

ANTARCTICA - FRIDTJOF NANSEN



INTRODUCTION

Set sail from Ushuaia, at the southern tip of South America to the end of the world aboard the MS Fridtjof Nansen. Discover the unparalleled highlights of Antarctica on this unforgettable voyage to the White Continent, with its vast expanses of snow and ice and seemingly endless blue-white horizons. Crossing the famous Drake Passage leads you to Antarctica, with its spectacular photo opportunities and incredible wildlife. Sail into the natural harbour of Deception Island and explore the abandoned whaling station and the relics of a British base. Visit the gentoo penguins of Cuverville Island and admire the stunning scenery of Wilhelmina Bay. Every day offers something different on what promises to be an adventure of a lifetime.

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 "Paris of South America" for yourself.



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ACHUHFC

DEPARTURE

07/11/2020, 17/11/2020,
27/11/2020, 07/12/2020,
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16/01/2021

DURATION

13 Days

LOCATIONS

Antarctica



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DAY 2: Ushuaia – Embarkation

Fly 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 especially to bring polar exploration to all ages and learning levels. As we cruise south, we start our “Young Explorers Antarctica” classes. There will also be several lectures on the environment around us; films about Antarctica and the Explorer room will be buzzing with activity. This will be the heart of the expedition community, where we gather for talks, recaps and spontaneous events, mingle and share stories.



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DAY 5: Antarctica & South Shetlands - Day 5 to 10

You are now in one of the most remote areas on earth! There have been spectacular photo opportunities so far, but Antarctica itself is in a whole different category. Come ashore to explore the breath taking Antarctic scenery and to come close to penguins and seals. You will feel like a real explorer from the moment you set foot on the endless expanse of snow and ice. From the deck there will be ample opportunities to sight whales. Enjoy close encounters with wildlife and glaciers, old whaling stations and relics. Trust us when we say that every second of this journey has something new to offer. One of the highlights of the South Shetlands is Deception Island. When we sail into the natural harbour of this volcanic island, you will see an abandoned whaling station known as Hektor and a derelict British base. We are certain you will enjoy a visit to Half Moon Island, a staggeringly photogenic island blessed with some of the most beautiful Antarctic scenery imaginable, or Yankee Harbour, with its large colony of Gentoo penguins, estimated to be 4,000 breeding pairs. Cuverville Island is home to another of the largest known colonies of Gentoo penguins. Neko Harbour is beautifully located in the innermost part of Andvord Bay. Paradise Harbour got its descriptive name from the whalers during the last century. Wilhelmina Bay has stunning scenery and is often called "Whale-mina Bay", because of the large number of humpback whales spotted here in December. We have planned plenty of activities to make you experience Antarctica in the best way. This might mean that one day you will go shore to see penguins and hear the crackling noise of glaciers. Next day, you get to feel the salt and wind as you cruise between the sea ice, looking for leopard seals taking a snooze on the ice. Third day, kayaking or a longer hike or walk. Back on board we also have activities that will satisfy a whole range of interests in the explorer room. The on board photographer will show you the basics of expedition photography.



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DAY 11: At Sea - Drake Passage - Day 11 & 12

After exploring this exhilarating continent, we set course back to civilization. Spend the day at sea recapping your experiences, having fun in the Explorer room or just relaxing on deck.



DAY 13: Disembark: Ushuaia - Buenos Aires

Sadly, every adventure must come to an end. It is time to say goodbye to the crew and all your new friends when we reach Ushuaia. We transfer you to the airport for your flight back to Buenos Aires.



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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.

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Difficulty Rating	2 (light adventure)
Single Surcharge	Available upon request
Notes	Contact us for more details
Price Dependent upon	Season and availability

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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

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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.

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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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