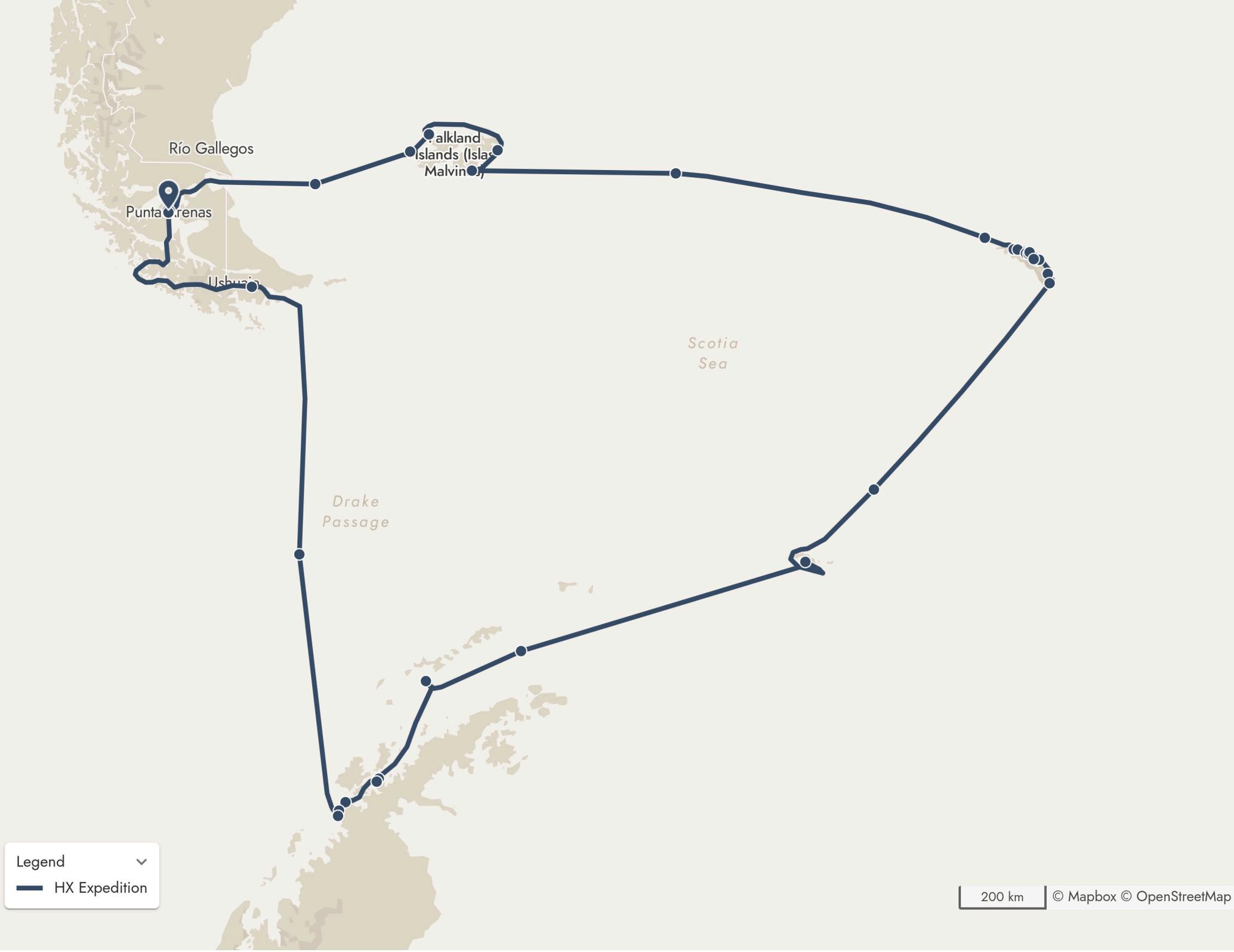




# MS Fram - In-depth Antarctica, Falklands & South Georgia Expedition

28.2 – 21.3.2026



Legend

— HX Expedition

200 km

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## Punta Arenas - Embarkation Day

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Our guests embarked in Punta Arenas and settled into their new home aboard the ship, shaking off travel fatigue as they explored the decks and common spaces. They attended the mandatory safety drill and learned how our boat groups work for landings and activities.

After collecting their rubber boots for landings, they felt properly equipped for the voyage ahead. In the evening we enjoyed our first dinner together on board and MS Fram set sail along the Strait of Magellan towards our first destination – the Falkland Islands.



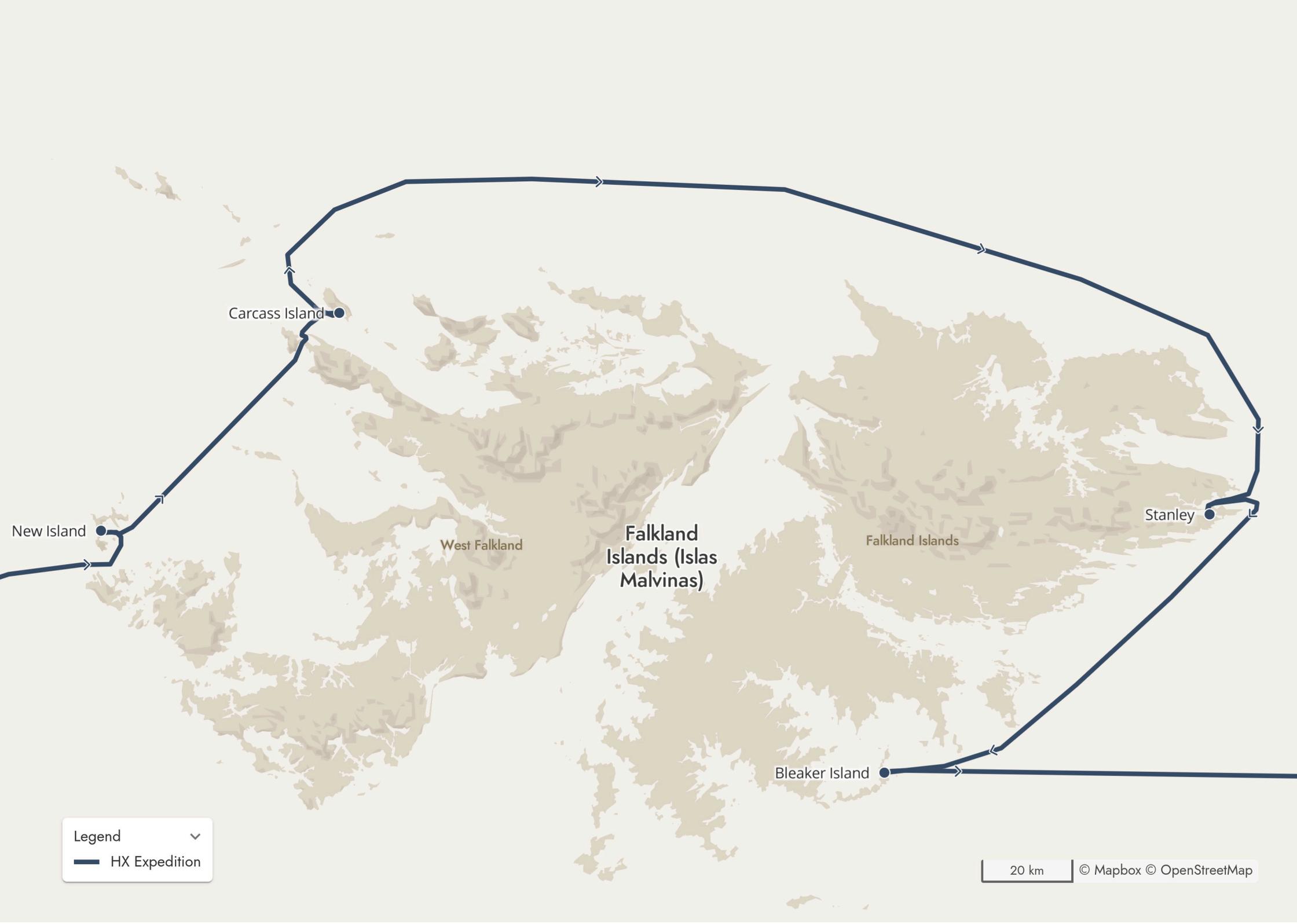
## On Our Way to the Falklands

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We started our voyage with a very calm and sunny day at sea. Our guests spent the day variously easing into their new routine, relaxing and enjoying the programme of talks and activities. Guests joined a birdlife talk, met the Guest Scientists, and got a clear sense of how the onboard science projects worked. In anticipation of our arrival in

the Falklands, many attended a lecture about the islands' history. They also heard from our Expedition Leader Tomski and our Hotel Manager Milos with more voyage and ship information. After picking up their expedition jackets, we all gathered for the Captain's Welcome.





Carcass Island

New Island

Stanley

Bleaker Island

West Falkland

Falkland Islands (Islas Malvinas)

Falkland Islands

Legend

— HX Expedition

20 km

© Mapbox © OpenStreetMap

## New Island

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Our first nature landing of the voyage was also our guests' first experience of being taken ashore in the ship's expedition boats. We landed at New Island, owned by the Falklands Conservation charity. On the island, we encountered the thriving Falklands wildlife, visiting

a mixed colony of rockhopper penguins, black-browed albatrosses, and blue-eyed shags. Along the trail, we saw many geese and several other bird species, including meadowlarks and caracaras.



## Carcass Island

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In the afternoon, we visited Carcass Island, where our guests enjoyed the garden around the 'Cookie House' and some joined the

Ornithologists to find the famous Cobb's wren.



## Stanley

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Stanley offered a change of scenery from the earlier nature landings. We took our time here to explore the town and its history, from history walks to museum visits. Many visited Gypsy Cove for a nature walk, which offered beautiful coastal views and the chance to spot

Magellanic penguins. Some took part in the wildlife watch out on deck, where we spotted just outside Stanley two southern right whales that came close to the ship and stayed with us for a while. For most of us, this was the first time seeing these majestic creatures.

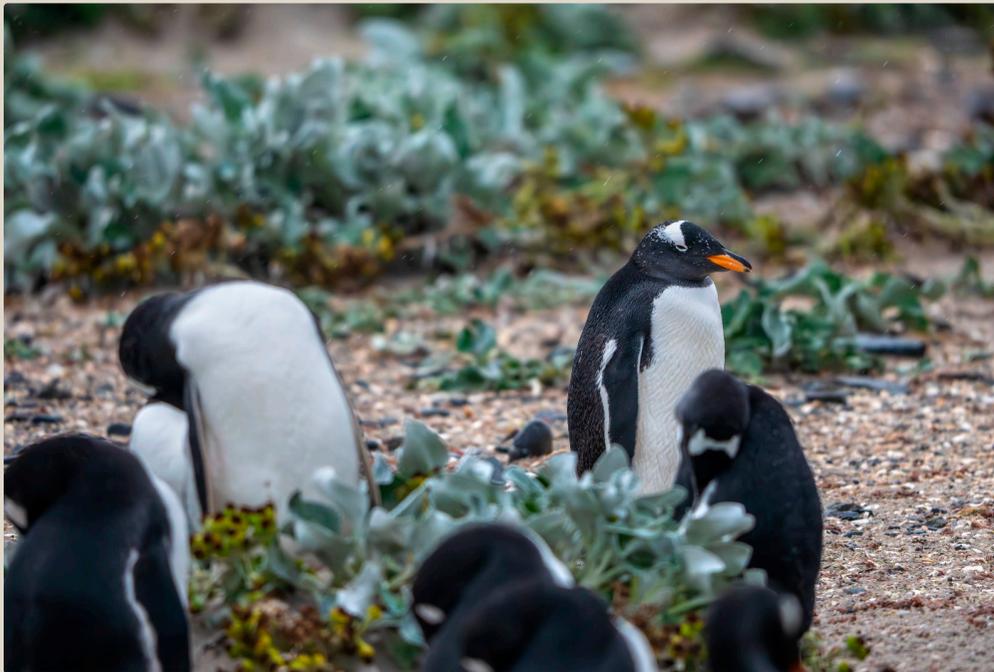


## Bleaker Island

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In the morning, we landed by expedition boat on a huge beach at Bleaker Island in the Falkland Islands, where we were greeted by gentoo and Magellanic penguins. We saw big groups of moulting

gentoo penguin on our walk around the little lake – and the first king penguin we've sighted was among them. During the afternoon we started sailing towards our next destination - South Georgia.



## Leaving the Falkland Islands

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Our Expedition Team offered lots of programmes on this sea days towards South Georgia. Many learned about the birds of South Georgia, and how to take great photos from our Photographer, Jan. Guests also heard about Shackleton's incredible voyage from our

Historian, Sandra. Reflecting on our time in the Falklands, excitement was growing for South Georgia! In preparation, guests attended a briefing about the regulations.



## On Our Way to South Georgia

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Today was a great day for wildlife watching, with a marine wildlife identification workshop helping many spot hourglass dolphins, albatrosses, fin whales, humpback whales, king penguins, and more! Guests learned about the history, climate, and wildlife of South Georgia, with many taking part in a Citizen Science project with the

NASA GLOBE Cloud Observer project. The Expedition Team also shared information about the stunning hikes possible in South Georgia. Many guests took time to relax, from joining the knitting corner to unwinding with live piano tunes in the Explorer Lounge. We also spotted our very first iceberg!





Salisbury Plain

Prince Olav Harbour

Hercules Bay

Fortuna Whistle Cove

Stromness

Grytviken

Sandebugten

Godthul

South Georgia

Gold Harbour

Cooper Sound

Legend

— HX Expedition

10 km

© Mapbox © OpenStreetMap

## Sandebugten

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We arrived in South Georgia in the morning and landed with the expedition boats at Sandebugten, a pebble beach where we were greeted by hundreds of young fur seals and also by some king and gentoo penguins. Some were incredibly lucky to spot two blonde

(leucistic) fur seals. At the end of the beach, we spotted some elephant seals as well. Some joined a hike going to landing site of the afternoon - Godthul.



## Godthul

In Godthul was plenty of tussock grass across the hillsides, and a few shy fur seals tucked themselves between the thicker patches, watching us from a distance. Here, we walked through the old whaling-era

remnants — rusted fittings, scattered timbers, and the outlines of structures that hint at the activity that once filled the bay. It was a quiet and solemn place, shaped by both nature and the traces of its past.



## Salisbury Plain

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In the morning we arrived at Salisbury Plain, but due to the wind conditions we couldn't go ashore. The Captain held our position for some time so we could enjoy the landscape and the ship being surrounded by penguins. The Expedition Team offered us a range of

onboard programmes. Today was 'International Women's Day' and our historian, Sandra, gave a lecture about the women of Antarctica to celebrate this day.



## Prince Olav Harbour

During the afternoon a storm that had descended calmed down enough so that we could cruise Prince Olav Harbour in our expedition boats. We all enjoyed this very special winter landscape,

because it had been snowing during the day and the surrounding mountains were all draped in snow.



## Fortuna Bay – Whistle Cove

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Fortuna Bay was our landing site for the morning. Together we expertly navigated through fur seal territory to reach a large king penguin colony. We stood at the viewpoint and looked into the valley

filled with thousands and thousands of king penguins. It was quite a sight to behold!



## Strømness

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During our landing at Strømness our guests learned about the whaling industry on South Georgia at the abandoned station. Some joined the walk through the Shackleton Valley towards the Shackleton

Waterfall and listened to engaging stories about the man and the famous expedition of the *Endurance*.



## Hercules Bay

In the morning, we took our expedition boats cruising at Hercules Bay under perfect conditions – pure sunshine and no wind. We spotted lots of macaroni penguins on the rocks surrounding the bay, and at

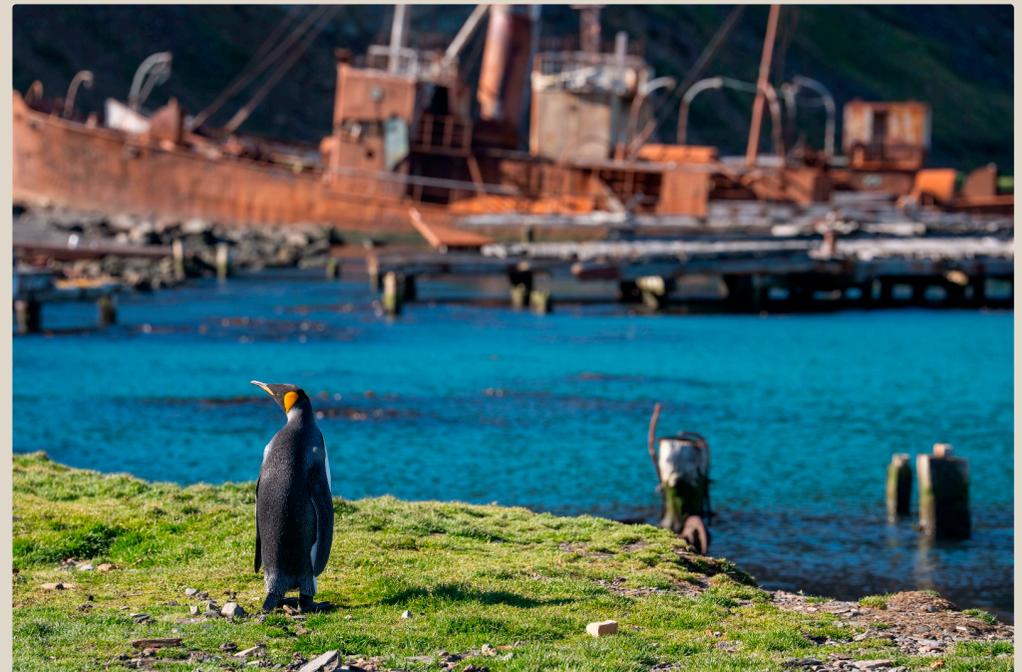
the end of the bay was a beach with a big waterfall where we saw elephant seals, fur seals, king penguins, gentoo penguins, and even a few chinstrap penguins. What a morning!



## Grytviken

Today's visit to Grytviken was eye-opening, with a solemn atmosphere as we visited Shackleton's grave and the old whaling station. The museum described the whaling industry of South Georgia and the

transition from hunting to conservation. The South Georgia Heritage Trust gave our guests guided tours to explain the life whalers led in Grytviken.



## Gold Harbour

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Our last landing in South Georgia was at Gold Harbour. Many went out on deck early in the morning to appreciate the calm weather and the mountain peaks that shines in golden warm colour from the sun.

The landing itself was breathtakingly beautiful and a wildlife paradise. We saw thousands and thousands of king penguins and a big group of around 30 big male elephant seals.



## Cooper Sound

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Before we headed south towards the White Continent, we passed by Cooper Sound and enjoyed the landscape of tall mountain peaks, hills covered in tussock grass, and penguin colonies at the beaches.



## Heading to Antarctica

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Today was filled with a wide range of onboard programmes. In order to be fully prepared for Antarctica, guests also attended the mandatory biosecurity procedures session. Guests attended a lecture about ORCA's onboard research program and many attended the

wildlife watch. They attended a Q&A session with the scientists of the British Antarctic Survey Team and many joined a scavenger hunt on board the ship.



Passage



Signy Research Station

At sea

Telefon Bay

Orne Harbour

Cuverville Island

emaire Channel

rmann Island

Yalour Islands

Legend

— HX Expedition

50 km

© Mapbox © OpenStreetMap

## Signy Research Station

At around noon, we arrived at Signy Island in the South Orkneys. We landed at the research station of the British Antarctic Survey and the scientists there showed us the station and told us about their life there and their current projects.

Afterwards, guests joined the Expedition Team for a little walk up the

hill to a viewpoint and around the station. They also learned from our Geologist, Linda, about glaciers and icebergs, and about the different types of feathers that make birds so successful. We also heard from our Historian, Sandra, about the famous 'Race for the South Pole' between Amundsen and Scott.



## Reaching Colder Waters

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As we sailed deeper into Antarctica, the Expedition Team offered a wide range of onboard programmes. Some guests spent time out on deck joining the wildlife watch while some just relaxed in the knitting corner. Kelda told guests about the 'Songs of the Sea' and Linda gave

an introduction into the geology of volcanic Deception island and how it had been created. Most guests also took advantage of the open bridge visits and asked the Captain and the Officers everything they had always wanted to know.



## Telefon Bay, Deception Island

While on the way towards Deception Island, our guests learned from Chris how technology reveals the secret lives of penguins. Some joined a wildlife watch out on deck while others tagged along the history & art walk on board. Just after lunch we entered through the narrow entrance of the caldera of Deception Island, which offered

spectacular scenery. What a unique place to be! We continued sailing inside the caldera towards our landing site, Telefon Bay. It was very windy here, but we all enjoyed this total different landscape – a bit like landing on the moon. Some very brave guests even participated in the polar plunge here.



## Orne Harbour

We started the day by sailing into Orne Harbour, a bay with a spectacular view of huge glaciers and high mountain peaks. We even spotted several humpback whales around the ship! Tomski greeted us

ashore with the words "Welcome on the Antarctic Continent!" as it was our first continental landing. As if to mirror Tomski, a big male fur seal greeted us and stayed at the landing site for our whole time here.



## Cuverville Island

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During the afternoon we landed at Cuverville Island, where we arrived at a pebble beach with thousands of gentoo penguins and

wonderful views.



## Lemaire Channel

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This morning, our Captain navigated MS Fram through the ice-filled Lemaire Channel – a narrow passage with spectacular views! At the

end of the channel we passed a huge iceberg and everyone clapped to congratulate the Bridge Team for their incredible navigation.



## Petermann Island

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Our last landing in Antarctica was at Petermann Island in the afternoon . We walked over a rocky area and over a snowy slope towards a viewpoint with gentoo and Adélie penguins. Guests also

learned about Petermann Island's historical link to the Charcot Expedition and the British Antarctic Survey.



## Yalour Islands

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Before we headed north we did a final expedition boat cruise at Yalour, where we have often seen lots of humpback whales and large

icebergs right up close.



## Crossing the Drake Passage

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We woke up in a relatively calm Drake Passage on our way north. We had between 3–5m waves. The Expedition Team offered a wide range of onboard programmes, such as a lecture from Linda about the climate in Antarctica, a tiny talk roulette, and a workshop by

Carolina about the secret language of the sea. Many spent a lot of time out on deck enjoying the wildlife watch while others joined the cosy knit & natter session. In the evening, the Expedition Team hosted the HX Foundation charity auction.



## Entering the Beagle Channel

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As we got closer to Puerto Williams and the Beagle Channel, the sea became more calm. It was time for our guests to start preparing for going home. In the distance we could spot Cape Horn on our way to Puerto Williams. Many joined the wildlife watch out on deck, where we spotted lots of albatrosses and even a western cattle egret. We

learned from Kelda about the challenges of being a 21st century whale and Chris told us about fieldwork stories around Antarctica. Some joined Jan's photo editing workshop and Linda's NASA GLOBAL Cloud Observer session. The evening ended with a storytelling by Sandra about Hoosh, a questionable stew.



## Chilean Fjords

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As we sailed deeper into the Beagle Channel we passed the famous and breathtaking scenery called 'Glacier Alley'. We had extremely

calm sea and sunshine, so many spent the entire morning out on deck admiring this untouched landscape full of forest and glaciers.





## Punta Arenas - Disembarkation Day

Today was the last day of what was an incredibly special shared experience. It was an emotional farewell as our guests said goodbye to new friends as well as the wonderful crew and the Expedition

Team. We're sure that new friendships have been formed, since experiences like this connect us more with each other and our natural world.





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