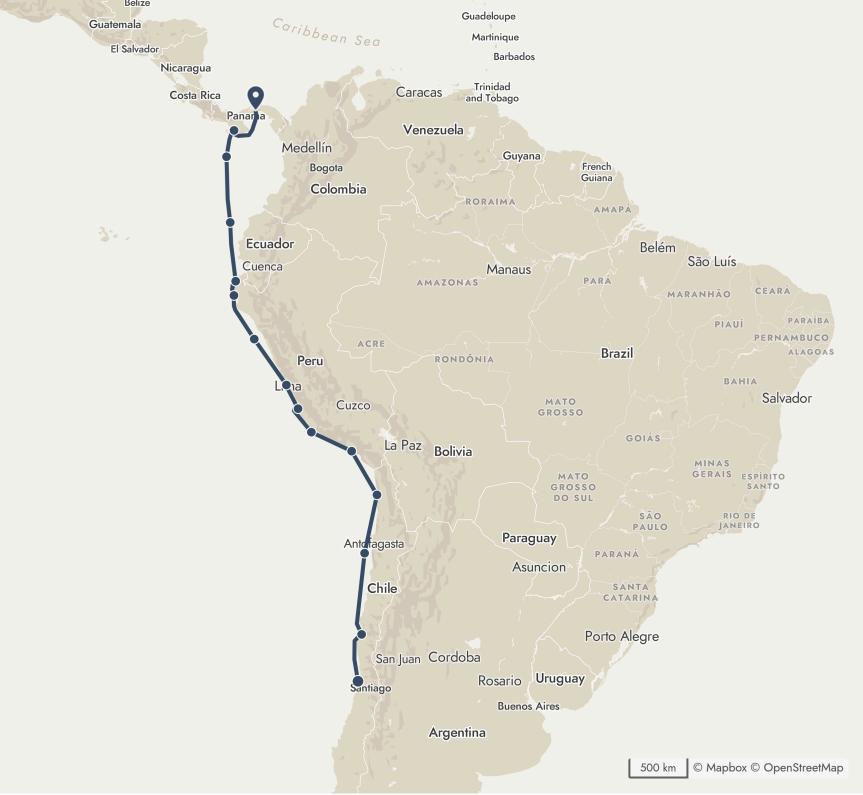


MS Fram

06.04.2025 - 20.04.2025

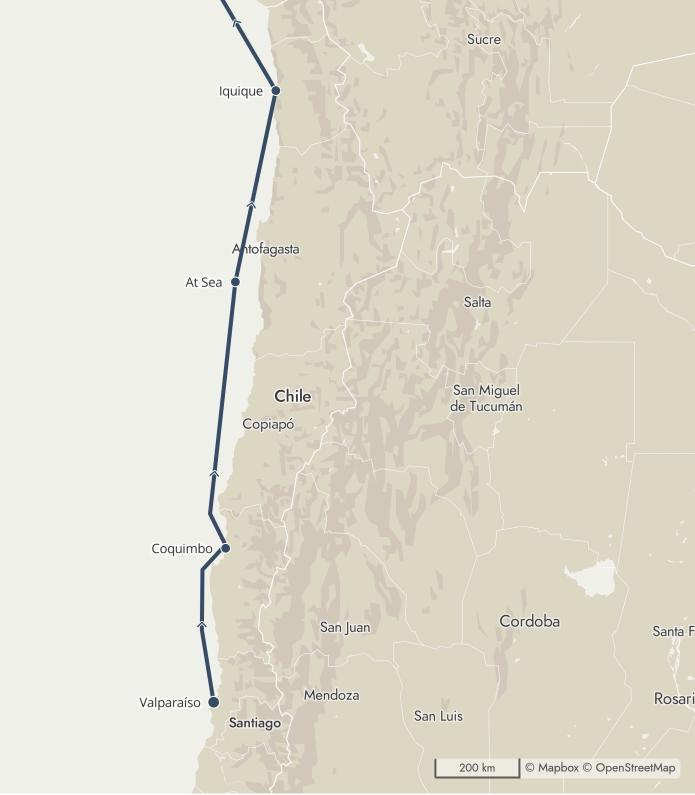


A beautiful day in Valparaíso unfolded as Fram rested in the vibrant harbour, welcoming guests onboard for the journey ahead. The city's colourful buildings and steep hills provided a stunning backdrop as the guests arrived, excited for the adventure. The departure was seamless, with the ship gently pulling away from the dock, leaving the

bustling port behind. As Fram set sail, the air was filled with the sound of seagulls and other seabirds soaring overhead, their calls adding to the tranquil atmosphere. The horizon stretched ahead, and the day felt perfect, surrounded by the serene beauty of the sea and wildlife.







Fram docked in Coquimbo. The morning began with a visit to the charming city of La Serena. We explored the iconic lighthouse, its towering presence offering panoramic views of the coastline. The vibrant market was filled with local treasures, while the cathedral stood as a testament to the city's history. We strolled through the Plaza

de Armas, a peaceful spot surrounded by beautiful architecture.

Meanwhile, back in Coquimbo, sea lions basked lazily on the rocks,
and fishermen returned from their early morning catch, offering fresh
fish to the bustling market. It was a lively and picturesque stop on our
journey.





A remarkable day at sea unfolded with the ocean teeming with life. We were treated to numerous pods of dolphins playfully swimming not too far from the ship. The highlight was an incredible sighting of sperm whales, their massive forms rising and diving gracefully. The sky above was alive with seabirds - Peruvian boobies, great

shearwaters, stormpetrels, and albatrosses - soaring in the breeze.

Amidst the natural wonders, Yuri gave an insightful lecture on photography, sharing tips on capturing the beauty around us. In the afternoon, we enjoyed a fantastic art session where guests were very creative, expressing their experiences through vibrant artwork.





The morning on our way to Iquique was serene, with calm seas and plenty of birdlife to observe. We spotted several seabirds, including graceful pelicans and two species of shearwaters. Jenna gave an engaging lecture about whales, diving into their behaviour and migration patterns, which captivated everyone on board. As we

neared Iquique, the coastline began to appear, with its dramatic cliffs and golden beaches. However, due to a strong swell, we were unable to go ashore as planned. Despite this, the arrival was still beautiful, and we enjoyed the stunning views from the ship while making the best of the situation.







During our call in Matarani, guests visited the charming coastal village of Mollendo, where they were warmly welcomed by the town's mayor. The highlight was a lively cooking demonstration, where guests learned to prepare Peru's iconic ceviche and refreshing pisco sour. Earlier in the day, Enzo gave an engaging lecture about the

region's diverse birdlife, sparking interest in local wildlife. The setting sun painted the sky with stunning colours over the Pacific Ocean. The group gathered later for an evening of fun, where Enzo and Alina taught salsa dancing.





Our day at sea off the Peruvian coast was filled with discovery and learning. In the morning, we observed seabirds gliding gracefully above the waves and spotted schools of fish near the surface. Later, Laura delivered a lecture on the Andes and the Atacama Desert, highlighting the dramatic landscapes and unique ecosystems of the

region. In the afternoon, Jenna captivated us with an engaging talk about cetaceans, offering insight into the whales and dolphins that inhabit these waters. The combination of natural observation and expert interpretation made for a memorable and enriching day on the open ocean.





This morning in Pisco, we embarked on a local boat to explore the Ballestas Islands, where we were surrounded by thousands of seabirds and playful sea lions. The dramatic cliffs and marine life were unforgettable. In the afternoon, guests split up for different adventures: some explored the stunning Paracas National Reserve,

while others relaxed by the sea in El Chaco. A lucky few took a breathtaking flight over the mysterious Nazca Lines, marvelling at the ancient geoglyphs from above. Back at the pier, a lively handicraft market offered a perfect spot to browse local goods and bring home a unique souvenir.





Today, MS Fram docked in Callao, welcoming us to the vibrant capital of Peru: Lima. Guests set off on a panoramic city tour, discovering Lima's rich history and culture. Highlights included the grand Plaza de Armas, a beautifully preserved convent, and the fascinating pre-Incan ruins of Huaca Pucllana. The tour continued through the

modern district of Miraflores, offering stunning coastal views and a contrast to the historic city centre. As the sun set, we gathered back on board for a delicious dinner, enjoying the views as Fram sailed away from Callao, marking a perfect end to our day in Lima.





Our day at sea was filled with discovery and reflection. In the morning, we spotted majestic waved and Galápagos albatrosses gliding effortlessly above the waves - a true highlight for bird lovers. Later, Laurence captivated us with a lecture on Francisco Pizarro and

the conquest of the Incan Empire. Jenna followed with an eye-opening talk about plastic pollution in our oceans, sparking important conversations about conservation. As we relaxed on deck, a flying fish leapt across the surface.







Our first expedition day brought us to Isla Foca, a wild and wonderful start despite the heavy swell. The island greeted us with an incredible display of wildlife: countless seabirds filled the skies, and curious seals lounged along the rocky shores. We explored by small boat, getting up close to the action, and even took a refreshing swim in the

clear waters. Later, we enjoyed a scenic hike across the rugged landscape, taking in panoramic views and spotting more wildlife along the way. It was a thrilling, nature-filled day that set the perfect tone for the adventures ahead.





Our final stop in Peru brought us to the laid-back coastal town of Máncora. Near the beach, green sea turtles swam gracefully in the shallows, while frigatebirds and pelicans soared overhead, adding to the peaceful, tropical vibe. Guests enjoyed a relaxing afternoon at a beautiful beach resort, where they could unwind by the pool, swim in

the ocean, or simply soak up the sun. It was the perfect setting to reflect on our journey through Peru - warm, tranquil, and full of natural beauty. A gentle and memorable farewell before we set sail toward new adventures further north.





Today was a special sea day as we crossed the Equator - a major milestone on our journey! The occasion was marked by perfect conditions at sea, with flocks of boobies and gulls soaring around the ship throughout the day. On board, Jenna gave an insightful lecture

on marine ecosystems, followed by Enzo's engaging talk about birds. In the evening, the fun continued with a lively quiz, bringing everyone together for some laughs and friendly competition.





Our last sea day was full of life and surprises. In the morning, we experienced a tropical rain, refreshing and dramatic against the vast ocean. The skies cleared, and the rest of the day was marked by the constant presence of boobies flying gracefully around the ship. Ujj gave a lecture, as did Jenna. But the most important moment of the

day was when we held a lively ceremony after crossing the Equator, asking Neptune's permission to sail—many guests and crew joined the traditional baptism. We also spotted a marlin and playful dolphins alongside the ship.



This morning, we visited Cebaco Island in Panama, where we were warmly welcomed by the local community. The children performed traditional songs and dances for us, creating a heartfelt and joyful atmosphere. Afterward, we enjoyed birdwatching from the beach, spotting a variety of coastal species in their natural habitat. In the

afternoon, Laurence gave a lecture about the Panama Canal, enriching our understanding of this engineering marvel. As the day came to a close, the captain hosted a farewell party on board. We enjoyed a wonderful slideshow by the photographer, reliving the unforgettable moments of our journey.





Today we disembarked at Panama City, marking the end of a truly unforgettable cruise. Over the past days, we've explored stunning landscapes, spotted countless species, both at sea and on land, and shared incredible moments together. From soaring albatrosses to playful seals, ancient ruins to modern cities, this journey has been

rich in discovery and connection. As we part ways, there is a touch of sadness among the team - but more than anything, there is gratitude and warmth. This isn't a goodbye, just a heartfelt see you soon. Until the next adventure, thank you for being part of this amazing voyage.

