

Viva!

V.I.P Antarctica  
Cruise



Professor Mike Stroud OBE



Rt Hon Sir John Key

Exclusive small-ship tour  
with special guests.



# The adventure of a lifetime

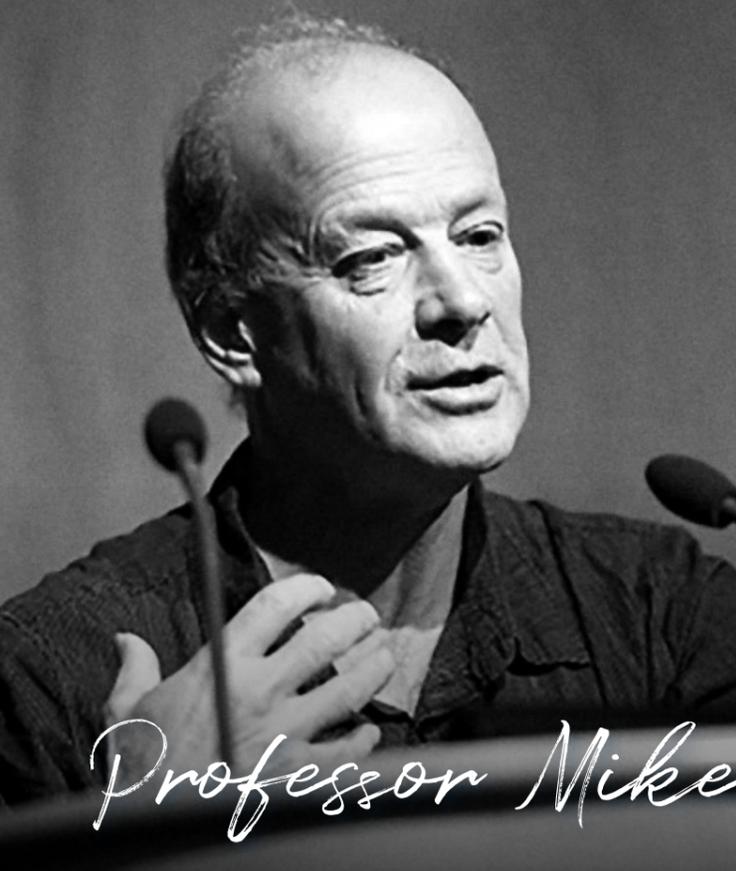
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Experience the magic of the wildest, most isolated continent on the planet, travelling alongside two special guests - history-making polar expeditioner Professor Mike Stroud OBE and former NZ Prime Minister Rt Hon Sir John Key.

Together we'll venture to the Antarctic Peninsula and South Shetland Islands aboard brand-new luxury vessel, the Ocean Albatros, exploring an other-worldly landscape of towering icebergs, curious penguins, and unmatched serenity that simply cannot be exaggerated.

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*Professor Mike Stroud OBE*

**POLAR EXPLORER | MEDICAL SCIENTIST | MOTIVATIONAL SPEAKER**



*Rt Hon Sir John Key*

**FORMER PRIME MINISTER | INTERNATIONAL BUSINESS LEADER**



“I don’t think anyone who visits Antarctica returns unchanged by it somehow. I am endlessly humbled by its vast scale, inspired by its magnificence, and energised by its glorious solitude.”

Best known for his record-breaking expeditions with Sir Ranulph Fiennes, Professor Mike Stroud is a true modern-day explorer. From the Sahara to the Poles, he has ventured to many of the most inhospitable and remote places on the planet, each time returning with more incredible tales to tell.

Mike first teamed up with Ranulph Fiennes in 1986 on the first of their five attempts to travel unsupported on foot to the North Pole from Arctic Canada and later from Siberia. The pair then turned their attention to Antarctica, where in 1992/3 they broke several world records when they completed the first unaided walk across the continent.

Setting out on their 95 day, 1,700 mile journey, Mike was unsure that they would even be able to budge their sledges – each loaded with 485 pounds of food, fuel and equipment.

Overcoming monumental physical and mental challenges, from equipment failures and extreme weather, to falling down a crevasse, and later slow starvation as supplies ran low, this incredible achievement raised millions for the Multiple Sclerosis Society. On his return, Mike was awarded the OBE for ‘Human Endeavour and Services to Charity’ and the Polar Medal for ‘Services to Arctic and Antarctic Exploration’.

A world authority on expedition medicine, human endurance and the benefits of healthy lifestyles, Mike has presented his own BBC1 series, ‘The Challenge’ and was the endurance and medical expert on all three series of BBC TV’s, ‘Are You Tough Enough for the SAS’.

“I am incredibly excited about the opportunity to revisit a place I love, a place I never thought I would get a chance to see again in my lifetime. And I’m also very excited about being part of the VIP cruise - making new friends, having new experiences and getting to do the polar plunge!”

With a driving passion for being at the leading edge of business, Rt Hon Sir John Key carved out a successful career in investment banking, taking him around the world, including working in Singapore and London.

But a childhood dream of becoming Prime Minister brought him home to New Zealand, where he led the country from 2008 to 2016, through the aftermath of the global financial crisis and a series of devastating earthquakes in New Zealand’s second-biggest city. Sir John is well respected in international affairs and chaired the International Democrat Union and the United Nations Security Council in 2016. When he retired from office New Zealand had one of the highest growth rates and best fiscal positions of any advanced economy.

Sir John’s remarkable career in international business continues, as he keeps himself busy as an advisor, consultant or board member of many large global corporations.

An avid traveller, Sir John has fond memories of his two previous expeditions to Antarctica and is eagerly anticipating his next adventure to the great white continent.



# Highlights

A WONDERLAND OF ICE AND WILDLIFE



## ANTARCTIC PENINSULA



The northernmost arm of the Antarctic Continent, the Antarctic Peninsula is characterised by jagged mountain peaks towering hundreds of feet high and surrounded by an abundance of massive icebergs.

But it's not just the iconic terrain that makes Antarctica a bucket list destination on the grandest scale. Known for being one of the richest breeding grounds for penguins, seals, and seabirds, the plethora of wildlife will keep you in a constant state of awe.

## SOUTH SHETLAND ISLANDS



The fascinating South Shetland Islands are a thrilling addition to our expedition. Sitting 120km (75 miles) off the coast of the Antarctic Peninsula, the islands are rich in history, teeming with wildlife, and home to one of Antarctica's two most active volcanoes.

Horseshoe-shaped Deception Island is a mesmerising place – a collapsed volcanic cone home to tens of thousands of chinstrap penguins. The steaming shallow water of Pendulum Cove, gently heated by geothermic activity a mile below the surface, is a unique place for a refreshing swim!

## JOURNEY SOUTH

Landing in Buenos Aires, enjoy two nights in Argentina's vibrant capital before flying south to Ushuaia, the most southern city in the world and embarkation point for our Antarctic adventure. Experience incredible wildlife, stunning mountain scenery and gigantic icebergs in 10 action-packed days onboard the brand new Ocean Albatros.

Departing Ushuaia in Argentina, we cross the mighty Drake Passage en-route for the South Shetland Islands, making Zodiac landings at penguin rookeries, research stations and fascinating lookouts along the way. Continuing southward, deep into the inlets of Antarctica, we pass the famous Gerlache Strait, where 3000-ft ice cliffs rise straight out of the still water. Zodiac cruising and shore landings enable all expedition guests to set foot several times on the Antarctic continent, as well as the many surrounding sub-Antarctic islands. On no other journey can you experience so much pristine nature and varied wildlife in so few days!

When we return to Tierra del Fuego and Ushuaia, depending on weather conditions, we might pass close to the mythical Cape Horn - the southernmost point on South America; a celebrated maritime landmark.





# Your Itinerary

## THE EPIC ANTARCTICA VIP JOURNEY



### DAY 1

#### 23 November 2023 - Arrival in Buenos Aires, Argentina

The birthplace of the tango is, like the dance itself, captivating, seductive and bustling with energy. Atmospheric old neighbourhoods are filled with romantic restaurants and Buenos Aires' European heritage is evident in its architecture, boulevards and parks. Upon arrival you will be met and transferred to your hotel.

### DAY 2

#### 24 November 2023 - Buenos Aires

Explore Buenos Aires to discover the unique perspective of the city's culture, history, inhabitants and secrets. In the evening we will enjoy an intimate and passionate tango show.

### DAY 3

#### 25 November 2023 - Ushuaia

Welcome to Ushuaia, Argentina - the world's southernmost town. Explore the quaint city, or take a visit to the Tierra Del Fuego National Park, home to stunning glaciers, waterfalls, mountains and an impressive range of flora and fauna.

### DAY 4

#### 26 November 2023 - Embarkation in Ushuaia, Argentina

After a morning spent exploring Ushuaia, we board our ship and navigate through the calms of Beagle Channel, a strait in the Tierra del Fuego Archipelago. The ship will be buzzing with excited explorers as we start our epic Antarctica journey.

### DAY 5 & 6

#### 27-28 November 2023 - Crossing the mighty Drake

Sailing onward, we cross the famed Drake Passage - a body of water that marks the intersection of the cold Antarctic with the warmer Atlantic and Pacific Oceans. In the Drake, the excitement builds as Antarctic wildlife comes into view. Weather permitting, we will catch our first sight of seals and penguins! The area is also well-known for its abundance of birds. During this time, you can enjoy the ship's excellent facilities such as wellness/sauna, restaurant, bar and a library and enjoy great lectures along the way, hosted by our special guests and expedition leaders, ranging from exploration history to biology, geology, ice and wildlife.

### DAY 7 & 8

#### 29-30 November 2023 - South Shetland Islands

Over the next two days, we will begin the exciting Antarctic experience our ancestors could only dream of. We will explore the sub-Antarctic islands of the South Shetland chain and be marvelled by the captivating landscapes we will encounter along the way. Weather permitting, our projected landfalls include: King George Island; Deception Island, an extinct volcano with waters warm enough for a polar swim; and Half Moon Island with nesting Wilson's storm petrels and chinstrap penguins.

### DAY 9 & 10

#### 1-2 December 2023 - Antarctic Peninsula

As the white shimmer of Antarctica looms on our horizon, the presence of wildlife multiplies by tens of thousands with many species of lively penguins, inquisitive seals, nesting birds and the spray of marine mammals. Wildlife abounds along the Antarctic Peninsula: leopard, fur and Weddell seals of Cuverville Island; humpback whales of Gerlache Strait; Paradise Bay; the dramatic Lemaire Channel's orcas and much more.

### DAY 11 & 12

#### 3-4 December 2023 - At Sea

We depart Antarctica and spend two days at sea on our way back to the calms of Beagle Channel and Ushuaia, Argentina. En-route, we will cross Drake Passage and cruise past Cape Horn, a legendary maritime landmark and the southern tip of South America.

During our time at sea, a variety of activities will be arranged on board which will provide the perfect opportunity to socialize with fellow travellers equally passionate for discovering the world. You will also have time to relax, enjoy lectures and the ship's facilities, designed to provide a comfortable, relaxing journey.

### DAY 13

#### 5 December 2023 - Disembarkation in Ushuaia

This morning, we arrive back in Ushuaia full of wonder and amazement of our epic Antarctica VIP journey.

*Please keep in mind, the itinerary and activities during this voyage are solely dependent on weather and operational conditions to ensure the safety and quality of experience of our guests.*

# Ocean Albatros





# Onboard the Ocean Albatros

THE ULTIMATE LUXURY EXPEDITION EXPERIENCE

Ocean Albatros offers the ultimate expedition experience, with all the luxury comfort features of a modern cruise vessel. With the highest Polar code 6 and Ice class 1A, Ocean Albatros is the ideal vessel for small-ship cruising due to her sturdy construction and X-Bow®-Infinity class, which provides high stability in rough weather and allows for the smoothest movement on high waves.

With a total of 94 comfortable and spacious state rooms for our guests, all with an unobstructed view of the ocean, most with their own balcony, two restaurants, a wellness area including a heated swimming pool, two jacuzzies, a spa and a sauna, an Albatros Nordic Bar and a modern lecture lounge, this ship truly delivers on all the comfort needs of today's explorers.

Ocean Albatros is one of the most environmentally sustainable vessels in the market. The ship is clean ship certified and has tier-3 compliant engines, the least polluting engines in the world, giving up to 80% lower emissions than traditional expedition vessels. The engines of the Ocean Albatros also only use light fuels.

This ship has a distinct advantage over larger, traditional cruise ships. It can access narrow inlets and sail close to shore, in-between icebergs and in remote areas of the ocean. This allows us to disembark quickly via our fleet of Zodiac watercraft and access amazing sites with greater speed and efficiency.



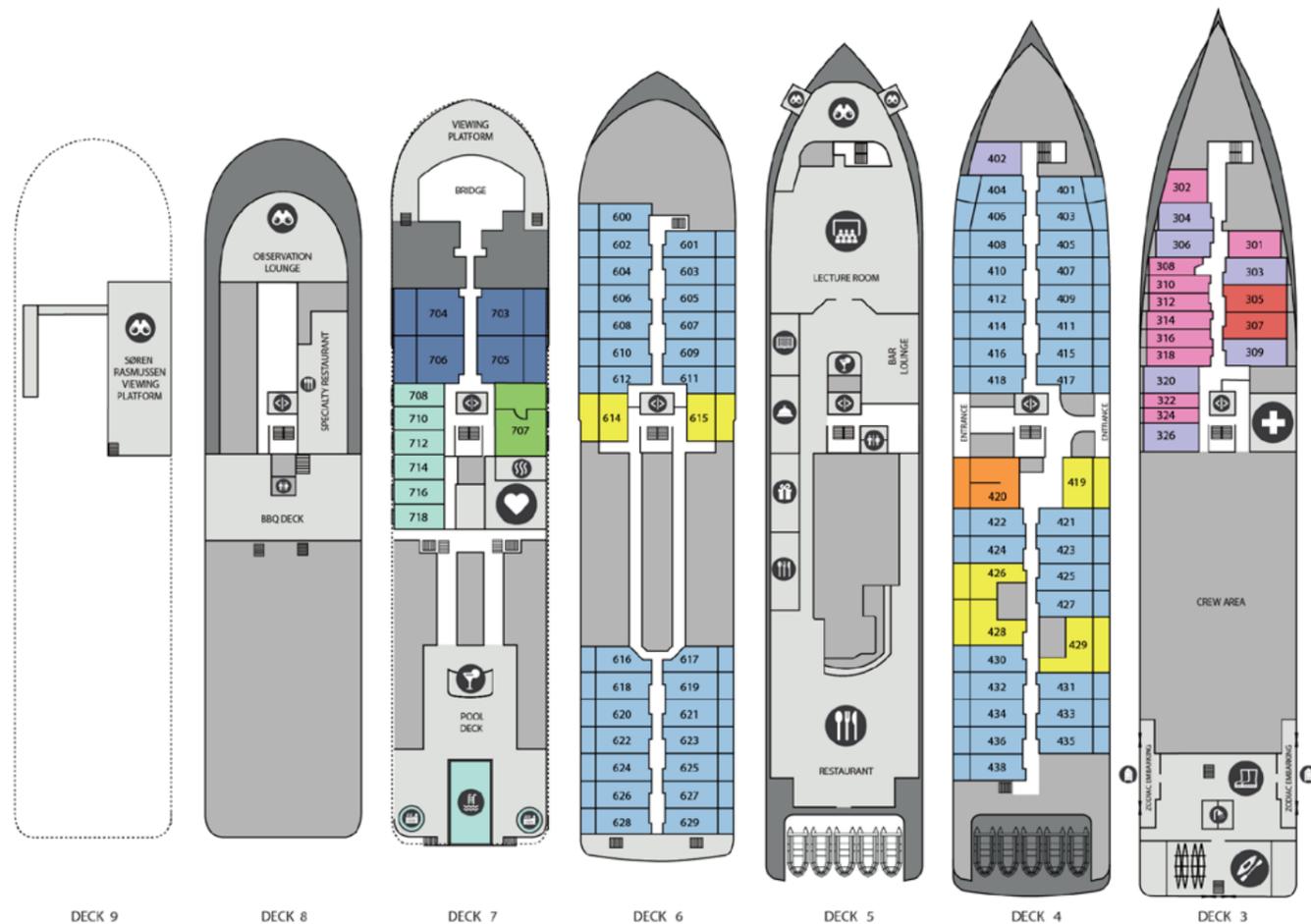


**Year Built:** 2023  
**Crew:** 120

**Pax Capacity:** 194  
**Rooms:** 94 State Rooms

**Length:** 104.4m  
**Breadth:** 18.4m

**Draft:** 5.1m



**KEY**

- BS** Brynhilde Suite (1x) 52 sqm, French Balcony
- FS** Freydis Suite (1x) 45 sqm incl. Balcony
- A** Junior Suite (4x) 40 sqm incl. Balcony
- B** Balcony Suite (6x) approx 32 sqm incl. Balcony
- C** Balcony Stateroom (57x) 22 sqm incl. Balcony
- D** Albatros Stateroom (7x) 16 sqm, Porthole
- E** French Balcony Suite (6x) 16 sqm, French Balcony
- F** Triple Stateroom (2x) 20 sqm, Porthole
- G** Single Stateroom (10x) 13 sqm, Porthole

- Restaurant
- Bar
- Observation Area
- Lecture Room
- Fitness
- Albatros Polar Spa
- Infinity Pool
- Jacuzzi
- Toilet
- Elevator
- Library
- Albatros Ocean Boutique
- Reception
- Medical Clinic
- Panorama Sauna
- Mudroom
- Zodiac embarking
- Kayak platform
- Shower
- Stairs

# The cabins

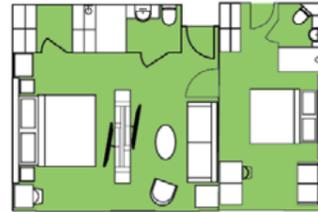
## CABIN OPTIONS, SIZING AND LAYOUTS



BS

### BRYNHILDE SUITE (1x) 52 sqm incl. Balcony

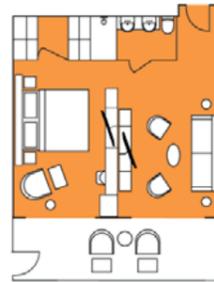
This is a 2-bedroom suite that combines a Junior Suite (Category A) and a French Balcony Cabin (Category E). Located on deck 7. With ample space and separate bedrooms this is an ideal option for families and can host up to 6 people.



FS

### FREYDIS SUITE (1x) 45 sqm incl. Balcony

This premium suite is spacious and comfortable and features a double bed (or twin beds), a sofa bed, table and chair, a private observation deck and spacious bathroom. Located on deck 4.



A

### JUNIOR SUITE (4x) 40 sqm incl. Balcony

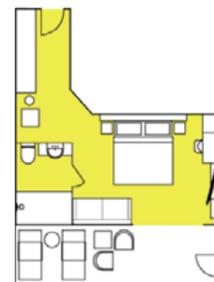
The 4 junior suites aboard Ocean Albatros have a great view from their location high up on the ship on deck 7. The suites feature a double bed or twin beds, sofa bed, seating area, a spacious bathroom and private observation deck. The cabin can accommodate up to 3 people.



B

### BALCONY SUITE (6x) approx 32 sqm incl. Balcony

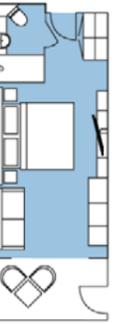
Ocean Victory has six Balcony Suites on board located on the Bering & James Cook deck respectively, located on deck 4 & 6. The suites feature double or twin beds and a seating area, bathroom and an extra-large private observation deck. The balcony suites can host 2 people.



C

### BALCONY STATEROOM (57x) 22 sqm incl. Balcony

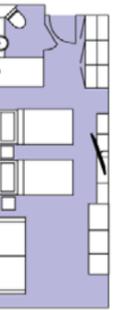
The most abundant type of cabin on Ocean Albatros, the Balcony Staterooms are located in decks 4 & 6. They have a private observation deck, a double bed or two single beds, a bathroom and a sofa that can be used as a bed for a child if traveling as a family. If you desire to book two cabins with connecting doors, this is also a possibility under this category.



D

### ALBATROS STATEROOM (7x) 16 sqm, Porthole

The Albatros Stateroom is close to the Mudroom and has quick access to the zodiac platforms for disembarkation during landings. This is very convenient if you have more limited mobility and would like a short distance to the zodiacs, perfect for those who wish a comfortable base during their stay. These cabins have 2 single beds and a bathroom. One of the cabins is located on deck 4, and the rest of them are located on deck 3.



E

### FRENCH BALCONY SUITE (6x) 16 sqm, French Balcony

The French Balcony Suite is a standard cabin with a french balcony, a double bed, floor-to-ceiling windows and a bathroom. All French Balcony Suites are located on Deck 7.



F

### TRIPLE STATEROOM (2x) 20 sqm, Porthole

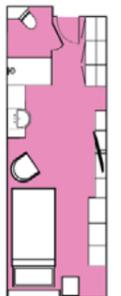
There are two Triple Staterooms onboard Ocean Albatros featuring portholes, all with private en-suites. Located on Deck 3, they're close to the mudroom and loading platforms.



G

### SINGLE STATEROOM (10x) 13 sqm, Porthole

Standard single cabin onboard, located on deck 3. This is a conveniently located cabin close to the Mudroom which facilitates access to the zodiacs during embarkation and disembarkation to begin your adventures on the zodiacs.





# Expedition Experience

## LANDINGS, ZODIAC CRUISES, AND ON-BOARD ACTIVITIES

Our aim is to spend as much time possible off the ship, exploring and learning through our landings and zodiac cruises. We also offer a wide range of on-board activities for taking advantage of our time at sea.

### SHORE LANDINGS

Having voyaged all the way to the continent of Antarctica, and amazing mountains of snow and ice are all around, now, you are going to want to get ashore. Your expedition ship will have shore landings included in the voyage, where we will be split into small groups and taken ashore by zodiac. Here you will have time to wander and explore the shoreline, perhaps take a walk up a hill for spectacular views, sit and spend time in a penguin colony, capturing amazing photos or just watching their antics! Sometimes there will be the opportunity to visit a scientific research station, an historical site, or perhaps even call in and post a letter home from the post box at Port Lockroy!

### ZODIAC CRUISES

Zodiac boats are not only used for shuttling guests to/from land. Zodiac cruising is a great way to venture out and get even closer to some of the magnificent sights during your voyage. It is also great for wildlife spotting and for taking in the dramatic sights from up close. The Zodiac boats are perfect for cruising around in the Polar Regions, giving you the chance to see the world from a new and spellbinding point of view. Zodiac exploration and shore landings will be on offer each day you are in Antarctica, weather dependent of course, but with all the bays and inlets, your captain is likely to find a sheltered spot.

### ACTIVITIES ON BOARD

Onboard the vessel excitement continues through a series of activities that will keep your brain and body entertained. From a visit to the captain's bridge, a slideshow presentation at the end of each voyage featuring the best-of picks of our photographer's shoots, as well as welcome and farewell cocktails... and even access to a digital visual journal free to all our guests after their voyage, containing the voyage log, species lists, photo gallery and more!

### LECTURES & WORKSHOPS

Due to our passion for knowledge and the world around us, lectures are an essential part your voyages in the Polar Region. We offer a broad range of enrichment lectures and workshops so our guests not only have transformative experiences but also learn about relevant topics such as wildlife, environment and history, navigation, photography, geology or glaciology, culture and much more! We also have our wonderful special guests onboard, Professor Mike Stroud & Sir John Key who will wow you with their adventurous tales.

### AUCTIONS & RAFFLES

Giving back is part of moving forward, and we recognize our responsibility to contribute positively to social, environmental and economic sustainable developments in more ways than one. For this reason, towards the end of each voyage, we host charity auctions and raffles in support of organizations that are improving our environment locally and globally.



# Optional Activities

## EXPLORE ANTARCTICA IN NEW AND DIFFERENT WAYS

We offer a range of optional activities to explore Antarctica in new and different ways, like kayaking, a photographic program, camping, snowshoeing and the unforgettable "polar plunge" for the thrill seekers!

### PHOTO PROGRAM

We always have a dedicated expedition photographer onboard to document the voyage and share their passion for photography through lectures and during landings and zodiac cruises. The Polar Regions are filled with mesmerizing landscapes and amazing wildlife; and the expedition photographer is available to help elevate your photographic capabilities to beautifully capture the magical moments of your voyage.

### KAYAKING

Glide through the waters and take in the royal grace of the icebergs, see the varied birds, seals and maybe even whales in their natural habitat, and paddle through this scenery under the supervision of experienced guides who will ensure your safety during each outing, weather permitting, of course. \*additional fee applies.

### POLAR PLUNGE

For the brave guests, the polar plunge is a beloved activity. Jump into the ice-cold water for a refreshing sensation with absolute bragging rights when returning home. The ship's crew and expedition team ensure the safety of the guests. All participants receive a polar plunge pin to show off and proudly remember their braveness.

### CAMPING

Would you like to experience the ultimate Antarctic expedition adventure, like the original explorers did? Then join us for a night under the open skies on the actual Antarctic Peninsula! Cuddled up in a warm, snug and weatherproof sleeping bag, listening to the sounds of distant whale blows, penguins' squeaks and shifting icebergs, Antarctic Open Air Camping with Albatros Expeditions is truly a memorable experience. \*additional fee applies.

### SNOWSHOEING / HIKING

Take in most of the unimaginable landscapes and fresh air by hiking in suitable locations! These guided hikes are perfect if you want to enjoy active sightseeing surrounded by nature; at times crossing streams, on uneven and rocky terrains and/or hilly areas. Snowshoeing is an activity that allows you to hike across soft, powdery snow, reaching unique vantage points without the hassle of sinking into deep snow. Please note that this activity is only possible sometimes, weather permitting. \*additional fee applies.



# Pricing and Inclusions

FROM NZD\$17,995 PER PERSON



| Cabin                          | Cost per person in NZD |
|--------------------------------|------------------------|
| Brynhilde Suite                | \$39,725               |
| Freydis Suite                  | \$36,965               |
| Category A Junior Suite        | \$32,995               |
| Category B Balcony Suite       | \$27,995               |
| Category C Balcony State       | \$24,895               |
| Category D Albatros State      | \$21,965               |
| Category E French Balcony      | \$22,995               |
| Category F Triple Window Cabin | \$17,995               |
| Category G Single Cabin        | \$27,650               |

| Optional Activities     | Cost per person in NZD |
|-------------------------|------------------------|
| Camping                 | \$680                  |
| Kayaking *Per Excursion | \$535                  |
| Kayaking *Full Program  | \$1,635                |
| Snowshoeing             | \$325                  |

## HOW TO BOOK

- 25% deposit
- Full payment 95 days out

## Ts & Cs

[See full Terms and Conditions here](#)

## INCLUSIONS

- Tour escort ex Auckland, New Zealand
- 2 nights' accommodation at the Sofitel in Buenos Aires including breakfast daily
- Buenos Aires city tour, evening dinner and tango show
- Transfers in Buenos Aires and Ushuaia
- Flight from Buenos Aires to Ushuaia
- 1 night accommodation at the Wyndham Hotel in Ushuaia including breakfast
- 10 day / 9 night Antarctica cruise onboard the Ocean Albatros
- Full board on ship; breakfast-lunch-dinner, from dinner on day 1 to breakfast on last day
- Coffee and tea during the voyage
- English speaking expedition team during voyage
- Information briefings and lectures by expedition team in English
- Presentations by our special guests and the opportunity to mingle with them throughout the cruise
- Shore landings and Zodiac cruises
- Boots in all assorted sizes, suitable for shore landings
- Parka to keep
- Special VIP package in all Premium, A and B cabins: Unlimited access to specialty restaurant Deck 8, wine and fruit and stocked minibar upon arrival, free laundry, free pressing, Julius Meinl Espresso machine, upgraded amenities hair and lotion products
- Photographic trip-log shared after the voyage via an online link
- Captain's Welcome & Farewell Cocktail Receptions (sparkling wine; non-alcoholic beverages)
- Flight from Ushuaia to Buenos Aires

## EXCLUSIONS

- International flights to/from Buenos Aires
- Travel insurance (mandatory)
- Cancellation Insurance (recommended)
- Any hotel nights/accommodation outside of the tour inclusions
- Extra excursions and activities not mentioned in the itinerary
- Meals other than listed in inclusions
- Beverages other than tea, coffee and ice water
- Tips & gratuities - usual level of gratuities of US\$ 14,00 per passenger per day
- WIFI
- Personal expenses
- Anything not mentioned in 'Inclusions'
- Fuel surcharges if applicable

## OPTIONAL EXTRAS

- **Optional Excursions**  
  - > Camping
  - > Kayaking
  - > Snowshoeing
- **Bar Packages onboard Ocean Albatros**  
 Don't want to have to worry about the bar tab at the end of the trip? You can choose to add one of the following all-day drinks packages to your trip:  
 Soda Package: NZD\$200.00  
 House Spirits, House Wines, House Beer & Soda: NZD\$785
- **Spa packages**





# Frequently asked questions

## YOUR QUESTIONS ANSWERED

### WHAT IS ANTARCTICA LIKE IN NOVEMBER/ DECEMBER?

Late November / December is a popular time for Antarctic travel as the warmer temperatures and increasingly long days breathe life back into the region. Wildlife numbers are increasing, and hungry humpback whales start arriving. The penguin populations in the rookeries are reaching full capacity and the birds are busy nest-building and courting, look out for the first penguin chicks which start to hatch. This is the start of summer - up to 22 hours of daylight and sunnier days means more time for exploring. Extensive snow still cloaks Antarctica in a 'pristine whiteness'. Sea ice is still prevalent and at its most impressive. This provides fantastic photo opportunities - amazing sunsets, breathtaking landscapes and noctilucent clouds. Weddell and Fur seals are busy mating during this time, and albatross, marine fulmars and petrels fly the Drake Passage while Blue-eyed shags return to Antarctica.

### DO I NEED TO BE FIT TO VISIT ANTARCTICA?

Expeditions are intended for persons in reasonably good health. Although we do not have official requirements regarding personal fitness, you should be able to move around onboard and ashore without assistance. Passengers who are unable to make extended trips for any reason, including disability, heart, or other health conditions are advised not to join the tour, as this would entail an unreasonable risk to the health and safety of yourself and others on the expedition. All guests are required to sign a medical information declaration before boarding. This is to inform onboard medical personnel about any illnesses, allergies, or conditions to be aware of during the voyage.

### WHAT IS THE CLIMATE IN ANTARCTICA?

Antarctica is the coldest and also the windiest continent in the world. The lowest temperature on Earth was recorded in Antarctica. There are three climatic regions in Antarctica:

- The interior of the continent: This is the extremely cold area of Antarctica.
- The coastal areas: These areas have milder temperatures and much higher precipitation rates.

- The Antarctic Peninsula: This is the region which has a warmer and also wetter climate; above freezing temperatures are common in the summer months.

During the summer months temperatures in the Antarctic Peninsula range between -2°C - +5 °C. In the Ross Sea it can get significantly colder with temperatures down to -20°C.

### HOW SHOULD I DRESS ONBOARD?

The dress code onboard is casual, you can leave your ties, jackets and evening dresses at home. It is more important to wear the right clothes to handle the different weather conditions enroute. We recommend comfortable, breathable, waterproof, and windproof clothing. You should also have a pair of gloves, thermal underwear and sturdy footwear. For the welcome and farewell cocktail, we recommend a smart casual dress style.

### HOW SHOULD I DRESS DURING LANDINGS?

An expedition cruise to Antarctica requires a relatively broad variety of clothing. Onshore, you can expect temperatures of -2°C to 4°C. When observing wildlife from the decks while at sea - temperatures will rarely be above 2 degrees. Throw in a strong, humid wind and the necessity of warm wind- and waterproof clothes, gloves, and hats becomes obvious.

How can you keep warm during the Arctic summer? Layers! They insulate trapped air, and you can adjust them as needed depending how hot or cold you feel. Proper clothing is a necessity for the voyage. Choose lightweight technical fabrics engineered to keep moisture out, keeping you dry and warm. For example, this could be a wool base, a sweater or fleece as a middle layer, with a wind and waterproof jacket as the outer layer. For your legs, it could be a wool base layer, tightly woven leisure pants as the middle layer and wind- and water-resistant pants as the outer layer.

A pair of strong slip-resistant hiking shoes/boots are ideal for onboard use and dry landings.

Before your trip, you will receive a "Pre-departure guide - Important information" document that contains a checklist of must have items on board.



### WHAT TRAVEL INSURANCE DO I NEED?

It is mandatory for guests travelling to Antarctica to take out appropriate travel insurance before leaving home. Guests must ensure that their insurance covers cruise travel in polar regions and provides repatriation coverage of no less than 200,000 USD per person. You must have proof of insurance onboard with you, this proof must be produced on request from our staff.

### CAN KIDS TRAVEL TO ANTARCTICA?

You would be very welcome to bring your family onboard. The age recommendation for children is recommendation is 12 years old, but the absolute minimum is:

- 8 years of age
- At least 29kg weight
- 1.2 meters height

So as long as your children fit the age plus the height and weight requirements then they are very welcome onboard.

### DO YOU CATER FOR DIETARY NEEDS?

There will be a various selection of food onboard - including vegetarian dishes, plant-based food items, gluten- and dairy-free options. For specific food allergies, contact the crew on board who will be happy to assist you. You will be asked to indicate any dietary needs and allergies when filling out the Participant Declaration Form which is provided to you upon receiving final payment. To accommodate different tastes and dietary requirements, dinners always include a meat option, fish option and vegetarian option. Our fully equipped onboard bar offers a wide variety of cocktails, beers, non-alcoholic beverages and water.

### WILL I GET SEASICK?

We aim to have as many days as possible with calm waters whilst travelling in fjords and inside passages. Heavy seas may occur on some of our voyages (for example during the Drake Passage). Seasickness patches may provide partial or full relief. Seasickness pills such as Scopoderm may provide respite. We ask that you please provide these medications yourself.

The vessels are equipped with stabilizers in order to reduce the ships' roll. As our expeditions take place in remote regions, it is possible to periodically encounter changing environments and climate patterns, including rough seas and large swells. Seasickness medication work to alleviate nausea caused by seasickness but there can be side effects such as tiredness or fatigue. If you are prone to motion sickness, talk with your doctor prior to departure to help ensure your comfort while travelling.

### IS MOBILE RECEPTION AND WIFI AVAILABLE ONBOARD?

It is worth bearing in mind that we will be cruising in a very remote region of the world. Where accessible, internet access is available for an extra charge. You may purchase a 60-min internet package to use for your browsing needs.

Mobile phone reception may be possible in select regions enroute, for further details please contact your mobile phone operator. Prices can be found in the information folder in your stateroom. Please ensure that your 'Data Roaming' function is switched off.

### ARE GRATUITIES INCLUDED IN THE PRICE OF THE TRIP?

Gratuities are voluntary, but it is customary to show appreciation to the hardworking crew and leave a gratuity for the ship's crew at the end of the voyage. All gratuities are divided amongst the crew, and not just to the staff whom guests have direct contact with. This is why we recommend adding the gratuities to the guests' accounts. A letter will be sent out a few days before disembarkation stating that unless there are any questions or objections, we will automatically charge the gratuities to your onboard account. Should a guest not wish to add a gratuity - or alter the amount provided - please contact the reception and this will be amended according to your wishes.



RELAX & UNWIND IN LUXURY AFTER YOUR ANTARCTIC ADVENTURE

## Tierra Patagonia

Emerging beside craggy mountains and the glistening Lake Sarmiento in Torres del Paine National Park, Tierra Patagonia weaves itself into the landscape with subtle style, blending into the magnificence of the region. Here in this untamed part of the world, what you see at this adventure spa hotel is emerald lakes, fantastic mountain ranges and abundant wildlife.

### DESIGN & FACILITIES

The hotel architecture and interiors radiate ambience of Patagonian warmth and comfort. Large windows provide excellent mountain and lake views. Hotel facilities include the living room, bar, dining room, excursions area, library, TV lounge, iPads for guests use, WiFi, store, outdoor terrace and full Uma Spa.

### GUEST ROOMS

An ode to nature, like the rest of hotel. The space is elegant yet understated, made with local wood, with whitewash walls on either side to focus your attention on the views beyond.

### SUSTAINABILITY

Tierra Patagonia is committed to its care and protection. Their principle aim is the provide the best Adventure Spa services that produce the least impact possible.

### ACTIVITIES

- > Biking
- > Hiking
- > Horse Riding
- > Fly-fishing
- > Bird watching
- > Scenic Road Trips



See more about Tierra Patagonia



HAND-PICKED, ALL INCLUSIVE LODGES IN STUNNING PATAGONIA

## Explora El Chaltén

With views to the Electric Valley and the Marconi Glacier, Explora in El Chaltén opened its doors in 2021. 17 km away from El Chaltén –in the Argentinian Patagonia– the lodge is a headquarter from where to explore a world-renowned destination for those who love nature and trekking.

### DESIGN & FACILITIES

The Explora lodge was strategically built within the Los Huemules Conservation Reserve - long-standing conservation partners in the region. Featuring a spa where you can stop, breathe and recompose. Let the journey behind you sink-in, while the journey ahead awaits.

### GUEST ROOMS

The Explora lodge believes luxury is having all the means necessary to make the most out of the experience, such as a cozy, welcoming environment and authentic local gastronomic experiences.

### SUSTAINABILITY

The Explora lodge is deeply committed to conserving the marvels we explore daily: unparalleled local nature, astounding culture, and rich heritage. Conservation-driven initiatives – like the lodge architecture, among other conscious processes – are a vital piece of this greater picture.

### ACTIVITIES

- > Biking
- > Hiking
- > Rock Climbing
- > Scenic Road Trips





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