INTRODUCTION

ITINERARY

DAY 1: Buenos Aires, Argentina

This adventure starts with an overnight stay in Buenos Aires, the bustling capital of Argentina. We offer an optional city tour in the afternoon. Spend the evening at your leisure and discover the “Paris of South America” for yourself.

DAY 2: Fly South – Ushuaia

Fly early in the morning to Ushuaia, where MS Midnatsol awaits. Once on board, we kick off our journey with a welcome-on-board dinner.
DAY 3: At Sea - Drake Passage - Day 3 & 4

Prepare yourself for Antarctica as we cross the infamous Drake Passage, and trust us - it will overwhelm you! MS Midnatsol is designed to bring polar exploration to all ages and learning levels. There will be lectures on the environment around us, films about Antarctica and the Activity Center provides the latest technology for preserving your memories. This Center is the heart of the expedition community, a friendly place to gather for talks, recaps and spontaneous events, and a warm area to mingle and share stories.

DAY 5: Antarctica & South Shetland - Day 5 to 9

Antarctica is sure to overwhelm your senses, with endless white horizons above oceans full of glorious icebergs and whales. Maybe even more awe-inspiring will be your meeting with the huge colonies of penguins. They are not afraid of humans, so you can look forward to true close encounters with this most charming of bird species as you come ashore to explore the impressive Antarctic scenery. From deck, there are great chances to spot whales. Enjoy close encounters with Antarctic wildlife and glaciers, old whaling stations and relics. You are in one of the most remote areas of the world and the sensations are non-stop. We will land several times for unforgettable excursions. Among the locations we may visit are Half Moon Island and Cuverville Island, home to a large colony of gentoo penguins. Neko Harbour is beautifully located in the innermost part of Andvord Bay, and Paradise Harbour got its descriptive name from the whalers who came here long ago. When the storms were at their worst, this is where they came to seek shelter. The high glacier walls in Wilhelmina Bay convey the mighty power of ice, from calving glacier fronts to floating ice.

DAY 10: At Sea – Drake Passage

The Expedition team will continue the lecture programme, covering history and the great explorers, marine biology, wildlife, oceanography and climate change. Spend some time on deck and look out for wildlife as we make out way north to the Falklands.
DAY 11: Falkland Islands - Day 11 to 13

When we arrive the Falkland Islands, you will experience everything from red buses and English pubs in the capital Stanley to penguins, hikes in the hills or along the coastline or kayaking clear waters. New Island is an adorable inlet, with sandy white beaches and turquoise waters. It could easily be mistaken for a Caribbean island, if the sun was a little stronger. We pass an old shipwreck on our way ashore to enjoy a day amongst penguins and seals. While we are here, you can join several excursions like history tours, bird watching tours, nature walks and even a scenic plane tour where you can discover the Falklands by air in a classic island-hopping aircraft.

DAY 14: At Sea - Day 14 to 16

Days at sea are full of activity. By now, our Expedition team will probably have convinced everybody on board that science is fascinating and fun! We can promise first class edutainment.

DAY 17: Montevideo, Uruguay

Montevideo boasts colourful cultural diversity, with a picturesque blend of colonial Spanish, Italian and Art Deco architectural styles. Long considered one of South America's most interesting cities, you can visit the Ciudad Vieja (Old Town) with its 18th century buildings, the vibrant Mercado del Puerto, the bustling Avenida 18 de Julio with its numerous theatres, museums and art galleries, and the stretch of white, sandy beaches surrounding the city after disembarking on MS Midnatsol.

INCLUSIONS & DETAILS

| Accommodation | Standard |
ANTARCTICA AND FALKLANDS

| **Inclusions** | Cabin grade of your choice on a full board basis
|                | One hotel night in Buenos Aires before the voyage including breakfast
|                | Transfer hotel to airport in Buenos Aires
|                | Economy flight Buenos Aires to Ushuaia
|                | Transfer airport to ship in Ushuaia
|                | Wind and water resistant jacket
|                | Landings with small boats and activities on board and ashore
|                | Professional English speaking Expedition team that gives lectures as well as accompanies landings and activities
|                | Free tea and coffee

| **Exclusions** | International flights
|                | Airport arrival or departure taxes
|                | Travel insurance
|                | Luggage handling
|                | Optional Excursions and Gratuities
|                | Passport, visa, reciprocity and vaccination charges

| **Difficulty Rating** | 2 (light adventure)
| **Single Surcharge** | Available upon request
| **Notes** | Contact us for more details
| **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 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.