



## Itinerary

### 18 Day Antarctica and Falklands Expedition | Southbound

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

#### Day 1: Arrive Buenos Aires, Argentina – Embark Ship

Your adventure begins in Buenos Aires, a vibrant city known for its rich culture and passionate people, known as porteños or "people of the port." The city is a captivating blend of old-world European elegance and lively Latin American energy.

Take time to explore the bustling streets, where you'll find charming cafés, historic buildings, and lively markets. If you're a food lover, be sure to visit a parrilla to enjoy Argentina's famous steak. Or, if you're feeling adventurous, why not immerse yourself in the world of tango in its birthplace?

Later, you'll embark on MS Roald Amundsen and begin your voyage southward. After a warm welcome from the Expedition Team, they will brief you on what to expect on your journey. You'll then have time to settle into your cabin and familiarise yourself with the ship's comfortable facilities. Enjoy your first evening on board as you prepare for the exciting days ahead.

**MEALS:** Dinner

**OVERNIGHT:** MS Roald Amundsen

#### Days 2-4: At Sea

As we sail south, take the time to relax and get ready for the adventures ahead. Over the next few days at sea, the Expedition Team will introduce you to the wonders we'll encounter on our journey.

Join engaging lectures on oceanography, geology, ornithology, and history, gaining insights into the unique landscapes and wildlife of the Southern Ocean. Visit the Science Centre for hands-on learning experiences and interactive presentations.

Keep your binoculars handy as you scan the open waters for magnificent seabirds, such as Wandering Albatrosses and petrels. These graceful birds soar effortlessly above the waves, offering fantastic wildlife-watching opportunities.

While on board, make the most of the ship's comfortable facilities. Relax in the hot tubs, unwind in the panoramic sauna, or stay active in the gym. This is the perfect time to enjoy the journey and anticipate the breathtaking sights that await.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Roald Amundsen

## Days 5-7: Falklands Islands

The Falkland Islands offer breathtaking landscapes with endless horizons, rolling green hills, and pristine white-sand beaches. These remote islands are home to diverse wildlife, making them a paradise for birdwatchers and nature lovers.

In Stanley, the capital of the Falklands, take a community walk through its charming streets. Visit Jubilee Villas gardens, the Christ Church Cathedral, and the Historic Dockyard Museum to learn about the islands' history and culture.

Our landings, hikes, and excursions will depend on the weather and sea conditions. We hope to visit albatross and penguin colonies, where you may also spot seals lounging nearby. We always ensure our visits are low impact, allowing us to observe wildlife up close while respecting their natural habitat.

Every day in the Falklands brings new discoveries, from dramatic coastal cliffs to hidden inlets teeming with seabirds. Whether you're taking in the rugged scenery, hiking along windswept trails, or simply watching penguins waddle along the shore, these islands promise unforgettable moments.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Roald Amundsen

## Days 8-9: At Sea

After exploring the Falkland Islands, we begin our two-day journey towards the majestic Antarctic Peninsula. As we sail through the vast Southern Ocean, take time to unwind and soak in the excitement of what lies ahead.

The Expedition Team will provide insightful lectures on Antarctica's unique wildlife, polar history, geology, and glaciology. These sessions will help you understand the fragile ecosystem and the significance of preserving this pristine environment.

To ensure a responsible and sustainable visit, you'll learn about the IAATO (International Association of Antarctica Tour Operators) guidelines. These essential rules help minimise our impact on this untouched landscape.

If you're interested in contributing to scientific research, you can join one of our Citizen Science programs. These projects allow guests to collect and share data for global research initiatives, supporting the ongoing study of Antarctica's climate, wildlife, and environment.

While at sea, take advantage of the ship's fantastic facilities. Spend time in the hot tubs, panoramic sauna, or gym, or simply relax on deck, scanning the horizon for seabirds and marine life.

Each moment brings us closer to Antarctica's breathtaking landscapes, where an adventure of a lifetime awaits.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Roald Amundsen

## Days 10-15: Antarctic Peninsula

Nothing can truly prepare you for your first glimpse of Antarctica's breathtaking, frozen landscapes. Towering icebergs, sculpted by nature, float in the icy waters, creating an otherworldly scene. Along the shores, Gentoo, Chinstrap, and Adélie penguins waddle and dive, while seabirds circle overhead, riding the crisp Antarctic winds. Here, nature is in complete control.

Over the next five days, we will explore a variety of possible landing sites on and around the Antarctic Peninsula and the South Shetland Islands. Each day will bring new surprises, with thrilling adventures at every turn.

We might sail into a flooded volcanic caldera, where steam rises from the black sand beaches, or land in an icy bay surrounded by towering glaciers. If conditions allow, you may have the chance to kayak among floating icebergs and curious seals or try snowshoeing to a panoramic viewpoint.

Bird enthusiasts will want to keep an eye out for Antarctic seabirds, including skuas, petrels, and terns. Throughout your journey, the Expedition Team will offer onboard lectures and onshore talks, sharing their knowledge of this fragile ecosystem and how we can all contribute to its conservation.

Every moment in Antarctica is unforgettable, a once-in-a-lifetime adventure that will stay with you forever.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Roald Amundsen

### Days 16-17: Drake Passage

After six incredible days in Antarctica, it's time to begin our journey back north. Our final adventure takes us across the Drake Passage, the legendary stretch of water between Antarctica and South America.

This passage is known for its strong winds and powerful currents, but it can also be calm and peaceful. Whether we encounter the 'Drake Shake' or the 'Drake Lake', every crossing is unique. MS Roald Amundsen is built to handle all conditions, so sit back and enjoy the ride.

During these two days at sea, take time to reflect on your incredible journey. The Expedition Team will be on hand to recap the highlights of your trip, from the Falklands' rolling landscapes to Antarctica's frozen wilderness. You can also review your photos, swap stories with fellow travellers, or relax in the panoramic sauna or hot tubs.

Keep an eye out for wandering albatrosses and petrels, gliding effortlessly over the waves. You might even spot whales surfacing in the distance, providing a fitting farewell to your time in the Southern Ocean.

The adventure isn't over just yet—South America is on the horizon!

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Roald Amundsen

### Day 18: Arrive Ushuaia – Disembark Ship ~ Buenos Aires

Your expedition cruise comes to an end as we arrive in Ushuaia, the southernmost city in Argentina. Known as the "End of the World," this vibrant port city is surrounded by snow-capped mountains, lush

forests, and dramatic coastal landscapes.

From Ushuaia, you'll board a flight back to Buenos Aires, returning to Argentina's lively capital. This marks the official end of your journey, but your adventure doesn't have to stop here!

Why not extend your trip with our optional post-programme? You could explore more of Buenos Aires, visit Iguazu Falls, or discover Argentina's famous wine regions before heading home.

As you reflect on your incredible voyage, you'll take home unforgettable memories of the Falklands, South Georgia, and Antarctica—places few people in the world have ever seen.

**MEALS:** Breakfast

### \*\*\*IGUAZU FALLS AND BUENOS AIRES EXTENSION\*\*\*

As your expedition cruise concludes in Ushuaia, the vibrant hub of Tierra del Fuego, Argentina's southernmost province. You'll then catch a flight back to Buenos Aires for your return home. Upon arrival you will be met at the airport and transferred to your hotel where you can spend the rest of the day at leisure.

**NOTE:** Charter flight details will only be provided once you are onboard the HX ship. As soon as you receive your flight information, please send these details via WhatsApp to the contact listed on your voucher. If you are unable to use WhatsApp, you may email the details to [info@myholiday2.com.au](mailto:info@myholiday2.com.au), and they will be forwarded on your behalf. Please note that transfers cannot be confirmed without your flight details—if this information is not provided, you will need to arrange your own transportation to the hotel.

**MEALS:** Breakfast

**OVERNIGHT:** Libertador Hotel, Buenos Aires or similar

### Day 18: Ushuaia ~ Buenos Aires

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**MEALS:** Breakfast

**OVERNIGHT:** Libertador Hotel, Buenos Aires or similar

### Day 19: Buenos Aires ~ Iguazu Falls - Triple Frontier

Begin your day with a delicious breakfast before making your way to the airport for your flight to the magnificent Iguazu Falls. Upon arrival, your friendly driver will greet you at the airport and ensure a smooth, comfortable transfer to your accommodation. After settling in, your adventure continues with a visit to the iconic Triple Frontier—the remarkable point where Brazil, Paraguay, and Argentina converge. Here, you'll experience the vibrant energy and cultural diversity that comes from three nations meeting at a single landmark.

Spend a relaxing evening at your hotel, resting up for the unforgettable exploration of one of the world's greatest natural wonders that awaits you in the days ahead.

**MEALS:** Breakfast

**OVERNIGHT:** Orquídeas Palace, Iguazu Falls or similar

### Day 20: Iguazu Falls - Argentinian Side

After breakfast, you'll set out for a full-day adventure exploring one of the world's most awe-inspiring natural wonders: Iguazu Falls. Today's itinerary takes you to the Argentinian side of the National Park, where entrance fees are not included and should be purchased directly at the park entrance. Accompanied by bilingual guides (English/Spanish), you'll enjoy a scenic open train ride to the heart of the park and back, taking in lush rainforest scenery along the way.

Your guided tour covers both the upper and lower circuits, giving you a comprehensive perspective of the falls' stunning beauty. The highlight of the day is a visit to the dramatic Devil's Throat Falls, where you'll witness the immense power and grandeur of the cascading water up close. Expect an unforgettable day filled with natural wonder, incredible photo opportunities, and immersive experiences at every turn.

**MEALS:** Breakfast

**OVERNIGHT:** Orquídeas Palace or similar

### Day 21: Iguazu Falls - Brazilian Side ~ Buenos Aires

After breakfast, you'll enjoy a guided tour of the Brazilian side of Iguazu Falls, where you'll experience breathtaking panoramic views and unique perspectives of this natural wonder. Transfers will be provided as you cross the border into Brazil for your visit. Please note that entrance fees to the national park are not included and must be purchased directly at the park entrance.

**APPROXIMATE TIMES:** 8:00 am to 3:00 pm

Following your tour, you'll be transferred back to the airport for your return flight to Buenos Aires. Upon arrival in Buenos Aires, you will be transferred to your hotel.

**MEALS:** Breakfast

**OVERNIGHT:** Libertador Hotel, Buenos Aires or similar

**NOTE:** As this tour crosses into Brazil, please be aware that from 30 July 2025, Australian passport holders will require a visa to enter Brazil. It is your responsibility to check and confirm all current visa requirements via [www.smartraveller.gov.au](http://www.smartraveller.gov.au)

## Day 22: Buenos Aires – City Tour

Today, you'll set out on an immersive city tour of Buenos Aires, exploring its rich history, vibrant culture, and unique neighbourhoods. Begin in the historic centre, where grand colonial buildings and landmarks like the Plaza de Mayo, Casa Rosada, and the Metropolitan Cathedral showcase the city's heritage. Wander through San Telmo, known for its cobblestone streets and artistic vibe, before heading to the colourful neighbourhood of La Boca, famous for its tango heritage and brightly painted buildings along Caminito Street. Then, enjoy the elegance of Recoleta, home to boutique cafes and the renowned Recoleta Cemetery (entrance fee not included), the resting place of Eva Perón. Conclude the tour in Palermo, a lively area filled with parks, trendy shops, and bustling eateries, capturing the modern pulse of Buenos Aires.

**APPROXIMATE TIMES:** 9:30 am to 3:30 pm

**MEALS:** Breakfast

**OVERNIGHT:** Libertador Hotel, Buenos Aires or similar

## Day 23: Depart Buenos Aires

Today you will be transferred to the airport for your return journey home. Due to flight availability and scheduling you may be required to spend an extra night in Buenos Aires at your own cost.

**MEALS:** Breakfast

## \*\*\*IGUAZU FALLS, BUENOS AIRES AND RIO DE JANEIRO EXTENSION\*\*\*

## Day 18: Ushuaia ~ Buenos Aires

As your expedition cruise concludes in Ushuaia, the vibrant hub of Tierra del Fuego, Argentina's southernmost province. You'll then catch a flight back to Buenos Aires for your return home. Upon arrival you will be met at the airport and transferred to your hotel where you can spend the rest of the day at leisure.

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**MEALS:** Breakfast

**OVERNIGHT:** Libertador Hotel, Buenos Aires or similar

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**APPROXIMATE TIMES:** 9:30 am to 3:30 pm

**MEALS:** Breakfast

**OVERNIGHT:** Libertador Hotel, Buenos Aires or similar

### Day 20: Buenos Aires ~ Iguazu Falls - Triple Frontier

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**MEALS:** Breakfast

**OVERNIGHT:** Orquídeas Palace, Iguazu Falls or similar

### Day 21: Iguazu Falls - Argentinian Side

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**MEALS:** Breakfast

**OVERNIGHT:** Orquídeas Palace or similar

### Day 22: Iguazu Falls - Brazilian Side ~ Rio de Janeiro, Brazil

After breakfast, you'll enjoy a guided tour of the Brazilian side of Iguazu Falls, where you'll experience breathtaking panoramic views and unique perspectives of this natural wonder. Transfers will be provided as you cross the border into Brazil for your visit. Please note that entrance fees to the national park are not included and must be purchased directly at the park entrance.

**APPROXIMATE TIMES:** 8:00 am to 3:00 pm

In the evening, take your flight to Rio de Janeiro. Upon arrival, you'll be transferred from the airport to your hotel, where you can check in and relax for the night.

**MEALS:** Breakfast

**OVERNIGHT:** Copacabana Premier Hotel, Rio de Janeiro or similar

### Day 23: Rio de Janeiro - City Tour

Today you can immerse yourself in the vibrant culture and breathtaking beauty of Rio de Janeiro, home to some of the world's most iconic landmarks. Stand in awe of the majestic Christ the Redeemer statue, a symbol of peace and faith perched high above the city on Corcovado Mountain. Stroll along the famous golden sands of Copacabana Beach, where the lively atmosphere and stunning ocean views capture the heart of Brazil's beach culture. Finally, take a cable car ride up Sugarloaf Mountain for panoramic views of the city, coastline, and lush surrounding landscapes. Rio promises a blend of natural beauty, cultural richness, and unforgettable experiences.

**MEALS:** Breakfast

**OVERNIGHT:** Copacabana Premier Hotel, Rio de Janeiro or similar

### Day 24: Rio de Janeiro - Free Day

Enjoy a day a leisure or contact MyHoliday2 for some optional excursions.

**MEALS:** Breakfast

**OVERNIGHT:** Copacabana Premier Hotel, Rio de Janeiro or similar

### Day 25: Depart Rio de Janeiro

Your unforgettable journey comes to an end today. After enjoying your morning at leisure, transfer from your hotel to the airport in time for your departing flight.

Take with you the incredible memories of the breathtaking landscapes, vibrant cities, and extraordinary experiences from your adventure. Safe travels, and we hope to welcome you back for another incredible journey in the future.

**MEALS:** Breakfast