



Live for today...

Antarctica

Travellers Guide



Antarctic Peninsula, Weddell Sea, Falkland Islands, South Georgia & Antarctic Circle

The Latin America and Polar Travel Specialists

Live for today...

WELCOME TO ANTARCTICA

At last your Antarctica trip is about to begin. If you are reading this Travellers Guide it means that you are about to set off on 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 – the wildlife is mesmerising. Immense imposing icebergs, towering rock faces, glaciers, snow-capped peaks and vast ice shelves that stretch into the distance – the frozen landscape is awe-inspiring.

Antarctica is a land of extremes – it is the coldest, driest and most isolated continent in the world – rugged and unforgiving yet stunningly beautiful. 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.

For information to assist you with preparing for your travels in South America pre and post your Antarctica cruise please refer to our Latin America Travellers Guide. Our full range of Travellers Guides can be found and downloaded at:

www.chimuadventures.com/travel/travellers-guides

Thank you for choosing to travel with us. We hope you are as excited about your trip as we are. We are sure you will make the most of it.

Greg Carter & Chad Carey

Co-Founders of Chimu Adventures



YOUR TRAVEL DOCUMENTATION

Being environmentally accountable is a crucial part of our organisation. We are currently striving towards using less paper, taking several initiatives to do so and tracking our progress along the way.

Our goal – **a paperless organisation.**

When taking into consideration gas emissions from paper production, transportation, use and disposal, 98 tonnes of other resources are going in to making paper. Paper and pulp production has been noted as the 4th largest industry contributor of greenhouse gas emission in the world today and around 30 million acres of forest is destroyed each year. 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 with our 'paperless' movement.

Our office initiatives include online banking, sending of all items electronically, printing only to order on recycled paper and ensuring our staff are kept accountable for their paper usage. We also use online messaging boards for staff communication and frequently recycle in office.

Your Travel Documentation

For these reasons all documentation including your Final Travel Documentation will be sent electronically. We encourage our travellers to support our aspirations and actions and ask that you reconsider printing out your documentation. To view your Travel Documentation including this guide simply download them to your iPad, Smart Phone or portable computer before you depart for access during your trip. Our full range of Travellers Guides including this one can be found at:

www.chimuadventures.com/travel/travellers-guides

At the end of the day you've paid for an incredible holiday experience, not for a piece of paper. So we hope you're on the same page (pardon the pun!).

We're going paperless, will you?

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

www.chimuadventures.com/about/bestpractices



M.A.D PROJECT

Travelling to Latin America and Antarctica is a moving and thought-provoking experience. We have talked to many travellers who have returned wanting to give back to the wonderful destinations that gave so much.

For years we have been working with separate projects in and around Latin America and Antarctica and have been advising our travellers individually about these wonderful initiatives. 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.

We are working with ecological, cultural, social and historical preservation. One such project is the Mawson's Huts Foundation that works to conserve our Antarctic heritage.

The Mawson's Huts Foundation is a not-for-profit organisation that exists solely to conserve the historic fragile huts at Cape Denison, East Antarctica, which was the main base for two years of the Australasian Antarctic Expedition (AAE) of 1911-14. Named after the expedition's leader Sir Douglas Mawson, the buildings are the birthplace of our Antarctic heritage and are rare, as they are only one of six that have survived from the heroic era of Antarctic exploration between 1896 and 1916. All cash donations to the Foundation are used to help fund ongoing maintenance and conservation at the remote site.

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 our project at:

www.madproject.org

Doubt breeds Inactivity

Hope breeds Movement

- we hope you join our M.A.D. world.



**Make A Difference
PROJECT**



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1. GENERAL ANTARCTIC INFORMATION

General Antarctic information

Once you are confirmed on an Antarctic cruise, you will receive an itinerary and welcome brief, plus various forms requesting personal and medical information, flight details etc. Completed forms need to be returned at least 100 days in advance of your departure, as the forms contain information required for the ship's manifest, as well as your safety on-board. Final documents are sent out approximately 30 days prior to departure. These include detailed transfer and boarding information, contact information for the ship and local emergency contact information for your port of departure.

If you are arriving in your joining city ahead of your cruise departure, please ensure that you have booked pre-tour accommodation. If you would like to book any other additional services or tours, prior to or after your Antarctic cruise, please contact your booking agent prior to your departure.

For information regarding your travels in South America pre and post your Antarctica cruise please refer to our Latin America Travellers Guide for information to assist you prepare for this part of your journey. Our full range of Travellers Guides can be found at: www.chimuadventures.com/travel/travellers-guides

For Australian citizens travelling anywhere in the world, we recommend registering with Smarttraveller to be kept up to date with the latest travel advice and safety precautions.

Travel advice and safety precautions

Australian citizens: For Australian citizens travelling anywhere in the world, we recommend registering with Smarttraveller to be kept up to date with the latest travel advice and safety precautions: <https://smartraveller.gov.au>

New Zealand citizens: For New Zealand citizens travelling anywhere in the world, we recommend registering with Safe Travel be kept up to date with the latest travel advice and safety precautions: <https://www.safetravel.govt.nz/register-your-travel>

UK citizens: For UK citizens travelling anywhere in the world, we recommend checking the FCO website for the latest travel advice and safety precautions: <https://www.gov.uk/foreign-travel-advice>



1.1 PASSPORTS & VISAS

Passports

Please ensure that your passport is valid for at least six months beyond the return date of your expedition, and that you have sufficient space in your passport for any entry/exit stamps.

Flying into Falkland Islands:

In order to comply with security procedures when entering Mount Pleasant Airport, on the Falkland Islands, all passengers are required to be able to prove their identity with a valid passport and provide proof of travel by way of a ticket or itinerary. Failure to provide this information may result in refusal of carriage or delays on accessing the terminal for check-in. These security procedures are due to the fact that the airport is also a working military base.

Visas

For Embarkation in Argentina - Ushuaia: A pre-arranged visa is not required to enter Argentina for citizens of the following countries: Australia, Canada, the European Union, Ireland, New Zealand, South Africa, the United Kingdom and the United States. For all other nationalities please check with your closest Argentinean embassy or consulate.

For Embarkation in Chile - Punta Arenas: A pre-arranged visa is not required to enter Chile for citizens of the following countries: Australia, Canada, the European Union, Ireland, New Zealand, South Africa, the United Kingdom and the United States. For other nationalities please check with your closest Chilean embassy or consulate.

Please note: that Australian citizens must pay a "reciprocity fee" to enter Chile. This is not a visa since a visa is not required for visitors from Australia. It is a fee based upon the fees that Chilean citizens pay for visas to Australia. The fee is currently US\$117 but is subject to change. Please check the fee with your local Chilean Embassy prior to travel. The fee can be paid on arrival in US\$ cash or by credit card.

For Embarkation in Uruguay - Montevideo: A pre-arranged visa is not required to enter Uruguay for citizens of the following countries: Australia, Canada, the European Union, Ireland, New Zealand, South Africa, the United Kingdom and the United States.

For other nationalities please check with your closest Uruguayan embassy or consulate.

Important note for Japanese Nationals planning a trip to Antarctica: If you are a Japanese national travelling with an IAATO tour operator that is authorised by a treaty country other than Japan, you are required to notify the Ministry of the Environment



prior to your trip. No individual permit is required, just notification to the Ministry of the Environment before your Antarctic trip. For more information please visit:

www.iaato.org/info-for-japanese-nationals

Important note for passengers travelling via the United States of America:

International travellers who are seeking to travel *to or via* the United States under the Visa Waiver Program (VWP), *even if you are only transiting*, are now subject to enhanced security requirements and will be required to pay an administrative fee.

All eligible travellers who wish to travel to or via the U.S. under the Visa Waiver Program must apply for authorisation and then pay the fee. Visit the following website for more information: <https://esta.cbp.dhs.gov/esta/>

Please note: If you are travelling within South America pre or post Antarctica cruise, please refer to the Latin America Travellers Guide for more detailed information on visa requirements.

Important note for passengers travelling via New Zealand: Some visitors and transit passengers can travel to New Zealand without a visa if they get an NZeTA (New Zealand Electronic Travel Authority) before they travel.

You can: Travel to New Zealand without first applying for a visa – if you are from a visa waiver country, a cruise ship passenger or a permanent resident of Australia. Pass through Auckland International Airport as a transit passenger on the way to or from Australia. And pass through Auckland International Airport as a transit passenger on the way to another country – if you are from a visa waiver or transit visa waiver country.

Please note: If you are from a visa waiver country you must hold an NZeTA before you travel. Allow up to 72 hours for processing, but it could take as little as 10 minutes. An NZeTA request costs NZD \$9 via the app, or NZD \$12 if completed online. You pay an International Visitor Conservation and Tourism Levy (IVL) at the same time as your NZeTA. This costs NZD \$35.

Disclaimer: While we will assist in every possible way to provide you with accommodation and flight details needed 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 their home country either through a partner site such as visalink, or through the consulate. Travelling without a visa may result in the cancellation of all or part of your tour without refund as per the terms and conditions.

1.2 TRAVEL INSURANCE

Please note: that **travel insurance is mandatory** on all Antarctic cruises and tours. 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 the most suitable insurance with adequate levels of cover.

Any travel insurance policy you purchase should cover you for **accidents, emergency evacuation, sickness, loss of baggage and personal belongings**, as well as **disruption to travel** and **alterations to your pre-booked travel plans** due to local issues.

Because of the remoteness of Antarctica, medical attention and evacuations are extremely expensive, making insurance cover an absolute necessity, especially since you will have invested large sums of money into travel there.

When organising Travel insurance for Antarctica, ensure you are covered from the moment that you confirm your booking. This will cover you in case of a possible cancellation of your trip. We advise purchasing Travel insurance at the same time as booking your trip in case any unforeseen circumstances prevent you from travelling.

Weather: Trip delays and unforeseen disruptions are not uncommon in Antarctica – mainly due to weather and sea conditions – so a Travel insurance policy that covers bad weather is an absolute must.

Activities: There are many activities that can be undertaken in Antarctica and so it pays to have Travel insurance that covers you for any additional activities you may take part in, such as camping, kayaking, skiing and diving. This is one of the most important aspects of your Travel insurance policy, so you need to make sure you know exactly what you are covered for and ensure that your policy covers you even when you have disembarked your expedition cruise ship.

Specific Destinations: 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, you need Travel insurance that will cover these destinations.

Emergency Evacuation: It is essential that you are covered for evacuation and repatriation back home, which can be difficult and extremely expensive from Antarctica. Many operators will demand a policy with unlimited coverage for an emergency evacuation.

Monetary Level of Cover: Tour operators and ships often dictate a minimum amount of cover, both for delays and evacuation insurance, but it is often advised to take out a higher level of cover.

Transit: If your itinerary involves departing from destinations in Argentina, the Falkland Islands, Uruguay, or Chile, you must ensure that you are covered whilst transiting to your cruise/flight of choice. For example, if you are an Australian booking an Antarctic cruise from Australia, your regular health insurance is not enough.



1.3 BAGGAGE ALLOWANCES

Airlines often enforce baggage restrictions and so we recommend that you check with your airlines ahead of time to determine what your carry-on and checked bag allowance is. This will ensure that you avoid possible check-in issues or excess baggage fees which can be very expensive. The allowances vary greatly between airlines, so we advise you to check the restrictions for each of your flights.

Domestic flights often have stricter baggage restrictions than international flights, with lower weight restrictions. Check the luggage restrictions carefully on your flights into and out of Ushuaia or Punta Arenas.

Charter flights also have very strict luggage restrictions, so check these carefully as well if a charter flight is included in your travels.

If you are traveling via the United States, we advise that you do not lock your luggage, or alternatively use a Travel Security Administration (TSA) approved security device. Always carry your important documents and basic necessities (including any prescribed medication) in your carry-on luggage, not in your checked luggage.

1.4 FUEL SURCHARGES

Please note that your cruise booking may be subject to fuel surcharges should world oil prices increase significantly prior to the time of your departure. Cruise operators do attempt to factor this price into your tour cost. However, unexpected rises in the cost of marine fuel can result in a fuel surcharge that will depend on the cost of oil per barrel and the individual ship operator. By booking a tour with us, you agree that this may be the case with your booking. You will be advised of any surcharge once we have been notified of the surcharges from the cruise operator.

1.5 CHANGES TO SCHEDULE

All clients should be aware that Antarctica cruises work in extreme environments. While all efforts will be made to keep to the planned schedule, there may be reasons outside of our control that will result in changes to your planned program.



For South Georgia and Falkland Islands itineraries please be aware that itineraries are an approximate guide and that the actual itinerary will be determined day to day depending on weather. The sea crossings between the Falklands and South Georgia and South Georgia and 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 the client agrees that this is the nature of expedition cruising and that no compensation will be offered as a result of the itinerary changes.

1.6 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.

1.7 HEALTH INFORMATION

Vaccination Requirements

No vaccinations are required for cruises to the Antarctic, but an International Certificate for Yellow Fever is necessary if you are arriving into Argentina from an infected area within five days.

Please note: 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. We recommend that you visit your doctor or a traveller's medical centre for current information.

It is every client's responsibility to have the necessary vaccinations for travel. We will **not** be held responsible for travel delays or refused entry into countries due to customers not having the necessary vaccinations.



On Board Medical Facilities

Most Antarctic cruise ships have an infirmary or clinic and a qualified physician accompanying every voyage to provide routine and emergency health care. There is usually a charge for a consultation and for any medication prescribed, although seasickness is usually treated free of charge. Please ensure that you bring adequate supplies of any medications that you take regularly, with extra supplies in case of any unforeseen delays.

Seasickness

Seasickness or motion sickness is common for many passengers, especially if crossing the Drake Passage, which is often rough and turbulent. There are a variety of over-the-counter and prescription remedies that your doctor, pharmacist or travel clinic can prescribe or suggest.

Motion sickness medication is preventative not curative and so we recommend that you bring your own medication and start taking it as soon as the ship heads into open sea. 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.

Inter-dermal patches (such as Scopolamine patches) and bands tend to be the most effective preventative medication and can be purchased from your local chemist in most countries. Phenergan (promethazine) tablets are one type of oral medication but oral medication is of little use if you are unable to 'keep it down'. Other medications include Sturgeon and Dramamine.

If you are prone to motion sickness, it is best to avoid alcohol, tobacco, excess liquids and confined spaces. Another piece of advice is to eat, as the sensation of nausea is worse on an empty stomach. Try to eat a little at every meal. Make sure you stay hydrated and rested and take your medication.

For anyone who arrives in Ushuaia without any seasickness medication, there are pharmacies in town that have Dramamine and seasickness patches available for purchase



1.8 PERSONAL GEAR & PACKING ESSENTIALS

Antarctica is an extreme environment. Although cruises depart during the spring and summer months, the weather can change dramatically with no warning. You need to be prepared to travel in this harsh region. UV radiation is extremely strong (stronger than anywhere else on the planet) and measures need to be taken to avoid sun exposure. Generally, temperatures vary from -20°C (-4°F) to $+5^{\circ}\text{C}$ (41°F).

Although summer temperatures can be surprisingly mild, you should expect wind, clouds and precipitation. For your comfort and safety, avoid getting wet (whether from perspiration, precipitation, unsuitable boots or sea spray). Bring wind and waterproof outer layers.

Beware of tight clothing that leaves no room for trapped air, which is an excellent insulator. Wool, silk and some of the new synthetic fibres like polar fleece retain heat better than cotton.

Those who complain, "it's not the cold, it's the wind," are right. Wind removes the layer of air your body has heated around you to keep itself warm. A mere six kilometres per hour wind can carry away eight times more body heat than still air. The so-called wind chill factor measures the increase in cooling power of moving air, whether it is wind that is blowing or you who are moving rapidly and, in effect, creating a wind against yourself.

Wetness also increases the loss of body heat. Air is a very poor conductor of heat, but water is an excellent one. If your skin or clothing gets wet, your body will lose heat much more rapidly. Even at 10°C , you can suffer ill effects of cold if you are wet.

Tips for Staying Comfortable and Warm in Cold Weather

Avoid overdressing to reduce perspiration.

Wear water repellent outer garments that will keep you dry on the outside and still "breathe" enough so that moisture from your body can escape.

Body heat is most likely to be lost from parts that have a lot of surface area in comparison to total mass, namely the hands and feet. Keep them warm and dry. For hands, mittens are better than gloves.

If the rest of your body is covered, as much as 90% of the heat you lose can come from your head, so be sure to wear a hat.

Dress in comfortable, loose layers, as the 'layer principal' is the secret to keeping warm. For anyone out in the cold, it is far better to wear layers of relatively light, loose clothing than one thick, heavy item.



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.

What to Pack

Watch the following video for more information about what to pack for Antarctica as listed below. In this video you can find insider tips and tricks to guide you on your trip of a lifetime: <https://www.youtube.com/watch?v=HqetGx0wjeO&t=4s>

We recommend that you pack your gear in sturdy soft-sided luggage, as this is much easier to stow in your cabin than a hard-sided suitcase. When packing, avoid weighing yourself down with too many clothes or too much gear. Select informal, practical attire for your trip that can be worn in layers, including:

- **Parka:** You should look for a lightweight, roomy, wind and weather-resistant shell with some insulation. Bright colours are more visible – and thus safer – in polar environments. That is why polar travellers traditionally wear red. (Some ships provide a parka, so please check your pre-departure information).
- **Warm Trousers:** Ski pants are suitable if you have them; otherwise, bring any sturdy trousers that can be layered between your long underwear and rain pants/trousers.
- **Waterproof Pants (Trousers):** Water resistant rain pants/trousers of coated nylon are essential for your comfort. Wear them over your regular clothes to keep you warm and dry. Even better is gear made of Gore-Tex and similar fabrics that are waterproof and 'breathable'. These materials keep out wind and water without trapping excess heat. Although excellent, these fabrics are expensive and can be damaged by prolonged exposure to salt water. Rinse Gore-Tex in freshwater after exposure to salt.
- **Long Thermal Underwear:** Silk or polypropylene underwear is highly recommended since it keeps you warm without adding bulk. Most people prefer a lightweight version – but this depends on your personal thermostat.
- **Sweaters:** Wool sweaters or a polar fleece jacket of medium weight are recommended.

Other Useful Items

- A sturdy, lightweight and waterproof daypack to carry your gear on landings or Zodiac excursions.
- Sunglasses with U.V. filter.
- Protective sunscreen for lips, hands and face. Reflected glare from water, snow and ice can be intense.



- Swimsuit for hotels, aboard some ships and (maybe) a polar plunge.
- Camera with spare batteries and memory cards. Bring twice as much memory as you think you will need.
- Extra pair of prescription glasses. Those who wear contact lenses should also bring glasses since salt and wind can irritate the eyes.
- Prescription medicines and other remedies such as seasickness medication. Be prepared for rough water. Bring along a signed and dated letter from your physician stating any health problems and dosage of medications, to provide information to medical authorities in case of an emergency.
- Binoculars for spotting whales and seabirds from the deck.
- Zip lock plastic bags or dry sacks as an added protection for carrying cameras, batteries, etc.
- T-shirts or other casual warm weather clothes, for layering and on-board the ship.
- Sturdy shoes with non-slip soles to wear on deck.
- Clothes for Joining Cities. (Don't forget this important aspect of your trip)

Special Equipment

- Please note polar grade jackets and trousers can be hired locally in Ushuaia, or through some ships. The pre-departure documents from your ship will provide this information. Some cruises provide you with a parka to keep.
- Rubber boots (knee-length) are supplied on-board most ships but are used by other passengers. Please bring your own if you are not comfortable with this or use a non-conventional size.
- Many ships provide passengers with their own destination guide or wildlife guide. Each ship's library also has a good selection of guidebooks for reference and use while on board.

1.9 WHAT'S INCLUDED IN YOUR ANTARCTIC CRUISE

This does vary from cruise to cruise, but meals are included on all cruises, as are all main activities (such as Zodiac cruises and shore landings). Some cruises may charge for extreme activities such as ice camping, kayaking, cross-country skiing, ice climbing etc. These may need to be e cruise departure. Drinks, souvenirs, laundry services and any communication charges are not included and need to be purchased separately.



1.10 MONEY IN ANTARCTICA

There is no currency in Antarctica. The unit of currency in Argentina is the Argentinean Peso, in Chile it is the Chilean Peso and in Uruguay it is the Uruguayan Peso. If your Antarctic cruise includes the Falkland Islands, the currency of the islands is the Falkland Islands Pound (FK £), although the UK £ is accepted as well. If you visit Port Lockroy Post Office on the Antarctic Peninsula, the US \$ is accepted as is the UK £ and Euro €.

Most cruise ships accept Euros € and US\$. Major credit cards, particularly Visa and MasterCard are also widely accepted on board. In general, all on board purchases made during the cruise are charged to your cabin and settled at the end of the voyage.

1.11 TIPPING GUIDELINES

While crew members are paid a fair wage, they also spend a large amount of time at sea - away from their families. Tipping to staff is recommended by means of a kitty at the end of the trip, generally arranged on board. We advocate a policy of tipping what you deem as fair. All nationalities and individuals have their own customs, and we believe it is your right to tip what you would be prepared to in your home country. If you are looking for guidance, then a suggested amount would be US\$15 per day. Without the crew, and their expertise the whole voyage would not be possible. On most cruise ships, tips are collected centrally and distributed among the entire crew.

1.12 LIFE ON BOARD

Expedition ships are much smaller than large contemporary cruise ships with more limited facilities. While some ships boast a gym, sauna and small pools, this is fairly rare and generally the majority have a lecture theatre, lounge, library, bar and restaurant, as well as the main deck. Passengers are encouraged to mingle with fellow guests to maximise their on-board experience. 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

Each evening the Expedition Leader will advise the daily program for the following



day, including meal times, activities, events, landing times and details of any lectures or presentations. Please always remember that due to the nature of Antarctica, 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

Dress on board Antarctic vessels tends to be casual and informal, and we recommend that you wear comfortable clothing that is lightweight and easy to care for. Warm clothing is needed when you head out on deck, so we recommend you bring clothes you can easily layer, as you may find yourself having to add layers in a hurry if there's an unexpected wildlife sighting. Some ships require slightly dressier attire, such as 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.

Open Bridge Policy

Many ships offer an open bridge policy, which means that you can visit the bridge while the ship is sailing to see the navigational operations and talk to the officers. Please remember that this is a working area and that it may be closed to visitors at certain times. Access is restricted during arrivals and departures from port and during times of complicated navigation.

Food & Dining

Most Antarctic vessels have dining rooms that are large enough to seat all guests in one sitting. The menus feature a diverse selection of gourmet dishes prepared by professional 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 on your Passenger Information Form.

Internet Access

Internet access is available on board most Antarctic ships, at a cost. Alternatively, there may be a ship-based email system where you will have an email account to stay in touch with family and friends. Because of the remoteness of Antarctica, connections can be slow, so most ships charge for data used rather than time spent online. Please refer to your detailed pre-departure information for more information on Internet facilities on your ship.



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 only. This varies depending on your ship, so again please check your detailed pre-departure information. You may wish to bring an international adapter. If you plan on bringing the American standard 110V equipment with flat-pronged plug, you may need to bring a converter and a round two-pronged European type adaptor plug, depending on your ship.

Laundry Services

Most Antarctic ships provide a laundry service with charges made per item and charged to your account for payment at the end of the cruise.

Storage of Wet Clothes

Some ships feature a heated mudroom where wet clothes can be stored and dried.

Smoking

On most of the ships, 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. Smoking is NOT permitted on any shore 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.

Zodiacs

Most sites are only accessible by Zodiac landing crafts. Zodiacs are large, stable, heavy-duty vessels that are extremely safe and designed for expedition work. They are used to transfer you to shore landings and for Zodiac cruises among icebergs and maybe alongside whales. Generally, between 10 and 15 people are carried on each Zodiac.

Each ship will provide a briefing about the Zodiacs, including information on the best and safest way to board and exit a Zodiac and the difference between wet and dry landings. Each ship will have its own specific rules and regulations but the following acts as a general guide.



- You may only board a Zodiac if you are properly attired, including waterproof trousers and warm headgear.
- Wear waterproof boots.
- Always wear a Personal Flotation Device (PFD) over your parka.
- Your personal belongings should be carried in a backpack so that your hands are free to hold on and accept assistance when embarking or disembarking the Zodiac.
- You should pack valuables and electronic equipment such as cameras and binoculars in waterproof bags or dry sacks within your backpack.
- Never attach anything to the grab lines.
- Smoking is not permitted on Zodiacs or on shore.
- 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.
- Never jump into the Zodiac, but step in quickly and carefully and accept all the assistance offered by the crew.
- Keep your body, arms and hands inside the Zodiac to avoid injuries.
- Please be considerate of others and make way for them to take photographs once you have taken yours.
- Boots and clothing must be cleaned before and after each landing to avoid contamination of landing sites.

1.13 TYPICAL DAY ON BOARD

There is really no such thing as a typical day in Antarctica. Landing locations vary with each cruise depending on weather and ice conditions, the season and wildlife sightings. Different ships also operate differently. Some days are full sailing days whereas other days involve one or more landings or Zodiac cruises.

This is a very general example of a landing day.

6.00am – 7.00am: The day begins with an early morning wake up call, generally between 6.00 and 7.00am and usually made by the expedition leader across the PA System. If you are a quick riser you can make your way to the lounge for an early cup of tea or coffee and head out onto the deck to take in the new surroundings.

7.00am – 8.00am: A buffet breakfast is served in the dining room, giving you the



chance to interact with some of your fellow passengers. After breakfast you return to your cabin to get ready for the first landing of the day, layering your clothes, packing your camera gear and binoculars and then heading to the Zodiac gangway.

8.00am – 11.30am: Once each Zodiac is loaded, it sets off towards the designated excursion site. You may spend the morning cruising amongst icebergs or alongside towering cliffs littered with birdlife. Maybe you will make a landing to walk to a viewpoint or explore an area on foot, or maybe the Zodiac will pull up so you can admire and photograph penguins and other wildlife on an iceberg. At the end of the excursion, you return to the ship by Zodiac.

11.30am – 2.30pm: Returning to your cabin, you shed some of your layers before heading to the dining room for lunch, generally buffet style. 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. Alternatively you can take the time to read a book, sit out on deck taking in the scenery and looking out for wildlife or maybe sorting through your photos. Later you may head to the bar for a pre-dinner drink.

7.00pm – 8.30pm: Dinner is served around 7.00pm and is usually a sit down a la carte meal. As you dine, the ship sets course for its new location the next day. After dinner there may be a movie shown or you can just relax in the lounge or bar and watch the day come to a close.

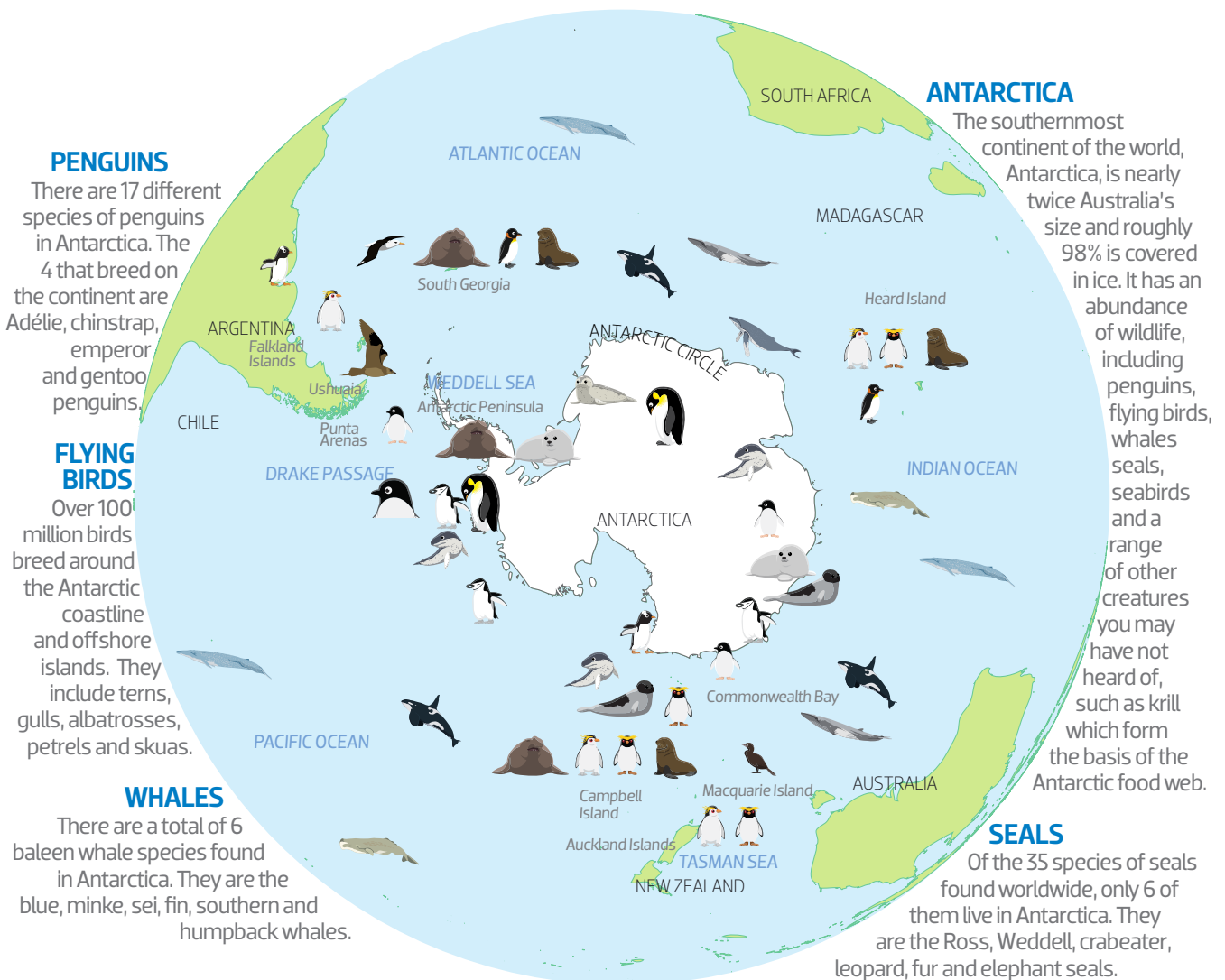
1.14 TOURISM & SUSTAINABILITY

Antarctica tourism 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 now 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 from the port. Also 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.



2. SPECIFIC ANTARCTIC INFORMATION

2.1 WILDLIFE



2.2 PHOTOGRAPHIC TIPS & HINTS

Ensure that you check over and clean your photographic equipment before leaving home and ensure it is all in working order. 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 voyage. Make sure you bring spare batteries and plenty of memory cards, as you are likely to take far more photos than you expect.

We recommend the following:

- Bring a dry sac or waterproof bag to protect your camera and other equipment, especially when on the Zodiacs.
- Use a polarising or 'warming' filter for shots of the ice and to reduce the glare on the water.
- Use a longer lens length or zoom for wildlife photography to avoid getting too close and disturbing the wildlife.
- Use a wide-angle lens to capture the true scale of Antarctica.
- Consider bringing a tripod.
- Cold temperatures drain batteries faster than normal so bring spares and keep the camera close to your body whilst transferring from ship to shore. If you are recharging batteries then it is a good idea to have a spare on the charger while you are away from the ship, ready for use when you return.
- Bring spare memory cards, especially if you are not taking a laptop on which to download your images during the voyage.
- Bring camera cleaning gear.
- Daypacks are a more convenient way to carry your equipment when getting into and out of the Zodiacs, rather than a side bag.

2.3 ANTARCTIC PENINSULA & ANTARCTIC CIRCLE

The Antarctic Peninsula is one of the most beautiful places on Earth. The frozen landscape is formidable with towering rock faces, snow-capped peaks, mountains, glaciers and immense, imposing icebergs, many beautifully sculpted. It also holds an intriguing array of fascinating Antarctic wildlife – from penguins and seals to whales and seabirds.



The Antarctic Circle is the most southerly point reached by Antarctic cruises, and a cruise here allows you to follow in the wake of Captain James Cook, one of the first explorers to cross the Antarctic Polar Circle, as you set sail bound for a latitude of 66° 33' south.

Climate & Weather

The Antarctic Peninsula is the most northerly part of Antarctica and has the mildest climates within the continent. The warmest month is January and the coldest June. On the west coast the temperatures exceed 0°C for three to four months during the summer (December to March) and rarely fall below -10°C during the winter. The east coast of the Antarctic Peninsula is much colder with mean temperatures exceeding 0°C for a month at most and winter temperatures ranging from -5°C to -25°C.

The interior of Antarctica has an average annual precipitation of only 50 millimetres, whereas along the coast, precipitation rates are much higher, averaging 200 millimetres a year. The continent's interior is extremely cold with little snowfall. Coastal areas experience milder temperatures with summer temperatures generally reaching a maximum of between 5°C and 15°C, with long periods of constant sunlight. In winter, mean temperatures are usually between -10°C and -30°C near the coast, falling to below -60°C on the high interior plateau, with long periods of constant darkness.

As with the entire Antarctic continent, the Antarctic Circle is only accessible during the southern hemisphere's summer, generally between December and March when the sea ice melts enough to enable access to this southerly point.

Wildlife

Penguins – Penguins are the most common birds in the Antarctic, often found living in huge colonies. There are five species of penguin that live on the Antarctic continent – Adélie, emperor, gentoo, chinstrap and macaroni penguins, with only emperor and Adélie penguins making the Antarctic continent their true home, breeding on the shores of the continent and nearby islands. Others such as chinstrap, gentoo and macaroni penguins breed on the northern tip of the Antarctic Peninsula. Chinstrap penguins breed on islands around Antarctica whilst gentoo penguins are found on islands ranging from the Antarctic to the sub-Antarctic.

Other Birds – The range of birds found in the Antarctic and flying over Antarctic waters is extensive and every spring, over 100 million birds breed around the Antarctic coastline and offshore islands. These include albatrosses, petrels, skuas, gulls and terns. There are many species of albatross to be found soaring above the



Antarctic waters including the grey-headed, black-browed, light-mantled sooty and of course the wandering albatross, the largest of the seabirds with a wing span that can extend over three metres. The snow petrels are one of the most beautiful of the Antarctic birds.

Dolphins and Whales – Orcas or killer whales are toothed whales that are common in Antarctic waters. Minke whales are the most adapted of the Antarctic baleen whales to ice. Blue and minke whales venture further into the sea ice than other whales such as humpback and sei and have been spotted as far south as 78°S in the Ross Sea.

Seals – The other group of marine mammals found in the Antarctic are the sea lions and seals that leave the water to breed, rest and moult. Six different species of seal live in Antarctic waters – Ross, Weddell, crabeater, leopard, fur and elephant seals. The first four are ice specialists that breed on the sea ice in spring. Ross and leopard seals tend to be solitary whereas crabeater and Weddell seals breed in colonies. Elephant seals and Antarctic fur seals are found north of the pack ice, breeding on beaches in dense colonies. Weddell seals live further south than any other mammal and were named after the British Antarctic explorer, James Weddell.

Geography

The northernmost part of mainland Antarctica is known as the Antarctic Peninsula, extending 1,300 kilometres between Cape Adams (Weddell Sea) and a mainland point south of the Eklund Islands. Beneath the ice sheet, the peninsula consists of a string of mountainous bedrock islands. Separated by deep channels that plunge considerably below current sea level, these islands are joined together by a grounded sheet ice.

The Antarctic Circle is the most southerly of the Earth's major circles of latitude at approximately 66° 33' south. The position of the Antarctic Circle is not fixed as it fluctuates with the tilt of the Earth's axis. The Antarctic Circle is over 17,500 kilometres in length with the area south of the Polar Circle covering 20,000,000 square kilometres and accounting for around four percent of the Earth's surface. The Antarctic continent covers most of the area within the Antarctic Circle, the Antarctic region extending from the South Pole to the Antarctic Circle. The zone immediately to the north is known as the Southern Temperate Zone.

South of the Antarctic Circle, the sun remains continuously above the horizon for 24 hours at least once per year and below the horizon for 24 continuous hours at least once per year. This means that for at least one day a year the sun is visible at midnight and for at least one day a year it is not visible at noon. Therefore, the Antarctic is known as the "Land of the Midnight Sun".



History

- . 40 million years ago Antarctica made its final detachment from the Australian continent to settle into its polar position.
- . In the 15th and 16th centuries, the rounding of the Cape of Good Hope and Cape Horn proved that "Terra Australis Incognita" (Unknown Southern Land), was a distinct continent if it existed.
- . Captain James Cook and his crew were the first to cross the Antarctic Circle and circumnavigate the Antarctic continent in 1773.
- . Cook crossed the Antarctic Circle for the third time in 1774 reaching 71° 10' south on January 30, the furthest south attained in the 18th century.
- . The first confirmed sighting of the Antarctic Peninsula is thought to have been by Fabian Gottlieb von Bellingshausen on 27 January 1820 during an expedition of the Russian Imperial Navy.
- . On 30 January 1820, Edward Bransfield and William Smith were the first to officially chart part of the Antarctic Peninsula. The extreme northeast portion they found was later named Trinity Peninsula.
- . John Biscoe is credited with the next confirmed sighting; this northern part of the Antarctic Peninsula was named Graham Land.
- . Fabian Gottlieb von Bellingshausen's Russian expedition discovered Peter I Island and Alexander I Island - the first islands to be discovered south of the Antarctic Circle.
- . The first undisputed landing on Antarctica was in 1895 at Cape Adair.
- . The Belgian Antarctic Expedition led by Gerlache was the first expedition to overwinter within the Antarctic Circle in 1898.
- . Sir Douglas Mawson led the first party to reach the South Magnetic Pole during Sir Ernest Shackleton's 1907 to 1909 Nimrod Expedition.
- . Norwegian Roald Amundsen was the first to reach the South Pole on 14 December 1911, following a dramatic race with Englishman Robert Falcon Scott.
- . Between 1929 and 1931 Sir Douglas Mawson led an expedition to explore and map the coastline of what became the Australian Antarctic Territory in 1936.
- . The first successful overland crossing of Antarctica via the South Pole took place in 1958 led by Vivian Fuchs with Edmund Hillary leading the back-up party.
- . 1959 saw the signing of the Antarctic Treaty by 12 countries.



2.4 WEDDELL SEA

The ice-choked Weddell Sea is a rarely visited, but beautiful area of Antarctica. It was made famous by the epic saga of Sir Ernest Shackleton and his men aboard the *Endurance* on their Imperial Trans-Antarctic Expedition of 1914 to 1917, one of the most incredible adventure stories of all time. The Weddell Sea is home to many seals and marine birds, with penguin rookeries and immense tabular icebergs.

Climate & Weather

The waters of the Weddell Sea are heavily iced. Temperatures at the Antarctic Bottom Water range from -0.7°C to -1.8°C . Surface temperatures are generally below freezing.

Wildlife

The Weddell Sea lies well within the Antarctic climatic zone, so its fauna is typical of other Antarctic regions. It supports a rich marine ecosystem, vast quantities of krill providing food for diverse populations of marine mammals and fish. Whales and seals are abundant and include the Weddell Seal, orcas, humpback whales, leopard and crabeater seals.

The Adelie penguin is the dominant penguin species in the region, having adapted to the harsh conditions. The volcanic Paulet Island is home to a colony of more than 100,000 pairs.

A colony of emperor penguins was discovered south of Snow Hill Island in the Weddell Sea, but helicopters are generally needed to reach this colony as the sea is often blocked by heavy pack ice.

Geography

The Weddell Sea is known for its massive tabular icebergs. It contains the Weddell Gyre and is part of the Southern Ocean. It has an area of around 2.8 million square kilometres and measures 2,000 kilometres at its widest point. It is bounded on the west by the Antarctic Peninsula of West Antarctica, on the east by Coats Land of East Antarctica, and on the extreme south it is fringed by the Filchner and Ronne ice shelves. These two ice shelves are often referred to as the Filchner-Ronne Ice Shelf. With a total combined area of around 422,000 square kilometres, this is one of the two largest ice shelves on Earth.



The easternmost point of the Weddell Sea is Cape Norvegia at Princess Martha Coast, Queen Maud Land. The King Haakon VII Sea lies beyond to the east and covers much of the southern part of the sea up to Elephant Island. The sea lies within the two overlapping Antarctic territorial claims of Argentina and Britain, and partially within Chile's territorial claim.

History

- . 1820 saw British and Russian ships attempt to reach the Weddell Sea but both were stopped by ice.
- . The Weddell Sea is named in honour of the Scottish sailor James Weddell who entered in 1823, reaching as far south as 74°15'S.
- . Weddell himself originally named the area after King George IV, but it was renamed in 1900.
- . American sealing captain Benjamin Morrell also sailed the Weddell Sea in 1823 and claimed to have seen land some 10–12 degrees east of its actual boundary, calling it New South Greenland. This was later disproved in the early 20th century.
- . Otto Nordenskiöld, who was the leader of the 1901 to 1904 Swedish Antarctic Expedition, spent a winter at Snow Hill, with a team of four men. The relief ship was crushed by ice, but the crew managed to reach Paulet Island where they stayed in a primitive hut. They were finally rescued by the Argentine Navy at Hope Bay. All but one survived.
- . The Antarctic Sound is named after Otto Nordenskiöld's expedition ship.
- . William Bruce's Scottish National Antarctic Expedition of 1902 to 1904 aboard the Scotia undertook the first oceanographic exploration of the Weddell Sea.
- . The Luitpold Coast of Coats Land was charted by the Deutschland on the 1910 to 1912 German South Polar Expedition, under William Filchner.
- . Ernest Shackleton's ship, the Endurance, became trapped and crushed by ice in the Weddell Sea off Coats Land in 1915, during the British Imperial Trans-Antarctic Expedition. The crew escaped and were later rescued on Elephant Island.



2.5 SOUTH GEORGIA

South Georgia is a remote yet magical island, exquisite in its beauty and virtually unspoilt by man. It is adorned with emerald green bays, blue glacier ice and formidable snow-covered peaks. Here you will be exposed to the world's greatest wildlife areas – the "Galapagos of the South". Home to millions of breeding birds, thousands of seals, the introduced Norwegian reindeer and the largest colony of king penguins on this planet – the island teems with life.

If the spectacular wildlife is not enough of a drawcard, South Georgia is a part of the Antarctic that is steeped in history. The island was an intrinsic part of Sir Ernest Shackleton's 1914 to 1917 Trans-Antarctica Expedition in the *Endurance*, one of the most incredible adventure stories and most heroic survival stories of all times. It was once the centre of the whaling industry and an Antarctica cruise to this part of the Southern Ocean will give you the opportunity to see the relics and remains of abandoned whaling stations and to visit the grave of the intrepid explorer, Shackleton.

With the greatest concentration of wildlife on the planet, a captivating history and ruggedly beautiful terrain, the sub-Antarctic island of South Georgia is one of the jewels in the Southern Ocean's crown.

Climate & Weather

The weather in South Georgia can vary as the island experiences a cold Oceanic polar climate. Sun can quickly be followed by violent storms with rain and snow possible at any time of the year. The average maximum summer temperature at sea level is around 7.5°C dropping to 0°C in winter but average temperatures vary widely depending on the exact location in the region. Winter minimum temperatures are typically between -5°C and -10°C. South Georgia receives an annual precipitation of 1,500 millimetres mainly falling as snow or sleet, possible during any month.

Westerly winds blow intermittently throughout the year, giving the sheltered eastern side of the island a more pleasant climate. The highest recorded temperature was 28.8°C, at Grytviken on the eastern side, whereas Bird Island on the western side has only recorded a maximum of 14.5°C. The eastern side is subjected to colder winter temperatures, with Grytviken recording -19.4°C. The seas surrounding South Georgia are cold year-round due to the proximity of the Antarctic Current.

Although the waters usually remain free of pack ice in winter, thin ice may form in sheltered bays and icebergs are common. Sea temperatures rise to around 4°C in early April, dropping to 0°C in late August.



Early in the season, elephant and fur seals establish their breeding territories and the spring wildflowers are blooming. From late October to November elephant seals are actively courting. South Georgia's king penguins lay their eggs in November and king penguin chicks from the previous season can be seen in the rookeries. Seal pups are present on the beaches in December and January and from mid-December to January the first penguin chicks emerge and fur seals breed. By February the young fur seals are quite playful and penguin colonies are active.

The main season runs from mid-October to end-February, when the average temperature at sea level is around 7.5°C.

Wildlife

South Georgia has the greatest concentration of wildlife on the planet. It lies in a vast marine eco-system, with penguins, seals and other wildlife fishing across areas that cover thousands of kilometres before returning to the region. More than 30 million birds nest and rear their chicks in South Georgia.

Penguins: There are four breeding species of penguin on South Georgia – the macaroni, king, gentoo and chinstrap penguins. The island is home to around half the world's population of macaroni penguins. King penguins number in the hundreds of thousands.

Other Birds: Over 80 species of birds have been recorded in South Georgia, with over 30 species breeding on the island, the majority being seabirds. The South Georgia pipit is the only endemic bird on the island. Among the breeding birds are wandering, grey-headed, black-browed and light-mantled sooty albatrosses; Antarctic and fairy prions; blue, Cape, northern giant, white-chinned, snow and Wilson storm petrels; South Georgia shags, yellow-billed sheathbills and speckled teals. South Georgia is one of the very few places where you can see the nesting sites of the wandering albatross, a bird that boasts the largest wingspan of any bird in the world.

Whales & Dolphins: Amongst the whales found in the region are blue, southern right, sei, fin, humpback, killer and southern bottlenose. Hourglass dolphins frequent South Georgia's waters.

Seals: Antarctic fur, elephant, leopard and Weddell seals are found in South Georgia, with most of the world's population of Antarctic fur seals being found here. The southern elephant seal and Antarctic fur seal breed in significant numbers on the island's beaches and leopard seals can be seen all year round.



Geography

South Georgia is a collection of islands in the South Atlantic Ocean, situated nearly 1,400 kilometres southeast of the Falkland Islands. The group is made up of the main South Georgia Island and surrounding islands including Bird Island, Welcome Islands and Cooper Island.

The main island of South Georgia is approximately 170 kilometres long and between two and 40 kilometres wide, occupying an area of 3,755 square kilometres, more than half of which is permanently covered with ice. The island is mountainous with 11 peaks rising above 2,000 metres. The highest point on the island is Mt. Paget that rises to a height of 2,934 metres. The largest glacier is Fortuna Glacier.

South Georgia's terrain is rugged and mountainous, rising steeply from the sea. The island is largely barren with glacier-covered mountains and fjords and bays along the coast.

History

- The island of South Georgia was first sighted by London merchant Antoine de la Roche in 1675.
- Captain James Cook circumnavigated the island and made the first landing in 1775, claiming South Georgia for the UK and naming it "Isle of Georgia" after King George III.
- Norwegian, Carl Anton Larsen, established the first land-based whaling station and first permanent habitation at Grytviken in 1904.
- The United Kingdom claimed sovereignty over the South Sandwich Islands in 1908.
- South Georgia was a base for whaling and sealing industries throughout the 20th century.
- In April 1916, Ernest Shackleton's Imperial Trans-Antarctic Expedition became stranded on Elephant Island, 1,300 kilometres southwest of South Georgia.
- On 10 May 1916, Shackleton and five of his men landed at King Haakon Bay on South Georgia, Shackleton, Crean and Worsely then trekked across the island to reach help at Stromness whaling station.
- Whaling and sealing operations ceased in the 1960's and the whaling stations were abandoned.
- The Argentine claim over South Georgia contributed to the 1982 Falklands War, during which Argentine forces briefly occupied the island.
- The territory of "South Georgia and the South Sandwich Islands" was formed in 1985.



2.6 THE FALKLAND ISLANDS

Head east for nearly 500 kilometres from South America's southern Patagonian coast and you will reach the remote, isolated and ruggedly beautiful archipelago of the Falkland Islands, with their rough windswept terrain, coastal wetlands, beautiful white sand beaches and dramatic rock faces set against stunning skies. Comprising more than 750 islands in the South Atlantic Ocean, the Falkland Islands are a haven for wildlife – home to large colonies of elephant seals and fur seals, vast populations of black-browed albatrosses and other abundant birdlife including five species of breeding penguin.

Surrounded by decades of controversy, the Falkland Islands (or Islas Malvinas as they are known in Argentina) have been settled and claimed by France, Spain, Britain and Argentina. Travelling to this region will give you an insight into the area's fascinating history and reveal some of the haunting relics and memorials of war. The colourful seaside town and capital, Port Stanley, boasts many reminders of its British heritage including a selection of traditional English-style pubs, old red phone boxes and numerous Land Rovers – in fact some say that the people here are even more British than the British.

This is a unique part of the world, one of the rare places on Earth where nature and man live in harmony.

Climate & Weather

The Falkland Islands experience a cool temperate Oceanic climate, regulated by the surrounding oceans and the winds. Temperatures fluctuate within a narrow range, from a minimum of -5°C (July) to a maximum of 24°C (January). Average monthly temperatures range from around 9°C in summer (January & February) to around 2°C in winter (June & July). The mean annual temperature is around 5.6°C .

Rainfall is comparatively low and constant throughout the year with the western side of the archipelago, shielded by the Andes, being drier than the eastern side. Port Stanley receives over 600 millimetres of rain annually whereas Westpoint receives just over 400 millimetres. Conditions are often windy due to the location of the Falklands in the latitudes of the south-westerly "Roaring Forties" winds. The islands are hit by westerly winds with gales frequent during the winter months. The best time to take a Falkland Islands Antarctica cruise is during the Austral summer, between October and April. November to February are the optimum months within this timeframe, as this is the warmest time of the year and when wildlife activity is at its peak. Although temperatures range between 5°C and 10°C , conditions are often windy.



Later in the season in March and April, the magellanic penguins congregate on the beaches, preparing for their long journeys overseas. October and November are the best months to see elephant seal pups. For a taste of local culture, important events on the calendar include the May Ball and Liberation Day (14 June).

Wildlife

The Falkland Islands offer a fascinating and abundant range of wildlife. The South Atlantic waters are rich in marine life, supporting a variety of species that breed on the Falkland Islands archipelago including over 30 species of breeding birds that depend on the ocean for food.

Birds: Over 220 species of bird have been recorded on the Islands, with more than 60 species being known to breed here. The Falkland Islands are home to 80 percent of the world's breeding population of black-browed albatross. Several rare and threatened species of petrel nest on offshore islands. Upland geese and ruddy-headed or Brent geese are found around freshwater ponds, along with silver teals, Chiloe or southern widgeons and white-tufted grebes. Other birds found on the Falklands include the striated caracara, the endemic Cobb's wren and the Falklands flightless steamer duck. Five species of penguin breed on the Falkland Islands – rockhopper, magellanic, gentoo, king and macaroni. The Islands are the most important sites in the world for the endangered rockhopper penguin.

Marine mammals: Fourteen species of marine mammals have been recorded in Falkland waters. The elephant seal, sea lion and fur seal all breed on the Islands, the largest elephant seal breeding site being found on Sea Lion Island with over 2,000 individuals. On rare occasions leopard seals and Ross seals are seen on the shorelines but porpoises and dolphins such as Peale's and Commerson's dolphins are often spotted. orcas, sei and sperm whales are the most abundant whales to be sighted in the Falklands.

Land Mammals: There are no native land mammals found on the Falkland Islands, but introduced species include reindeer, hares, rabbits, Patagonian foxes, brown rats and cats.

Geography

The Falkland Islands are situated in the South Atlantic Ocean, 483 kilometres from the South American mainland and 1,365 kilometres north of the Antarctic Circle, midway between Argentina and South Africa. They are an archipelago consisting of two main islands (East and West Falkland) and over 750 smaller islands. The islands cover an area of approximately 12,000 square kilometres, with East and West Falkland accounting for over 90 percent of the land area.



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East and West Falkland are separated by the Falkland Sound. This channel has an average width of 20 kilometres. The main islands are generally hilly, with low-lying undulating terrain in the south of East Falkland. The highest point is Mount Usborne on East Island at 705 metres. West Falkland's highest point is Mount Adam at 700 metres. The distance from Stanley, on the extreme east, to New Island, on the extreme west, is 238 kilometres.

History

- Exploration and colonisation of the Falkland Islands began in the 18th century.
- France established a colony on the islands in 1764 at Port St. Louis on East Falkland.
- The islands were claimed for Britain by the British captain, John Byron in 1765 with a permanent settlement being established at Port Egmont the following year.
- In 1770 the Spanish forced the British to leave Port Egmont, sparking the Falkland Crisis, but the colony was soon re-established, becoming an important port-of-call for British ships sailing around Cape Horn.
- British forces withdrew in 1776 leaving Spain to rule the Falkland Islands from Buenos Aires until 1811.
- 1833 saw the British returning to the Falklands and Charles Darwin visiting the Islands.
- Charles Darwin revisited the Falklands in 1834 with the settlements of Darwin and Fitzroy taking their names from this visit.
- The construction of Port Stanley began in 1843, following a survey of the area by James Ross of the Antarctic Expedition.
- Government House opened in 1847 becoming the Governor's Residence in 1859.
- Christ Church Cathedral was completed in 1903, receiving its famous whalebone arch in 1933 to commemorate the centenary of continuous British administration.
- President Juan Peron of Argentina attempted to buy the Falkland Islands in 1953.
- Argentina invaded the Falkland Islands on 02 April 1982 and took control briefly before being forced to surrender on 14 June 1982.



2.7 IAATO GUIDELINES

Guidance for Visitors to the Antarctic

RECOMMENDATION XVIII-1, ADOPTED AT THE ANTARCTIC TREATY MEETING, KYOTO, 1994

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. The Consultative Parties have agreed that as far as possible and in accordance with their legal system, the provisions of the Protocol should be applied as appropriate. The Environmental Protocol was ratified in January 1998.

The Environmental Protocol applies to tourism and non-governmental activities, as well as governmental activities in the Antarctic Treaty Area. It is intended to ensure that these activities do not have adverse impacts on the Antarctic environment, or on its scientific and aesthetic values.

This Guidance for Visitors to the Antarctic is intended to ensure that all visitors are aware of, and are therefore able to comply with, the Treaty and the Protocol. Visitors are of course, bound by national laws and regulations applicable to activities in the Antarctic.

Protect Antarctic Wildlife

- Taking or harmful interference with Antarctic wildlife is prohibited except in accordance with a permit issued by a national authority.
- Do not use aircraft, vessels, small boats or other means of transport in ways that disturb wildlife, either at sea or on land.
- Do not feed, touch or handle birds or seals or approach or photograph them in ways that cause them to alter their behaviour. Special care is needed when animals are breeding or moulting.
- Do not damage plants, for example by walking, driving or landing on extensive moss beds or lichen-covered scree slopes.



- Do not use guns or explosives. Keep noise to the minimum to avoid frightening wildlife.
- Do not bring non-native plants or animals into the Antarctic, such as live poultry, pet dogs and cats, or house plants.

Respect Protected Areas

A variety of areas in the Antarctic have been afforded special protection because of their ecological, scientific, historic or other values. Entry into certain areas may be prohibited except in accordance with a permit issued by an appropriate national authority. Activities in and near designated Historic Sites and Monuments and certain other areas may be subject to special restrictions.

- Know the locations of areas that have been afforded special protection and any restrictions regarding entry and activities that can be carried out in and near them.
- Observe applicable restrictions.
- Do not damage, remove, or destroy Historic Sites or Monuments or any artefacts associated with them.

Respect Scientific Research

- Do not interfere with scientific research, facilities or equipment.
- Obtain permission before visiting Antarctic science and support facilities, reconfirm arrangements 24 to 72 hours before arrival and comply with the rules regarding such visits.
- Do not interfere with or remove scientific equipment or marker posts and do not disturb experimental study sites, field camps or supplies.
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- Do not interfere with or remove scientific equipment or marker posts and do not disturb experimental study sites, field camps or supplies.

Be Safe

- Be prepared for severe and changeable weather and ensure that your equipment and clothing meet Antarctic standards. Remember that the Antarctic environment is inhospitable, unpredictable and potentially dangerous.



- Know your capabilities and the dangers posed by the Antarctic environment and act accordingly. Always plan activities with safety in mind.
- Keep a safe distance from all wildlife, both on land and at sea.
- Take note of and act on the advice and instructions from your leaders; do not stray from your group.
- Do not walk onto glaciers or large snowfields without the proper equipment and experience; there is a real danger of falling into hidden crevasses.
- Do not expect a rescue service. Self-sufficiency is increased, and risks reduced, by sound planning, quality equipment, and trained personnel.
- Do not enter emergency refuges (except in emergencies). If you use equipment or food from a refuge, inform the nearest research station or national authority once the emergency is over.
- Respect any smoking restrictions, particularly around buildings and take great care to safeguard against the danger of fire. This is a real hazard in the dry environment of Antarctica.

Keep Antarctica Pristine

Antarctica, the largest wilderness area on Earth, remains relatively pristine. It has not yet been subjected to large-scale human perturbations. Please keep it that way.

- Do not dispose of litter or garbage on land. Open burning is prohibited.
- Do not disturb or pollute lakes or streams. Any materials discarded at sea must be disposed of properly.
- Do not paint or engrave names or graffiti on rocks or buildings.
- Do not collect or take away biological or geological specimens or man-made artefacts as a souvenir, including rocks, bones, eggs, fossils and parts or contents of buildings.
- Do not deface or vandalize buildings or emergency refuges, whether occupied, abandoned or unoccupied.

2.8 IAATO – DON'T PACK A PEST

Help protect Antarctica's pristine environment from non-native species.

Non-native species in Antarctica

Non-native species are those species that do not naturally occur in an area and have been introduced either intentionally or unintentionally. A wide range of non-native species now occur in Antarctica and the sub-Antarctic islands. These introduced species include microbes, algae, fungi, vascular plants, invertebrates, fish, birds and mammals.



Be a responsible visitor

Despite known introductions of non-native species, Antarctica remains a relatively pristine environment. Human activity has the potential to act as a vector for non-native species. Across the continent, science programs and tour operators are working to minimize the risk of humans being a vector for transporting non-native species into and within the Antarctic.

How to help before you head south

Clean and examine clothes thoroughly: Examine all clothing, including pockets, seams, Velcro® fasteners and boot soles for dirt and organic material. A thorough cleaning is recommended.

Pack clean gear: Make sure your gear and outdoor equipment is freshly cleaned and free of dirt and organic material.

How might non-native species hitch a ride with you?

- Boots and shoes
- Trouser hems and turn-ups
- Pockets
- Velcro® and fleece
- Backpacks
- Outdoor equipment, camera bags
- Walking sticks, tripods

Five steps to protecting the Antarctic once you have arrived:

I) Follow the boot and clothing decontamination procedures on your expedition. This is especially important if you are moving between distinct geographic regions, for example between a sub-Antarctic Island and the Antarctic, and if moving between distinct landing or field sites.

II) Watch your step. Be careful when walking in areas that contain organic matter as this can be easily transported to other areas. If you do notice organic matter on boots, clothing or gear, make sure to clean it off before leaving a site and use the disinfectant wash between visits.



III) Clean your gear regularly. This includes boots, equipment, daypacks and camera bags, trouser hems and turn-ups, fleece clothing Velcro® fasteners for outer clothing etc.

IV) Report a pest. Tell your guides if you think you have found a non-native species.

V) Spread the word. Share this information with others. We all contribute to the health of the Antarctic.

For more information, please visit: <https://iaato.org/home>



3. JOINING CITIES

3.1 USHUAIA, ARGENTINA

Ushuaia is the most southerly city in the world with a dramatic setting overlooking the Beagle Channel, surrounded by mountains. It is a major port for Antarctic bound vessels and an interesting city to explore. Located at 54°49'S, 68°17'W, the port of Ushuaia has been chosen by many tour operators as a major gateway to Antarctica.

The Museo Marítimo y del Presidio de Ushuaia (Maritime & Prison of Ushuaia Museum) is well worth a visit. Located in the former prison of Ushuaia, the prison buildings now house four museums – the Maritime Museum, the Prison Museum, the Antarctic Museum and the Marine Museum of Art. The buildings date back to 1906 when convicts were transferred from Isla de los Estados to Ushuaia to build this national prison. Construction was completed in 1920 and the cells which were designed for 380 inmates, held up to 800 prisoners before closing in 1947.

Tierra del Fuego National Park, a short bus ride from Ushuaia, was the first shoreline National Park to be established in Argentina. It is a rugged, mountainous park with great views of Lapataia Bay and dramatic scenery with waterfalls, mountains, glaciers and lakes including parts of Fagnano and Roca Lakes. There are many hiking trails within the park including the Coastal Path (Senda Costera) that connects Ensenada Bay to Lapataia Bay on Lago Roca. The park is home to many species of animal including the guanaco, Andean fox, North American beaver, European rabbit and muskrat. There are also many species of birds including the torrent duck, kelp goose, austral parakeet, Andean condor and the magellanic oystercatcher.

The Fin del Mundo Train (End of the World Train) is a steam train that runs from Ushuaia to Tierra del Fuego National Park, providing an alternative way to get to the park.

The Beagle Channel's inlets and islets also host colonies of marine birds and mammals that can be visited on boat trips from Ushuaia.



Climate

Ushuaia has a sub-polar oceanic climate with short, cool summers and long, wet, moderately mild winters. Temperatures rarely exceed 14°C in the summer and average 0°C in the winter months. Snowfall can occur even in summer.

	AV. MAX. TEMP. (°C)	AV. MIN. TEMP. (°C)	RAINFALL (mm)
JANUARY	14	5	39
FEBRUARY	14	5	45
MARCH	12	4	52
APRIL	10	2	56
MAY	7	0	53
JUNE	5	-1	48
JULY	4	-2	36
AUGUST	6	-1	45
SEPTEMBER	8	1	42
OCTOBER	11	2	35
NOVEMBER	12	4	35
DECEMBER	13	5	43

Transfers in Buenos Aires (for domestic flights to Ushuaia)

If transferring directly from Ezeiza (EZE) International airport to Aeroparque Jorge Newbery city airport (AEP), book the official taxi from 'Manual Tienda Leon' or 'Transfer Express'. Right after customs there is a counter from 'Manuel Tienda Leon' and 'Transfer Express' and payment can be made there. These taxis are safe. Do not take a taxi from one of the many drivers offering taxis verbally. Only take a taxi after booking and paying at the desk.

Cruise Embarkation in Ushuaia

If ground transfers are not included in your cruise, you must make your own way to the cruise pier. We strongly recommend that you arrive in Ushuaia the day before embarking your ship in case of flight delays or lost luggage on the day of arrival. This will also be a good opportunity for you to explore the town itself. Please note that the vessel will sail at its specified time and will not be able to wait for missing passengers or luggage.

There is only one cruise pier in Ushuaia located in the main port on Maipu Street. The entrance to the pier is opposite of Lasserre street, the Government building and the Hotel Albatros. Passengers must be able to show their Boarding Pass, otherwise access can be denied by port authorities. It is only a few minutes by taxi from the airport, a taxi costing approximately US\$10.



Disembarkation & Flights out of Ushuaia

Each ship is different and arrives in port at different times. We strongly advise you book a night's accommodation in Ushuaia at the end of the cruise if possible, as we will not be held responsible for the late arrival of the ship from your voyage. Arrange flights or other transport from Ushuaia for the day after your cruise is scheduled to return. If you must depart Ushuaia on the day of cruise disembarkation, please ensure that you do not book a flight out before noon at the very earliest. We will not be held responsible if you miss your flight due to late arrival and disembarkation from your cruise ship.

Hire of Antarctic Gear

Jumping Ushuaia

- . Address: 9 de Julio 128, Ushuaia
- . Telephone: +54 2901 436709 Mobile: +54 92901 503105 or +54 92901 515165
- . E-mail: info@jumpingushuaia.com.ar
- . Website: <http://www.jumpingushuaia.com.ar>
- . Opening Hours: 8.30am – 12.30pm / 4.00pm – 8.30pm

Wind Fly Ushuaia

- . Address: 25 de Mayo 155, Ushuaia
- . Telephone: +54 2901 431713
- . E-mail: info@windflyushuaia.com.ar
- . Website: <http://www.windflyushuaia.com.ar>
- . Opening Hours: 9.00am – 1.00pm / 5.00pm – 9.00pm

Ushuaia Extremo

- . Address: Avenida San Martin, corner 9 de Julio, Ushuaia
- . Telephone: +54 2901 434373 Mobile: +54 92901 1561 9507
- . Website: <http://www.ushuaiaextremo.com/es>
- . Opening Hours: 8.30am – 1.00pm / 4.30pm – 8.30pm

Antarctic Equipment

- . Address: Gobernador Paz 865, Ushuaia
- . Telephone: +54 2901 4346003
- . Website: <http://www.antarcticequipment.com.ar>
- . Email: antarctic_equipment@hotmail.com



Other Useful Information

Tourist Information Office:

- . Address: Corner of Avenida San Martin and Avenida Fadul
- . Opening Hours: Mon to Fri 9.00am – 10.00pm; Sat & Sun 9.00am – 8.00pm

Tourist Pier:

- . Opening Hours: Daily 9.00am – 6.00pm

Museo del Fin del Mundo

- . Address: Corner of Avenida Maipu and Avenida Rivadavia
- . Opening Hours: Daily 9.00am – 8.00pm

Museo Maritimo y del Presidio de Ushuaia (Maritime & Prison of Ushuaia Museum)

- . Opening Hours: Daily 9.00am – 8.00pm

Shops

Most shops are open Monday to Saturday from 9:30am to 12:30pm and from 3:30/4.00pm to 8.30/9.00pm

Bureau de Change & Banks

Thaler Exchange Bureau

Address: 209 Avenida San Martin

Opening Hours: Mon to Fri 10.00am – 3.00pm / 6.00pm – 8.00pm; Sat 10.00am – 1.00pm / 6.00pm – 8.00pm; Sun 6.00pm – 8.00pm

HSBC Bank

Address: 297 Avenida Maipu

Opening Hours: Mon to Fri 10.00am – 3.00pm

HSBC Frances

Address: 65 Avenida Maipu

Opening Hours: Mon to Fri 10.00am – 3.00pm

Banco Tierra del Fuego

Address: Corner Avenida San Martin and Roca

Opening Hours: Mon to Fri 10.00am – 3.00pm

Please note: Opening hours above may be subject to change. A passport is required for any money exchange at the banks and exchange bureau



Local Currency & Exchange Rates

The local currency in Argentina is the "Argentinian Peso" and it is represented as \$ or ARS.

Please check with websites such as www.oanda.com or www.xe.com for current rates of exchange.

Post Office

Address: Corner Avenida San Martin and Godoy

Opening Hours: Mon to Fri 10.00am – 6.00pm; Sat 10.00am – 1.00pm

Public Holidays

The POST OFFICE, BANKS and most SHOPS are CLOSED on these HOLIDAYS during the Antarctic season.

08 December – National Holiday

24 to 25 December – Christmas

31 December to 1 January – New Year

24 March – National Holiday

Maundy Thursday, Good Friday and Easter Sunday



3.2 PUNTA ARENAS, CHILE

Founded in 1848, the sprawling metropolis of Punta Arenas lies on the Brunswick Peninsula on the edge of the Strait of Magellan. It is 3,090 kilometres south of Santiago de Chile and is the capital city of the Magallanes Region and Antarctica Chilena. 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. Located at the southern tip of mainland Chile, the city is a diverse mix of colonial architecture, port renovations, wool-boom mansions, colourful metal roofs and street vendors alongside modern shops and malls. Punta Arenas is one of just two free ports in Chile and is a gateway to the Antarctic.

The Cementerio Municipal is a short walk from the city centre and is one of South America's most interesting cemeteries, housing ornate tombs, including that of wool baron José Menéndez to humble immigrant graves.

Patagonian Institute's Museo del Recuerdo has displays of antique farm and industrial machinery, a typical pioneer house and shearing shed and a wooden-wheeled shepherds' trailer. The library houses historical maps and a series of historical and scientific publications.

Eight kilometres from town, Reserva Forestal Magallanes offers great hiking and mountain biking through dense forests of lenga and coihue.

Slightly further afield (50 to 60 kilometres south of Punta Arenas) are the town's first settlements of Fuerte Bulnes and Puerto Hambre.

Climate

Punta Arenas has a cool humid sub-polar oceanic climate with short cool summers and no dry season. In summer the average temperature is around 15°C and in winter it hovers around 0°C.

	AV. MAX. TEMP (°C)	AV. MIN. TEMP (°C)	RAINFALL (mm)
JANUARY	15	7	39
FEBRUARY	15	7	28
MARCH	13	5	30
APRIL	10	4	36
MAY	7	2	42
JUNE	5	0	28
JULY	5	0	30
AUGUST	6	0	30
SEPTEMBER	8	2	24
OCTOBER	10	3	29
NOVEMBER	12	4	32
DECEMBER	14	6	29



Cruise Embarkation

Antarctic cruises that join in Punta Arenas are generally Fly/Cruise itineraries that begin with a flight from Punta Arenas to King George Island, where you embark your cruise ship.

When booking a flight to Punta Arenas, you are advised to arrive the day prior to the tour start date in case of flight delays or lost luggage. This will also give you the opportunity to explore the city. If an airport transfer is not included, taxis are available to downtown Punta Arenas for US\$25 approximately.

The first night of the tour is spent in Punta Arenas, with a charter flight to King George Island on Day Two. Flights can be subject to changes of departure time depending on weather conditions and so you should be prepared to depart on the group transfer at any time.

Please note: There is a strict luggage allowance of 15 kilograms checked luggage and 5 kilograms cabin baggage on flights between Punta Arenas and King George Island. There are no options to pay for excess luggage.

Disembarkation & Flights out of Punta Arenas

Each ship is different and arrives in port at different times. Having disembarked the ship on King George Island, there will be a flight from King George Island airport to Punta Arenas. The flight generally takes three to four hours and most itineraries include a night post-cruise accommodation in Punta Arenas with an included transfer from the airport to the hotel. Tours generally end after breakfast the following day. Taxis are available to return you to the airport for your onward flight, costing approximately US\$25.

Other Useful Information

Airport

The airport in Punta Arenas, named Presidente Carlos Ibañez del Campo, is one of the most important airports in the south of Chile. It is located 20 kilometres north of downtown Punta Arenas. The airport has one terminal and handles both domestic and some international flights (Ushuaia, Rio Gallegos and Puerto Stanley). The airport has ATM facilities, public phones and Wi/Fi access.

Tourist Information Office

- . Address: Lautaro Navarro 999
- . Opening Hours: Mon to Fri 8.30am – 6.00pm; Sat 8.30am – 1.00pm / 2.00pm – 6.00pm
- . Tel: (61) 2241330 / 2248790 / 2225385
- . Email: infomagallanes@sernatur.cl

There is a second information office located at the airport.



Museum Salesiano Maggiorino Borgatello

Opening Hours: Tues to Sun 10.00am – 12.30pm / 3.00pm – 5.30pm

Municipal Cemetery

Opening Hours: Daily 7.30am – 8.00pm (Summer)

Museum Regional de Magallanes

Opening Hours: Wed to Mon 10.30am – 5.00pm (Closed Tuesdays)

Fuerte Bulnes & Punta Santa Ana

Opening Hours: 9.00am – 6.30pm

Puerto de Hambre

Opening Hours: Daily 10.00am – 5.30pm

Banks

The major banks are located near the main square. Money can be exchanged in the banks.

Banco de Chile

Address: Calle Lautaro Navarro 1112

Opening Hours: Mon to Fri 8.00am – 7.00pm; Sat 9.00am – 5.00pm

Banco Santander

Address: Calle Magallanes 997

Opening Hours: Mon to Fri 8.00am – 7.00pm; Sat 9.00am – 5.00pm

Banco de Credito e Inversiones

Address: Calle Quillota, Manzana 8

Opening Hours: Mon to Fri 8.00am – 7.00pm; Sat 9.00am – 5.00pm

Banco del Estado de Chile

Address: Calle Magallanes 910

Opening Hours: Mon to Fri 8.00am – 7.00pm; Sat 9.00am – 5.00pm

Please note: Opening hours above may be subject to change. A passport is required for any money exchange at the banks.



Local Currency & Exchange Rates

The local currency in Chile is the "Chilean Peso" and it is represented as CLP. Please check with websites such as www.oanda.com or www.xe.com for current rates of exchange.

Credit Cards

All major international credit cards are widely accepted including Visa, MasterCard and American Express

Post Office

- Address: Calle Bories 911
- Opening Hours: Mon to Fri 9.00am – 6.30pm; Sat 9.00am – 12.30pm



3.3 MONTEVIDEO, URUGUAY

Montevideo is the historic yet cosmopolitan capital of Uruguay. Situated on the east bank of the Rio de la Plata, it is home to half of Uruguay's population. Montevideo has much to offer from the historic Ciudad Vieja (Old City) with its Citadel Gate used up until 1829 to protect the city from invasion, to the beachside suburbs of Carrasco and Pocitos. Explore the covered market of 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.

Plaza Matriz or Plaza Constitución as it is also known, was the heart of colonial Montevideo. The Cabildo, completed in 1812, stands on its eastern side, and houses the Museo y Archivo Histórico Municipal, a historical museum displaying 18th-century paintings of Montevideo and other ancient artefacts. Iglesia Matriz stands opposite the Cabildo and is Montevideo's oldest public building, begun in 1784 and completed in 1799.

Across the harbour, the 132-metre-high Cerro de Montevideo was once a landmark for early navigators and offers great views of the city.

The Museo del Gaucho, housed in the ornate Palacio Heber, displays a great collection of historical gaucho artefacts, including horse gear, silver work, mates and bombillas.

Climate

Montevideo has a pleasant year-round temperate climate. There is no wet season, the annual rainfall being spread throughout the year. Average summer (December to March) temperatures range from 26°C to 28°C, with winter temperatures fluctuating between 7°C and 18°C. July is generally the coldest month.

	AV. MAX. TEMP (°C)	AV. MIN TEMP (°C)	RAINFALL (mm)
JANUARY	28	18	68
FEBRUARY	27	18	92
MARCH	26	17	116
APRIL	22	13	78
MAY	18	10	74
JUNE	15	8	81
JULY	15	7	71
AUGUST	17	8	61
SEPTEMBER	18	9	61
OCTOBER	21	12	91
NOVEMBER	24	14	106
DECEMBER	26	16	80



Cruise Embarkation in Montevideo

If ground transfers are not included in your cruise, you must make your own way to the cruise pier. We strongly recommend that you arrive in Montevideo the day before embarking your ship in case of flight delays or lost luggage on the day of arrival. This will also be a good opportunity for you to explore the city itself. Please note that the vessel will sail at its specified time and will not be able to wait for missing passengers or luggage.

The cruise pier in Montevideo is located at the Port of Montevideo, a five-minute taxi ride from downtown.

Disembarkation & Flights out of Montevideo

Each ship is different and arrives in port at different times. We strongly advise you to book a night's accommodation in Montevideo at the end of the cruise if possible, as we will not be held responsible for the late arrival of the ship from your voyage. Arrange flights or other transport from Montevideo for the day after your cruise is scheduled to return. If you must depart Montevideo on the day of cruise disembarkation, please ensure that you do not book a flight out before noon at the very earliest. We will not be held responsible if you miss your flight due to late arrival and disembarkation from your cruise ship.

Other Useful Information

Municipal Tourist Office

- . Address: Avenida 18 de Julio (Ground Floor of the City Hall)
- . Opening Hours: Mon to Fri 9.00am – 5.00pm

Museo y Archivo Histórico Municipal

- . Address: Juan Carlos Gómez 1362
- . Opening Hours: Mon to Fri 12.00pm – 5.45pm; Sat 11.00am – 5.00pm

Mercado del Puerto

- . Address: Rambla 25 de Agosto de 1825 228
- . Opening Hours: Daily 12.00pm – 5.00pm year-round, to 11.00pm Tues to Fri from Nov to Feb

Shops

Most shops are open Monday to Friday from 9:00am to 12:00pm and from 2.00pm to 7.00pm; Saturday 9.00am to 1.00pm



Casas de Cambio & Banks

Banco Santander

Address: Julio Herrera y Obes 1365

Opening Hours: Mon to Fri 1.00pm – 5.00pm

HSBC Bank

Address: Zabala 1403, Ciudad Vieja

Opening Hours: Mon to Fri 1.00pm – 5.00pm

Banco Bandes Uruguay

Address: Sarandi 402, Ciudad Vieja

Opening Hours: Mon to Fri 1.00pm – 5.00pm

Cambio 18

Address: Av. 18 de Julio 1701

Opening Hours: Mon to Fri 9.45am – 6.45pm; Sat 9.30am – 12.30pm

Please note: Opening hours above may be subject to change. A passport is required for any money exchange at the banks and casas de cambio.

Local Currency & Exchange Rates

The local currency in Uruguay is the "Uruguayan Peso" and it is represented as \$ or UYU.

Please check with websites such as www.oanda.com or www.xe.com for current rates of exchange.

Post Office

Address: 316 S 1st Street, Montevideo

Open: Mon to Fri 8.30am – 5.00pm; Sat 9.00am – 11.00am

Public Holidays

The POST OFFICE, BANKS and most SHOPS are CLOSED on these HOLIDAYS during the Antarctic season.

25 December – Christmas Day

31 December to 01 January – New Year

Maundy Thursday, Good Friday and Easter Sunday



4. TERMS & CONDITIONS

Please refer to the following link for our full terms and conditions:
www.chimuadventures.com/travel/terms-and-conditions

Updated 13December18

