

## ANTARCTICA - FRIDTJOF NANSEN



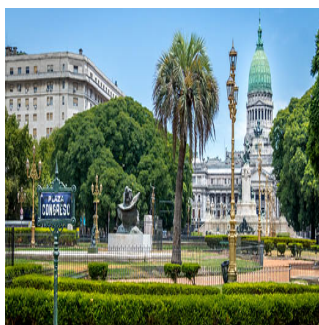
### INTRODUCTION

This exciting expedition cruise ventures far into the breathtaking wilderness of the South Shetland Islands, Antarctic Peninsula and as far south as the Antarctic Circle. Discover the rich wildlife and stunning icescapes of the most remote place on Earth and enjoy ice-cruising and landing activities led by our Expedition Team.

### ITINERARY

#### DAY 1: Buenos Aires, Argentina

This adventure starts with an overnight stay in Buenos Aires, the bustling capital of Argentina. Spend the evening at your leisure and discover 'Paris of South America' for yourself on a warm spring/summer day or extend your stay by an optional pre-programme to explore Wild Patagonia.



#### TRIP CODE

ACHUEFC

#### DEPARTURE

15/02/2021, 02/03/2021

#### DURATION

17 Days

#### LOCATIONS

Antarctica



## ANTARCTICA - FRIDTJOF NANSEN

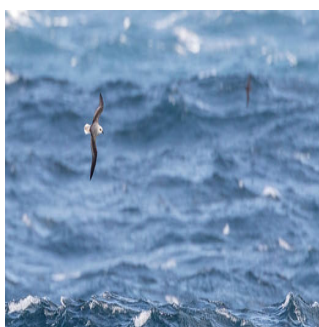
### DAY 2: Tierra del Fuego

Fly early in the morning to Ushuaia, where MS Fridtjof Nansen awaits. Once on board, we kick off our journey with a Welcome dinner.



### DAY 3: Crossing the Drake Passage - Day 3 & 4

Our Expedition Team will prepare you for your intense polar exploration with fascinating lectures and presentations in the Science Center. On the way to Antarctica, we cross the Antarctic Convergence, where two oceans meet, creating nutrient-rich seas that attract marine and avian life. Keep a sharp eye out for wildlife from deck.



#### TRIP CODE

ACHUEFC

#### DEPARTURE

15/02/2021, 02/03/2021

#### DURATION

17 Days

#### LOCATIONS

Antarctica



## ANTARCTICA - FRIDTJOF NANSEN

### DAY 5: Antarctica ... Impossible to Describe! - Day 5 to 14

Welcome to the most remote area on earth! Our Expedition Team will lead you on ice-cruising and landings to come ashore to explore the breathtaking Antarctic scenery and come closer to penguins, seals and ice. Antarctica inspires awe. Ninety per cent of the world's ice is here, 4,000 metres thick in some places. In winter, sea ice virtually doubles the size of the continent. In summer, it is a fertile breeding ground for millions of penguins, whales and seals. The ten days of our exploration ensure an unforgettable Antarctica experience with lots of landings and activities. This is true wilderness, so our experienced captain will work with the elements to create the best possible itinerary for your expedition cruise. We aim to land as often as possible, on the South Shetland Islands and on the Antarctic Peninsula, and to sail through the world-famous Lemaire Channel before we venture further south to Marguerite Bay to cross the legendary Antarctic Circle. Every moment in Antarctica is full of rich experiences. There are icebergs of every shape and colour, magnificent glaciers, vast horizons and astonishing encounters with fearless wildlife. An expedition cruise here is an amazing experience that is hard to sum up in a few short words. As a well-known quote from veteran Antarctic travellers puts it: "If you can describe Antarctica with words, you have probably never been there."



#### TRIP CODE

ACHUEFC

#### DEPARTURE

15/02/2021, 02/03/2021

#### DURATION

17 Days

#### LOCATIONS

Antarctica



### DAY 15: Heading back to civilisation - Day 15 & 16

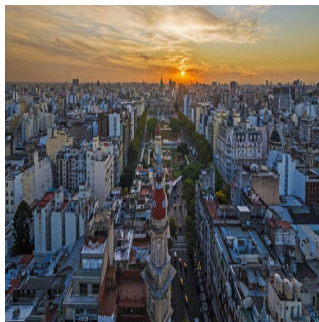
After exploring this exhilarating continent, we set course back to civilisation. Spend the day at sea recapping your experiences, having fun and learning in the Science Center or enjoying the many onboard amenities.



## ANTARCTICA - FRIDTJOF NANSEN

### DAY 17: Disembark Ushuaia - Buenos Aires

Our expedition cruise ends as we reach Ushuaia, and we transfer you to the airport for your flight back to Buenos Aires. For more adventure, you can extend your stay and enjoy our optional Post-programmes.



#### TRIP CODE

ACHUEFC

#### DEPARTURE

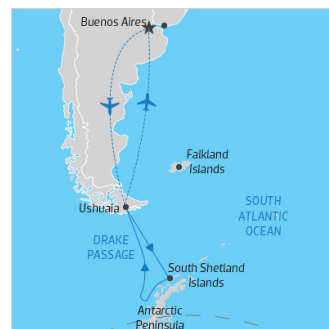
15/02/2021, 02/03/2021

#### DURATION

17 Days

#### LOCATIONS

Antarctica



## INCLUSIONS & DETAILS

#### Accommodation

Standard

#### Inclusions

- 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 one orientation tour
- A rich program of included activities on all voyages designed to immerse you in the destinations you visit, including ice-cruising and onshore exploration with the Expedition Team.
- Professional Englishspeaking Expedition Team an international handpicked team of highly educated experts of various academic fields with profound knowledge of the region we sail in.
- Complimentary wind- and water-resistant jacket.
- Loan of boots, trekking poles, and equipment needed for optional and included activities.
- All meals including beverages (ship beer and wine, sodas and mineral water in all restaurants)
- Coffee and tea included throughout the day.
- Early riser and afternoon treat offered in addition to breakfast, lunch and dinner
- Gym, hot tubs and panoramic sauna
- Free Wi-fi on board for all guests. Be aware that we sail in remote areas with limited connection.

#### Difficulty Rating

2 (light adventure)

#### Single Surcharge

Available upon request

#### Notes

Contact us for more details

#### Price Dependent upon

Season and availability

## ANTARCTICA - FRIDTJOF NANSEN

### 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

#### TRIP CODE

ACHUEFC

#### DEPARTURE

15/02/2021, 02/03/2021

#### DURATION

17 Days

#### LOCATIONS

Antarctica





## ANTARCTICA - FRIDTJOF NANSEN

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

### TRIP CODE

ACHUEFC

### DEPARTURE

15/02/2021, 02/03/2021

### DURATION

17 Days

### LOCATIONS

Antarctica



## ANTARCTICA - FRIDTJOF NANSEN

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

ACHUEFC

### DEPARTURE

15/02/2021, 02/03/2021

### DURATION

17 Days

### LOCATIONS

Antarctica

