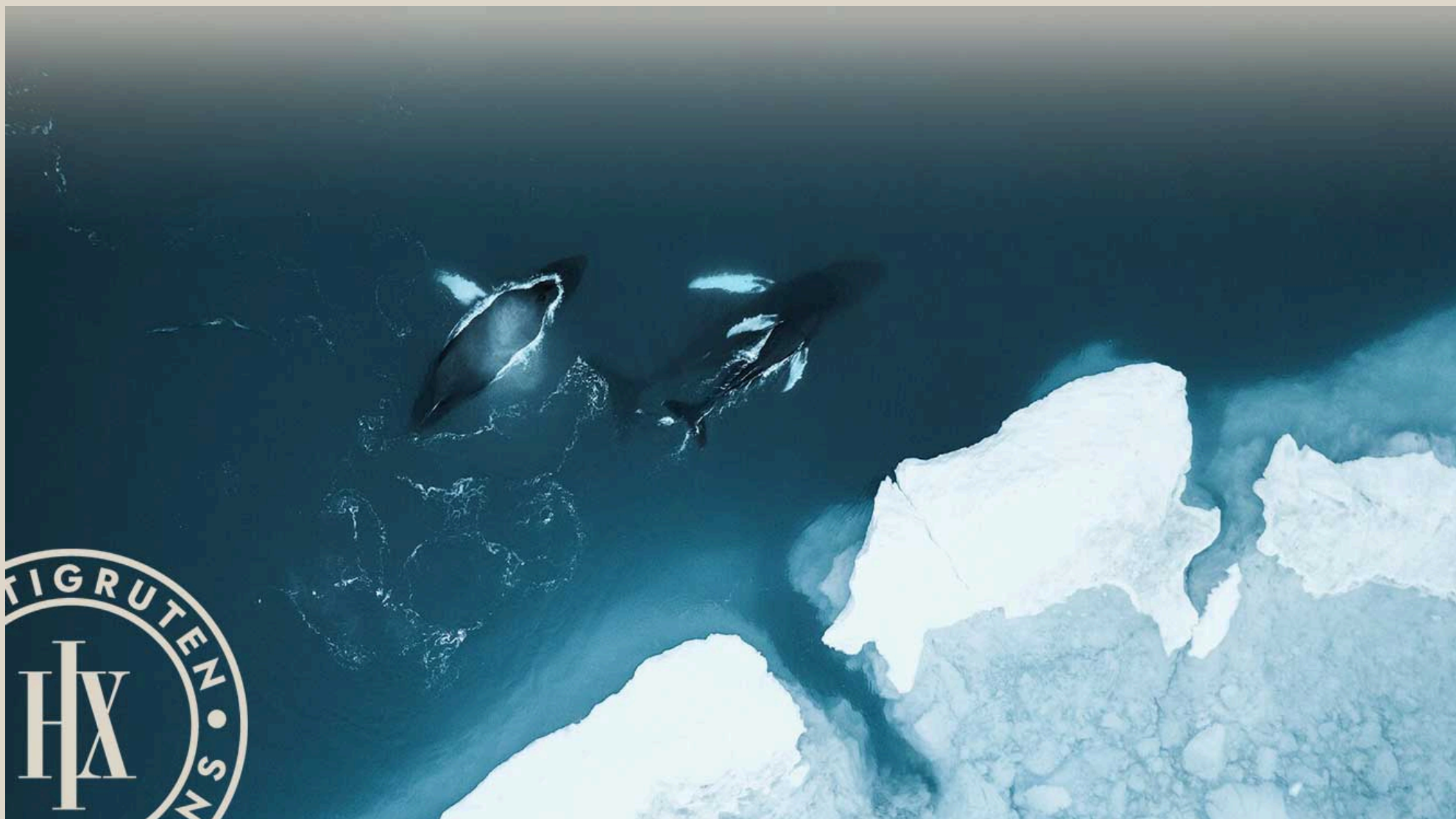




## MS FRAM

2025.09.13 - 2025.09.27

Greenland

Ilulissat

Iceland

Reykjavik

Legend  
HX Expedition

## Reykjavik

Embarkation day in Reykjavik unfolded with guests arriving and making preparations for the voyage, allowing some time to enjoy nearby sites before boarding MS Fram. During the afternoon, expedition jackets and boots were collected at designated venues, followed by a mandatory safety drill in the Explorer Lounge. Announcements and useful updates were available through the travel

app and cabin phones. In the early evening, a ship introduction presentation was streamed both live and to cabin TVs. Boat groups for landings were assigned and clearly marked for reference. The evening offered time to explore onboard services before the sail away from Reykjavik.

## Denmark Strait

We spent our first day at sea aboard MS Fram, engaging in a range of activities. The morning started with an art workshop creating polar postcards, followed by a wildlife watch on the bow. Lectures introduced us to Greenland's history and the science programme, streamed across the ship. In the afternoon, guests participated in

meetings with scientists, attended a workshop on rock classification, and enjoyed another wildlife watch. Snacks and refreshments were served throughout the day, while boat group assignments and information were displayed in the travel app and on the ship. Presentations could also be watched in cabins via TV recordings.





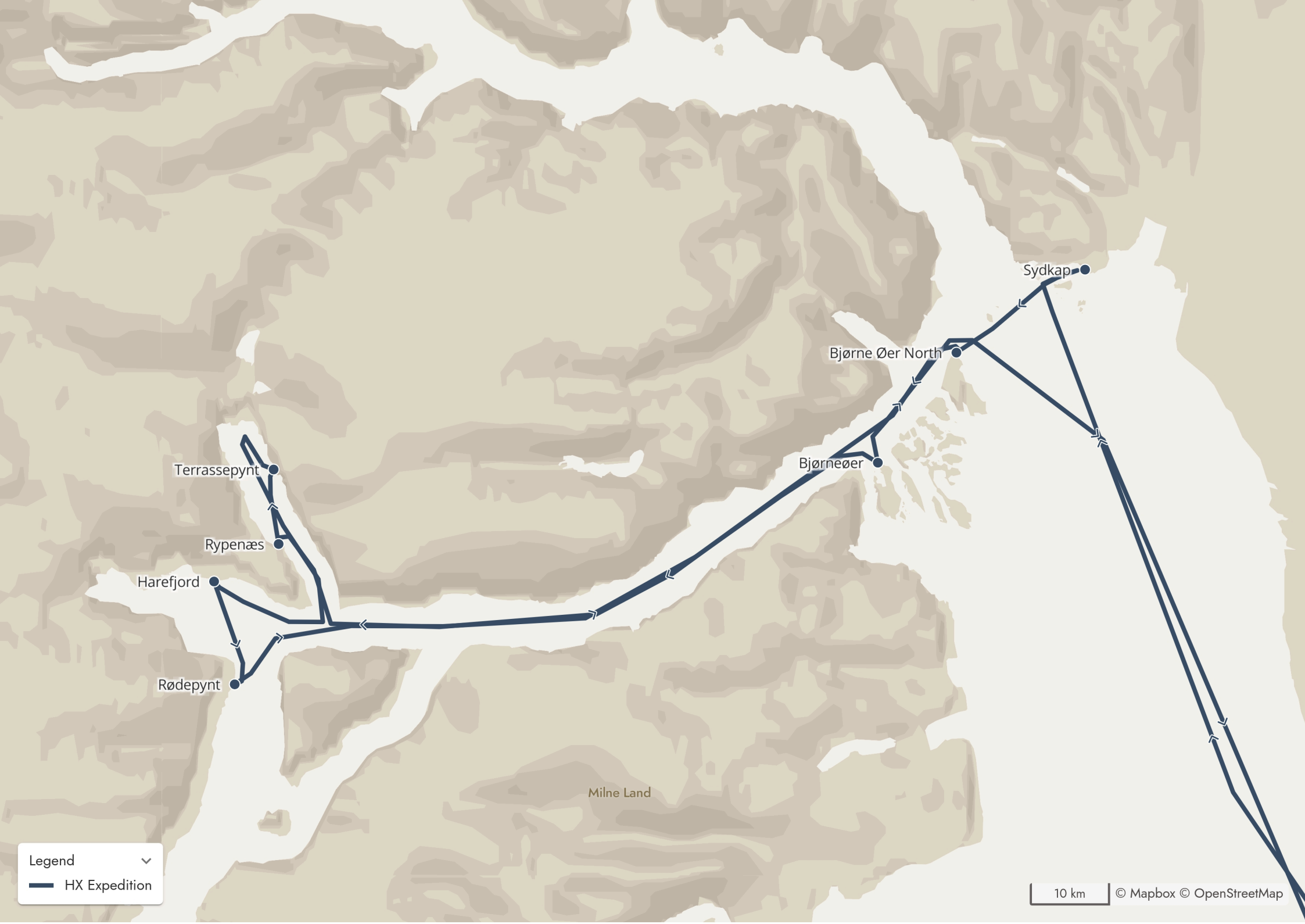
## At Sea

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On the third day at sea, guests participated in a mix of educational and onboard activities. The morning began with a wildlife watch on the aft deck, followed by geological lectures focusing on East Greenland's fjord systems. A cloud identification workshop was held alongside a mandatory AECO briefing on polar bear safety in the Science Center and Lecture Hall. In the afternoon, guests took part in

another wildlife watch and engaged with a NASA cloud observer activity. A kayak briefing and a gathering for solo travellers were also featured. The day concluded with a Greenland Chef lecture, followed by an expedition team introduction to all guests, along with an update on the following day's plans.





Terrassepynt

Rypenæs

Harefjord

Rødepynt

Bjørne Øer North

Bjørneøer

Sydkap

Milne Land

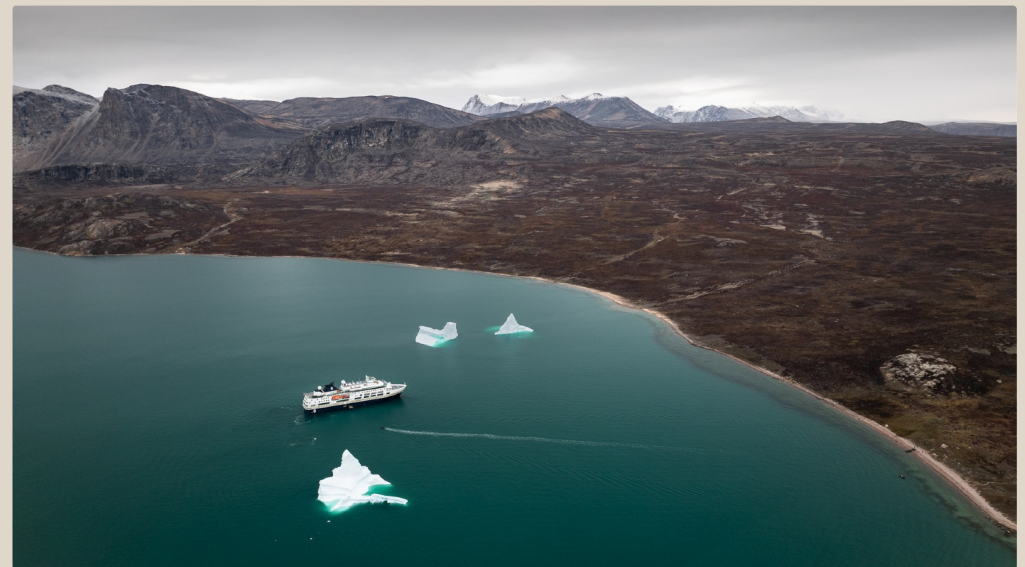
Legend  
HX Expedition

10 km © Mapbox © OpenStreetMap

## Sydkap & Bjørneøer North

On the fourth day, we reached Sydkap and Bear Islands. Sydkap featured dramatic cliffs and coastal tundra to explore, while Bear Islands offered rugged shorelines with historical Thule sites. Guests enjoyed a tundra expedition led by naturalist Enzo in the morning, focusing on insects and flora, followed by kayak adventures in the

afternoon. Evening talks outlined the following day's plans, providing guests with detailed information for upcoming explorations. The day effectively balanced outdoor activities, historical insights, and educational opportunities, allowing time for both adventure and relaxation.









## Rypenæs & Terrassepynt

On 17 September 2025, we made two memorable landings, starting with Rype Næs, where the terrain was rocky and diverse, offering many opportunities for exploration. Later, we visited Terrassepynt, which featured steeper and muddier sections to navigate, and where many musk oxen could be seen at a distance. Each site included

optional hikes: in the morning at Rype Næs and in the afternoon at Terrassepynt. At Terrassepynt, we also took part in a Polar Plunge event in the afternoon. The day concluded with an informative onboard presentation outlining plans for the following day.







## Harefjord & Rødepynt

On 18 September 2025, we landed at Harefjord and Rødepynt, exploring rocky, muddy, and steep terrain. Harefjord offered a lovely lookout point with expansive views, perfect for appreciating the glacier. At Rødepynt, the striking red hues of the landscape added a vivid touch to the scenery. Optional hikes took place in the morning

at Harefjord and in the afternoon at Rødepynt. The bravest among us took part in a Polar Plunge, which energised the day. The pleasant weather enhanced the experience of the outdoor activities before the evening's presentation on upcoming plans.







## Bjørneøer

We enjoyed zodiac cruising in Bjørneøer Bay under pleasant weather that enhanced the experience. Calm conditions allowed clear views of majestic icebergs floating nearby, creating breathtaking Arctic scenery. The still waters and sunshine provided ideal conditions for close exploration in the zodiac boats. The size and shape of the

icebergs offered a captivating spectacle. Onboard, presentations and lectures deepened our understanding of the Arctic environment, adding educational value to the day's adventure. This combination of nature and learning made the day both inspiring and memorable.







Waltershausen Glacier

Lakse elv

Bolmsterbugt

Ella Ø

Holm Bugt

Segelselskapet

Alpefjord

Traill Island

Antarctic Havn

Legend  
HX Expedition

20 km

© Mapbox © OpenStreetMap

## Antarctic Havn

High seas greeted us on our journey to Antarctic Havn, where the day began with a wildlife watch from the bow and a lively scavenger hunt throughout the ship. The programme included a lecture on Arctic geopolitics and a hands-on workshop using eBird and iNaturalist. Later, a lecture about icebergs was streamed to cabins, offering

insights into the dynamics of drifting ice. In the afternoon, a successful landing at this remote location took place. The bravest joined an extensive guided hike, navigating uneven and slippery terrain for rewarding views. The day ended with a recap and expedition team presentation, reflecting on a fulfilling day.





## Walterhausen Glacier & Lakse Elv

The day began with a zodiac cruise around Nordfjord Glacier, where guests explored the stunning ice formations in carefully organised boat groups. Later, a landing at Nordfjord Lakse Elv allowed for outdoor walks and wildlife spotting in this pristine environment. Onboard, the morning featured an art workshop called Polar Painting,

where participants designed their own paintings inspired by the Arctic. The afternoon included an extensive hike over rugged terrain for those seeking adventure. The day's activities were complemented by a presentation in the lecture hall, summarising the day's experiences and providing information about upcoming events.







## Blomsterbugt & Ella Ø

We landed at Blomsterbugten and explored its rocky shores. Some of us set off on a spirited hike over uneven terrain for panoramic views and close encounters with the rugged landscape. Later, we landed at Ella Ø, a military and research station where we saw the first signs of civilisation in days. In the afternoon, we spotted musk oxen grazing

before heading back to the ship. On board, we attended a lecture on the Greenland Ice Sheet's formation and climate response, followed by a travel presentation on the Galápagos Islands. In the evening, the Expedition Team led a recap presentation, sharing highlights and reflections on a rewarding day.









## Alpefjord & Segellskapet

We spent the morning cruising by Zodiac near a glacier in Alpefjord, enjoying the spectacular icy scenery under fantastic weather conditions. The afternoon brought a landing at Segellskapet, where we explored striking rock formations and the historic site, with clear skies enhancing the experience. On board, the morning programme

consisted of a talk about Earth's albedo effect and a citizen science cloud observation project. The evening closed with a presentation from the Expedition Team, outlining the plans for tomorrow and offering reflections on the day's discoveries.





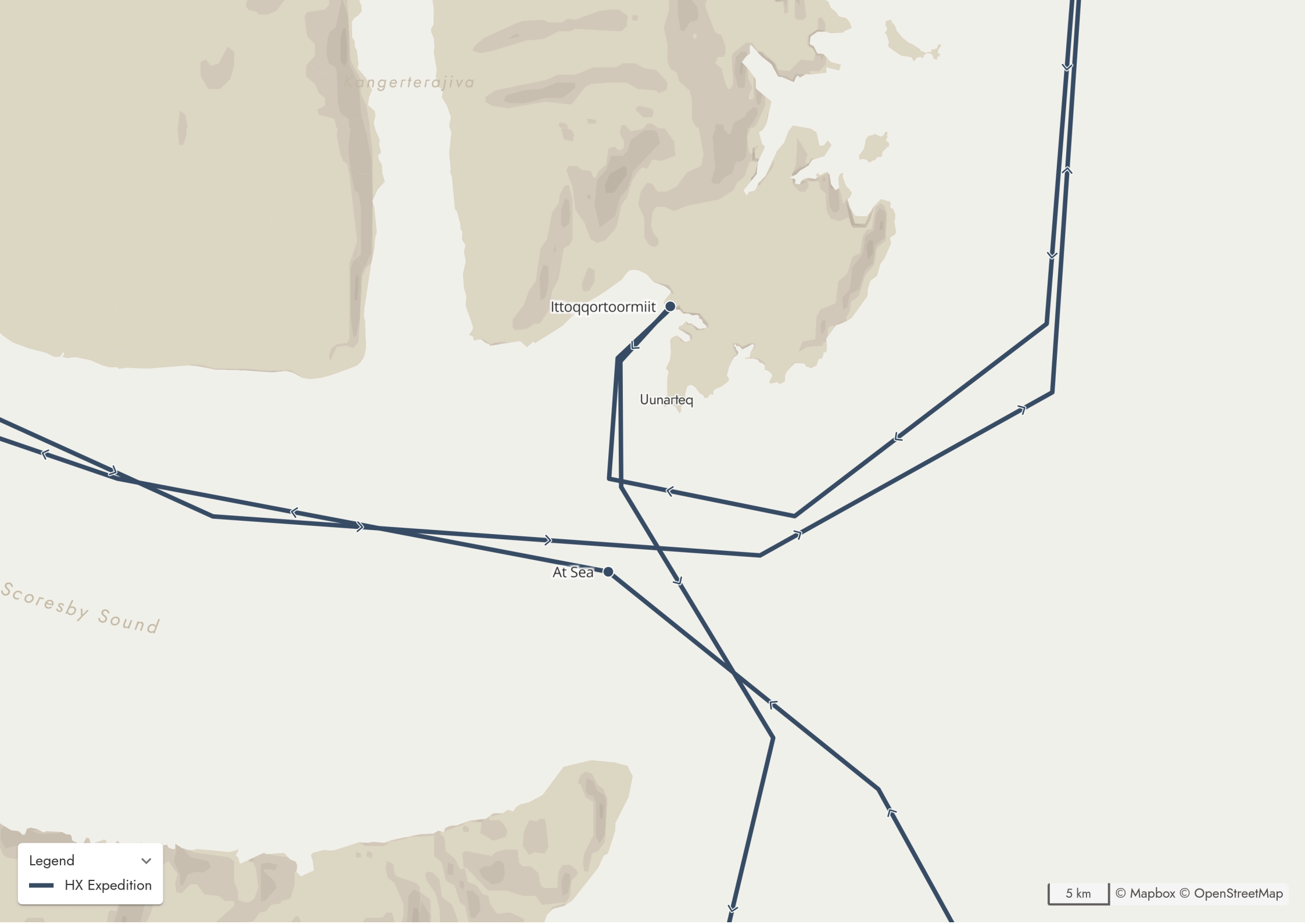


## Holm Bugt

We began the morning with a landing at Holm Bugt, exploring the tundra-iced shoreline in remarkably favourable conditions. Some set out on a hike across the rocky and muddy paths, taking in expansive vistas and the bay's striking solitude. On board, guests participated in a creative art workshop focused on polar postcards and joined a

wildlife watch from the deck, contributing observations to eBird and iNaturalist. The afternoon programme offered a lecture on Arctic seals and an engaging geology workshop dedicated to rock classification. The evening brought lively band music in the lounge, followed by a presentation of the plans for tomorrow.







## Ittoqqortoormiit

We disembarked at Ittoqqortoormiit during a foggy and misty morning that gradually cleared into sunshine, making the visit to this remote village remarkable. The Jacuzzis reopened, and many relaxed while enjoying the scenic surroundings. Wildlife watchers gathered at the bow on Deck 5 and were fortunate to spot some orcas.

Throughout the day, various events enriched the experience, including a photography session, a clay modelling workshop, and a lecture on the energy transition. Additionally, a disembarkation talk helped guests prepare for onward travel, making the day both engaging and practical.



At sea - Southbound - Sep 26, 2025

568.9 km

## At Sea - Southbound

We spent the day at sea, with guests enjoying both creative and scientific activities onboard. Highlights included a wildlife watch from the bow and a challenging scavenger hunt called "The Great Musk Ox Hunt." Art lovers completed their clay models, while a science workshop revealed live experiment results from data gathered in East

Greenland. The morning also featured a welcome presentation on Icelandic culture in the lecture hall. Throughout the afternoon, guests contributed to NASA cloud observations and joined a fun end-of-voyage science quiz. The evening closed with the Captain's farewell drinks and a slideshow celebrating our journey.

Reykjavik, Iceland - Sep 27, 2025

221.1 km

## Reykjavik - Disembarkation

Our time on MS Fram concluded with an early morning disembarkation in Reykjavík. The journey through East Greenland's Arctic environment had been filled with exploration, learning, and shared experiences. As we stepped ashore, we carried memories of

stunning landscapes, diverse wildlife, and friendships forged with fellow travellers and crew. This final moment marked the end of a remarkable expedition together.





[logbook.travelmap.net/20250913-frgre2507](http://logbook.travelmap.net/20250913-frgre2507)