



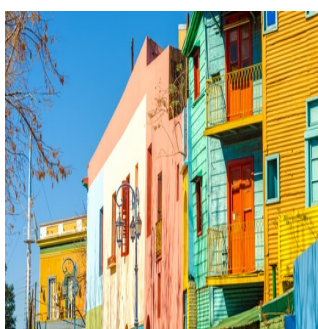
INTRODUCTION

This epic 23-day voyage sets sail from Ushuaia to explore the Falkland Islands and South Georgia, the 'Serengeti of the Southern Ocean', en route to the remote ice wilderness of Antarctica. Witness the seamless horizons and vast open spaces of the Falklands that are a haven for wildlife. Spend five days exploring South Georgia, taking in the incredible scenery, overwhelming wildlife and fascinating historic sites. Next stop Antarctica, where you will encounter wildlife close-up against a backdrop of hauntingly beautiful and surreal landscapes. Kayak alongside immense and beautifully carved icebergs, watch whales breaking the surface of the waters and follow in the footsteps of the great explorers as you camp out on the ice.

ITINERARY

DAY 1: Buenos Aires, Argentina

Your expedition 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 "Paris of South America" for yourself.



TRIP CODE

ACTSTUE8

DEPARTURE

31/10/2021, 01/11/2021,
12/12/2021, 02/01/2022,
02/02/2022, 23/02/2022

DURATION

23 Days

LOCATIONS

Antarctica



FRAM

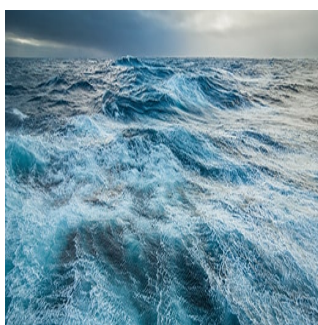
DAY 2: Fly South – Ushuaia

The following day you fly to Ushuaia. The flight leaves Buenos Aires in the morning, allowing you a few hours to explore Ushuaia or to join an optional excursion to Tierra del Fuego National Park, before embarking MS Fram. In the evening we will sail through the scenic Beagle Channel.



DAY 3: At Sea

We will cross the open sea on our way towards the Falkland Islands. Enjoy our lectures and keep an eye out for wildlife from deck.



DAY 4: Falkland Islands - Day 4 to 6

The Falkland Islands are teeming with wonders of wildlife and nature, and offer fantastically clear blue skies, seamless horizons, vast open spaces and stunning white beaches. Here the sheep graze alongside immense colonies of albatross and rockhopper, king and macaroni penguins, while predatory striated caracaras patrol overhead and upland geese forage at the water's edge. In the Falklands, penguins waddle close to take a look at us, then continue on their way, giving you some great photo opportunities! Stanley, the islands' capital, makes a wonderful starting point for the various excursions we offer in the area. The town is easy enough to discover on foot, as most shops and services are centred on the port.



TRIP CODE

ACTSTUE8

DEPARTURE

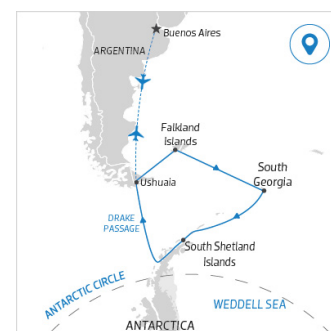
31/10/2021, 01/11/2021,
12/12/2021, 02/01/2022,
02/02/2022, 23/02/2022

DURATION

23 Days

LOCATIONS

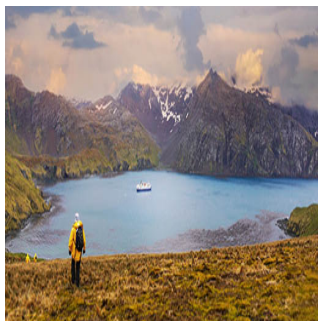
Antarctica



FRAM

DAY 7: At Sea – South Atlantic Ocean - Day 7 & 8

We spend two days cruising southward to beautiful South Georgia. En route you can participate in a number of presentations about the area's wildlife, as well as whaling and polar history. Our Expedition team is well versed in every facet of South Georgia, from its geology and glaciology to the mating rituals of the sooty albatross and the legends of the Norwegian whalers. One of the fascinating stories that will be told is that of Sir Ernest Shackleton and the men of the ill-fated Endurance and their amazing feats of bravery.



DAY 9: South Georgia - Day 9 to 13

On this specific expedition, you will get even more time to explore the unique beauty and wildlife of South Georgia. The rich history of exploration and whaling lends a great backdrop to its rugged scenery with glaciers and bustling wildlife. It is known as the Serengeti of the Southern Ocean, and is a favoured place for wildlife photographers. South Georgia's unique position inside the Antarctic ecosystem - yet outside the limit of the yearly sea ice - makes it home to tens of millions of breeding penguins, seals and seabirds. We plan to visit Fortuna Bay and some of South Georgia's abandoned whaling stations. During our stay here, you will see elephant seals lounge on the sand, fur seal pups race in and out of the water, albatross soar overhead, and king penguins in the thousands. Another highlight is exploring Gold Harbour. Enjoy the sight of hanging glaciers and cliffs, the lagoons and a large king penguin colony. You will also see a whaling museum, the Norwegian seaman's church, and the tiny graveyard where we can pay our respects to the great Antarctic explorer Sir Ernest Shackleton. South Georgia also offers some good hiking options, and one of our favourites is walking the last part of the route that Shackleton took on his brave journey across the island's rugged mountains to find help for the 22 men left on the isolated Elephant Island.



TRIP CODE

ACTSTUE8

DEPARTURE

31/10/2021, 01/11/2021,
12/12/2021, 02/01/2022,
02/02/2022, 23/02/2022

DURATION

23 Days

LOCATIONS

Antarctica



FRAM

DAY 14: At Sea

As we continue towards Antarctica you can learn more about the wonders of the Deep South, focusing on the history, environment and wildlife of Antarctica. We will cruise by the Washington Strait and Coronation Island before setting course towards Elephant Island and Antarctica.



TRIP CODE

ACTSTUE8

DEPARTURE

31/10/2021, 01/11/2021,
12/12/2021, 02/01/2022,
02/02/2022, 23/02/2022

DURATION

23 Days

LOCATIONS

Antarctica



FRAM

DAY 16: Antarctica - Day 16 to 20

Antarctica is different from anything else you will ever experience! Once we have crossed the Antarctic Convergence, you will start feeling the air getting crisper and colder. You will begin to see Antarctic penguins in the water, and don't forget to be on the lookout for the first iceberg. Among the highlights we might visit during our days in Antarctica is Deception Island, one of the South Shetlands; a distinctive ring-shaped volcanic caldera. This is one of the few places in Antarctica where we can take our backpacks and hike. Being on an active volcano in Antarctica is hardly an everyday experience! Other places we might visit are Half Moon Island, considered a jewel of diversity in the polar landscape, Hanna Point with its diversity of wildlife, and the large Adélie colony at Paulet Island. It can be difficult to navigate through the 48-kilometre Antarctic Sound due to ice, but it offers the most impressive manifestations of icebergs that we will see on this expedition. On Brown Bluff, Adélie and chinstrap penguins, kelp gulls and cape petrels nest below spectacular cliffs that rise 745 m out of the sea. The stony beach is suitable for shore landings outside of nesting season. We might sail through the narrow Errera Channel, to and from Cuverville, and see the icebergs that have become trapped and grounded in the nearby shallows. Danco Island lies peacefully amongst the icebergs in the Errera Channel, just a few hundred yards from the Antarctic mainland, and is a breeding site for Gentoo penguins. Come ashore and explore with us, go kayaking to see the ice up close or take a trip on one of our small boats. Port Lockroy is a British station from the Second World War that was turned into a museum in 1996. It is one of the most popular sites in Antarctica and offers a peek into life on an Antarctic base in the 1950s. Pleneau is situated just south of the Lemaire Channel and is a beautiful landing site, with many stranded icebergs in the bay area. When opportunities arise we will launch our kayaks, pitch tents ashore and take you on unforgettable hikes to explore the most beautiful, untouched places on the planet.



TRIP CODE

ACTSTUE8

DEPARTURE

31/10/2021, 01/11/2021,
12/12/2021, 02/01/2022,
02/02/2022, 23/02/2022

DURATION

23 Days

LOCATIONS

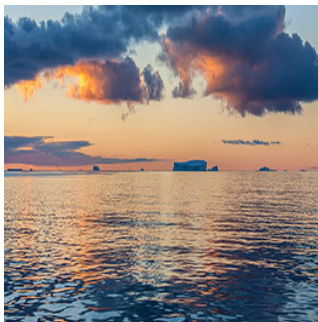
Antarctica



FRAM

DAY 21: At Sea – Drake Passage - Day 21 & 22

On our way back to civilization, we will continue our lecture series and recap our experiences of Antarctica. The voyage from the Antarctic Peninsula to Ushuaia at the southern tip of Argentina is roughly 950 km (600 miles) or 40 hours of sailing time in good weather.



DAY 23: Disembark: Ushuaia - Buenos Aires

We make landfall in Tierra del Fuego. Your voyage ends in the world's southernmost town, Ushuaia, and your journey back continues with a flight to lively Buenos Aires.



TRIP CODE

ACTSTUE8

DEPARTURE

31/10/2021, 01/11/2021,
12/12/2021, 02/01/2022,
02/02/2022, 23/02/2022

DURATION

23 Days

LOCATIONS

Antarctica



INCLUSIONS & DETAILS

Accommodation

Standard

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
Return economy flights Buenos Aires to Ushuaia
Transfers in Ushuaia including an orientation tour
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 accompany 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.

TRIP CODE

ACTSTUE8

DEPARTURE

31/10/2021, 01/11/2021,
12/12/2021, 02/01/2022,
02/02/2022, 23/02/2022

DURATION

23 Days

LOCATIONS

Antarctica



FRAM

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

TRIP CODE

ACTSTUE8

DEPARTURE

31/10/2021, 01/11/2021,
12/12/2021, 02/01/2022,
02/02/2022, 23/02/2022

DURATION

23 Days

LOCATIONS

Antarctica



FRAM

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.

TRIP CODE

ACTSTUE8

DEPARTURE

31/10/2021, 01/11/2021,
12/12/2021, 02/01/2022,
02/02/2022, 23/02/2022

DURATION

23 Days

LOCATIONS

Antarctica

