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SOUTH AMERICA – TREASURES OF THE PACIFIC COAST

South America voyage of discovery Set sail through the legendary Panama Canal as we head off on a Pacific Ocean adventure. From the jungles of Central America all the way to the deserts of Chile, you'll experience a kaleidoscope of culture, colour and curiosities as we sample some of the top highlights of Latin America. From the ancient to the modern Indulge your sense of wonder as you fly over the enigmatic Nazca Lines, discover hidden Inca history, and explore the artistic mud-built city of Chan Chan. Taste cutting edge cuisine in Lima, look out for penguins in the Ballestas Islands, and savour the flavour of Chile's cultural life in colourful Valparaíso – a truly life-enhancing adventure.



ITINERARY

DAY 1 Embarking at Colón

Get ready to start your adventure Your South American expedition cruise begins in Colón, which stands at the entrance to the Panama Canal on the Atlantic coast. It's a bustling cosmopolitan centre with hot springs, a thriving handicraft scene and wonderful local restaurants. If you'd like to explore more of Panama, you can join one of our optional Pre-Programmes. However you choose to spend your time in Panama, your expedition ship will be ready and waiting. Once boarded, locate your cabin, explore the ship and get to meet your Expedition Team.

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DAY 2 Through the Panama Canal

Navigate one of the world's greatest engineering marvels Early in the morning, we'll enter the Panama Canal, a complex network of huge, ingenious locks stretching 50 miles through natural and man-made waterways. If weather allows, our Expedition Team will invite you on deck and tell the story of this ambitious project. Halfway through our transit, we'll enter the Gatun Lake section, which is one of the world's largest artificial lakes and is surrounded by verdant rainforest. Keep an eye out for crocodiles, alligators, monkeys and even sloths. After around twelve hours, we'll emerge into the Pacific, passing from one great ocean to another.

DAY 3 On the way to Ecuador

Enjoy a day at sea As we sail towards Ecuador take time to relax and get to know the ship better. Go out on deck and look out for wildlife – whales can often be seen in these waters. Your Expedition Team can be found in the Science Center, and they'll be giving some interesting talks on a range of topics. While you're there, why not find out about the Citizen Science projects we're running. Or if you'd simply like to relax and enjoy the journey, try out a hot tub or settle into the comfort of the Explorer Lounge & Bar and watch the world pass by. Later, a spot of stargazing from the deck is a lovely way to wind up your day.

DAY 4 Made in Montecristi

Discover the birthplace of Panama hats ... in Ecuador It's not every day that you get the opportunity to seek Neptune's blessing. We'll do just that in a traditional – and somewhat fun – ceremony as we cross the Equator in the early morning. Later, we'll dock at the port of Manta and set foot on South American soil as we visit the town of Montecristi. Known for its handicrafts,

you can buy a stylish genuine Panama hat here, expertly handwoven from the leaves of the jipijapa tree. Wander around this smart town and take a look at the imposing white church, or take in the colourful street art and murals. Returning to Manta, we'll pay a visit to the archaeological museum.

DAY 5 Bountiful Puerto Bolívar

Explore a bustling port with a charming atmosphere We have a fruitful day ahead exploring Puerto Bolívar, a port in the city of Machala that exports coffee, cocoa, shrimp and masses of bananas. Shipping more of Ecuador's 'green gold' than anywhere else in the country, Puerto Bolívar is dubbed 'Banana Capital of the World.' Machala itself has all the charm you'd expect from a small coastal city, including friendly locals, cosy plazas and striking monuments. You can try delicious fresh seafood at the harbour restaurants, taking in views of the mangrove swamps of Isla Jambeli. Then explore on foot the local markets, plazas and the Casa de la Cultura museum.

DAY 6 Leisure and learning

Relaxation, research – or a bit of both Your Pacific coast cruise continues as we head towards Peru. As we sail, you might want to soak up the scenery on deck, dine on delicious food or just enjoy the onboard facilities. The Expedition Team will continue their talks in the Science Center, sharing insights on all kinds of topics. You might learn about Indigenous communities and cultures, local geology and pre-Columbian history, among other things. Out on deck, they'll help you identify the seabirds that like to follow our ship, as well as other wildlife. Our onboard photographer will be on hand with tips.

DAY 7 Salaverry, Peru



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Discover Trujillo's ancient kingdoms Salaverry is the gateway port to Peru's third largest city, Trujillo, and some fascinating archaeological sites. Colourful Trujillo boasts a Baroque cathedral, colonial churches and Neoclassical mansions, as well as one of the longest mosaic murals in the world. Nearby, the vast ancient ruins of the Chimú city of Chan Chan date back to at least 900 CE. On the other side of Trujillo, the mysterious Mochican pyramids of the Sun and the Moon pre-date even that. Back on the ship, there will be a performance of traditional Peruvian dances.

DAY 8 Lima – a city both ancient and modern

Explore Peru's historic capital Lima's historical centre is a designated UNESCO World Heritage Site. It's a jewel of Spanish-era architecture, from colonial churches and monasteries to elegant mansions. Going further back in time, you can learn more about the city's pre-Hispanic heritage at the ruins of the pyramid Huaca Pucllana. Known as the food capital of South America, Lima has everything from gourmet restaurants to unmissable street food. We recommend trying Peru's national dish ceviche, fish marinated in lime juice, onion and chilli.

DAY 9 Ballestas and Nazca

Discover extraordinary wildlife and ancient mysteries Among Peru's most notable attractions are the Nazca Lines and the Ballestas Islands, and both are accessible from Paracas. Known as El Chaco, the town has an array of restaurants along the main waterfront where you can enjoy traditional jalea – fried seafood with salsa criolla and yuca root. Just offshore are the wildlife rich Ballestas Islands. On today's boat tour, look out for Humboldt Penguins, turtles, pelicans, sea lions, Inca Terns and humpback whales as you cruise around the islands. Otherwise, explore the Paracas National Reserve, with its otherworldly

yellow sand dunes and red beaches, or fly over the mysterious Nazca Lines etched in the Peruvian coastal desert – an experience that's on many people's bucket list.

DAY 10 Clear skies, cool climate

Rich marine life produced by the Humboldt Current As we cruise towards Chile, we'll sail through the Humboldt Current. The cold-water climate here creates conditions that sustain an incredible abundance of marine life, including vast shoals of anchovies, mackerel and sardines. Your Expedition Team will tell you more about the Humboldt Current's importance to the marine ecosystem. Visit the Science Center to find out more. Your Expedition Team will tell you more about its importance and impact on the marine ecosystem. You'll also have plenty of time to relax in the hot tub, work out in the gym, and take in the stunning views and stimulating breezes you'll find on deck.

DAY 11 Sunny Arica

Stretch your legs in sunny Arica Arica experiences a constant desert climate and is classed as one of the driest cities in the world, unusual for a place by the sea. No wonder the city is popular with sunbathers and surfers. On the lively streets Calle 21 de Mayo and Bolognesi you can try local treats and peruse the El Agro market. Take a 15-minute hike up the remarkable El Morro cliff for glorious views, or visit San Marcos Cathedral, designed by Gustave Eiffel. You can see mummies and learn about Chinchorro culture at the archaeological museum, or stretch your legs on a trek along Playa Corazones or exploring the Caves of Anzota.

DAY 12 Iquique and the Atacama

Discover the history of UNESCO-listed Humberstone Our cruise continues to bustling Iquique, a flat city of promenades lined



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with palm trees. We'll visit the abandoned saltpetre mining towns of Santa Laura and UNESCO-listed Humberstone in the arid Atacama Desert. Back in Iquique, explore this smart ocean-side city on foot, or just pull up a chair in a café and watch the people. While you're there, enjoy a delicious coffee or a traditional mango sour and chumbeque, a beloved regional sweet. Or pay a visit to La Esmeralda, a 19th century four-masted, corvette that has historical significance.

DAY 13 Relax at sea

Reflect on your adventure Your expedition cruise down South America's Pacific coast continues towards La Serena in Chile. By this stage of your journey, you'll have made friends with your fellow explorers, finding that you have interests and a passion for nature in common. You can spend time chatting with them in the Explorer Lounge and Bar, perhaps recalling the best bits of your expedition cruise so far. Of course, the Expedition Team will continue to deliver insightful lectures in the Science Center, and you can delve into the books in the onboard library if you want to learn more about a particular subject.

DAY 14 Stunning La Serena

Explore the 'City of Churches' and Serena Beach Docking at the port of Coquimbo, we'll head to Chile's second oldest city, La Serena. La Serena is blessed with beautiful sandy beaches all along Avenida del Mar and beyond. Bursting with classical architecture, there are around 30 carefully restored stone churches to discover, and you can visit the Archaeological Museum to marvel at pre-colonial artifacts. Take a stroll through the city's manicured public gardens, like the Japanese-inspired Jardín del Corazón, or shop for handicrafts at La Recova market. Down the discreet lane of Patio Colonial near Balmaceda you'll find relaxed cafés and eateries. Before boarding the ship, leave

some time to explore Coquimbo.

DAY 15 Valparaíso, a UNESCO gem

End your voyage in style in Valparaíso Your South American Pacific coast expedition cruise ends in Valparaíso. Known as the 'Jewel of the Pacific', this UNESCO-listed city is built on steep hillsides overlooking the ocean. It's well worth spending time exploring before you fly home. Filled with intriguing, impressions, it's an exhilarating maze of winding alleyways and barrios, colourful houses, and mercados packed with local produce. Take it all in on a funicular ride up to Cerro Alegre and Concepción. Although your cruise has come to an end, if you're up for more adventures you can join an optional Post-Programme.

Please Note:

Itineraries are subject to change.



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YOUR SHIP:

Fram

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LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

MS Fram is designed for sailing in polar waters, holds the highest safety standards and is the perfect size for optimum nautical manoeuvrability and guests' comfort. With space for only 276 guests, you are sure to get to know many of your fellow travellers. You will share stunning sights and memories of a lifetime long after returning home. The Norwegian word Fram means 'forward' - lifting expectations of the voyage at hand. MS Fram was built in 2007 with one mission in mind - to bring her guests closer to nature, wildlife and unforgettable experiences. As well as offering numerous lounges in which to relax, our more active guests can use our well-equipped gym. Meanwhile, on deck, our Jacuzzis guarantee you surreal memories when passing the towering icebergs of Antarctica or Greenland.



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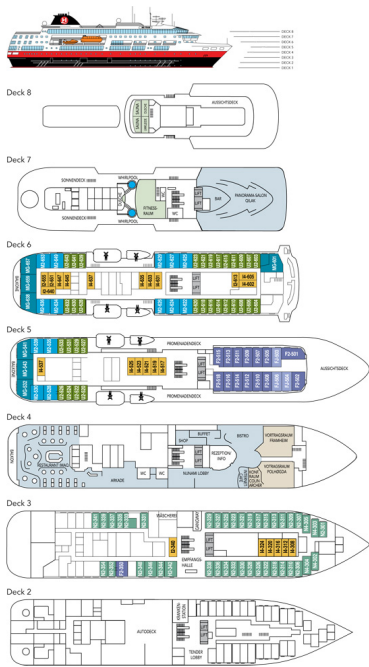
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