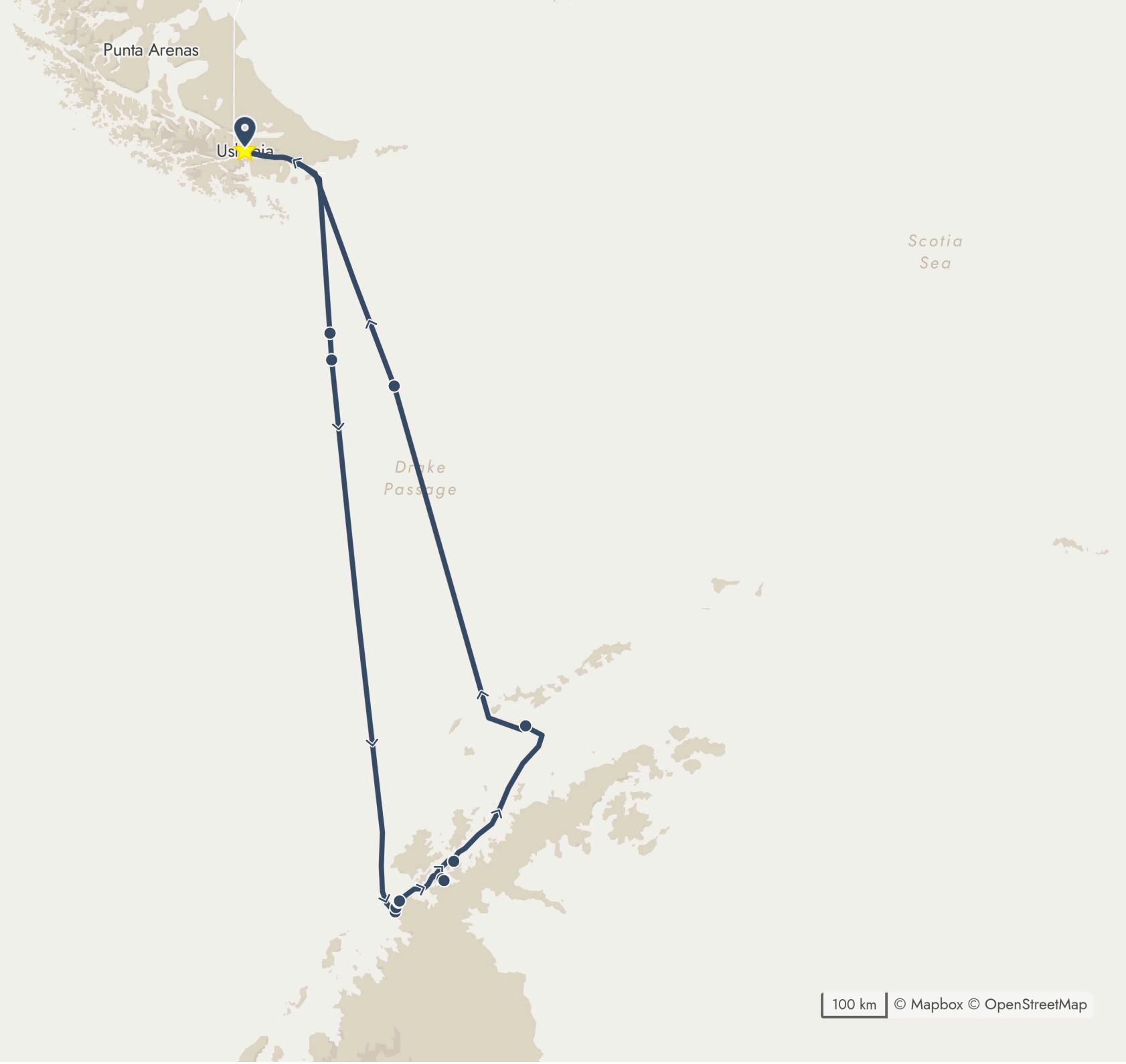
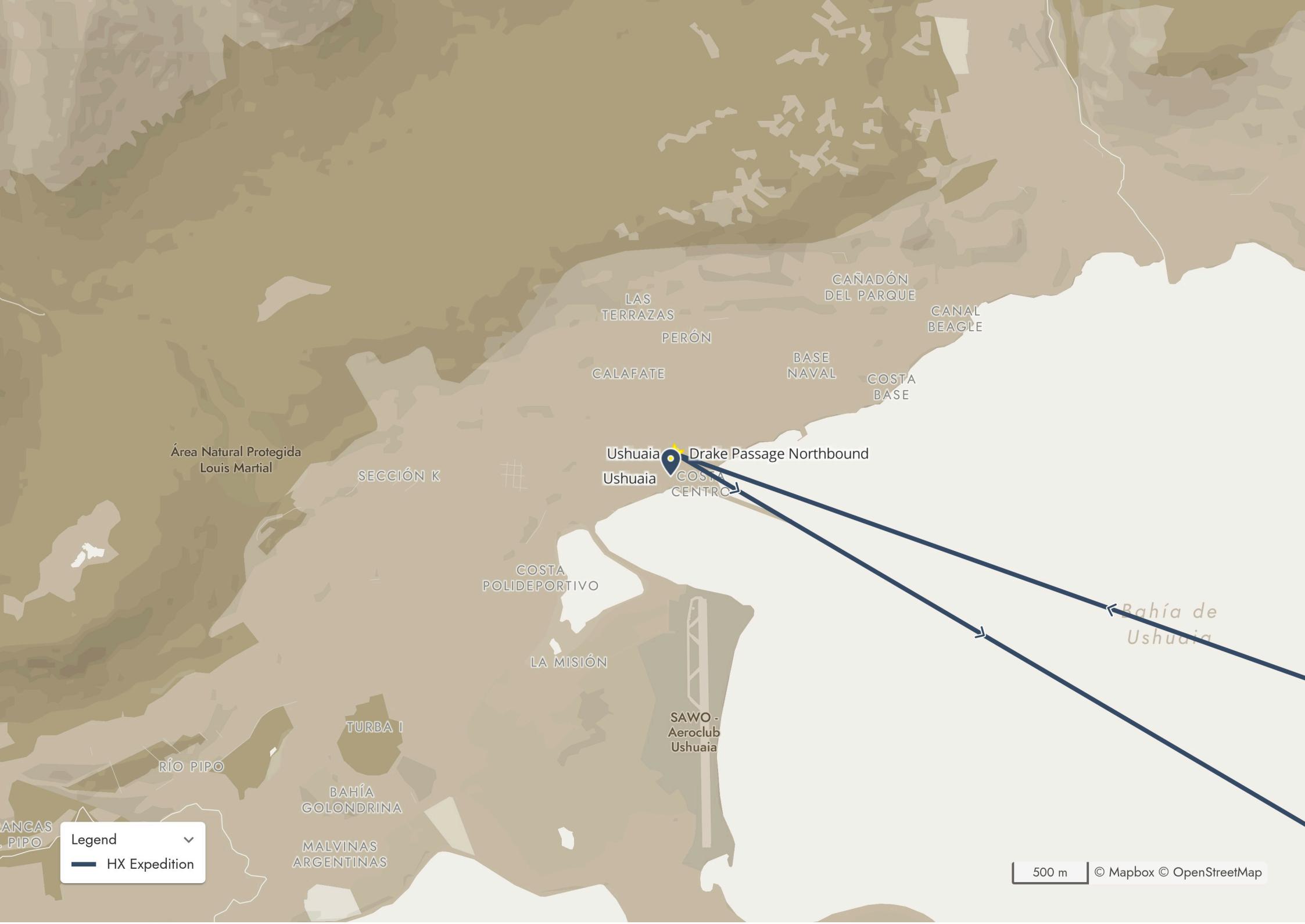




MS Fridtjof Nansen

2026.01.09 - 2026.01.19





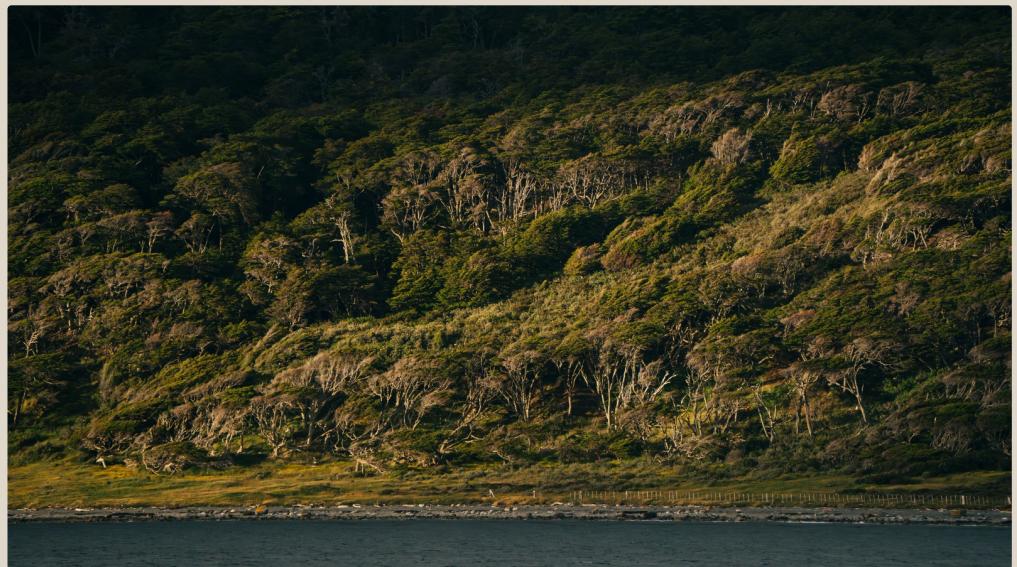


Day 1 - Embarkation

Today our guests flew south to Ushuaia, the Fin del Mundo - the city at the end of the world, and the starting point of this incredible adventure. Excitement was high as they caught their first glimpses of

the ship that would be their base camp for the days ahead. MS Fridtjof Nansen was waiting at the pier, tugging at its mooring lines like a restless stallion eager to break free.





Day 2 - Drake Passage Southbound

Our first night on board and we are on our way. We are greeted with a quiet Drake Passage, not a 'lake' and not a 'shake', but a welcome gentle rocking. It's getting more and more real for our guests as they

receive their expedition jackets and briefings on their expected behaviors ashore, and how to complete the bio security procedures to keep Antarctica pristine and pure.

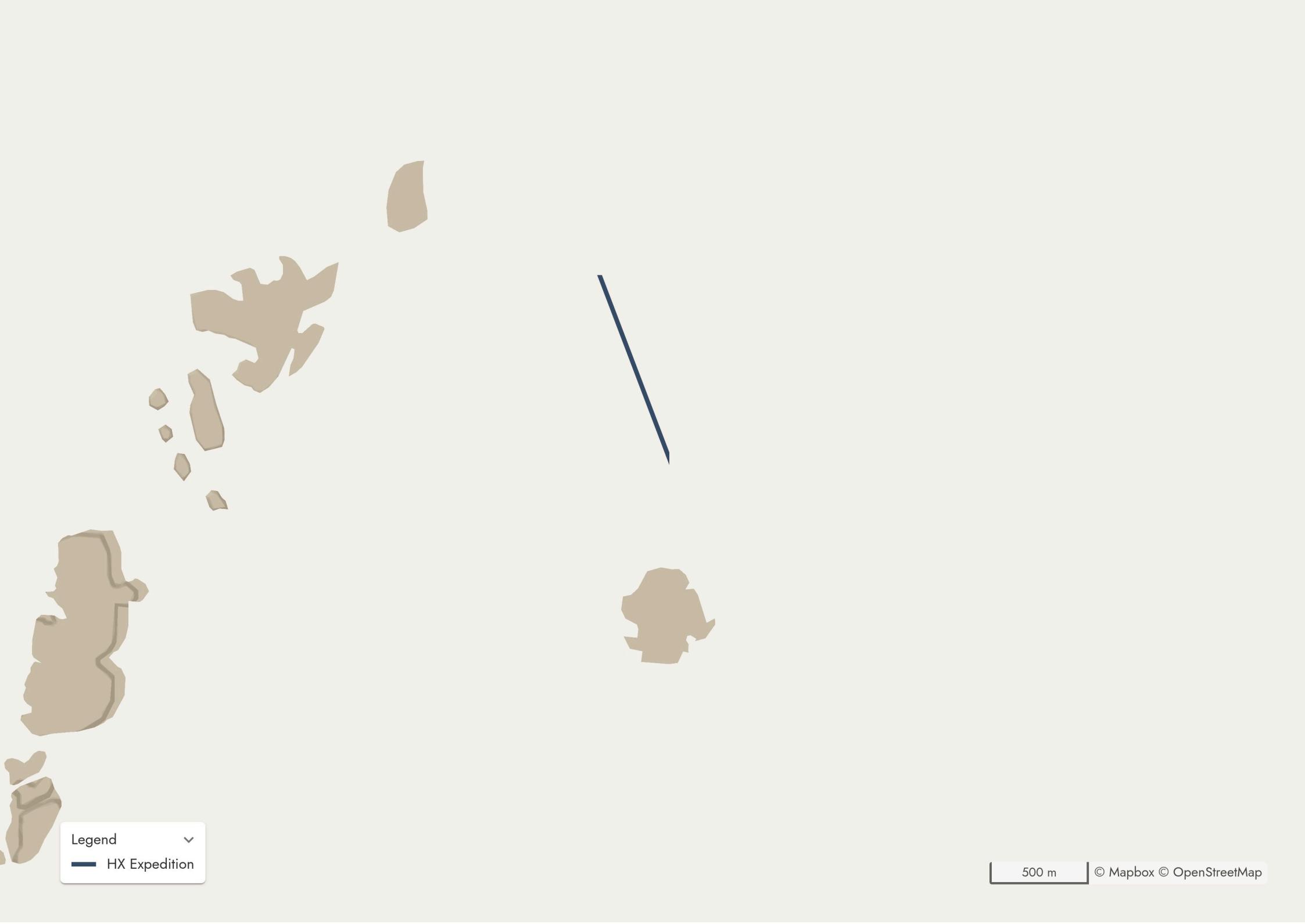


Day 3 - Drake Passage Southbound

It was a kinder Drake Passage today, more 'lake' than we could have hoped for. Our wildlife watches began with the Expedition Team guiding our guests on how to spot the wildlife on the Passage.

Antarctica is getting closer, and the excitement is building as our guests receive their rubber boots and their Animal Group patch.





Day 4 - Yalour Islands

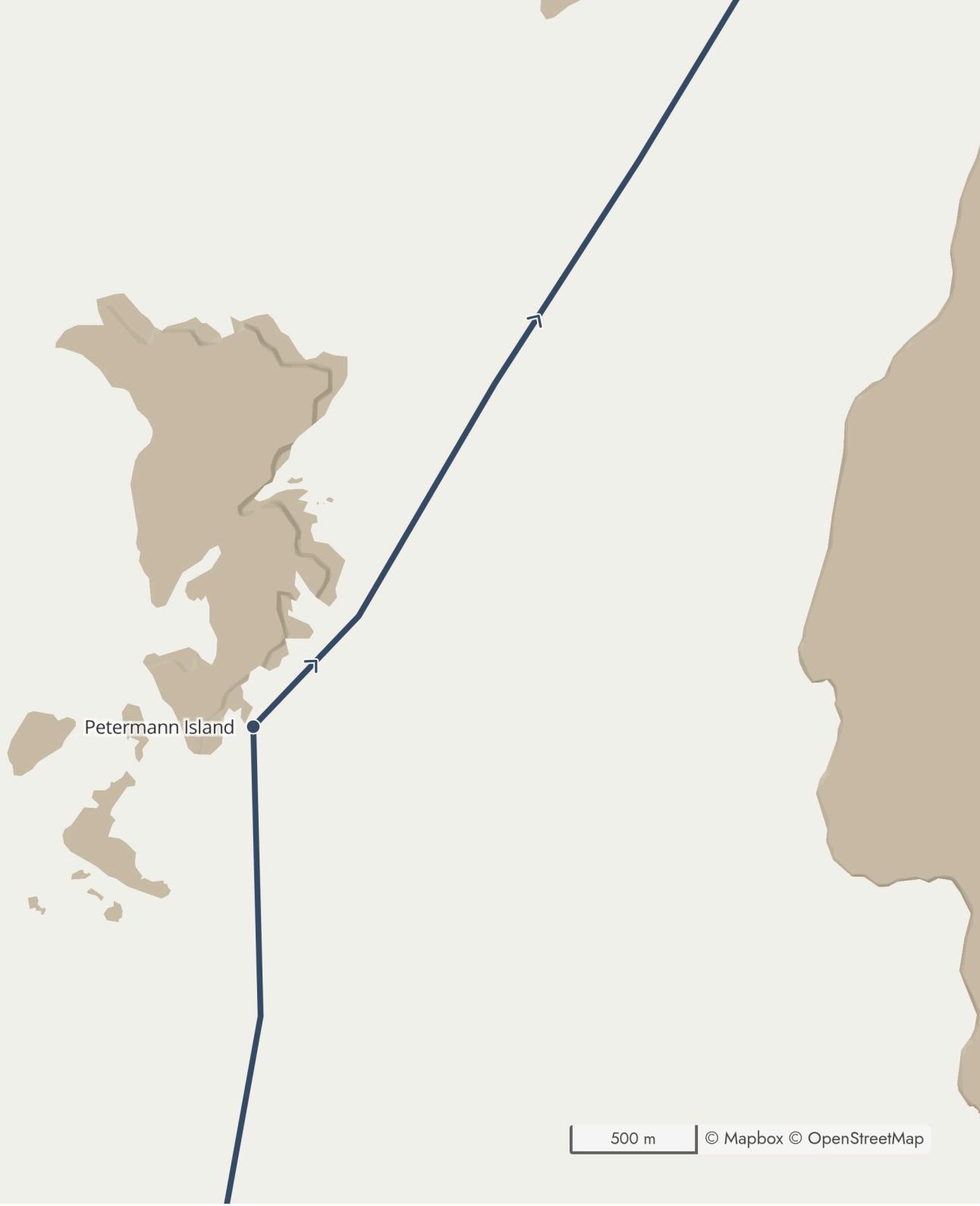
We are here! Majestic tabular icebergs dot the seas, their bright white contrasting against the heavy grey skies, and the snow-capped mountains of the Antarctic are visible from the bow. The crisp air awakens all of our senses to this new adventure.

Guest groups gathered at the expedition launch and they were

assisted into the expedition boats. They slowly cruised by icebergs and were greeted by the sound of ancient air bursting out of the ice. Then they had their first breaths of the pungent Antarctic air – it must be penguins! The first penguins seen were a mix of Adélie and gentoo penguins nesting on the rocks of Yalour Island and porpoising in the waters around our expedition boats.







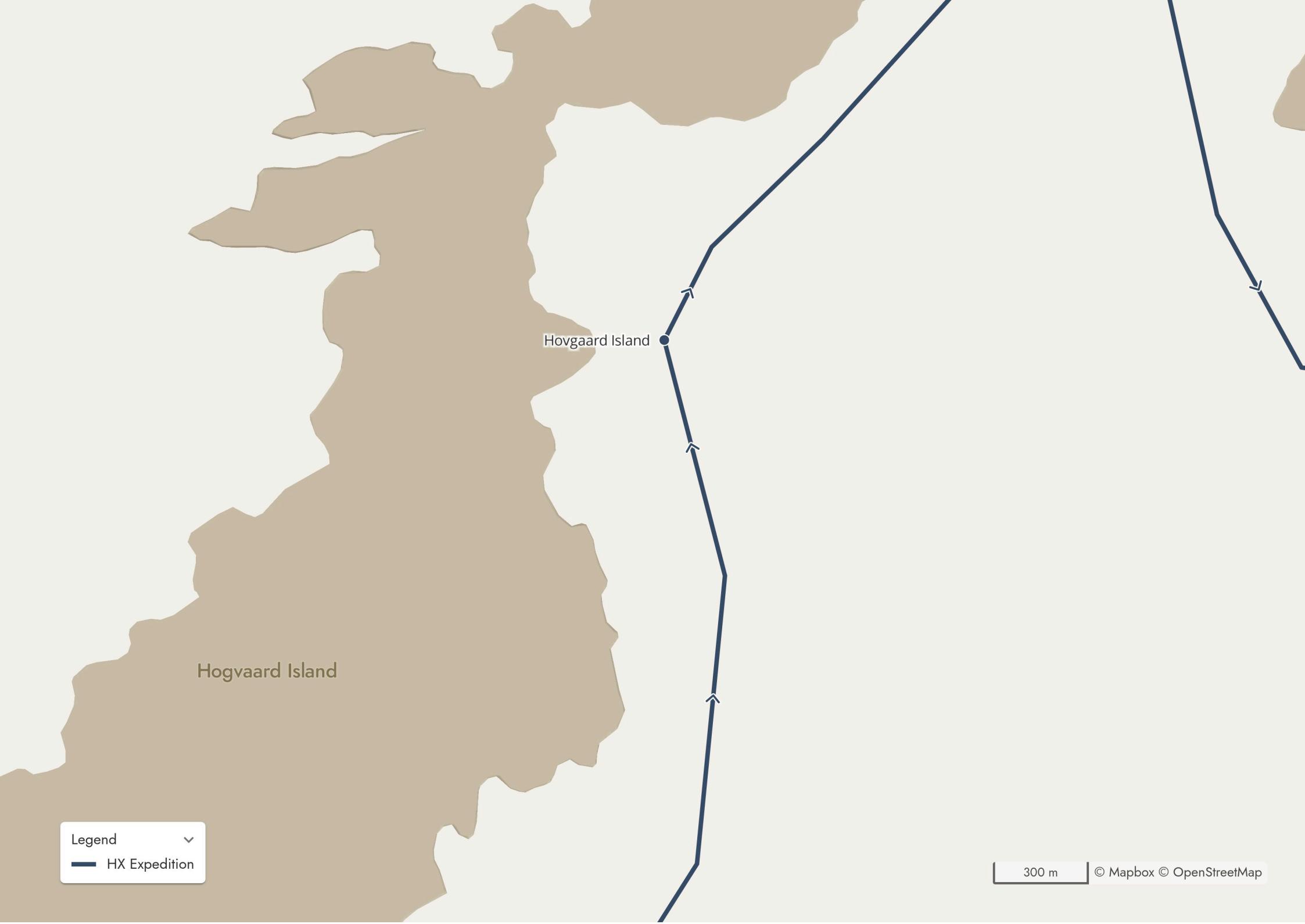
Day 4 - Petermann Island

Today our guests stepped ashore for the first time. There's nothing like feeling Antarctica beneath your feet. It was their first opportunity to get up close and personal with the penguins. How funny they are, how funny they must find us trying to walk on the snow and ice. We

climbed the hill to the viewpoint so we could overlook the French Passage and iceberg graveyard, where massive tabular icebergs have grounded. What a dramatic sight!







Day 5 - Hovgaard Island

We started the morning with a round of expedition boat cruising, a gentle way to start the day's adventures, cruising in between icebergs and surrounded by towering snow-clad cliffs. We saw sleepy seals hauled out in social groups on low lying icebergs, and even a couple of humpback whales languidly cruised by, their heavy exhalations drifting across the water, mixed with the booming crack of glaciers calving.

Some guests started the morning with a snowshoeing hike up to the viewpoint on Hovgaard Island. These modern, lightweight snowshoes made the exercise relatively easy, and the spikes used on the ice gave our guests renewed vigour to complete the climb, with stunning views of the pristine Antarctic landscape a fitting reward.







Day 5 - Pleneau Island & Lemaire Channel

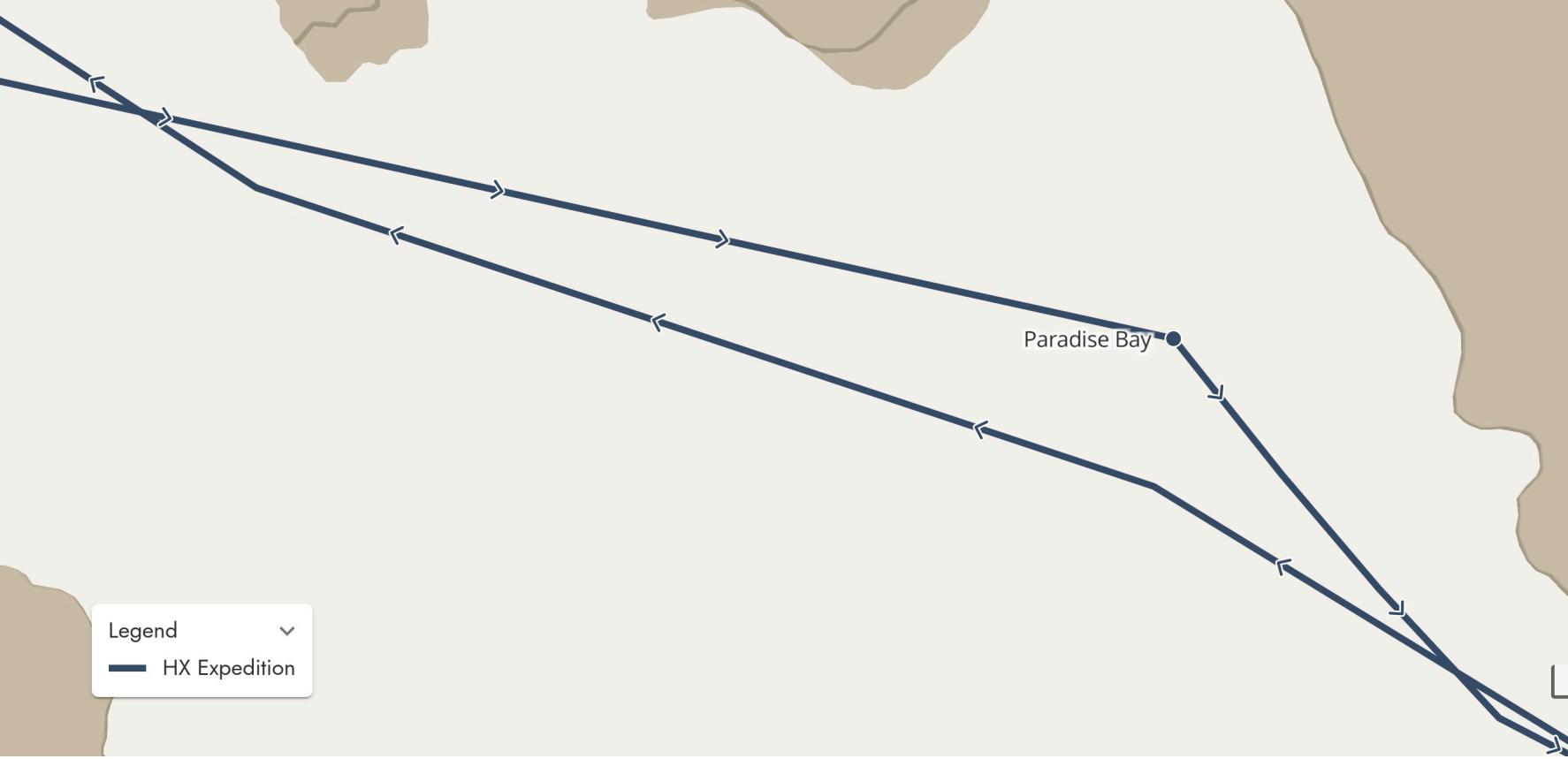
Today we enjoyed another landing and day of activities. The gentoo penguins, with their bright red beaks and white heads, were endlessly entertaining as they made their way between the scattered rookeries and the sea. They mirrored our inquisitiveness. In the afternoon a brave cohort decided to test their mettle by undertaking a polar plunge from the tender pit.

Then we gathered on the observation decks as we sailed through the Lemaire Channel, a narrow channel bounded by towering vertical cliffs covered in hanging glaciers. The evening sky was bright and clear as we navigated between the icebergs in the channel, finishing with the majestic towers of Cape Renard and the Una Peaks.





Lemaire Island



Legend
HX Expedition

500 m

© Mapbox © OpenStreetMap

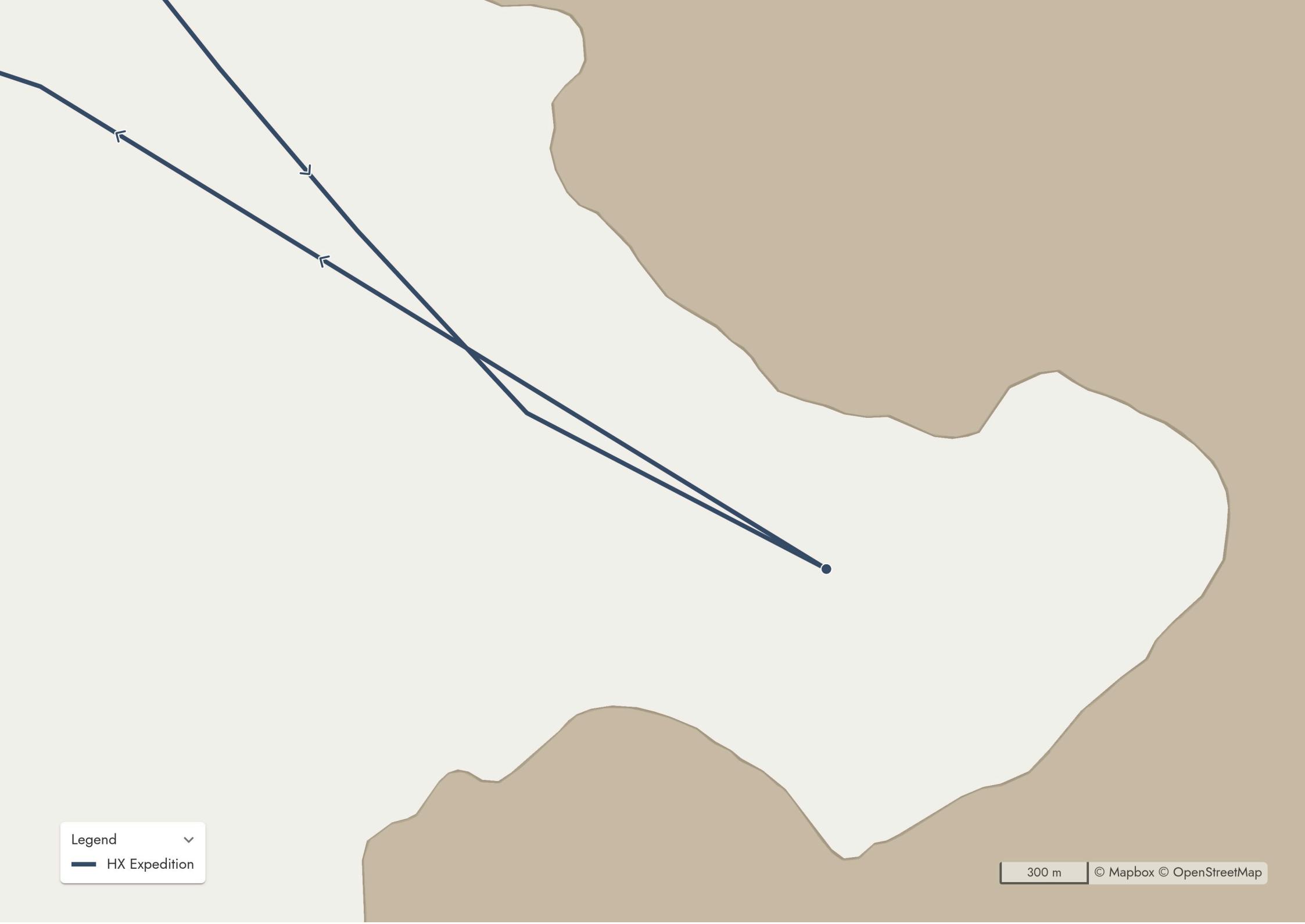
Day 6 - Paradise Harbour/Paradise Bay

We met up with our slightly older sister ship, MS Roald Amundsen, early this morning. Then we sailed a short distance into Paradise Harbour to cruise around the Presidente Gabriel González Videla Base in our expedition boats. When the Chilean flag is flying, the base is occupied. It only operates as a summer station now, and its

staff came down to the water's edge to check us out! We kept our eyes peeled for the caramel-coloured leucistic penguins that nest at the base, but we were unable to spot them during this visit. Later in the day, we all enjoyed observing the large rafts of penguins cleaning and feeding themselves in the Aguirre Channel.





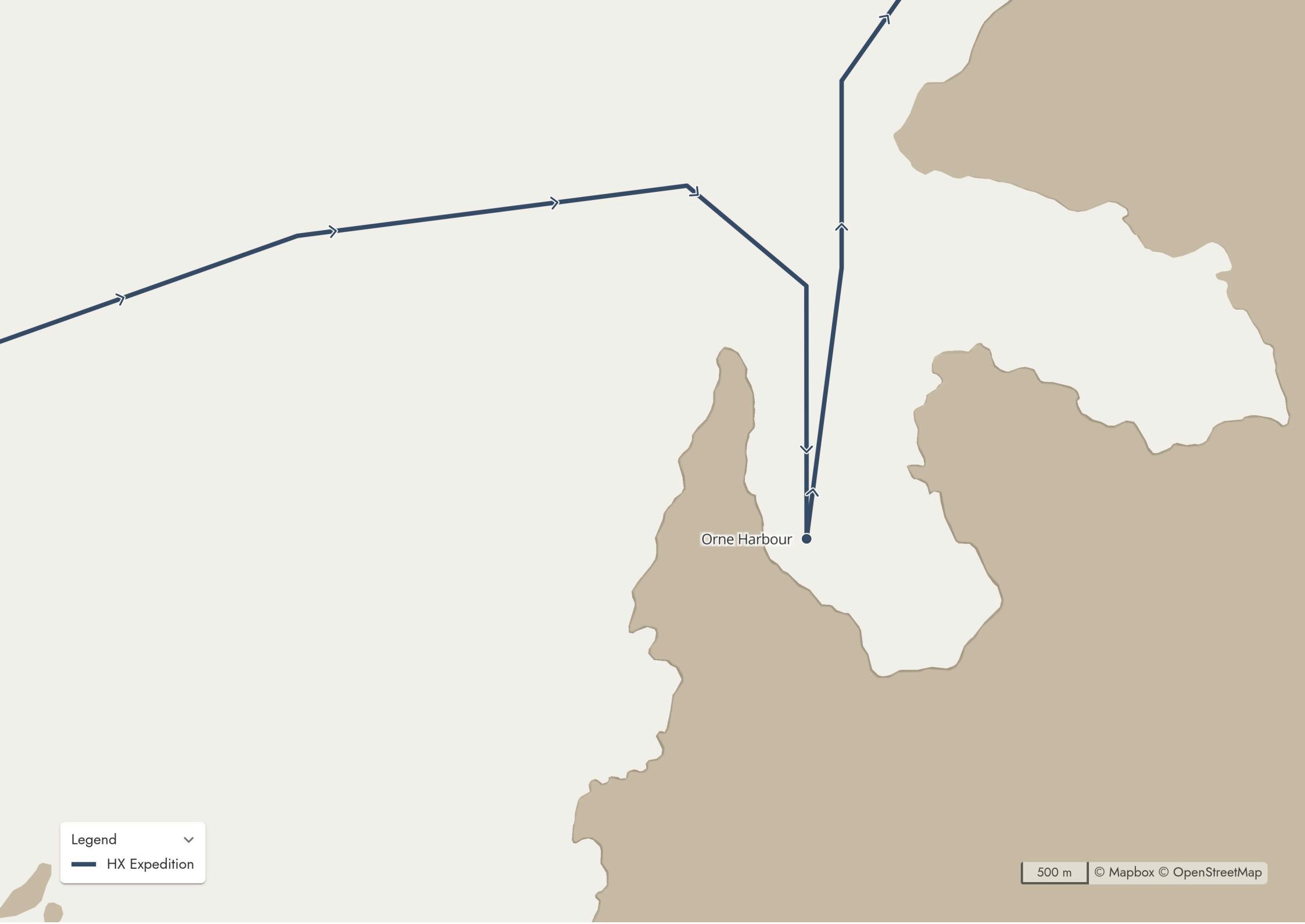


Day 6 - Leith Cove

At the end of the day, a hardy group of guests headed out to camp on the ice in a mix of tents and bivy bags. As they set up, they listening to the deafening silence of Antarctica, the exhalation of

whales, the plaintive calls of penguins looking for their mates, and the ominous, booming sounds of glaciers moving inexorably downslope to the sea.





Day 7 - Orne Harbour

Today we set out hoping to support some scientific research. Two Bioacousticians were on board, aiming to recover a sound trap that had been sitting in the Gerlache Strait for a full year. Everyone was on lookout duty, scanning the water for the unit as it surfaced. Unfortunately, it never appeared. MS Nansen will try again on a future voyage, and we're all rooting for better luck next time.

While we were searching, though, the ocean gave us something special: humpback whales cruising through the strait and a pod of orcas teaching their youngsters how to move as a pack. Not a bad consolation.

For a lucky handful of guests, today also marked their seventh

continent. Antarctica welcomed us with high, fast-moving clouds, bright sunshine, and crisp snow that sparkled under the light. We climbed the 120 meters up to the saddle behind Spigot Peak, rewarded with sweeping views over the Gerlache Strait, Errera Channel, and Orne Harbour.

At the top, we visited a busy chinstrap penguin rookery. The adults looked exhausted as they trudged up the slope to feed their plump, demanding chicks. Overhead, skuas and southern giant petrels circled patiently, waiting for any chance to snatch a meal for their own young.





Day 8 - Deception Island & Whalers Bay

After lunch we slipped through the narrow entrance of Deception Island, known as Neptune's Bellows. It's hard to believe we were sailing straight into an active volcano!

We spent the afternoon exploring the remains of the old Norwegian Hektor whaling station, which later served as a British base until eruptions between 1967 and 1971 forced its abandonment. With the signing of the Madrid Protocol, the site was officially protected as a Historic Site. Standing among the rusting tanks and scattered machinery, it's impossible not to think about the sheer scale of the whaling operations that once took place here — and how many whales were lost.

The landscape itself is a striking mix: black volcanic slopes, patches of

glacier, bright algae and moss beds, and the corroded remnants of industry. After days surrounded by Antarctica's pristine white wilderness, the contrast is almost jarring. Penguins and seals wandered casually through the ruins, adding to the surreal atmosphere. At the southern end of the bay, we made the short climb up to Neptune's Window, a natural gap in the caldera wall with sweeping views.

Many guests were looking forward to a 'gentler' polar plunge, hoping the supposedly geothermally warmed waters of Deception Island would take the edge off. The wisps of steam rising from the shoreline certainly suggested it. But the moment they stepped in, the truth became clear—the water was every bit as bracing as anywhere else. Deception Island living up to its name once again.



Day 9 - Drake Passage Northbound

The Drake Passage treated us incredibly well today as we made our way north. Throughout the day, our lecture program kept feeding our guests' curiosity about the remarkable place we've just left behind.

It's hard not to reflect on how extraordinary it is that, at the height of

the Cold War, the world managed to come together and negotiate the Antarctic Treaty. We owe a huge debt of gratitude to the scientists and visionaries who proved that cooperation was possible even when global tensions were at their peak. Their work set the foundation for the peaceful, collaborative Antarctica we know today.



Day 10 - Drake Passage Northbound

A quiet, almost resigned calm settled over the ship as we all realized this adventure was coming to an end. Any lingering worries about the mighty Drake Passage have faded away, disappearing like a black-browed albatross gliding effortlessly through Antarctic winds. By morning, the legendary Cape Horn appeared on the horizon, standing guard where three great oceans meet.

In the afternoon we gathered to show our appreciation for the incredible, hard-working crew as the Captain hosted a farewell. Thanks to the remarkably gentle Drake conditions, we reached Ushuaia in the late afternoon, giving guests a chance to wander and explore this little city at the end of the world.





Ushuaia, Argentina - Jan 19, 2026

132.5 km

HX

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