



INTRODUCTION

Challenge. Desolation. Unlimited wonder. It's not difficult to grasp what attracted the great explorers to Antarctica. Get a personal appreciation for the struggle to tame the bottom of the world on this 22-day adventure to the land that entranced Ernest and countless others since. Down here, you'll explore the Falkland Islands, discover abandoned whaling stations on South Georgia Island, and pay your respects at his grave. Encounter penguins (king, chinstrap, and gentoo varieties) learning all about them through daily lectures, get close to whales and cavorting seals from a Zodiac boat, and keep an eye peeled for towering icebergs and massive glaciers. Prepare to be astonished.

ITINERARY

DAY 1: Arrival in Montevideo

Arrive into Montevideo at any time. An arrival transfer is included from the airport to your hotel. 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. The city has much to offer including the historic Old City with the Plaza Independencia at its heart and its Citadel Gate used up until 1829 to protect the city from invasion. The plaza separates the Ciudad Vieja (old town) with its art deco buildings, colonial homes and landmarks such as the towering Palacio Salvo, from the city's downtown. 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 head to the beachside suburbs of Carrasco or Pocitos.

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DEPARTURE

22/10/2021, 22/10/2022

DURATION

22 Days

LOCATIONS

Antarctic Peninsula, Falkland Islands, South Georgia



DAY 2: Montevideo - Embark on Ship

Embarkation on the M/S Expedition begins in the afternoon at the port of Montevideo. The morning is free to explore Montevideo. The evening is spent on board the ship watching the sunset and Montevideo fading into the distance. On the first day on-board, your Expedition Leader will give you an expedition overview.

DAY 3: South Atlantic Ocean/Falkland Islands - Days 3 to 5

With a course set southeast, become acquainted with the ship and frequent the common areas that include the lounge, dining hall, library and lecture hall where you meet your guides, ship's crew and expedition staff. Enjoy the lecture and educational sessions about the extraordinary human and natural history of the Antarctic region.

DAY 6: Falkland Islands /Southern Ocean - Day 6 & 7

The Falkland Islands provide a rare opportunity to witness the biological diversity and extraordinary scenery of the southern islands. Penguins and albatross are abundant here, and the Falklands have the largest black-browed albatross colony in the world. Port Stanley, the capital, offers an opportunity to meet the hardy local inhabitants whose colourful houses provide contrast to the long, dark winters. The Falkland Islands, a British Overseas Territory, is an archipelago that lies 490kms east of Patagonia in the South Atlantic Ocean. 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. The islands have much to offer with a wide variety of spectacular wildlife, beautiful rugged scenery as well as an interesting history. Five species of penguin breed on the islands (gentoo, king, macaroni, magellanic and rockhopper).

DAY 8: Southern Ocean/South Georgia - Day 8 & 9

With a course set for South Georgia, days at sea are filled with lectures to prepare for landings. Look out for the many whales that inhabit these waters.

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DAY 10: South Georgia/Scotia Sea - Days 10 to 13

Home to many interesting sites, including the grave of polar explorer Ernest Shackleton, South Georgia has several former whaling stations and boasts prolific wildlife. Visit a huge colony of king penguins, a major highlight of this part of the journey. Weather permitting, we will have three to four days to explore this island. South Georgia has been a British Overseas Territory since 1775. It is the largest island in the territory and one of the wildest and most remote places on earth with dramatic scenery of snow-capped mountains and huge glaciers. In the 19th century South Georgia was a prominent whaling base, but whaling ceased in the 1960's and the only remnants are museums and well-preserved buildings. South Georgia teems with wildlife due to the currents that bring nutrients to the island from the Atlantic. Huge numbers of penguins and seals breed here.

DAY 14: Scotia Sea/South Shetland Islands - Days 14 & 15

Plotting a south westerly course across the Scotia Sea, we sail for two days, retracing Shackleton's route backwards.

DAY 16: South Shetland Islands/Drake Passage- Days 16 to 19

Experience some of the most unique wildlife and awe-inspiring scenery in the South Shetland Islands, just north of the Antarctic Peninsula. Attempt two shore landings per day (weather permitting), and encounter gentoo, chinstrap, and Adélie penguin rookeries; Weddell, crabeater and leopard seals as well as orca, humpback, and minke whales in the cold Antarctic waters.

DAY 20: Drake Passage Crossing - Days 20 & 21

Today we turn north to begin our journey back across the Drake Passage to our home port of Ushuaia. In between bird watching, whale watching and enjoying some final lectures by the expedition staff, our final two days are a perfect opportunity to relax and review the highlights of the past week before returning to Ushuaia.

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DAY 22: Disembark in Ushuaia

And so our adventure comes to a close. We'll say our goodbyes as we disembark in Ushuaia in the morning. Upon completion of the 8:00 am disembarkation in Ushuaia, you will be transferred to either the airport or a central location where luggage can be stored. *** Important - Please be sure not to book flights out of Ushuaia before 12PM (Noon) on the day of disembarkation from your cruise ship.



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INCLUSIONS & DETAILS

Accommodation

Standard

Inclusions

1 night hotel accommodation in Montevideo pre cruise
 Shipboard accommodation
 All meals onboard
 All scheduled landings/excursions
 Guiding and lectures by expedition leader and team
 English-speaking expedition team
 All port fees
 All landing fees
 Expedition jacket
 A pair of boots for use during the voyage
 Group arrival and departure transfers

EXCLUSIONS:

Airfares to/from embarkation and disembarkation city
 Visa fees (if applicable)
 Travel Insurance
 Beverages (other than coffee and tea)
 Personal expenses such as laundry, onboard communication (telephone calls, faxes, email service)
 Gratuities for the crew (recommended US\$15.00 per person per day)
 Pre or post cruise travel expenses

Difficulty Rating

2 (light adventure)

Single Surcharge

No single surcharge **if** willing to share (Category 1, 2 and 3 cabin classes only).

Notes

Itinerary is subject to change depending on weather and ice conditions.

Price Dependent upon

Season and availability

SUSTAINABILITY

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 behavior. Special care is needed when animals are breeding or molting.

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 particular 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 artifacts 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

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arrangements 24-72 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.

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. Plan activities with safety in mind at all times.

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 snow fields 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 remains relatively pristine, the largest wilderness area on Earth. 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 artifacts 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.

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