



## Itinerary

### 18 Day Antarctic Circle Expedition 2025/2026

**\*IMPORTANT NOTE:** Any extra nights, optional tours or other amendments, will not be visible on this itinerary.

#### Day 1: Buenos Aires – The Gateway to Your Antarctic Adventure

Begin your Antarctic journey with an overnight stay in Buenos Aires, a city rich in history and vibrant culture. Known as the "Paris of South America," Buenos Aires offers a captivating blend of European elegance and Latin American flair. Make your own way to the hotel and immerse yourself in this lively, charming destination.

Explore the city's diverse neighbourhoods, each with its own unique character. Wander through the charming streets of Palermo, known for its trendy boutiques and lively cafés, or soak in the historical ambiance of San Telmo, where colonial buildings and tango bars create a nostalgic atmosphere. Don't miss the opportunity to savour a meal at one of the city's renowned parrillas, where you can indulge in succulent Argentine steak, grilled to perfection.

For those eager to dive into Buenos Aires' cultural heritage, why not immerse yourself in the world of tango? The city is the birthplace of this passionate dance, and there are numerous venues offering tango shows and lessons. Alternatively, consider arriving a few days early to fully experience all that this dynamic city has to offer, or explore the surrounding region with an optional Pre-Programme.

**MEALS:** Nil

**OVERNIGHT:** 4 Star Hotel, Buenos Aires

#### Day 2: Ushuaia – Embarking on Your Expedition

Your adventure truly begins with a morning flight to Ushuaia, the southernmost city in the world. Nestled at the edge of Argentina's Tierra del Fuego Province, Ushuaia is the gateway to Antarctica and offers stunning views of the surrounding landscape, including the imposing Martial Glacier. Upon arrival, you'll be welcomed and transferred to your hybrid-powered expedition ship, designed for sustainable and comfortable cruising through polar waters.

After a comprehensive briefing from the Expedition Team, take some time to settle into your cabin and familiarize yourself with the ship's amenities. This is your home for the next leg of your journey, and it is equipped with all the comforts you need for a seamless expedition experience. Spend the rest of the day exploring the ship, meeting fellow travellers, and preparing for the remarkable adventure that lies ahead.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Roald Amundsen

#### Days 3-4: Drake Passage – Preparing for Antarctica

As your ship crosses the Drake Passage, the Expedition Team will be on hand to enhance your understanding and appreciation of the polar environment. This two-day crossing offers ample opportunities to learn about Antarctica's unique ecology, history, and the pressing issues of climate change and pollution.

Visit the onboard Science Centre, where interactive exhibits and expert presentations provide valuable insights into the icy continent. Engage in discussions on Antarctic wildlife, the science beneath the ice, and how to minimize your impact during your visit. The Team will also introduce you to various Citizen Science projects you can participate in, contributing to ongoing research and conservation efforts.

In between educational sessions, enjoy the relaxation and amenities aboard your ship. Unwind in the spa and wellness area, savour exquisite meals in the dining room, and socialize with other passengers in the Explorer Lounge & Bar. The crossing offers a chance to both prepare for and reflect on the extraordinary journey ahead.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Roald Amundsen

### Days 5-15: Antarctica – Immersed in the Frozen Continent

Antarctica awaits with its breathtaking landscapes of towering glaciers and vast icebergs. Each day of your 11-day exploration will reveal new wonders. Observe large penguin colonies huddling on ice floes, majestic whales gliding through icy waters in search of krill, and a diverse array of seabirds soaring overhead.

Your expedition will take you to various landing sites, where you'll have the opportunity to disembark and explore on foot and embark on ice-cruises to get up close to the stunning ice formations. Depending on conditions, you may even have the chance to kayak among the icebergs, offering a unique and intimate perspective of this frozen world.

Throughout the journey, the Expedition Team will continue to provide lectures and insights, deepening your understanding of Antarctica's natural environment and ongoing conservation challenges. The captain will adjust the itinerary as needed to ensure the best possible experience, adapting to weather and ice conditions.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Roald Amundsen

### Days 16-17: Drake Passage – Reflecting on Your Antarctic Journey

As your expedition concludes, the return trip through the Drake Passage offers a chance to reflect on your Antarctic adventure. This time at sea allows you to revisit the Science Centre, delve deeper into topics of interest, and contribute your observations to Citizen Science projects.

Relax and unwind with a spa treatment or enjoy the fresh sea air from the on-deck hot tubs. Socialize with fellow travellers in the Explorer Lounge & Bar, sharing stories and experiences from the past days. The return journey is a perfect opportunity to process the awe-inspiring sights and personal experiences from your time in Antarctica.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Roald Amundsen

### Day 18: Ushuaia/Buenos Aires – The Finale of Your Expedition

Your expedition cruise ends in Ushuaia, where you'll fly back to Buenos Aires. Reflect on your incredible journey as services conclude at Buenos Aires Airport. For more adventure, consider an optional Post-Programme to explore Buenos Aires before heading home.

**MEALS:** Breakfast