Chimu

NATIONAL TRAVEL INDUSTRY AWARDS
WINNER
2022 MOST OUTSTANDING TOUR OPERATOR

Antarctica Travellers Guide

chimuadventures.com

WELCOME TO ANTARCTICA

In this Antarctica Travellers Guide you will find a complete picture of how to get prepared for what can only be described as the adventure of a lifetime.

Antarctica is one of the last untouched destinations on the planet where you can see wildlife and scenery unlike anywhere else in the world. It is a vast white wilderness of stunning beauty offering not only breath-taking scenery but also allowing the opportunity to encounter spectacular wildlife, often close, that many people never see in their lifetimes. Vast penguin rookeries and seal colonies, leopard seals and orcas patrolling the waters, wandering albatrosses soaring above.

With its imposing icebergs, towering rock faces, glaciers, snow-capped peaks, Antarctica is a land of extremes – it is the coldest, driest and most isolated continent in the world.

Your Antarctica cruise will leave you with memories that will stay with you forever. Please read carefully through the Travellers Guide as it contains some important information and helpful hints that will help you to prepare for the day-to-day activities and alert you on some things to expect whilst travelling to Antarctica.

We hope you are as excited about your upcoming trip to Antarctica as we are. We are sure you will make the most of it.

Chad Carey

Chad Carey
Co-Founder of Chimu Adventures

M.A.D PROJECT

Since we started in 2004, we have been working with separate projects in Antarctica and Latin America. Now, we have pulled these all together under the banner of the Make A Difference (M.A.D.) Project, where we can directly work and promote humanitarian programs that would not otherwise have a voice. All of our projects have been thoroughly researched for their ethical and moral outcomes. We support the MAD Project so that the project itself has no overheads, every donation made is passed onto the projects it supports, in full.

If you would like to contribute or learn more about this or one of the other projects, donate, join an event or get involved, visit: **madproject.org**

MAD
Make A Difference
PROJECT

THINK BEFORE YOU PRINT

PAPER AND PULP PRODUCTION HAS BEEN NOTED AS THE 4TH LARGEST INDUSTRY CONTRIBUTOR OF GREENHOUSE GAS EMISSION IN THE WORLD TODAY.

As a company we care about sustainability and being environmentally accountable. We are currently striving towards using less paper and aim to become a a paperless organisation.

As a way of giving back to the earth that makes who we are and what we do possible, we are highly dedicated to playing our part in minimising our impact.

For more information about out our Best Practice Guide on sustainability for our organisation and our travellers please go to:

chimuadventures.com/about/bestpractices

For these reasons all documentation including your Final Travel Documentation will be sent electronically. To view your Travel Documentation including this guide simply download them to your electronic device before you depart for access during your trip. We ask our travellers that you reconsider printing any communication and documents from us.

TRAVEL DOCUMENTS

Once you are confirmed on an Antarctic cruise, these are the following steps:

STEP 1 You will receive a Cruise Information Email with links to important forms to fill out.

STEP 2 Fill out necessary forms and return **no later than 100 days prior to departure.**

STEP 3 Receive your final documents which includes detailed transfer and boarding information, contact information for the ship and local emergency contacts.

Please note: Failure to complete the forms in Step 2 may delay your final documents.

STEP 4 If you are arriving ahead of your cruise departure, please ensure that you have booked pre-tour accommodation.

If you are spending time in South America, our full range of Travellers Guides can be found at:

chimuadventures.com/travel/travellers-guides

If you would like assistance to book any arrangements prior to or after your Antarctic cruise, please contact your booking agent.

TRAVEL ADVICE AND SAFETY PRECAUTIONS

AUSTRALIAN CITIZENS

We recommend registering with Smarttraveller to be kept up to date with the latest travel advice and safety precautions:

smartraveller.gov.au

NEW ZEALAND CITIZENS:

We recommend registering with Safe Travel be kept up to date with the latest travel advice and safety precautions:

safetravel.govt.nz/register-your-travel

UK CITIZENS

we recommend checking the FCO website for the latest travel advice and safety precautions:

https://www.gov.uk/foreign-travel-advice

Please monitor the travel warnings and make an informed decision about your plans based on your advice.

COVID-19 REGULATIONS

Most cruise operators have implemented a range of COVID protocols to manage health, safety and hygiene and ensure the safety of their guests, staff and crew onboard.

1. CHECK REQUIREMENTS

It is the passengers responsibility to check entry requirements embassies and airline prior to departure

2. MAKE SURE YOU HAVE CORRECT PAPERWORK

Failure to produce the correct paperwork may result in being denied boarding.

We cannot be held responsible if you do not meet these requirements or unable to provide the required documentation to partake in any part of your itinerary.

PASSPORTS

Please ensure that your passport is valid for at least six months after the return date of your holiday, and you have sufficient blank pages for any entry/exit stamps.

Traveller Tip:
take a photo or scan the first pages of your passport and email these to yourself along with a copy of your air ticket and any other relevant travel and insurance documents.

VISA REQUIREMENTS

IMPORTANT:

Please refer to our Visa Requirements Page on our website for the most up to date information on visas and travel restrictions.

CHIMUADVENTURES.COM/TRAVEL/CHIMU-VISA-TRAVEL-INFORMATION

Be sure to also check requirements for any countries you are traveling through on the way to and from your city of embarkation.

DISCLAIMER:

While we will assist in every possible way to provide you with accommodation and flight details necessary to obtain any necessary visas, we are NOT a consular service and it is the sole responsibility of the traveller to obtain the necessary visas before departing Australia. Travelling without a visa may result in the cancellation of part or the whole of your tour without refund. Please refer to our terms and conditions for more information.

TRAVEL INSURANCE

TRAVEL INSURANCE IS MANDATORY ON ALL CRUISES AND TOURS BOOKED WITH CHIMU.

Travel Insurance is one of the most important components of any trip, especially if you are travelling to Antarctica – the most remote and inhospitable place on Earth.

It is vital that you have comprehensive cover for

✔ ACCIDENTS & EMERGENCY EVACUATION

Because of the remoteness of Antarctica, medical attention and evacuations and repatriation to your home country are extremely expensive. A lot of cruise operators will require you to have unlimited cover for this or at least to cover a specified amount which can differ between operators so please check with your booking agent.

✔ SICKNESS & LOSS OF LUGGAGE

If you have any existing medical conditions, you will need to declare these and there are some things that may not be covered. Refer to the wording of your chosen policy and read this carefully.

✔ CANCELLATION/DISRUPTION TO TRAVEL

You should have adequate cancellation cover and take out a policy at the time of booking so you are covered in case of unforeseen circumstances that may prevent you from travelling.

Travel insurance will also protect you against disruption to travel and alterations to your pre-booked travel plans, if local issues arise.

✔ WEATHER

Travel delays and unforeseen disruptions are not uncommon in Antarctica – mainly due to weather and sea conditions, so please take a policy that covers this.

✔ SPECIFIC DESTINATIONS/CRUISE COVER

Select a policy that will cover all your intended destinations in Antarctica. Some policies, for example, may not cover for travel further south than the Antarctic Circle. If your cruise is bound for East Antarctica or you are joining a Polar Circle expedition, please check that your policy includes these destinations as well as anywhere else on land you will be spending time, such as the Falkland Islands, Uruguay, Argentina or Chile. For some policies you will need to select 'cruise cover' to be covered while you are onboard. If you have any doubts, please check with your policy provider.

✔ ACTIVITIES

Please ensure you have adequate cover for any additional activities you may take part in, such as camping, mountaineering. kayaking, skiing and diving.

TAXES & CHARGES

BAGGAGE ALLOWANCES

Please check with your airlines ahead of time and/or when booking flights to determine what your carry-on and checked bag allowance is as this often varies. Excess baggage fees can be very expensive.

Domestic flights often have stricter baggage restrictions and some carriers do not include baggage allowance on their domestic routes and will charge upon check in.

Charter flights also have very strict luggage restrictions, please refer to your documentation if relevant to your booking.

Always carry your important documents and necessities (including any prescribed medication) in your carry-on luggage.

FUEL SURCHARGES

Please note that should world oil prices increase significantly prior to departure your cruise booking may be subject to fuel surcharges. Cruise operators do attempt to factor this into the price of your cruise. However, unexpected rises in the cost of marine fuel can change rapidly and sometimes it is necessary for these to be passed on. By booking a tour with us, you accept this as part of our booking terms. Once we have been notified of any surcharges from the cruise operator, we will endeavour to advise you as soon as possible.

CHANGES TO SCHEDULE

Antarctica is an extreme environment. While all efforts will be made to keep to the planned schedule, there may be reasons outside of the cruise company's control that will result in changes to your planned program. For South Georgia and Falkland Islands itineraries please be aware that sea crossings to and from the Peninsula are quite long (around two full sea days) and sometimes the timing of these crossings needs to be adjusted to align with suitable sailing weather. If the itinerary is changed to allow for weather (or other factors) then you agree that this is the nature of expedition cruising and that no compensation will be offered because of applicable itinerary changes.

DEPOSIT & FINAL PAYMENT

Please refer to your invoice for details of deposit and final payment. All deposits are non-refundable as per our terms and conditions. It is important to remember that failure to pay deposits or to make the final payment by the due date may result in the cancellation of your booking.

HEALTH INFORMATION

VACCINATION REQUIREMENTS

If you are travelling within South America prior to or after your cruise, please refer to the Latin America Travellers Guide for more detailed information on vaccination requirements.

Travel Guides:
chimuadventures.com/travel/travellers-guides

An International Certificate for Yellow Fever is necessary if you are arriving into Argentina from an infected area within five days.

ON BOARD MEDICAL FACILITIES

Most Antarctic cruise ships have an infirmary and a qualified physician on board to provide routine and emergency health care. There is usually a charge for a consultation and for any medication prescribed, although seasickness is often treated free of charge.

MEDICATION BROUGHT FROM HOME

It is recommended to pack double the amount you might require

SEASICKNESS

Motion sickness is very common, particularly when crossing the Drake Passage, which is often rough. There are a variety of over the counter and prescription remedies available. Inter-dermal patches (such as Scopolamine patches) and bands tend to be the most effective preventative medication.

Seasickness medication is most effective if taken prior to the onset of nausea – so don't wait until you feel sick to start taking it. If you are prone to motion sickness, it is best to stay hydrated, eat small amounts regularly and avoid alcohol, tobacco, excess liquids and confined spaces.

PERSONAL GEAR & PACKING ESSENTIALS

Antarctica is an extreme environment and the weather can change dramatically with no warning. UV radiation is stronger than anywhere else on the planet and you should bring plenty of sun protection. Temperatures vary from –20°C (–4°F) to + 5°C (41°F). For your comfort avoid getting wet and bring wind and waterproof outer layers. Wool, silk and some of the new synthetic fibres like polar fleece retain heat better than cotton.

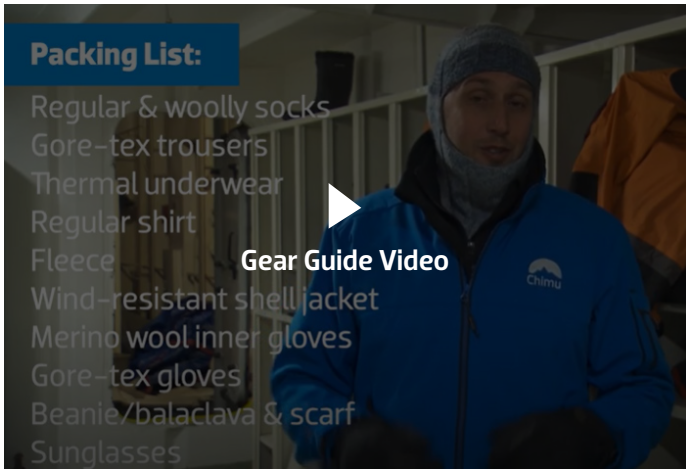
Body heat is easily lost from the hands and feet and the head, so keep them warm and dry. For hands, mittens are better than gloves and wear a hat or beanie. Between each layer there is a film of trapped air which, when heated by your body, acts as an excellent insulator. It also gives you the flexibility to remove a layer if you are too warm to keep you from overheating.

We recommend that you pack your gear in sturdy soft-sided luggage to make it easier to stow in your cabin. Try to avoid overpacking and bring informal, practical attire for your trip that can be worn in layers.

WHAT TO PACK:

In this video you can find insider tips and tricks to guide you on your trip of a lifetime:

youtube.com/watch?v=HqetGx0wje0&t=4s



CLOTHING GUIDE FOR EXCURSIONS

Traveller Tips!

> ***Pack a spare set of snow gloves in case they get wet.*** This way you will have time for them to dry.

> ***Don't forget to put on Sunscreen!***

PACKING CHECKLIST

BASICS

- ☐ Underwear
- ☐ Socks
- ☐ Pyjamas
- ☐ Gym clothing

TOILETRIES/ MEDICATION

- ☐ Toothbrush, paste & floss
- ☐ Shampoo & conditioner
- ☐ Nailcare kit
- ☐ Shaving essentials
- ☐ Band-aids
- ☐ Pocket tissues
- ☐ Deodorant
- ☐ Hairbrush & hair bands
- ☐ Eye drops
- ☐ Face & hand cream
- ☐ Lip balm with SPF
- ☐ Sunscreen SPF50+
- ☐ Antiseptic cream
- ☐ Seasickness medication
- ☐ Painkillers
- ☐ Imodium & rehydration salts
- ☐ Prescription medication

TO WEAR ONBOARD

- ☐ T-shirts
- ☐ Long sleeve t-shirts
- ☐ Jumpers
- ☐ Nice shirt for casual dinners
- ☐ Swimsuit
- ☐ Jeans
- ☐ Jacket

TO WEAR ON EXCURSIONS

- ☐ Thermal socks
- ☐ Base layers/leggings/thermals
- ☐ Insulating layers polar fleece/puffy vest
- ☐ Waterproof trousers
- ☐ Waterproof ski gloves
- ☐ Beanie/fleece headband
- ☐ Buff/neckwarmer/snood

ACCESSORIES

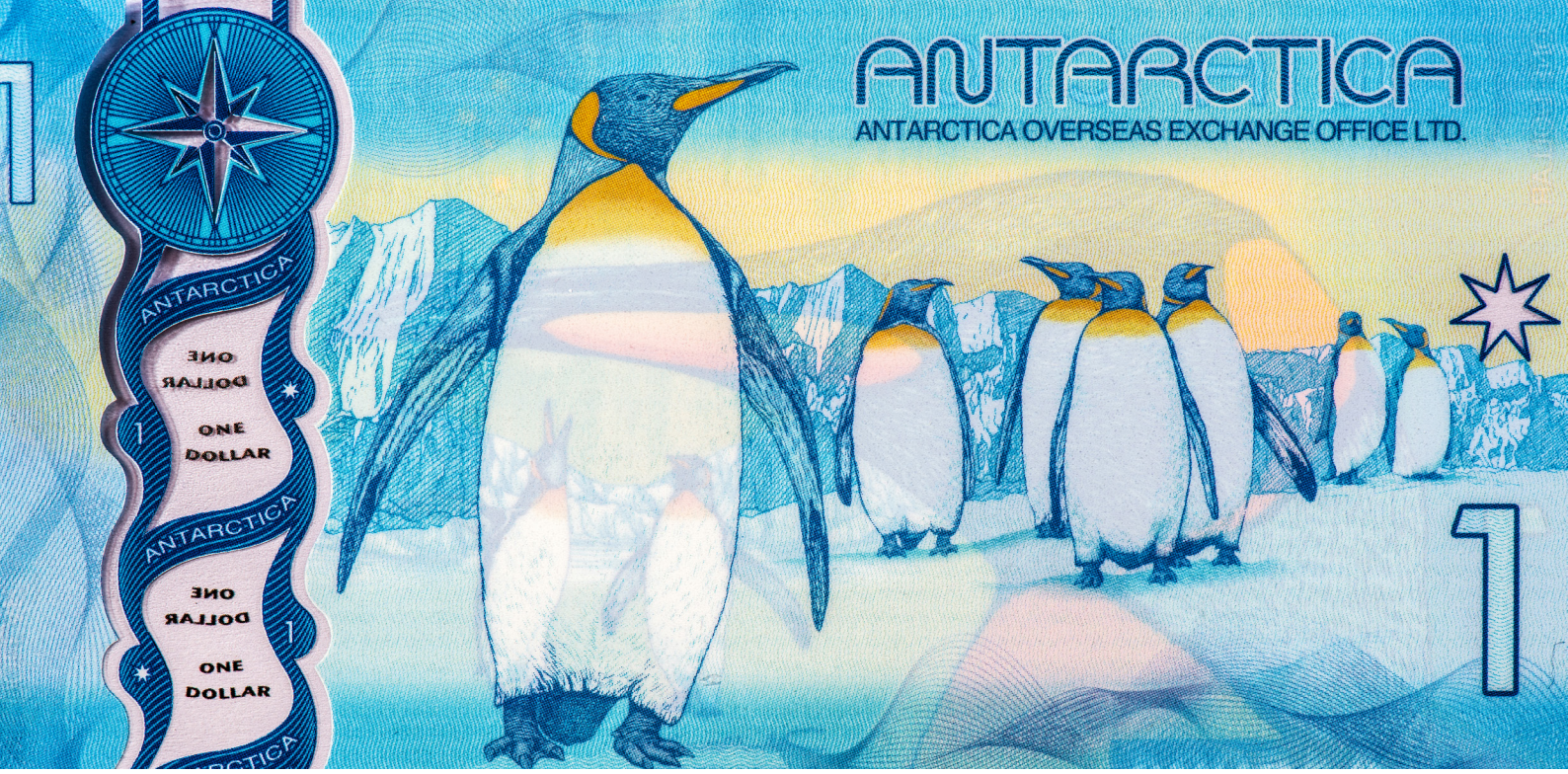
- ☐ Waterproof rucksack/drybag
- ☐ Spare glasses/contacts
- ☐ Ski goggles/polarised sunglasses/prescription sunglasses & cord
- ☐ Walking poles
- ☐ Travel journal & pens
- ☐ Travel pillow
- ☐ Reusable water bottle

TECHNOLOGY

- ☐ Laptop or iPad & charger
- ☐ External hard drive
- ☐ GoPro & charger & batteries
- ☐ Mini tripod
- ☐ Camera & waterproof housing
- ☐ Phone & charger
- ☐ Binoculars
- ☐ Headphones
- ☐ Voltage adapters
- ☐ Multiplug powerboard

OPTIONAL ITEMS

- ☐ Ziplock bags
- ☐ Travelling snacks
- ☐ Kindle & charger
- ☐ Tablet & charger
- ☐ Sleep eye mask
- ☐ Waterproof phone case
- ☐ Ugg boots/Slippers
- ☐ Binoculars
- ☐ Body moisturiser



MONEY IN ANTARCTICA

Antarctica does not have a local currency.

If your Antarctic cruise includes the Falkland Islands the currency of the islands is the Falkland Islands Pound (FK £), although the Pound Stirling is accepted as well.

If you visit Port Lockroy Post Office they accept US dollars, Pounds and Euros.

Most cruise ships accept Euros and US Dollars. Major credit cards are also widely accepted on board and usually all on board purchases made during the cruise are charged to your cabin and settled at the end of the voyage.

Please refer to your final documents to confirm what the ship you are travelling on offers.

TIPPING GUIDELINES

Crew members are paid a fair wage. Tipping staff is still recommended for good service. You can choose what you deem as fair and think about what you would pay in your home country.

A suggested amount would be US$15 per day.

Without the crew, and their expertise the voyage would not be possible. On most cruise ships, tips are collected centrally and distributed amongst the entire crew.

LIFE ONBOARD

Expedition ships are much smaller than large contemporary cruise ships with more limited facilities. The majority have a lecture theatre, lounge, library and a bar and restaurant. Some ships may have a gym, spa, sauna or small pool. Ships are generally not equipped with stabilisers (this helps them to land close to shore) and hence can move significantly in areas such as the Drake Passage crossing. A doctor is on board, in case of major sickness, but passengers should be prepared.

DAILY PROGRAM

The expedition leader will advise the program for the following day in the evenings. They will outline mealtimes, activities, events,excursion times and details of any lectures or presentations. There may be changes to the scheduled daily program due to weather, sea and ice conditions or to take advantage of opportunities such as wildlife sightings.

Dress on board We recommend you wear casual and informal clothes onboard that are lightweight and easy to care for. Warm clothing is needed when on deck. You should opt for things you can layer in a hurry if there's an unexpected wildlife sighting. Some ships require slightly dressier attire, such as a sports jacket and collared shirt for men, and equivalent for women, for the captain's dinner or special occasions such as Christmas and New Year dinners.

FOOD & DINING

Most Antarctic vessels have dining rooms that can seat all guests in one sitting. The menus feature a diverse selection of dishes prepared by chefs. Breakfasts and lunches tend to be buffet style, while dinner is usually a three or four-course meal. Vegetarian options are available but please advise us of any special dietary requirements, at time of booking or note these on your Passenger Information Form. Some dietary requirements may be more difficult to cater to. If you do not advise of dietary requirements in advance it may not be possible to cater to them.

INTERNET

You can stay connected to the internet on board most Antarctic ships. Connections can be slow and most ships charge you based on the amount of data you use. Mobile phones and roaming do not work in most areas. Please refer to your pre-departure information for more information about what your ship offers.

LAUNDRY

Most ships provide a laundry service. You will be charged per item. Some ships have a heated mudroom where wet clothes can be stored and dried.

ELECTRICAL OUTLETS

The electrical outlets on board many vessels are 220V (AC current) with European 2 pin round holes, as well as 110-volt shaving sockets in bathrooms for electric razors. Please check your pre-departure information and consider bringing an international adapter and you may need to bring a voltage converter.

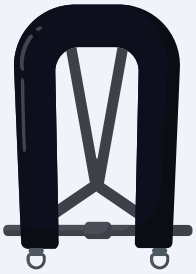
SMOKING

Smoking is only allowed in designated areas on the outside decks. Smoking is not permitted anywhere inside the vessel, in cabins or anywhere near the Zodiacs and is strictly prohibited when doing onshore landings. Please remember to respect the natural environment and dispose of all cigarette butts in designated ashtrays or bins. ***DO NOT*** ***under any circumstance throw any cigarette butts overboard.***

ZODIAC CRUISING

You will be transferred from the ship on excursions by Zodiacs. These are large, stable vessels that are extremely safe and designed for expeditions. They are used for Zodiac cruises among icebergs and alongside wildlife such as whales. Most zodiacs carry between 10 and 15 people. Your ship will provide a briefing, including information on the best and safest way to board and exit a Zodiac and the difference between wet and dry landings. They will have specific rules and regulations but the following acts as a general guide.

You must have proper attire including waterproof trousers, warm headgear and waterproof boots.



Always wear a Personal Flotation Device (PFD) over your parka.

- Keep your hands free of personal items so you can hold on and accept assistance when embarking or disembarking the Zodiac.
- Bring waterproof bags or dry sacks to store electronics and valuables.
- Never attach anything to the grab lines.
- While the Zodiac is in motion, you must remain seated with your feet on the deck. Never attempt to stand unless the Zodiac driver has given permission to do so. On arrival at a landing site or alongside the ship gangway, remain seated until instructed to disembark.
- Keep your body, arms and hands inside the Zodiac to avoid injuries.
- Boots and clothing must be cleaned before and after each landing to avoid contamination of landing sites.

TYPICAL DAY ONBOARD

There is really no such thing as a typical day in Antarctica. Landing locations vary with each cruise and ship and can depend on weather and ice conditions, the season and wildlife sightings. Some days are full sailing days whereas other days involve one or more excursions. Certain operators include other activities or offer optional adventure activities. If you have pre-booked these, then more information will be included in your travel documents/given onboard the ship.

6.00am – 7.00am

Wakeup call sounds across the PA System. Make your way to the lounge for an early cup of tea or coffee. After breakfast, return to your cabin to get ready for the first excursion of the day. Head to the gangway and board your zodiac.

8.00am – 11.30am:

You may spend the morning cruising amongst the icebergs and looking for wildlife, or perhaps enjoy a landing to walk to a viewpoint or explore an area on foot.

11.30am – 2.30pm:

Enjoy lunch onboard. The ship is likely to set sail again as you have lunch, heading towards the next location. After lunch there is generally time to relax before the ship reaches its next destination.

2.30pm – 5.30pm:

You return to your room to layer up once more and prepare for the afternoon excursion. At the end of the excursion, you are returned to the ship by Zodiac.

5.30pm – 7.00pm:

If there are no more excursions for the day, there may be the option to attend a presentation on an aspect of Antarctica – maybe the history of polar exploration or Antarctic wildlife.

7.00pm – 8.30pm:

Dinner is served around 7.00pm and is usually a sit down a la carte meal. After dinner there may be a movie shown or you can just relax in the lounge or bar.

TOURISM & SUSTAINABILITY

Tourism in Antarctica has existed since 1957 and is subject to the Antarctic Treaty and Environmental Protocol and self-regulated by the International Association of Antarctica Tour Operators (IAATO). Due to the concern of the potential adverse effect on the environment and ecosystems caused by the influx of tourists, there are strict landing limits and closed or restricted zones on the more frequently visited sites. Antarctica is a pristine natural environment. Please try not to carry plastic bags, bottles or other waste and respect on-board environmental practices, such as disposing of toilet paper in the bins provided. Do not throw objects overboard or leave anything on shore. We operate in full conjunction with IAATO regulations and requirements for travel to Antarctica.

IAATO GUIDELINES

Activities in the Antarctic are governed by the Antarctic Treaty of 1959 and associated agreements, referred to collectively as the Antarctic Treaty System. The Treaty established Antarctica as a zone of peace and science.

In 1991, the Antarctic Treaty Consultative Parties adopted the Protocol on Environmental Protection to the Antarctic Treaty, which designates the Antarctic as a natural reserve. The Protocol sets out environmental principles, procedures and obligations for the comprehensive protection of the Antarctic environment, and its dependent and associated ecosystems. It is intended to ensure that tourism and other activities do not have adverse impacts on the Antarctic environment, or on its scientific and aesthetic values.

More information will be provided about the guidelines and what you can do to uphold them onboard your cruise. Please follow the instructions of expedition and onboard crew who are well versed in the regulations. You can also find the **guidelines** on the IAATO website: **iaato.org**

DON'T PACK A PEST

Human activity has the potential to act as a vector for non-native species that have been introduced either intentionally or unintentionally. A wide range of non-native species now occur in Antarctica and the sub-Antarctic islands. Despite this, Antarctica remains a relatively pristine environment. You can find guidelines on the IAATO website: **Don't Pack a Pest Guidelines**

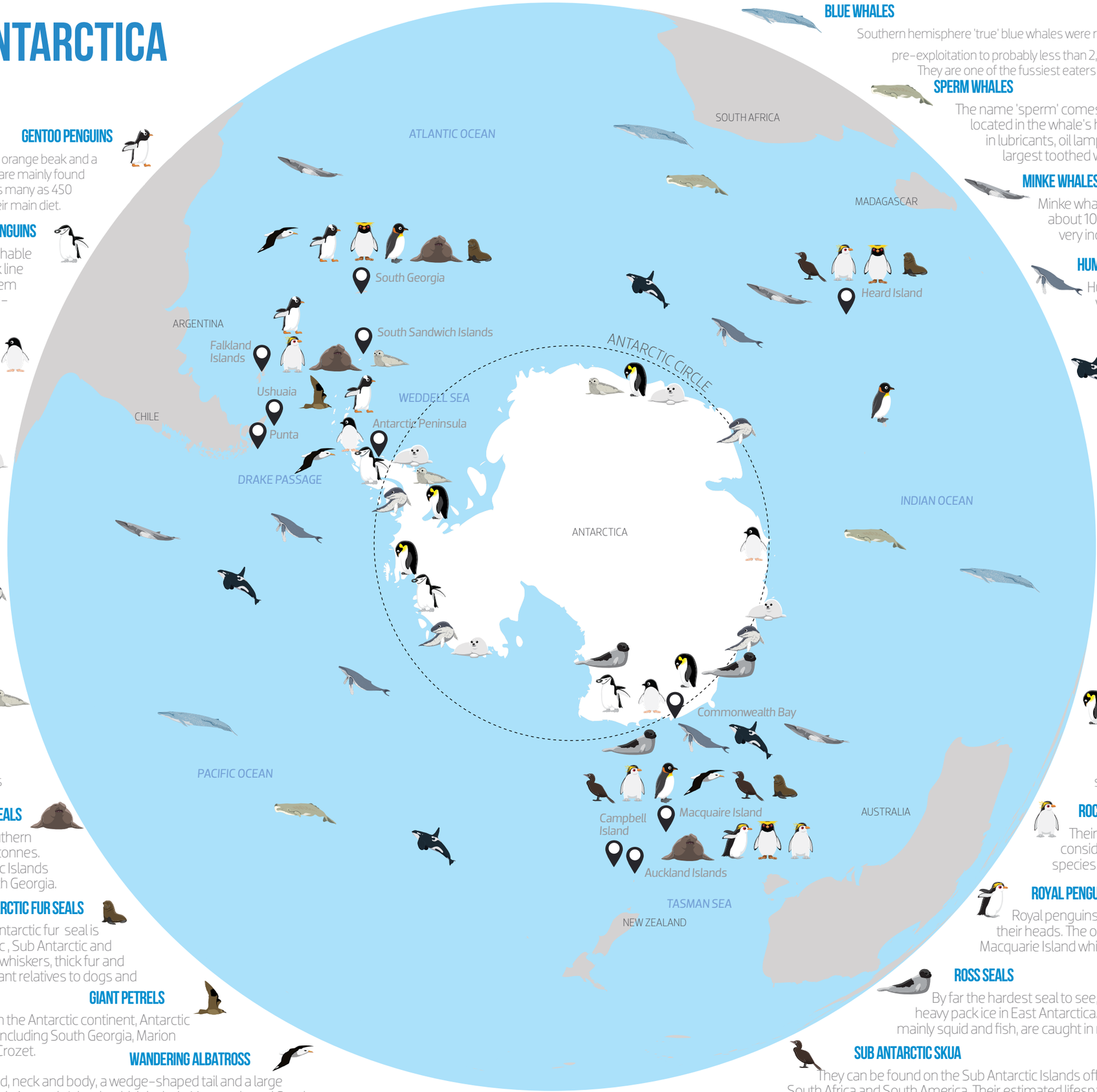
Going Ashore in Antarctica Video

AVIAN FLU IN ANTARCTICA

As of October 2023 the Highly Pathogenic Avian Influenza (HPAI) virus has been detected in birds and marine mammals on the islands of South Georgia and the Falklands. These instances represent the initial documented cases within the Antarctic region. As of November 2023 the spread of HPAI has not reached the Antarctic Peninsula, however we do anticipate that it will eventually spread to most parts of the world, due to bird migration patterns.

Please be aware that any landing site suspected of being affected may require temporary closure. In such instances operators will endeavour to provide flexible solutions and where possible, alternative landing sites that prioritise responsible exploration. This will safeguard the environment and preserve the wonders of Antarctica for future generations, all while ensuring a unique Antarctic experience for you. Please refer to the **IAATO Biosecurity Protocols regarding Avian Influenza** for the 2023/24 season for more information.

WILDLIFE IN ANTARCTICA



GENTOO PENGUINS

Gentoo penguins have a distinctive bright orange beak and a white patch around and behind the eye. They are mainly found on the Sub Antarctic Islands and can make as many as 450 dives per day when foraging for krill, their main diet.

CHINSTRAP PENGUINS

Chinstraps are one of the most distinguishable of all penguins. They have a thin black line running across their cheeks making them look like chin straps. They are medium-

ADÉLIE PENGUINS

Adélies are found around the entire coast and small islands of Antarctica. They are excellent swimmers and have been recorded swimming as far as 300 km to forage for food for their chicks.

CRABEATER SEALS

Crabeater seals are the most abundant of all seal species, with a total population of 15 million. They have slender bodies, long snouts and their fur ranges from dark brown in winter to blonde in the summer.

LEOPARD SEALS

With the exception of orcas, leopard seals are pretty much at the top of the Antarctic food chain. Their name comes from their

WEDDELL SEALS

Named after British Whaler James Weddell, this seal is in fact found all over Antarctica. Weddell seals can swim as deep as 800 metres and are considered one of the cutest seal species

SOUTHERN ELEPHANT SEALS

The largest of all seals, the male southern elephant seal can weigh up to five tonnes. They are best found on the Sub Antarctic Islands such as Macquarie Island or South Georgia.

ANTARCTIC FUR SEALS

One of the smallest of all seals, the Antarctic fur seal is the common name given to the Antarctic , Sub Antarctic and New Zealand fur seals. They have teeth, whiskers, thick fur and are able to walk on all fours. They are distant relatives to dogs and

GIANT PETRELS

Southern giant petrels breed on the Antarctic continent, Antarctic Peninsula and on Sub Antarctic Islands including South Georgia, Marion and Iles Crozet.

WANDERING ALBATROSS

Wandering albatross have a white head, neck and body, a wedge-shaped tail and a large pink beak. They are best found off the Sub Antarctic Islands which include Macquarie and South Georgia.

BLUE WHALES

Southern hemisphere 'true' blue whales were reduced from around 225,000 pre-exploitation to probably less than 2,000 now and are classified as endangered. They are one of the fussiest eaters in the Antarctic, usually eating only Antarctic

SPERM WHALES

The name 'sperm' comes from the liquid wax called spermaceti located in the whale's head. This substance was once used in lubricants, oil lamps and candles. Sperm whales are the largest toothed whale and can be found anywhere in the

MINKE WHALES

Minke whales grow to nearly 9m long and are about 10 tonnes in weight. They are also very inquisitive animals and are often seen

HUMPBACK WHALES

Humpbacks are one of the most active whales, they frequently breach, slapping their tails and fins on the water surface.

ORCAS

Orca whales are found almost everywhere throughout the earth's oceans. They catch single prey, ranging from fish, squid, penguins, seals, dolphins, porpoises and even whales.

MACARONI PENGUINS

Macaroni penguins are mostly found on the Sub Antarctic Islands. Their longevity is not well known, but estimated at 20 years or more.

KING PENGUINS

King penguins are the second largest penguin, standing 85–95cm tall. They typically breed in 2 years out of 3, they have no nests and their eggs are incubated

EMPEROR PENGUINS

At 1.1m tall, the emperor penguin towers above any other living penguin on Earth. They are mainly found on the Antarctic mainland and are also the only species to breed in the winter months.

ROCKHOPPER PENGUINS

Their eyes are red and at 50cm are considerably shorter than other penguin species. They often burst from the water and land

ROYAL PENGUINS

Royal penguins get their name from the yellow crest on their heads. The only place in the world that they breed is Macquarie Island which is also home to its largest colony.

ROSS SEALS

By far the hardest seal to see, the Ross seal lives almost exclusively in heavy pack ice in East Antarctica. They are solitary animals and their prey, mainly squid and fish, are caught in midwater at depths below the pack ice.

SUB ANTARCTIC SKUA

They can be found on the Sub Antarctic Islands off the coasts of Australia, New Zealand, South Africa and South America. Their estimated lifespan is approximately 11 years.

PHOTOGRAPHIC TIPS & HINTS

LEARN HOW TO USE YOUR CAMERA!

If you have purchased a new camera or any other photographic equipment, we strongly recommend that you learn about it and how to use it before your trip.

BRING SPARES

Bring spare batteries and plenty of memory cards, as you are likely to take far more photos that you expect and cold temperatures drain batteries faster than normal.

PREPARE FOR WET WEATHER

Bring a dry sac or waterproof bag to protect your camera and other equipment, especially when on the Zodiacs.

FILTERS

Use a polarising or 'warming' filter for shots of the ice and to reduce the glare on the water.

BRING SPARES

Use a longer lens length or zoom for wildlife photography to avoid disturbing the wildlife.

Use a wide-angle lens to capture the true scale of Antarctica

BRING A DAY PACK

Daypacks are a more convenient way to carry your equipment when getting into and out of the Zodiacs, rather than a side bag.

SEASONS IN ANTARCTICA

Month	Daylight	Avg Temp	Sea Ice	Penguins	Best time to see			
Spring OCTOBER	16 HOURS	MIN −5 °C MAX −1 °C		Courting	seals	elephant seals	snow/frozen	sea birds
Spring NOVEMBER	18 HOURS	MIN −3 °C MAX 2 °C		Nesting	seals	elephant seals	snow/frozen	sea birds
Summer DECEMBER	21 HOURS	MIN −1 °C MAX 4 °C		Hatching	seals	migrating whales		sea birds
Summer JANUARY	20 HOURS	MIN 0 °C MAX 5 °C		Penguin chicks	seals	migrating whales		sea birds
Summer FEBRUARY	16 HOURS	MIN 0 °C MAX 4°C		Penguin chicks	seals	migrating whales		sea birds
Autumn MARCH	13 HOURS	MIN 0 °C MAX 3°C		Penguin chicks	seals	migrating	fur seals	sea birds

USHUAIA, ARGENTINA

Ushuaia is the most southerly city in the world.

Ushuaia overlooks the Beagle Channel and is surrounded by mountains. It is a major port for Antarctic bound vessels and an interesting city to explore. The port of Ushuaia is the major gateway to Antarctica for many expedition ships.

The Maritime & Prison of Ushuaia Museum is well worth a visit. Tierra del Fuego National Park, a short distance from Ushuaia. The End of the World steam train is a great transport option for accessing the park. Tierra del Fuego is a rugged, mountainous park with great views of Lapataia Bay and dramatic scenery with waterfalls, mountains, glaciers and lakes. It is home to many species of birds and animal including the guanaco, Andean fox, the torrent duck, kelp goose, austral parakeet, Andean condor and the magellanic oystercatcher.

Transfers in Buenos Aires (for domestic flights to Ushuaia) We can organise transfers from Ezeiza (EZE) International airport to the domestic Aeroparque Jorge Newbery airport (AEP). If you do choose to take a taxi, do not take a taxi from the drivers offering taxis verbally, instead pay at the desk at the airport for official taxis between the two airports.

If you have some spare time before your Antarctica cruise, check out our blog on [The Best Things to Do in Ushuaia] for more details.

CRUISE EMBARKATION/ DISEMBARKATION

CRUISE CHECKLIST

- ☐ **Book pre night accommodation** incase of flight delays or lost luggage
- ☐ **Book transfers** (if not arranged with your ship)
- ☐ **Check departure time** Your cruise vessel will sail at its specified time and will not be able to wait for missing passengers or luggage.
- ☐ **Boarding Pass** Passengers must be able to show their Boarding Pass on arrival at the cruise pier, otherwise access can be denied by port authorities.
- ☐ **Departure Flight TIme** Ensure that you do not book a flight out before noon at the very earliest on disembarkation day. We will not be held responsible if you miss your flight due to late arrival and disembarkation from your cruise ship.

PUNTA ARENAS, CHILE

The sprawling metropolis of Punta Arenas is located at the southern tip of mainland Chile and was originally established as a small penal colony. The city grew due to increased maritime traffic and trade and then the gold rush and sheep farming boom.

FLY/CRUISE

Most Antarctic cruises that start in Punta Arenas are Fly/Cruise itineraries that begin with a flight to King George Island, for cruise ship embarkation.

If you have disembarked your ship on King George Island, you will take a flight from King George Island airport to Punta Arenas. The flight generally takes 3–4 hours and most itineraries include a night post-cruise accommodation in Punta Areas.

Please note flights to/from Antarctica are subject to weather conditions and times may change. Be prepared to depart on your group transfer to the airport at any time on the day.

CRUISE EMBARKATION/ DISEMBARKATION

FLY/CRUISE CHECKLIST

- ☐ **Book pre night accommodation** incase of flight delays or lost luggage
- ☐ **Book transfers** (if not arranged with your ship)
- ☐ **Check luggage allowance** 15 kg checked luggage and 5 kg cabin baggage. ***There is no option to pay for additional luggage.***

MONTEVIDEO, ARGENTINA

Montevideo is the cosmopolitan capital of Uruguay, situated on the east bank of the Rio de la Plata, The city has much to offer from the charming, historic Ciudad Vieja (Old City) to the beachside suburbs of Carrasco and Pocitos. Visit Mercado del Puerto or the Centenario Football Stadium where the first World Cup was played in 1930. Stroll along La Rambla, hugging Montevideo's scenic waterfront or maybe take a tour outside the city to one of the wineries.

CRUISE EMBARKATION/ DISEMBARKATION

CRUISE CHECKLIST

- ☐ **Book pre night accommodation** incase of flight delays or lost luggage
- ☐ **Book transfers** (if not arranged with your ship)

Chimu

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