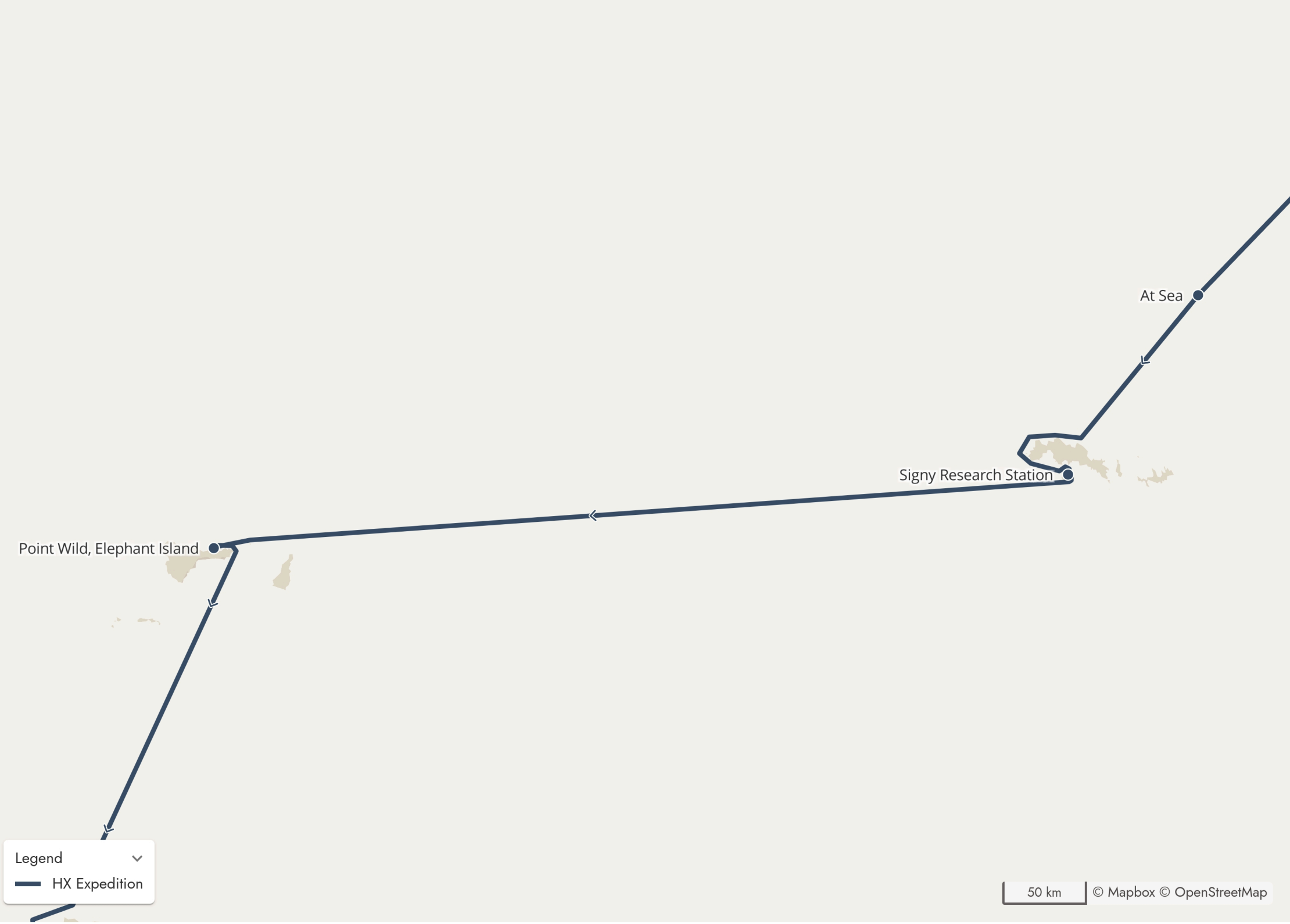
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We had an eventful day at sea on February 12, 2025, as we continued our exciting expedition cruise. Our day began early with a Wildlife Watch on the bow, where we observed the marine life surrounding our ship. Some of us participated in the eBird Citizen Science project, contributing to important research. The morning was filled with informative sessions. We attended a mandatory Kayak Briefing for those planning to paddle in Antarctica. Many of us joined the photo editing sessions with Geraldine and Jan, honing our photography skills. We also enjoyed a fascinating recap of South Georgia, reminiscing about the wildlife heaven we had experienced. In the

afternoon, we delved into the history of Antarctica with Cristian and learned about the penguins we would soon encounter from George. For those interested in nautical skills, we participated in a "Why Knot?" workshop, mastering basic sailor's knots. The knitting enthusiasts among us gathered in the Explorer Lounge, sharing our projects and techniques. As the day progressed, we attended the crucial IAATO Briefing, preparing us for our upcoming Antarctic adventures. We ended our evening on a high note with the Fram 'Pub' Quiz, testing our knowledge and enjoying each other's company.







## Signy Research Station

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Today's destination was Signy Station in the South Orkney Islands, and the day was packed with activities. As usually we participated in the Wildlife Watch on the Deck 5 bow and contributed to the eBird Citizen Science project. In the afternoon, we attended an inspiring presentation about the Galapagos Islands, which sparked our wanderlust for future travels. Many of us couldn't resist joining the Sea Shanty Rehearsal in the Explorer Lounge - it was great fun learning a traditional sailor's song together. The day was filled with fascinating lectures. We learned about the Heroic Age of Antarctic Exploration and the impact of climate change on Polar Seaweed Forests. In

between activities, we enjoyed waffles with jam and cream in the Explorer Lounge. The highlight of the day was our visit to Signy Station. We were divided into small groups for this special landing, and we eagerly awaited our turns to explore the research station being received by the Station staff that showed us around in an unique opportunity to experience how life it is in a British Antarctic Research Station. After visiting the Station premises including an introduction to the Research Project and the Lab activities, we were guided by an expedition team member around the island to explore the neighbouring areas.





## Point Wild, Elephant Island

We had an exciting day aboard our expedition cruise ship as we approached Elephant Island, Antarctica, on February 14, 2025. Our day began early with wildlife watching from the bow and participation in the eBird Citizen Science project. It was a perfect day for whale watching with hundreds of cetaceans around us. We then attended an informative lecture on "Antarctica Under the Ice" by Steffen, followed by an engaging session on the rock cycle in the Science Centre. In the afternoon, we participated in a HappyWhale session and listened to a fascinating lecture on the seals of Antarctica. The highlight of our day was the ship cruising around Elephant Island, where we marvelled at the historical sight. Point Wild on Elephant Island offered us an amazing insight into the difficulties endured by Ernest Shackleton's Elephant Island Party under the command of Frank Wild, his right-

hand man. This narrow sand and rock point, located on the island's north coast, is renowned for its connection to Sir Ernest Shackleton's Endurance expedition. Although our landing had to be cancelled due to rugged coastlines and extreme weather, our small boat cruises allowed us to marvel at the dramatic glaciers, steep cliffs, and the Endurance Memorial. We witnessed the bravery and skills of the professional expedition team's zodiac drivers, who guided us to observe a thriving Chinstrap penguin colony and spot seals in the surrounding waters while providing insights into the rescue performed by Captain Luis Pardo. We concluded our evening with an informative presentation about the plans for the following day.

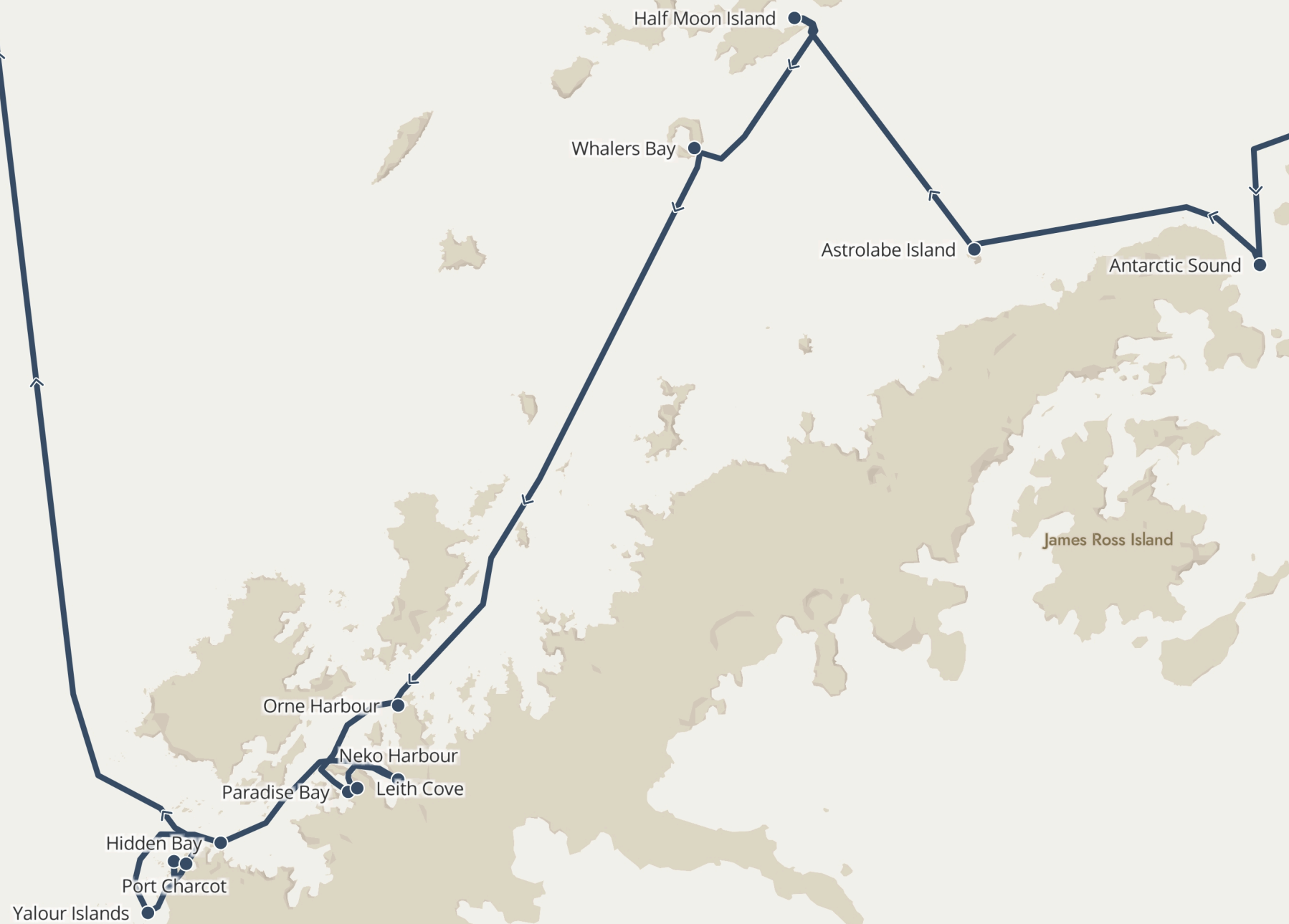






Legend

— HX Expedition



## Antarctic Sound

On February 15, 2025, we embarked on an exciting day exploring the majestic Antarctic Sound and Astrolabe Island in the Bransfield Strait. We started our morning with a Wildlife Watch on the bow of Deck 5, followed by an eBird Citizen Science project led by George. For those interested in history, we attended a fascinating lecture on "The Madhouse Promenade - The Belgian Antarctic Expedition" by Jane in the Lecture Hall. The Science Center offered an engaging session on

"How to Build a Whale?" presented by Giulia. Later, we learned about the formation of Deception Island from Linda during her lecture on this active volcano in the South Shetland Islands. The navigation in the Antarctic Sound and the magnificent parade of tabular ice made us wonder every time we popped out on deck or glanced out of the window.





## Astrolabe Island

In the afternoon, we prepared for our landing on Astrolabe Island in the South Shetlands. The expedition team carefully managed our disembarkation, calling us by boat groups and giving us the opportunity to roam on the pebble beach among Weddell Seals, Chinstrap Penguins, and fantastic rock formations. As the day came to

a close, we gathered in the Lecture Hall for information about the next day's plans. Our Antarctic adventure continued to amaze us with its blend of scientific discovery, historical insights, and breath-taking natural experiences.





## Half Moon Island

February 16, 2025, was another unforgettable day exploring the wonders of Half Moon Island and Whalers Bay in Deception Island. The morning was filled with thrilling activities. Some of us participated in science boat excursions, gaining insights into the unique Antarctic

ecosystem. We were called by boat groups to make our way to Half Moon Island, where we marvelled at the rugged beauty and diverse wildlife.





## Whalers Bay, Deception Island

As we sailed towards our next destination, we passed through Neptune's Bellows, a narrow passage leading into the caldera of Deception Island. The anticipation built as we approached Whalers Bay, an abandoned whaling station with a rich history. Once again, we disembarked in groups, exploring the haunting remnants of the past against a backdrop of volcanic landscapes. For the truly adventurous among us, the highlight of the day was the Polar Plunge. With towels provided and our courage in hand, we braved the frigid Antarctic

waters, creating memories that would last a lifetime. Throughout the day, we had opportunities to engage in citizen science projects, attend informative lectures, and participate in wildlife watches. As evening approached, we gathered for a presentation about the next day's plans and a mandatory briefing for those signed up for camping in Antarctica. As we retired for the night, our minds were buzzing with the day's experiences and the anticipation of what tomorrow might bring in this extraordinary polar paradise.





## Orne Harbour

February 17, 2025, unfolded as another perfect Antarctic day of exploration, filled with awe-inspiring visits to Orne Harbour and Paradise Bay. Our adventure commenced at dawn as we eagerly prepared for our first landing at Orne Harbour. The most intrepid among us conquered the challenging trail, reaching its summit to witness a small chinstrap penguin colony and breath-taking views of

the surrounding landscape. Throughout the day, we immersed ourselves in a variety of tailored activities that catered to our diverse interests. Some of us embarked on an exhilarating Kayak Adventure, donning woollen underwear and essential gear to paddle through the icy waters. Others joined the Science Boat excursion, gaining fascinating insights into the region's unique ecosystem.



## Paradise Bay

As afternoon approached, we set our sights on the gigantic icebergs of Paradise Bay, where we marvelled at the iced rocky landscape during a captivating Zodiac cruise. Fortune smiled upon many of us, as we spotted seals and even caught glimpses of majestic whales, adding to the day's excitement. As twilight descended, a lucky group prepared for a truly unique experience – the Amundsen Night

camping adventure - ready to spend an unforgettable night beneath the star-studded Antarctic sky. Our day in Antarctica was a tapestry of wonder, learning, and indelible experiences. As we retired to our cabins, our minds brimmed with excitement for the next chapter of our extraordinary expedition.





Leith Cove, Antarctica - Feb 17, 2025

Neko Harbour, Antarctica - Feb 18, 2025

## Neko Harbour

We embarked on an exciting day of Antarctic exploration at Neko Harbour on February 18, 2025. At 8:45, we started our landing operations, with boat groups called in sequence to explore the harbour. Some of us participated in a thrilling kayak adventure, while others joined a photo expedition to capture the breath-taking scenery. After returning to the ship, we enjoyed a BBQ lunch on deck 7,

savouring hot dogs and burgers while surrounded by icy landscapes. In the afternoon, we attended an engaging lecture on "The Race to the South Pole" by Cristian, learning about the historic expeditions that shaped Antarctic exploration. For those eager to spot wildlife, we gathered on the bow for a watch session, keeping our eyes peeled for seals, penguins, and whales.





## Hidden Bay

Later in the afternoon, we embarked on another zodiac cruise in Hidden Bay, where the skilled expedition team navigated us through narrow passages, scouting for wildlife and icebergs. The stormy weather made the experience challenging yet exceptionally memorable. Our day concluded with an informative briefing about the next day's plans, leaving us excited for more Antarctic adventures to

come. Throughout the day, we had opportunities to visit the onboard shop, meet with the Future Cruise Sales Manager, and enjoy various dining options in the ship's restaurants. It was a day filled with discovery, education, and unforgettable experiences in one of the world's most remote and beautiful locations.





## Yalour Islands

We embarked on an unforgettable Antarctic adventure on February 19, 2025, exploring the Yalour Islands and Port Charcot. Our first destination was the Yalour Islands, where we participated in various activities starting around 8:30 AM. We were called by boat groups, allowing us to explore this unique Antarctic landscape in an organized manner. Some of us were fortunate enough to join the Kayak Adventure, paddling through the icy waters and gaining a new

perspective on the surrounding scenery. After lunch, we set our sights on Port Charcot. The landing commenced at approximately 2:45 PM, with boat groups taking turns to explore this historic site. For those with a passion for photography, a special Photo Adventure cruising session was organized, allowing us to capture the breath-taking Antarctic vistas.





## Port Charcot

Throughout the day, we had the opportunity to participate in unique experiences like the Science Boat excursion, which provided insights into the region's ecology and ongoing research. As evening approached, we prepared for one of the highlights of our journey – sailing through the spectacular Lemaire Channel. This narrow passage, flanked by towering cliffs and glaciers, offered a truly awe-inspiring experience. Our day in Antarctica was filled with wonder, learning,

and unforgettable moments. From observing wildlife to understanding the delicate ecosystem, every aspect of our journey deepened our appreciation for this remote and pristine continent. As we reflected on our adventures over dinner in the ship's restaurants, we couldn't help but feel grateful for the opportunity to witness the raw beauty of Antarctica first-hand.









## Drake Passage

We embarked on an extraordinary journey through the Drake Passage on February 20, 2025. Our day at sea was filled with enriching activities and captivating lectures. We started our morning with wildlife watching on the bow, participating in the eBird Citizen Science project. As we sailed, we learned about the infamous "Drake Shake" in a fascinating lecture. For those of us feeling crafty, we joined the Knitting Corner in the Explorer Lounge. We delved into the Antarctic food web in the Science Center and explored the past and future climates of the frozen continent through an enlightening

presentation. In the afternoon, we unleashed our creativity at the Art Corner and continued our wildlife observations. We also discovered the secrets hidden in Antarctic ice during an intriguing Science Centre session. As the day drew to a close, we were treated to a unique perspective on working for the British Antarctic Survey in the 1990s by Phil. Throughout our voyage, we enjoyed delicious meals in the ship's restaurants and had the opportunity to plan future adventures with the cruise sales manager.





## Reaching the Beagle Channel

We embarked on an unforgettable day at sea, filled with enriching activities and stormy seas. As we sailed, we took part in various engaging events that broadened our horizons and deepened our connection with the surrounding environment. In the morning, we participated in a Wildlife Watch on the bow of deck 5, keeping our eyes peeled for fascinating marine life. Some of us joined George for the eBird Citizen Science project, contributing to important ecological research. The adventurous among us embarked on a Salmon Edition Scavenger Hunt, exploring every corner of the ship in search of clues. We gathered in the Lecture Hall for a Science Recap, where the Expedition Team helped us rediscover our recent findings. Later, we attended an enlightening lecture on Discovering Tierra del Fuego, delivered by Cristian. The afternoon brought more opportunities for learning and engagement, including a NASA GLOBE Cloud Observer session where we learned to identify clouds and contribute to climate

research data. Throughout the day, we had the chance to refine our photography skills with editing and critique sessions led by experts Geraldine and Jan. As the evening approached, we attended an informative presentation about the plans for the following day, ensuring we were well-prepared for upcoming adventures. The day culminated in a series of social events. We participated in the HX Foundation Charity Auction, supporting a worthy cause while enjoying the company of fellow travellers. The night concluded with George's Excellent Voyage Quiz, where we put our newfound knowledge to the test in a fun and competitive atmosphere. As we sailed towards Puerto Williams for a brief technical stop, we reflected on the day's experiences, grateful for the wealth of knowledge gained and the memories created. The day at sea proved to be a perfect blend of education, relaxation, and camaraderie, leaving us excited for the adventures that lay ahead.

## Navigating through the Chilean Fjords

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We embarked on an unforgettable journey through the Chilean Fjords on February 22, 2025. Our day began early as we gathered on deck to witness the breath-taking spectacle of Glacier Alley. From 8:00 to 9:30 AM, we marvelled at the majestic nation glaciers in the Beagle Channel, their icy facades glinting in the morning light. Our minds were enriched by an array of fascinating lectures. We learned about the environmental impact of plastics, delved into the history of the Strait of Magellan, and gained insights into conflicts surrounding Chilean sea lions. The Science Center offered hands-on experiences, allowing us to examine water samples and deepen our understanding

of the local ecosystem. The day culminated in a series of farewell events. We gathered in the Explorer Lounge for the Captain's Farewell, raising our glasses to the incredible expedition we had shared. Later, we reminisced over our adventures as we watched a captivating slideshow of our voyage in the Lecture Hall. As we prepared to disembark, we reflected on the extraordinary experiences we had shared. The Chilean Fjords had left an indelible mark on our hearts, and we knew we would carry the memories of this remarkable journey with us for years to come.







## Disembarkation Day

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As we stepped off MS Fram, our hearts swelled with bittersweet emotions. For three extraordinary weeks, this ship had been our gateway to the wonders of the Southern Hemisphere. Our journey through the Falkland Islands, South Georgia, Antarctica, the Beagle Channel, and the Strait of Magellan left an indelible mark on our souls. We found ourselves amidst vast colonies of albatrosses and penguins in the Falklands. In South Georgia, we stood in awe before thousands of king penguins, their golden crests gleaming against dramatic landscapes. Antarctica's pristine realm of ice and snow exhilarated us as we witnessed majestic icebergs and observed curious wildlife in their natural habitat. Sailing through the Beagle

Channel, we marvelled at fjords and snow-capped mountains, while navigating the legendary Strait of Magellan connected us to the spirit of intrepid explorers. Our experiences - from thrilling zodiac cruises among ice floes to warm friendships and insightful lectures - were more than a vacation; they were a transformative journey to the end of the world. As we bid farewell to the dedicated Team MS Fram, we felt a pull to return, knowing that the impact of this extraordinary adventure would resonate within us for years to come, calling us back to the majestic landscapes and incredible wildlife of these southern realms.









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