





## ADVENTURE OPTIONS *Additional Cost*

Approaching a looming glacier in a kayak, strapping on snowshoes to reach the best icy viewpoints, capturing the perfect photo of a seal hunting its prey or camping under an Antarctic perpetual twilight – these are just some of the ways you can enrich your exploration of the great White Continent with our additional activities. Activities are subject to availability and voyage so please contact your booking agent to find out more.

Spaces are limited. We recommend booking early to avoid disappointment.



 **Kayaking**

Under full instruction from your sea kayaking guide, experience true tranquillity as you paddle through clinking ice floes and realise the enormity of the surrounding scenery. Look out for breaching whales, lounging seals and penguins zipping alongside your kayak. Some experience is required.



 **Camping**

Camp out on the ice and experience the silence which blankets the continent by night. This is your chance to completely connect with this ethereal ice world – wrap up warm and embrace the Antarctic elements.

## ADVENTURE OPTIONS *Included*



 **Hiking**

Feel the crunch of ice under your feet and the icy whip of the Antarctic air on your cheeks with a hike on the Antarctic Peninsula. This activity is only available in some locations and is heavily weather dependent so make sure if the opportunity does arise you take advantage.



 **Zodiac Cruising**

You may not have heard of a Zodiac before, but these small vessels open a huge world of opportunity as they tuck you safely into the pockets of some of Antarctica's most beautiful inlets and shorelines. Your expedition crew will help you hop in and out with ease.



 **Yoga**

It doesn't get more serene than complimentary yoga classes to the tune of glacial scenery. Join the most unique exercise setting in the world after a day of exploration. Classes are regular but are dependent on weather conditions and swell.



 **Snowshoeing**

Get a spring in your step when you slip on a pair of snowshoes in Antarctica. Enabling you to easily scale gentle slopes, this unique activity allows you to access hard to reach places and seek out the most impressive views.



 **Private Photography Workshop**

Learn to capture wildlife and landscape shots in a small group photography programme, including critiquing sessions and editing classes. Plus, forward facing Zodiac excursions with a dedicated photography expert on landings.



 **Forward Zodiac Cruising**

Achieve the best views and photographs from a forward facing Zodiac. They allow you to sit comfortably and securely while crackling through the ice-strewn waters. Look out for wildlife such as penguins, seals and whales as you cruise.



 **Daily Lectures**

Your inspiring expedition team are a talented bunch of historians, biologists, geologists and conservationists. Enjoy daily lectures on fascinating Antarctic subject matter which will leave you just as passionate about this wilderness as they are.



 **Briefings & Recaps**

The daily recap will soon become a familiar and enjoyable aspect of your Antarctic adventure. Enjoy a drink from the bar and settle in with your fellow passengers as the expedition team summarise the days events and provide weather and schedule expectations for the next.



 **Polar Plunge**

This is the ultimate adrenaline rush. Once per expedition, you will have the opportunity to plunge yourself safely into the icy waters of Antarctica. Make sure you have a non-plunging friend with a camera at the ready to capture this uniquely exhilarating event.



# POLAR Kayaking



Most travellers head to Antarctica for the once-in-a-lifetime experience of getting up close to some of the natural world's most unique and striking wildlife. Kayaking is one of our most popular adventure travel options, and it's no wonder. The vantage point offered as you sit just above the surface of the Southern Ocean and its many Antarctic Peninsula bays is spectacular.

With our kayak master, Brandon, you'll have the chance to paddle around the edge of glaciers and past icebergs of white, green and blue. Brandon developed an intense interest in adventure and the natural environment from an early age. Growing up in Cape Town surrounded by the ocean fuelled Brandon's passion for all things water-based, including sea-kayaking. As an APA certified Sea Kayak Guide, he has spent the last few years fulfilling this enthusiasm in the slightly cooler waters of Antarctica, Northern Europe and the Arctic. Having studied Environmental Management, Ecotourism and Disaster Risk Management, he hopes to combine his studies with travel and share his passion for the natural world as an Antarctic kayak guide.

### What can you expect from kayaking?

Adding kayaking to your Antarctic adventure means that you will be part of a small team that breaks off from the main group and paddles together as often as possible. You will have a different experience from your fellow passengers: while they will split their excursions between Zodiac cruises and shore landings, as kayakers, you will head out for a long paddle and a shorter shore landing.

### Do I need to be an experienced kayaker? How physically fit should I be?

The most challenging part of sea kayaking is usually getting into the kayak itself. After you have mastered that, you will learn how to keep a rhythm going through the icy water. Antarctic sea kayaking does require some previous kayaking experience as you need to be comfortable doing a wet exit. Conditions can also be unpredictable so be prepared for changes to weather and

sea conditions. The ability to do a kayak roll isn't required but you should be able to demonstrate that you're comfortable in a sea kayak. A moderate level of fitness is required as kayaking can be demanding on your arms/core and you should also have a good sense of balance.

### How big are the groups?

Each group excursion involves up to 16 kayakers.

### How many times will I go kayaking?

Each kayaking expedition generally runs for between two and four hours, depending on the weather. Up to four excursions throughout the expedition will be scheduled, but please be aware that kayaking is strictly subject to weather and water conditions. Safety is number one priority and the expeditions will not run if we do not deem the conditions fit enough.

### What will I see?

Kayaking is a beautiful way to be close to Antarctic nature. When you kayak, you can reach down and touch the water. You can seize the ice floating past and watch penguins, seals and whales glide through the water just inches from you. Incredible scenery is guaranteed – rugged shorelines with snow-capped mountains in the background, pristine untouched shorelines, icebergs that can turn the water beneath you a brilliant blue. The quiet nature of kayaking also makes it an excellent opportunity to encounter wildlife.

### Should photographers' kayak in Antarctica?

If you're a photographer and you want to kayak, you will need to be prepared for some compromise as it won't be possible to do both to the best of your ability. Our expedition guides will be happy to talk to you about your photography priorities so that you don't miss out on the best opportunities for photography.

### Is kayaking safe?

It is important to be vigilant when you are kayaking. You are exposed to polar weather and sea conditions so dress according to the elements to avoid the risk of hypothermia. Kayaking numbers are limited to 16 so that our accompanying guides can keep track of everyone and ensure your experience is maximised.

One guide stays with the group in a support kayak, while another trails nearby in a Zodiac in case of emergencies which require a faster retreat back to the Ocean Endeavour. All guides are experts in kayaking and have vast experience working sea kayaking groups. They will work to scale an excursion to the skill-level of your group.

### Do I have to bring any of my own kayaking equipment?

Kayaking equipment is provided. We have 14 to 18 different kayaks onboard, with a mix of doubles and singles. There are different sizes of dry suits and we carry around 35 dry suits. PFDs (personal flotation devices) are mandatory for safety, and we have a variety of sizes available to make sure passengers find one that fits. Spray kits for the cockpit of each kayak are available in different sizes.

We also provide pogies, which go over your hands to keep them warm and dry, as well as booties for your feet.

Please make sure you're dressed properly for your excursion in the open polar elements. We recommend you bring the following:

- Thermal underwear bottom and top for underneath your dry suit
- A fleece jacket or vest to wear over your thermal underwear
- Gloves (preferably ski/snowboard/mountaineering gloves with some grip and a Gore-tex outside/Thinsulate inside)
- A wind-and-waterproof breathable jacket or paddle anorak/jacket and trousers (e.g. Gore-tex)
- A waterproof bag (if you're bringing a camera)
- Fleece hat
- A turtle neck or neck gaiter
- Thick socks
- Sunglasses
- Sunscreen/sun block

Avoid wearing cloth clothing like t-shirts or jeans when kayaking as once wet they are hard to dry.





# POLAR

## Camping & Snowshoeing

When you're visiting the great white south, there are certain experiences that can take your adventure to the next level. Stepping off a Zodiac to go camping on the Antarctic Peninsula or strapping on your snowshoes to discover the overwhelming scenery is undoubtedly two of them.

### CAMPING

Fall asleep amid the snow-capped mountains as you watch the colours of the night sky bounce off the ocean and surrounding glaciers. The only locals you will be sharing your home with for the night are the Gentoo, Adelle and Chinstrap penguins who keep a low profile, nesting nearby. This is an experience like no other which allows you to completely connect with the landscape, feeling its power into the early hours.

#### What to expect.

If you have booked the camping excursions, after dinner has concluded, you will board a zodiac and be guided by the expedition team to the camping site. They will stay with you overnight in case you need assistance with anything. After setting up camp, you'll spend the night onshore (about 10 hours in total) before waking up to return to the Ocean Endeavour for breakfast.

#### Booking in advance.

Camping is offered on a selection of our Antarctic voyages, so we recommend booking ahead to secure your place. Camping is only available at the start of the season during November to January departures when the snow is soft. Please note that camping numbers are limited to 40 – 60 people per voyage so we recommend booking ahead to secure your place.

#### Eligibility.

Children between 12 and 18 years of age can participate only when accompanied by a parent or guardian, so it's important to check the age requirement for your trip when you book.

#### What you'll need.

Participants need to be prepared for Antarctic conditions and wear appropriate clothing when camping. This includes a hat, gloves, extra thick socks, a windproof, waterproof parka and pants.

We will provide comfortable tents, insulating mats, warm sleeping bags and portable toilet facilities or you can choose to sleep in a bivvy bag.



### SNOWSHOEING

While you can enjoy spectacular vistas of Antarctica from the Ocean Endeavour, disembarking and setting foot on the Peninsula connects you with the breathtaking scenery of imposing mountain ranges, beautiful glaciers and soaring cliffs. Snowshoes are a lightweight, traditional mode of transport that were originally used by indigenous North Americans in polar terrain. Wide and light, they are an excellent method of crossing deep snow. Strap on your snowshoes and prepare for the ultimate Antarctic activity.

#### What to expect.

If you book snowshoeing for your Antarctic expedition, there may be multiple opportunities to enjoy this activity – it all depends on the weather. Each snowshoeing excursion lasts up to three hours, is designed for all abilities and is led by an expert guide.

#### Fitness requirements.

No previous snowshoeing experience is required to participate but it's generally recommended that you have an average level of fitness, as you'll be walking for three hours through the snow. If you enjoy hiking trails and walking you will usually be fit enough to enjoy this activity.

#### Equipment provision.

Snowshoes and ski poles are provided, and we recommend you bring and wear clothing that is suitable for the polar regions, such as thermal underwear, a breathable jacket, thick socks, sunglasses and a backpack.

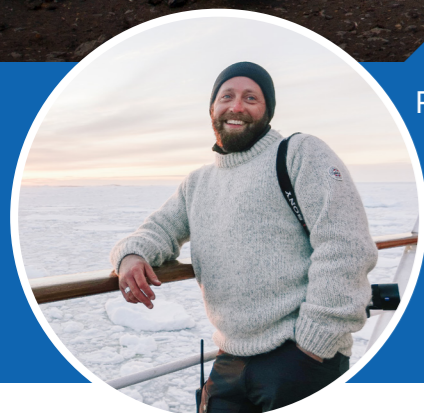
#### Safety and qualifications.

Our highly qualified polar guides have years of snowshoeing experience in polar regions and all hold relevant mountain instruction and safety certifications.





# OUR PHOTOGRAPHY Programme



Regardless of skill level, our small group photography programme will help you take images that do justice to the incredible sights of the Antarctic. This destination is notoriously hard to photograph – the light and colours are like nowhere else in the world – so allow our experienced wildlife photographer help you master the art of working in these icy conditions, making the most of the natural light, nailing the perfect landscape shot, capturing wildlife at play and protecting your equipment from the elements.

Sam Edmonds is our onboard expert in this field. His experience and passion for Antarctica will take your photography to the next level. Read on to learn more about why he loves the White Continent, and photographing it, so much.

### Tell us a little bit about your background in photography. When did you start, what initially sparked your interest in polar photography?

After completing my studies in photojournalism, my career in photography and videography began by working on an Animal Planet production in Antarctica and the Southern Ocean for the 2013/14 Austral summer. Since then, I've spent over a year in total in the Antarctic, from the Cooperation Sea to the Peninsula, working as a camera operator, guide, photographer and operations co-ordinator. As someone who has always been interested in the environment, the Antarctic was a natural subject for my photography and has remained firmly within sight of my lens ever since my first voyage there six years ago.

### Do you have a favourite moment you wish you could have captured, but missed out on?

So many moments come to mind! Especially on the Peninsula where wildlife is so abundant, it's almost impossible to capture every moment. Perhaps my favourite though would be in the Falkland Islands. I was lucky enough to find myself in the middle of a Black-browed albatross colony and while wandering among the tussock grass, I looked up to find an albatross hovering only three feet above my head, almost completely still, facing into the wind. My camera was hanging over my shoulder, but I don't think I even considered taking a photo at the time. I just purely enjoyed the moment.

### Is there one wildlife photo you've taken that stands out for you? What's the story behind it?

In 2018, I was very humbled to win the Australian Antarctic Festival's Photograph of the Year Award. The image was of a Gentoo penguin in the snow and I think to this day, still stands out as my most iconic Antarctic photograph. Funnily enough, I took the photo on Christmas day in 2017 at Mikkelsen Harbour at the southern end of Trinity Island on the Antarctic Peninsula. We received a great amount of snow on Christmas Eve, so on the day we awoke to rafts of penguins coming ashore and waddling into a few feet of fresh powder. The entirely white scene made for a beautifully minimal background to the penguin and certainly, a nice Christmas gift for any photographer!

### What would you say is your favourite thing about being an adventure travel photographer?

Over the years, one of the reasons I realised I've grown to love working in a maritime context so thoroughly is that each day you wake up to something completely different. While you might go to bed one evening on a stormy Drake Passage with circling albatross and Cape petrels, you can easily awake the next morning to a sunny day on the Peninsula with Crabeater seals sunbathing on icebergs. As a photographer, it's such a feeling of elation to wake up every morning, look out your porthole and see what the day ahead holds.

### How does the Antarctic photography programme work exactly?

Our unique photography programme onboard the Ocean Endeavour is an extra-curricular series of workshops and excursions designed specifically for our guests who are most interested in maximising their photographic output during their voyage. Akin to a kayaking or camping adventure program, this is an optional add-on to any of our 14 voyages, no matter the itinerary.

### What makes the program so unique compared to the photography programs other Antarctic operators offer?

Our programme is unique in that it is built from the ground up to help keen photographers develop their skills and find those once in a lifetime photographs that the Antarctic continent offers. Even before you join our expedition you will have access to our exclusive pre-departure communication and info packages. Once on board, you will meet our own expert photography guides, divide up into intimate groups of ten and learn from some of the world's best Antarctic photographers. Our program is unique in its ability to harness skill levels of all kinds and maximise photography opportunities across the duration of any voyage, utilizing our innovative forward facing small boats and a 1:10 guide to guest ratio.

### Are there any photography skills I need to know before starting the trip?

While it is best to come to the programme with a basic understanding of photography, our education programming has been designed to cater for all levels of ability. Whether you're an iPhone photographer or a seasoned professional, our high guide to guest ratio and designated photography lecture and workshop space will see that every photographer's expectations are met by our team of experts. This is further enhanced by our pre-departure information packages and communication with our head photography guide who is available to answer questions and provide advice about equipment, what to expect and how to make the most of your time in the Antarctic.

### Who are the coaches/photography guides?

Our photography guides have spent their careers honing their ability in the harsh climes of the Antarctic continent. As experienced guides and mariners, along with their expertise in photography and videography, they are true specialists in this realm and their time and efforts capturing the Antarctic has been met with a spectrum of awards and accolades.

From a diverse array of nations, your guides have been hand selected for their ability to not only see and communicate the best photographic opportunities that the Antarctic has to offer, but to share their skill, knowledge and stories through formal presentations and workshops.

### How big are the photography classes?

With an incredibly impressive guide to guest ratio of 1:10, our photography programme utilises two forward facing zodiacs. This facilitates unobstructed views of all the wildlife and scenery the Antarctic has to offer and means the programme is capped at just twenty attendees. Coupled with the generous lecturing spaces aboard the Ocean Endeavour, we offer a personalized experience where guests will have the ability to learn from their photography guides at a manner tailored to their needs.

### What kind of camera should I bring?

We encourage guests of the photography programme to bring whichever camera they are most comfortable with. Whether it's an iPhone or a DSLR, the curriculum is designed to meet the needs and skill levels of all photographers and deliver content that is applicable across all camera types and manufacturers. In addition to cameras and lenses, we highly recommend that attendees bring along their preferred devices and software for processing and editing photos. This will allow them to gain the absolute most from the on-board component of the programme including lectures and workshops.

### What will I learn before, during and after the workshops?

While Antarctica is undoubtedly one of the most photogenic continents on Earth, it can also be one of the most challenging. Prior to your departure, our head photography guide will provide a wealth of information detailing how best to prepare for your time photographing in the Antarctic and what to expect during the voyage. Throughout the itinerary, your photography guides will provide in-the-field tips and technical info to execute once-in-a-lifetime images from Zodiacs and on land while shipboard programming from lectures to workshops will instruct attendees in photo processing, editing, storage and further technical and conceptual topics. Relying on the experience of our photography guides and guest speakers, attendees of the photography programme will have the unique opportunity to gain an insight into the knowledge and lives of true Antarctic and wildlife imaging professionals.

