

The Falklands

“I now belong to a higher cult of mortals for I have seen the albatross.”

- Robert Cushman Murphy

06:00 Coffee, tea & pastries are available in the Compass Club

7:00-7:45 **Morning Flow Yoga** with wellness guide **Elly** in the Meridian Lounge

07:00 – 08:30 **Breakfast** is available in the Polaris Restaurant

09:30 Presentation: **‘The Falkland Islands: A Historical Introduction’** with our historian **David** in the Nautilus Lounge

11:15 Presentation: **‘Argentina & Britain: The Falklands Conflict’** with our guest **Evon Anderson** in the Nautilus Lounge

12:30 **Lunch** is available in the Polaris Restaurant

14:30 **Stanley Briefing** with **Shane** in the Nautilus Lounge. Come down to learn about the options for tomorrow’s visit to Stanley.

15:30 **Gym Orientation** with **Elly**. If you are curious about how to use some of the machines come up to the gym for a quick orientation. Gym (Deck 7 forward)

16:00 **Afternoon Tea** is served in the Aurora Lounge

16:30 Movie Matinee: **The Iron Lady** will be showing in the Nautilus Lounge.

17:00 **Flow Yoga** with **Elly** in the Meridian Lounge

18:30 Join the Expedition Team for a **Recap** in the Nautilus Lounge

19:30 – 21:00 **Dinner** is served in the Polaris Restaurant

21:30 Come join us for a casual evening with music and drinks in the Nautilus Lounge

The gift shop will be open between excursions throughout the day.

Sauna Hours: 06:00-09:00, 11:00-14:00, 17:00-23:00 (mixed)

Reception (Deck 5): Phone 5000 **Emergency**: Phone 1000 **Doctor**: contact Reception or Quark Staff