



MS Fram

2025.08.31 - 2025.09.13



Greenland

Greenland
Sea

Svalbard

Norwegian Sea

Ilulissat

Sisimiut

Iceland

Reykjavik

Murmansk

Sweden

Finland

Norway

Bergen

Oslo

Saint Petersburg

Legend



— HX Expedition

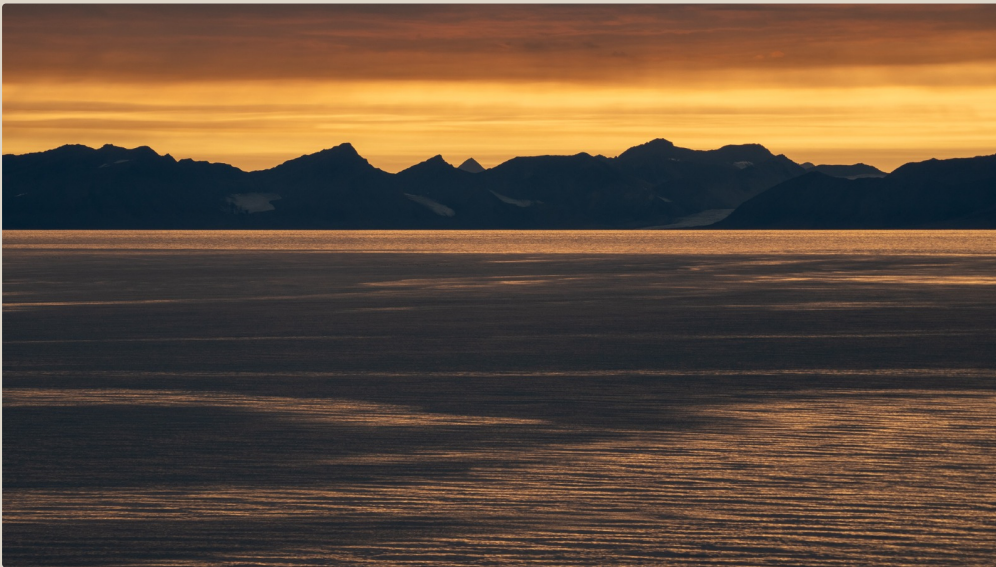
200 km

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Embarkation Day

Embarkation day in Longyearbyen begins with guests arriving and settling in, taking time to explore the town's surroundings or visit local museums before boarding MS Fram. The afternoon program includes collecting expedition jackets in the Science Center and boots in the Lecture Hall, both essential for upcoming shore landings. All guests

attended a mandatory safety drill in the Explorer Lounge, ensuring everyone is familiar with onboard procedures. Throughout the day, information about the cruise, daily program, and services is available via the HX app and cabin TV.





Legend

— HX Expedition

20 km

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Ny-Ålesund

We visited Ny-Ålesund on September 1 and joined the Expedition Team for a guided walk, learning about the town's research activities and history in small groups across the morning. Each group disembarked in sequence from the pier, with everyone returning before the early afternoon, adhering to the schedule. Throughout the day, the vessel remained alongside, and scenic sailing in the

surrounding fjord provided excellent views of the landscape.

Onboard, we attended a science program introduction and met the scientists in the Science Center. Later, the Captain welcomed us in the Explorer Lounge, offering an opportunity to meet the Officers, Crew, and Expedition Team.



First Sea Day

During our sea day on September 2, we enjoyed a variety of onboard activities and opportunities for learning and relaxation. Guided lectures focused on Arctic bird diversity and photography, while wildlife watch sessions were held on deck and the bow, with guests joining the crew to observe the natural surroundings. The NASA GLOBE Cloud Observer and cloud identification workshops allowed

us to participate in citizen science, contributing data for climate research. Solo travelers gathered in the lounge for socializing. Throughout the afternoon, groups collected boots for upcoming landings and followed procedures to clean outerwear, preparing for shore excursions in Greenland.



Second Sea Day

September 3 was a full sea day as we prepared for our approach to Greenland. Wildlife watch sessions on deck offered moments to spot marine life, while lectures explored Greenland's rich history, its culinary culture, and the mapping of kelp forests along the coast. The day featured hands-on workshops such as designing polar postcards,

knot-tying, and rock classification, engaging us in creative and scientific activities. The NASA cloud observer initiative invited participation in climate research. Safety briefings and kayak instructions completed the schedule, ensuring we were well informed for tomorrow's landing opportunities.

Blomsterbugten

Our first landing took place in the morning at Blomsterbugten, where we explored the Arctic landscape and its crisp surroundings before returning on board. A kayak adventure offered an immersive experience on the water, while a polar plunge provided an invigorating challenge. Onboard, a lecture on the Greenland Ice

Sheet enhanced our understanding of the region's natural history and dynamics. Later, a presentation on Antarctica highlighted its unique landscapes and wildlife. Informative briefings outlined plans for the following day, ensuring everyone stayed well prepared and engaged with the voyage's unfolding discoveries.

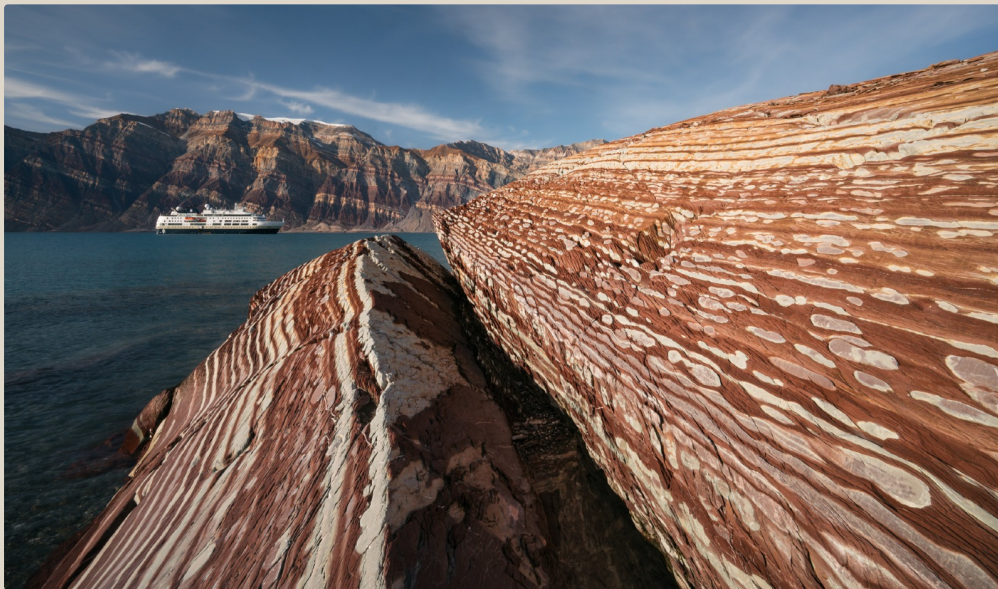


Alpefjord & Segelsällskapets

On September 5, the day began with small boat cruising in Alpefjord, offering close-up views of the stunning fjord scenery as zodiacs navigated calm waters edged with brush ice, while kayak adventures allowed for active engagement with the Arctic waters and landscape. Later, the landing at Segelsällskapets provided time to explore the remote surroundings and fascinating sedimentary rock

formations, allowing a deep connection with the environment before returning to the ship. Throughout the day, lectures such as “Knowing the Auks: are they penguins?” and a rock classification workshop enriched our understanding of local wildlife and geology, complementing the outdoor experiences.





Antarctic Havn

At Antarctic Havn we had an early start, ready for exploring another remote area. By boat group, we made our way ashore for a landing, roaming around the tundra terrain under a constant drizzle, which added a distinct atmosphere to our outing. Wildlife Watch on deck 5 offered opportunities to scan for musk oxen and seabirds in the

afternoon, adding a spark of excitement. Lectures in the Lounge and Science Center covered topics from defining the Arctic to the story of the Fram ship, engaging guests of all backgrounds. The ocean density workshop gave us the chance to interact with science, rounding off a day rich with knowledge and exploration.



Sydkap

Our morning began with Wildlife Watch from deck 5, where we focused on spotting Arctic animals in their natural environment. At Sydkapp, the rugged landscape introduced us to the Thule Culture through remains of a settlement over 600 years old. Wildlife sightings included musk oxen, snowy owls, ravens, and a curious hare. Workshops and lectures covered local geology, ice science, and

practical phone photography tips, attracting many eager learners across the ship. As the day progressed, travel presentations and additional science outings enhanced our understanding, and we finished by sharing reflections on our encounters with this unique environment and its resilient wildlife influenced by the prevailing elements.

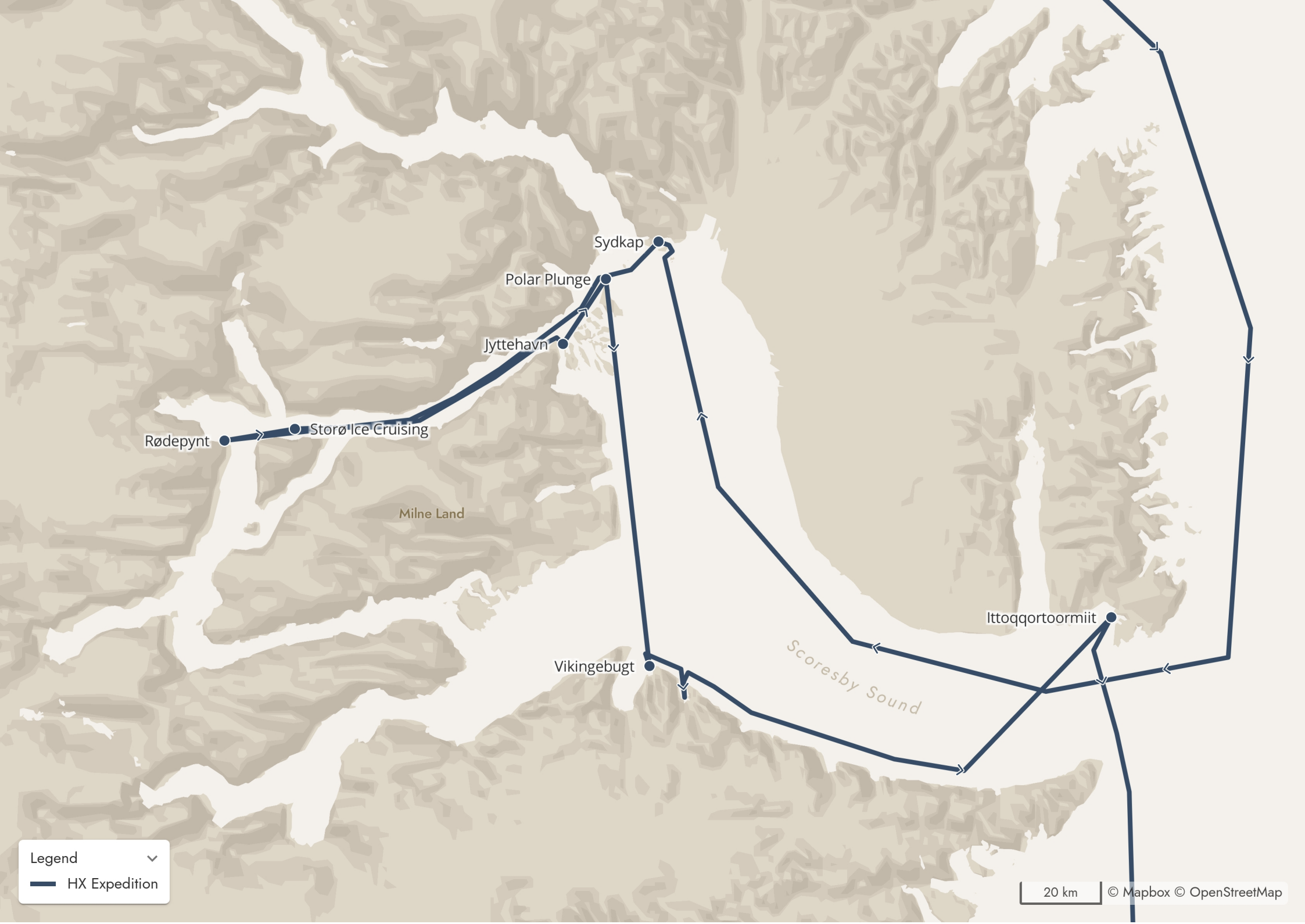


Rødepynt & Storø Ice Cruising

On the 8th of September, the day began with early landings at Rødepynt, where we rode our zodiacs to explore the chocolate-like sandy environment. The rugged landscape provided a quiet encounter with Greenland's natural surroundings. Wildlife Watch from the bow on deck 5 offered opportunities to observe local fauna in their habitats. Several science boat groups spent the morning

venturing at sea, exploring and learning in smaller teams. Lectures and tiny talks throughout the day touched on polar night adaptations and the geology of East Greenland. In the afternoon, we cruised along the bay, admiring striking icebergs in varied shades of blue and white, creating a memorable Arctic scene.





Rødepynt

Storø Ice Cruising

Jyttehavn

Polar Plunge

Sydkap

Ittoqqortoormiit

Vikingebugt

Milne Land

Scoresby Sound

Legend



HX Expedition

20 km

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Storø Ice Cruising, Greenland - Sep 8, 2025

Jyttehavn, Greenland - Sep 9, 2025

Jyttehavn

On the 9th of September, we visited the Bear Islands with early landings by boat groups, continuing our exploration of this remote Arctic landscape. Science boats carried additional guests in the morning, offering hands-on learning experiences. The day's highlight was a polar plunge, where a few brave participants immersed themselves in the freezing waters for an invigorating challenge.

Lectures covered topics from the geology of East Greenland and iceberg life cycles to presentations on musk oxen and Arctic foxes. Late afternoon discovery sessions reviewed science boat findings, while an art workshop invited guests to create polar postcards. The day was a balance of exploration, education, and reflection in the stark beauty surrounding





Vikingebugt

On September 10, 2025, we explored Vikingebugt, Greenland. The morning began with a small boat cruising, allowing us to admire the dramatic coastal scenery and basalt rock formations. Our kayak adventure took us around a small nearby island, navigating chilly waters. We joined various expedition activities and lectures that

enriched our understanding of the Arctic environment and its changing climate. Throughout the day, we experienced the raw beauty of the region's rugged landscape and wildlife. The day's events left us with a strong sense of connection to this remote Arctic wilderness and its unique ecosystem.



Ittoqqortoormiit

On September 11, 2025, we arrived in Ittoqqortoormiit, a remote Arctic town with rich Inuit heritage. We enjoyed a traditional Greenlandic drum performance and toured the local museum, gaining insight into the community's history and lifestyle. Playing football with local school pupils was a memorable experience that connected us with the town's spirit. The day also included a science

boat excursion and wildlife watching. Lectures on global energy transition and wildlife reviews enhanced our knowledge. The open bridge visit offered a glimpse of ship operations. The day concluded with a disembarkation talk and the captain's farewell, leaving lasting impressions of this unique Arctic place.



Denmark Strait

Akureyri

Iceland

Reykjavik

Keflavik

Legend



— HX Expedition

50 km

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Sea Day - Sep 12, 2025

On the way to Iceland

We spent our last day at sea near Iceland, reflecting on the journey. Wildlife watches gave us moments to observe the serene surroundings and passing creatures. We participated in lectures covering Arctic topics and environmental concerns, gaining insight into the region and our impact. The science recap highlighted the

discoveries from the voyage, connecting us to shared knowledge. A quiz tested our new knowledge in an enjoyable atmosphere. In the evening, a slideshow showcased memorable moments, allowing us to look back together on the experiences we shared throughout the trip.

Reykjavik, Iceland - Sep 13, 2025

Disembarkation Day

Alongside in Reykjavik, our time together on MS Fram drew to a close. Our early morning disembarkation marked the end of a journey defined by exploration, learning, and shared experiences in the remarkable arctic environment of Svalbard and Greenland. As we

stepped ashore, we carried with us memories of stunning and varied landscapes, fascinating wildlife, and friendships formed with fellow travelers and crew.



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