



The Leader in Polar Adventures

ANTARCTIC 2024/25

FALKLANDS (MALVINAS), SOUTH GEORGIA & ANTARCTICA

Explorers and Kings



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Overview

20-day Falklands (Malvinas), South Georgia and Antarctica: Explorers and Kings

The Antarctic region offers so many extraordinary things to see and do, and traveling with Quark Expeditions offers multiple options to personalize your experience. We've designed this guide to help you identify what interests you most, so that you can start planning your version of the perfect Antarctic expedition.

The 20-day *Falklands (Malvinas), South Georgia & Antarctica* itinerary is a fantastic way to get to the rarely visited Falkland Islands and South Georgia before setting foot on the 7th Continent. Stroll the quaint English village of Stanley in the Falklands, wander the islands' sandy dunes, and birdwatch at rugged seabird cliffs. In South Georgia, discover the beaches where king penguins breed—one of the highest densities of animal life on Earth, and learn about the rich historical legacy of the places you visit. Both islands are known as meccas for wildlife with epic displays of animals congregating by the thousands. Then, explore the stunning Antarctic Peninsula and enter a world of ice, snow and natural wonders. Pursue your personal passions with a choice of rewarding activities and our extensive educational program.

Antarctica has been inspiring explorers for centuries and our expeditions offer the chance for you to discover why. We're excited to host you on your unforgettable adventure! Feel free to reach out to our team of Polar Travel Advisers who can answer your questions and provide assistance at any time.



EXPEDITION IN BRIEF



Wander the quaint British town of Stanley in the Falkland Islands (Islas Malvinas)



See South Georgia's incredible wildlife, including 30 breeding bird species and four penguin species



Follow in the wake of Sir Ernest Shackleton's perilous voyages to South Georgia and pause for a moment at his grave site



Explore the Antarctic Peninsula by ship, Zodiac, kayak and foot



Enjoy presentations on wildlife, history, glaciology and geology by our onboard polar experts



Immerse yourself in the icy realm of the Antarctic, with an optional kayaking excursion



Itinerary

DAY 1 | ARRIVE IN USHUAIA, ARGENTINA

Your gateway for this expedition is Ushuaia, Argentina. Located within the Tierra del Fuego archipelago, Ushuaia has a small-town feel yet boasts many shops, museums, cafés and restaurants that you can enjoy before your voyage. If you're feeling adventurous, the nearby Tierra del Fuego National Park and Martial Glacier offer plenty of outdoor activities, such as hiking.

DAY 2 | EMBARK

As you embark, the anticipation grows. Trade your land legs for sea legs, meet and greet your fellow travelers and get acquainted with your ship. Since every Antarctic adventure presents new opportunities and experiences, embarkation day is just as exciting for your Expedition Team as it is for you. On board your team will be there both

to ensure your comfort and safety as well as help make your wildlife dreams come true.

DAY 3 | AT SEA

Your days at sea are filled with presentations led by your Expedition Team on photography, wildlife, glaciology, and history. In between presentations, spend time on deck looking for wildlife or chatting with your shipmates over a drink at the bar.

DAYS 4 & 5 | FALKLAND ISLANDS (ISLAS MALVINAS)

Upon your arrival in the Falklands (Malvinas), your camera will get its first real workout capturing the abundant wildlife and rugged feel of this sub-Antarctic region. The archipelago contains two main islands, East Falkland and West Falkland, which you will explore during daily excursions.



**FALKLANDS (MALVINAS),
SOUTH GEORGIA & ANTARCTICA**
Explorers and Kings

On board the *Ocean Adventurer*

Stanley, also known as Port Stanley, is often a favored landing site, as the town offers a unique British outpost feel, complete with eclectic charm. You'll be free to explore, grab a pint at the local pub or visit the cathedral and museum.

In terms of wildlife, the archipelago is home to Magellanic, gentoo and southern rockhopper penguins. If you're lucky, you may even spot king penguins here as well! You can expect to see black-browed albatross, plus two endemic bird species—the flightless Falkland steamer duck and, possibly, the elusive Cobb's wren.

Your expert education team will enrich your understanding of the local flora and fauna, making the most out of your time in the Falklands.

DAYS 6 & 7 | AT SEA

Sailing southeast to South Georgia, you'll officially enter Antarctic waters once you cross the Antarctic Convergence, an invisible biological boundary encircling the continent. This meeting of oceans, where the cold Antarctic waters mix

and mingle with the warmer waters of the Indian, Pacific and Atlantic Oceans, helps nourish the abundance of krill that attracts whales, seals, and birdlife to this part of the world. Your Expedition Team will notify you when you cross this invisible yet important line, and also look out for the seabirds and marine life that frequent this nutrient-rich area.

DAYS 8-11 | SOUTH GEORGIA

This remote, mountainous island was a popular stop for many historic Antarctic expeditions and was once known for whale- and seal-hunting. Today, island wildlife populations are rebounding, but you'll still see remnants of old whaling stations and other abandoned outposts.

One significant and historic site is the grave of the great explorer Sir Ernest Shackleton. You can visit his grave at the settlement of Grytviken, which is also home to an old whaling station, plus a museum, gift shop, church and small research station.

Although South Georgia's history is an important attraction to the island, its

incredible densities of wildlife make it truly memorable. Each landing you make on South Georgia, often referred to as the Galapagos of the Southern Sea, will open your eyes to the wondrous lives of new, enthralling creatures.

One day you may see colonies with hundreds of thousands of pairs of king penguins waddling on shore, and the next, you may visit another beach inhabited by hundreds of fur or elephant seals. The grasses, mountains and beaches of South Georgia all play an important role in the breeding and survival of different species on the island. This fragile and interwoven relationship is something your Expedition Team will instill in you during your time here.

DAYS 12 & 13 | AT SEA

Say goodbye to the king penguins as you leave for your next destination: Antarctica! Your days at sea are filled with presentations, workshops, and social activities led by your Expedition Team.



If conditions allow, we may attempt landfall on the South Orkney Islands, our first official stop in Antarctica.

DAYS 14-17 | SOUTH SHETLAND ISLANDS AND ANTARCTIC PENINSULA

The most common reaction upon reaching the Antarctic Continent is a sense of reverence and awe. The experience is beyond words, since few places are as untouched and enduring as Antarctica.

You will discover that Antarctica is a land of extremes. At one moment you'll be overcome with a feeling of complete isolation and silence, and at the next moment you'll be inspired by nature as a calving glacier crashes into a brilliant blue sea or a curious penguin waddles by to observe the human.

Your Expedition Team will take care of you at each excursion, whether you are Zodiac cruising, visiting a historical site or consorting with penguin colonies.

Chinstrap, Adélie and gentoo penguins are found here, along with Weddell, fur, crabeater and leopard seals. During Zodiac cruises, keep an eye out for Antarctic whales such as minke, as you may get a chance for an intimate experience with these majestic animals. Each day and each excursion will present a new collection of creatures to entertain you and keep your camera busy.

As exciting as the Zodiac excursions and landings are, perhaps you'll treat yourself to an extra-special Antarctic experience by partaking in an optional paddling excursion (at an extra cost) or cast reason aside and jump into Antarctic waters for the Polar Plunge!

DAYS 18 & 19 | CROSSING THE DRAKE PASSAGE

After more than two weeks of endless wildlife encounters, your journey home begins. Crossing the Drake is your unofficial rite of passage, completing your Antarctic adventure.

Enjoy your final moments celebrating with your fellow shipmates and savor the silence of the sea as long as you can.

DAY 20 | DISEMBARK IN USHUAIA

After breakfast aboard the ship, it is time to part ways and say goodbye to your Expedition Team. Airport transfers will be provided for those departing on the first homeward flights. Other guests will be transferred to town.



EXPEDITION SPIRIT

Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your Expedition Team must consider the sea, ice and weather to guide the route and itinerary details. This itinerary is a tentative outline of what you may experience on this voyage; please be aware that no specific itinerary can be guaranteed. By the same token, wildlife encounters as described are expected, but not guaranteed. Your Expedition Team will use their considerable experience to seek out wildlife in known habitats, but the presence of any particular species of bird or marine wildlife is not guaranteed.



Arrival and Departure Details

As you prepare for your journey, you may be interested in your arrival and departure details. Since international air transportation is not included in the cost of your expedition, you have some flexibility in planning your flights. Looking to extend your adventure beyond your polar expedition? On page 15, learn how to add on a pre- or post-expedition stop—or both!—in your gateway city.

Arrival Day and Embarkation

ARRIVING IN USHUAIA

You may arrive in Ushuaia at any time during Day 1 of your itinerary. Ushuaia is a destination worth exploring, so we do encourage you to arrive a day or two before your expedition. Based on the arrival information you send us, we will arrange for a transfer from the airport to your hotel.

A Quark Expeditions representative will be available to answer your questions in the lobby of your hotel in Ushuaia during your optional pre-departure briefing on Day 1, at 6 pm.



EMBARKATION IN USHUAIA

On the morning of Day 2, your luggage will be collected from the lobby of your hotel, transferred to the ship and stored in your cabin.

Ship embarkation will occur on Day 2 of your itinerary, usually around 4 pm. You and your shipmates will meet at a designated location near the pier, and board the waiting buses for transfer to the ship. Information about embarkation will be posted in your Ushuaia hotel and discussed during your optional pre-departure meeting on Day 1.

Final Day and Departure

DISSEMBARKATION IN USHUAIA AND ONWARD

Your ship is scheduled to arrive at the pier in Ushuaia, usually between 7 am and 8 am. Once the ship has docked, you will bid farewell to your Expedition Team and shipmates before completing your disembarkation. The process takes about an hour.

Weather conditions can always change our arrival times, and airline schedule changes have also been known to occur in Argentina. Please book your flight home from Ushuaia to depart as late in the day as possible or at a date after the end of your expedition. If you have booked a flight that departs before 11 am on the date that your expedition ends, you will be at risk of missing your flight.

Quark Expeditions staff in Ushuaia will reconfirm your domestic flight 48 hours prior to disembarkation, provided you give your information to our team ahead of time.

Included Hotel Accommodations

Your included accommodation begins on Day 1 of your itinerary, and the specific hotel will be indicated on your final voyage confirmation. Ushuaia accommodations trend toward mid-range properties, and hotel space is limited. A particular property cannot be guaranteed, but space is most often booked at Hotel Las Lenguas, Hotel Los Acebos, and Albatros Hotel.

If you are arriving prior to Day 1 of your expedition or are staying after the disembarkation day and would like help booking a pre- or post-stay, please contact your preferred travel agent or Quark Expeditions for hotel options. As accommodation space is limited, you are encouraged to request any extra nights as early as possible.

Arrival and Departure Transfers

USHUAIA AIRPORT TRANSFERS

ARRIVAL: A group transfer in Ushuaia is included from the airport to your included pre-expedition hotel on Day 1 of your itinerary.

DEPARTURE: A group departure transfer is included from the ship to the airport on the final day of your itinerary. If your flight is later in the day, you may opt to transfer to our luggage storage facility instead and enjoy further activities in Ushuaia on your own. Access to luggage storage is available until 6 pm on the disembarkation day only. You will need to arrange your own transfer to the airport if you do not take advantage of the included transfer or if you are leaving Ushuaia after the disembarkation day.

In order to facilitate your transfers, we request that you provide your flight details to Quark Expeditions at least 30 days prior to traveling.





Ocean Adventurer, Library



Ocean Adventurer, Main Deck Twin Porthole Cabin

Your Ship

Quark Expeditions maintains the most diverse fleet of small vessels designed for polar navigation. Our ships accommodate 128 to 199 guests.

The entire Quark Expeditions fleet is built for challenging polar environments, allowing us to take you to places that larger cruise ships couldn't dream of going.



OCEAN ADVENTURER

Ocean Adventurer has long been a fleet favorite among guests and crew who've appreciated the charm of this nimble vessel, its ample outdoor deck space, numerous cozy spots to socialize onboard, the outdoor jacuzzi and, of course, the intimacy of a 128-passenger vessel. Several years ago, *Ocean Adventurer* underwent a multimillion-dollar renovation including a refreshed look and feel throughout, plus a completely remodeled lounge, dining room and bar. All cabins received brand new bathroom facilities. Six new deluxe cabins, as well as three new suites, were also added. Major technical enhancements featured two new Rolls-Royce engines, which yield increased speed and fuel efficiency, and a minimized carbon footprint.

SHIP SPECIFICATIONS:

Staff and Crew: 87

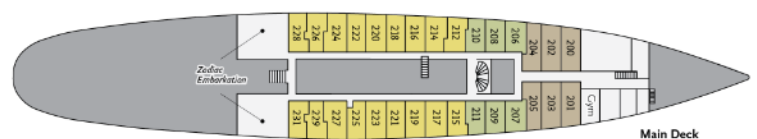
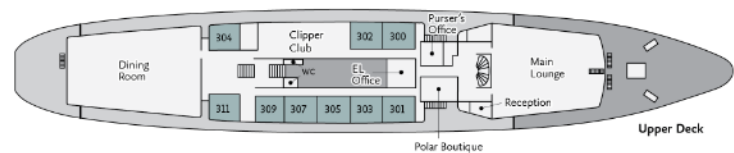
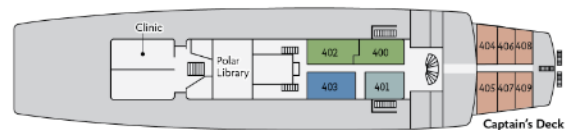
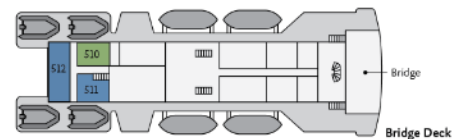
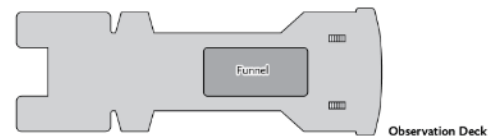
Guests: 128

Lifeboats: 4, partially enclosed

Ice Class: 1A

Visit QuarkExpeditions.com to view deck plan details.

- Owner's Suite
- Suite
- Deluxe
- Superior
- Main Deck Twin Window
- Main Deck Twin Porthole
- Lower Deck Twin
- Triple





Included Activities

These are included in your trip package.



Ready for a little adventure beyond your ship? Each Quark Expeditions voyage offers a variety of immersive off-ship activities to enhance your polar experience.

ZODIAC CRUISING

Zodiacs—rugged inflatable watercraft—are the workhorses of polar expeditions, taking you to places the ships can't access, allowing you to reach remote shorelines, explore shallow inlets and search for unique wildlife. Expedition

staff make stepping in and out of them safe and comfortable, and your Zodiac drivers will provide active interpretation, making the landscape come even more alive.

HIKING

Hiking in Antarctica is free-form and supervised by our expert staff, who set out a perimeter or paths at each landing site within which you are free to explore. While you hike, staff will be available to enhance your experience by answering questions about the wildlife, history and geography of the area.

PRESENTATIONS

Enjoy daily chats with and presentations by our world-class onboard polar experts—expedition guides, specialists, photography guides and other special guests who will introduce you to the fascinating history, biology, ornithology, glaciology and geology of the region, and much, much more.

POLAR PLUNGE

This rite of passage, scheduled only once per expedition, gives you the chance to jump safely into the bracing Antarctic waters under the watchful eye of our staff—and just about every single camera on board!

PHOTOGRAPHY

Documenting your voyage so you can take the memories home is a rewarding experience. Our photography guide will help you hone your skills to capture the beauty of the polar regions.

More information about your Included Activities and Adventure Options, including the necessary experience, physical requirements and cost, is available by contacting your Polar Travel Adviser or your travel professional.



Adventure Options

These activities cost extra and must be booked in advance of your trip.



PLEASE NOTE

Pre-booking is required for all paid activities. We recommend booking early, as spaces fill quickly. Please see your pre-departure guide for a list of provided gear for each Adventure Option.

SEA KAYAKING

Imagine gliding across the surface of a bay in the presence of icebergs and glaciers. Our Sea Kayaking program is a great way to intimately explore your surroundings. A small group of kayakers will plan to go out multiple times per voyage as an alternative to shore landings or Zodiac cruises.

The number of opportunities to kayak is weather dependent, and will be conducted only during calm conditions. Prior kayaking experience is required, and you must be able to do a wet exit to participate. Beginners interested in kayaking should consider participating in the Paddling Excursion.

PADDLING EXCURSION

If you're interested in kayaking but would like to try something a bit less demanding than Sea Kayaking, you're the perfect candidate to sign up for a one-time paddle on our stable sit-on-top kayaks—perfect for anyone with minimal or no kayaking experience. Small groups of paddlers will be taken out on calm days, with our expert guides always present to provide instruction and help you connect with the polar sea. Pre-book into one of two priority groups. Any subsequent excursions can be booked on board, and groups will be assigned via a lottery as spaces are limited.



CAMPING

Treat yourself to an overnight camping adventure in Antarctica! This is one of the best ways to experience Antarctica in an intimate manner, taking your expedition to the next level. Camping is available on most early-season Antarctic voyages. A mandatory onboard safety briefing gets you fully prepped and ready for an unforgettable night of sleeping under the Antarctic summer sky. Dress warmly and eat a hearty meal before you head out, as no food is allowed ashore. You will be provided with an insulating mat, sleeping bag, and bivvy sack (a breathable waterproof outer bag) to keep you comfortable and dry while you sleep on top of the snow. Our popular camping options have limited availability, so book early to secure your space.



STAND-UP PADDLEBOARDING

Combining a surfboard with a kayak, stand-up paddleboarding will give you a very personal and unique perspective on Antarctica. Conducted in small groups—in calm bays and harbors, in good weather conditions—and accompanied by a safety Zodiac, one-time stand-up paddleboarding excursions can be pre-booked into one of two priority groups. Any subsequent excursions can be booked on board, and groups will be assigned via a lottery.



Departure Dates

Falklands (Malvinas), South Georgia and Antarctica: Explorers and Kings

OCEAN ADVENTURER				Adventure Options			
Dates	Days	Start / End					
ANTARCTIC 2024/25							
NOV 4 - NOV 23, 2024	20	Ushuaia	\$	\$	-	-	
DEC 19 - JAN 7, 2025	20	Ushuaia	\$	\$	\$	\$	



Inclusions and Exclusions

Inclusions

RATES INCLUDE:

- Leadership throughout the voyage by our experienced Expedition Team, including shore landings and other activities
- An official Quark Expeditions parka to keep
- All Zodiac transfers and cruising as per the daily program
- All shore landings as per the daily program
- Shipboard accommodation with daily housekeeping
- All meals, snacks, soft drinks and juices on board throughout your voyage. Please inform us of any dietary requirements as far in advance as possible. Unfortunately, the ships' galleys cannot prepare kosher meals.
- Select beer and wine during dinner; and coffee, tea and cocoa available around the clock
- Formal and informal presentations by our Expedition Team and guest speakers as scheduled
- A photographic journal documenting your expedition
- A pair of waterproof expedition boots on loan for landings and Zodiac cruising excursions
- Hair dryer and bathrobes in every cabin
- All miscellaneous service taxes and port charges throughout the program
- All luggage handling aboard the ship
- Emergency Evacuation insurance for all passengers to a maximum benefit of USD \$500,000 per person
- Group arrival transfer in Ushuaia from airport to pre-expedition hotel on Day 1
- One night's pre-expedition hotel accommodation in Ushuaia with breakfast. (Note: The number of guests per room is the same as cabin occupancy on the ship. Due to limited availability, travelers who reserve a suite on board are accommodated in standard rooms at the hotel. Triple rooms may not be available.)
- Group transfer from hotel to ship on embarkation day
- Group departure transfer upon disembarkation in Ushuaia from ship to local airport or to luggage storage facility

Exclusions

RATES SPECIFICALLY DO NOT INCLUDE:

- International airfare
- Passport and applicable visa expenses
- Government arrival and departure taxes not mentioned
- Meals unless otherwise specified
- Baggage, cancellation, interruption and medical travel insurance—strongly recommended
- Excess-baggage fees on international and domestic flights
- Mandatory waterproof pants for Zodiac landing and cruising excursions, or any other gear not mentioned
- Laundry, bar, spa services and other personal charges, unless specified
- Phone and Internet charges (connectivity may vary by location)
- Voluntary gratuity at the end of the voyage for expedition staff and shipboard crew
- Additional overnight accommodation
- Arrival and departure transfers, except where explicitly stated
- Adventure Options not listed in Included Activities



Your Expedition Team

Our Expedition Leaders—the best in the industry—and their teams possess diverse expertise in subjects as varied as polar history, marine biology, glaciology, ornithology and photography. Their knowledge and enthusiasm will greatly enhance your immersion into the polar environment and further deepen your connection to the Antarctic.

With over 30 years of experience bringing passengers to remote Polar Regions and an industry-leading staff-to-guest ratio, we know how to safely handle the unexpected. Ensuring this hard-earned experience is passed on, all our expedition staff undergo comprehensive training at Quark Academy, which provides hands-on polar expedition training prior to any staff member's first voyage, as well as ongoing training for experienced staff.



Extend Your Trip

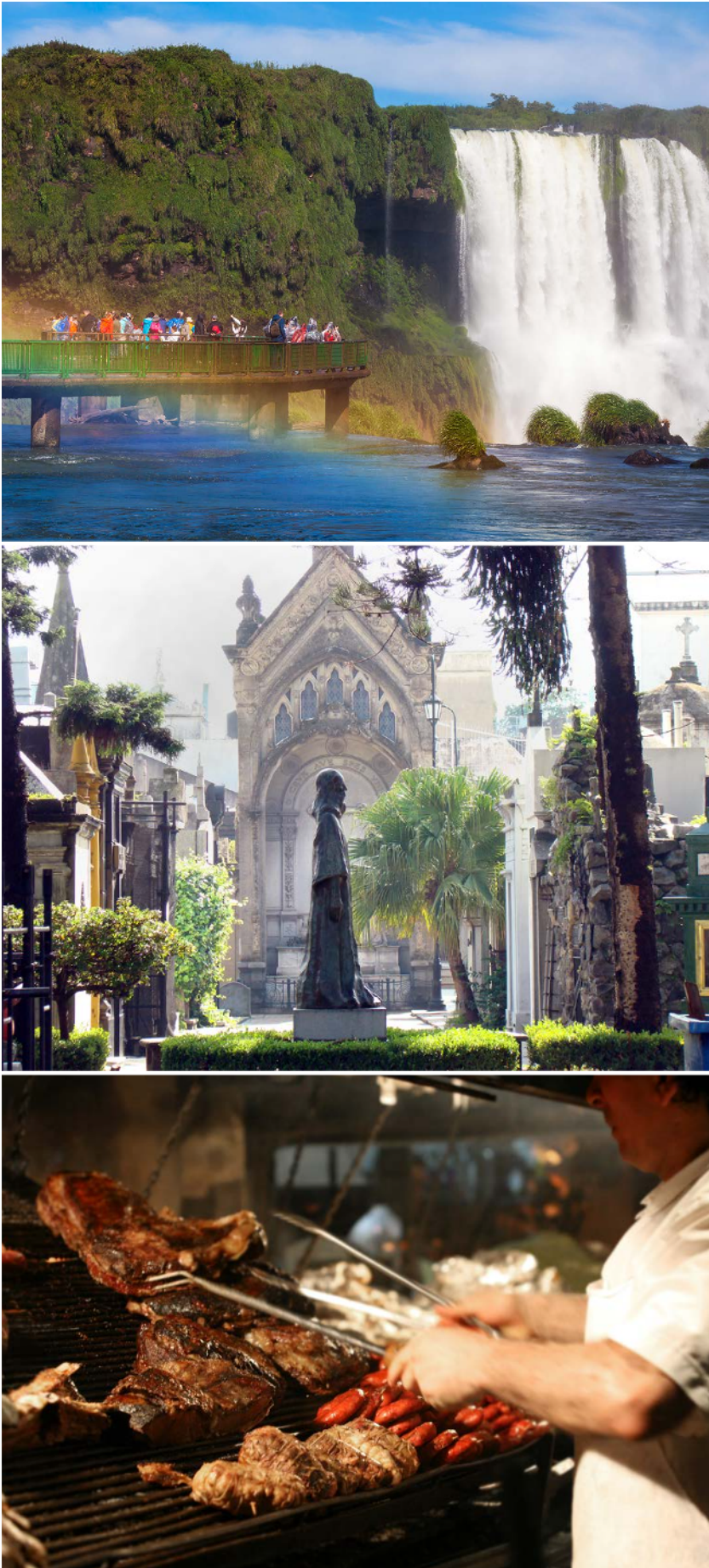
PRE- AND POST-EXPEDITION TRIP EXTENSIONS

Since you're traveling such a long way, you may want to spend extra time in Buenos Aires. We have a variety of pre- and post-expedition packages in this captivating city, known as the tango capital of the world. Enjoy an extensive city tour, take in a tango show and explore the unique neighborhoods of Recoleta, Palermo and San Telmo. Savor Argentine barbecue at a steakhouse (*parrilla*), then stroll the tree-lined boulevards and marvel at the historic architecture.

Take an extended tour from Buenos Aires to Iguazú Falls, and, if you're daring, walk the catwalks over the falls.

Upon arrival in Ushuaia, you can take in its unique museums, incredible hiking, and Patagonian cuisine. Spend a day in nearby Tierra del Fuego National Park, marvelling at the mountains, birdlife, waterfalls and forests.

To discover the best options for extending your adventure, get in touch with your Travel Professional or a Polar Travel Adviser for seamless, worry-free booking of all trip extensions.



FROM TOP: Iguazú Falls; Recoleta Cemetery; Argentinean asado (barbecue)



Meals on Board

If there is one constant on board, it is that you'll enjoy delicious meals daily. While meal times may change due to landings and wildlife encounters, you'll always be served three well-prepared meals per day. Most dietary restrictions can be accommodated by letting us know prior to your expedition.

Breakfasts and lunches are normally served buffet style, while dinners are served plated. À la carte meals are made at the time of your order, allowing our chefs to prepare each dish to your individual needs, ensuring you receive top-quality meals during the course of your expedition.

Soft drinks and juices are available during meals and when the bar is open; beer and wine are served with dinner; and coffee, tea and water stations are available around the clock—all included in the cost of your package. Spirits, premium wines and champagne are available at extra cost which can be billed to your shipboard account. The well-stocked bars on the ship are open to enjoy with your fellow shipmates in late morning, afternoon and evening.





Possible Excursions

When traveling in extremely remote regions, your Expedition Team must consider the sea, ice and weather to guide the route and itinerary details. The following sites are a sample of what you may experience on your expedition, whether by ship, Zodiac cruise, or shore landing.

Falkland Islands (Islas Malvinas)

CARCASS ISLAND

This five-mile (8 km) island northwest of West Falkland is owned by Rob and Lorraine McGill. Named for the Royal Navy ship HMS *Carcass*, which arrived in 1766, it is a picturesque place, where songbirds nest amongst the luxuriant growth that covers the gently rolling landscape.

SAUNDERS ISLAND

Saunders Island is the fourth largest island in the Falklands and has been designated an Important Bird Area due to the high density of nesting seabirds. Nesting species on the island include

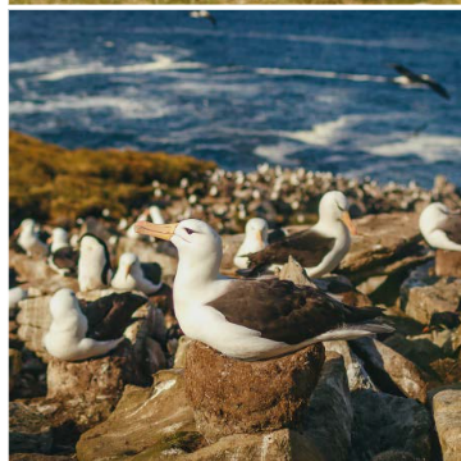
rockhopper, gentoo and king penguins as well as black-browed albatross and king cormorants, among many others. Keep on the lookout for Commerson's dolphins by the shore, and for whale blows out at sea.

STANLEY

Stanley's deep-water harbor has been the economic mainstay of the community since the port's completion in 1845. Carrying fortune seekers from the west coast of the Americas, ships battered by rough waters near Cape Horn often called in at Stanley as well. Take a stroll through this quaint English town, visiting the cathedral, museum, or one of its many pubs.

WEST POINT ISLAND

The Napier family has owned West Point Island since the 1860s. On the island's west coast, thousands of black-browed albatross nest in colonies on cliffs along the water's edge. Rockhopper penguins share the cliffs, while Commerson's dolphins can often be seen in the surrounding waters.



South Georgia

DRYGALSKI FJORD

This is a photogenic and dramatic fjord, with sharp and jagged peaks rising out of the sea. Glaciation never reached the mountain tops, giving Drygalski its unique landscape.

GOLD HARBOUR

The backdrop to this harbor is the hanging Bertrab Glacier. Thousands of king and gentoo penguins call Gold Harbour home, as do rowdy elephant and fur seals.

GRYTVIKEN

Only a handful of people live, albeit temporarily, on South Georgia, a British overseas territory. Two of them are curators of the South Georgia Museum, located in the former villa of the whaling station manager. The local church, built for the whaling community, is the only building in Grytviken still used for its original purpose. Buried in the church

cemetery is one of Antarctica's most famous explorers, Sir Ernest Shackleton, at whose grave you can pay your respects.

SALISBURY PLAIN

One of the largest king penguin colonies on South Georgia is located on Salisbury Plain. The Grace and Lucas Glaciers flank the plain, creating a perfect backdrop for photos.

ST. ANDREW'S BAY

Over 150,000 breeding pairs of king penguins nest at St. Andrew's Bay—the largest and fastest growing king penguin rookery on South Georgia, and a wildlife spectacle to behold.

STROMNESS

This abandoned whaling station was in full operation on the day in 1916 that Sir Ernest Shackleton and his companions staggered into it after a 36-hour trek across the island in an attempt to find help for their shipmates stranded

on Elephant Island. There is a small cemetery here which can be seen from a distance, with the graves of 14 whalers.

Antarctic Peninsula

BROWN BLUFF

A possible exposed volcano, Brown Bluff towers 2,225 feet (678 meters) over the rookeries of Adélie and gentoo penguins, which number in the thousands. These penguins will create a symphony of background noise while you explore the bluff.

CIERVA COVE

Cierva Cove boasts jaw dropping icebergs and a glaciated backdrop. A massive glacial face regularly calves into the bay, and the floating ice can be quite spectacular. Seals can be spotted on ice floes, and later in the season, humpback whales occasionally feed in the icy waters.



DAMOY POINT

Damoy Point is the site of a historical ice runway used by the British Antarctic Survey for their flights further south since 1975. The well-maintained hut was used as a staging-post to store supplies and for accommodation while awaiting ideal flying conditions. The point is also home to a penguin rookery and allows for spectacular views of the mountains of Anvers Island.

DANCO ISLAND

Home to gentoo penguins, this small dome-shaped island provides you with a stunning view of the Errera Channel and excellent Zodiac cruising opportunities.

ENTERPRISE ISLAND

Located in Wilhelmina Bay, this island's protected coves were once used by whalers. A Zodiac cruise exploring the island passes the rusting remains of a wrecked whaling ship, and provides opportunities to search for humpback whales.

HOPE BAY

Three members of the Swedish Antarctic Expedition (1901-04) spent the winter in a hut on the shores of the bay. The hut is located close to the jetty of Esperanza Station, an Argentine research station and one of only two civilian bases in Antarctica outfitted with a school and chapel.

MELCHIOR ISLANDS

This group of low, glaciated islands in Dallmann Bay is where you may see hauled-out male fur seals as they recuperate from their battles for supremacy at the end of their breeding season.

MIKKELSEN HARBOR

Located on the south side of Trinity Island and surrounded by stunning ice cliffs and several reefs, Mikkelsen Harbor is a 1.86-mile (3 km)-wide bay, discovered by a Swedish Antarctic expedition in 1901-04. Enjoy a Zodiac cruise of the beautiful waters, or if conditions allow, land at D'Hainaut Island, home to an

Argentine refuge hut and whaling remains in the form of a wooden boat and whale skeletons. Weddell seals are often seen in the area and a gentoo penguin rookery is situated on the island.

PARADISE HARBOR

Paradise Harbor is a wide bay and natural harbor on the West Antarctic Peninsula. Mountains, glaciers and ice cliffs offer spectacular views. Icebergs regularly calve from the glaciers, providing a place for seals, penguins and seabirds to rest and play. An Argentine base, Almirante Brown Station—named after Admiral Guillermo Brown, father of the Argentine Navy—is also located in Paradise Harbor, and was operated from 1951 until a large section of it burned down in 1984. It has since been partially rebuilt and is used during summer months for scientific research. Also located in the Bay is Waterboat Point, where two scientists studying penguin behavior lived in a



water boat from 1921 to 22. The remains of their camp have been designated an Antarctic historic site.

PAULET ISLAND

Located in the northwestern Weddell Sea, Paulet Island is home to a large Adélie penguin rookery. With a volcanic cone that rises 1,158 feet (353 meters), the island reminds you that this was once a very active landscape. In addition to penguins, you may be interested in viewing the remains of a historic hut built by members of the Swedish Antarctic Expedition of 1901-04. A cross marks the grave site of Ole Wennersgaard, a member of the crew.

WILHELMINA BAY

Humpback whales abound in “Whalemina Bay,” as it’s nicknamed, and the scenery is spectacular. Sheer cliffs and glaciers surround the calm waters of the protected bay, named after Wilhelmina, queen of the Netherlands from 1890 to 1948. If you’re lucky, you may see the humpbacks bubble-net feeding: they exhale while swimming in a wide circle below the surface, trapping their prey

in a “net” of bubbles, and then swim straight up from below, mouths open. A truly spectacular sight!

South Shetland Islands

AITCHO ISLANDS

This group of small islands is situated in the northern entrance of the English Strait. You can often spot a great mix of wildlife in the area, with gentoo and chinstrap penguins having established rookeries on the islands. Southern elephant and fur seals frequently haul out here, too.

DECEPTION ISLAND

Deception Island is a flooded circular caldera formed by the collapse of an active volcano. To reach this protected harbor, it is necessary to sail through a narrow passage called Neptune’s Bellows. Inside are several bays used at various times for whaling and scientific research. Along with waddling penguins and lounging seals, you’ll see the rusting remains of whaling operations on the beach in some locations. The landscape of Deception Island often presents

opportunities for longer walks to striking vistas. The stark contrast between snow and dark volcanic sand and the steam along the shoreline from geothermic activity when the tide is right, gives this location an atmospheric feel.

HALF MOON ISLAND

This crescent-shaped island was known to sealers as early as 1821. While they tried to keep this productive location secret, we’re happy to bring you ashore on this impressive island. Many Antarctic birds breed here, including chinstrap penguins, shags, Wilson’s storm petrels, kelp gulls, snowy sheathbills, Antarctic terns and skuas.

HANNAH POINT

On the southern coast of Livingston Island at Hannah Point, you may see chinstrap and gentoo penguin rookeries, along with the occasional breeding macaroni penguin. Due to the rather congested area available to the nesting penguins, we are able to visit here only after January 10.



PENGUIN ISLAND

Antarctica has two flowering plants, both of which you can find on Penguin Island: Antarctic hair grass (*Deschampsia antarctica*) and Antarctic pearlwort (*Colobanthus quitensis*). Chinstrap penguins, fur seals and southern elephant seals can also be spotted here.

ROBERT POINT

A beautiful spot for Zodiac cruising, this point was known to sealers as early as 1820. Chinstrap penguins, kelp gulls and pintado petrels breed here, and whales may be seen in the surrounding waters.

TURRET POINT

Chinstrap and Adélie penguin rookeries are found on this point, situated on the south coast of King George Island. The beaches here are often crowded with southern elephant, fur and Weddell seals hauled out on the rocks.

YANKEE HARBOUR

Gentoo penguins have established a rookery at this harbor, situated on the southwest side of Greenwich Island. Here, you can see an abandoned Argentine refuge hut and a large glacier that stretches along the east and north sides of the bay. An abandoned sealing try pot is all that remains of the activity that brought men thousands of miles in tall ships to seek their fortune. Enjoy a rare chance for a longer walk along the expansive beach, dotted with historical artifacts and wildlife.

EXPEDITION SPIRIT

Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your Expedition Team must consider the sea, the ice and the weather to guide the route and itinerary details. This itinerary is a tentative outline of what you may experience on this voyage; please be aware that no specific itinerary can be guaranteed. By the same token, wildlife encounters as described are expected, but not guaranteed. Your Expedition Team will use their considerable experience to seek out wildlife in known habitats, but the presence of any particular species of bird or marine wildlife is not guaranteed.



What to pack on your polar expedition

WHAT TO BRING! Packing for the Polar Regions doesn't have to be daunting, and to make it easier for you, all Quark Expeditions voyages include a Quark parka to keep, and a loan of insulated waterproof boots. Additional suggested items include:

WEATHER CONDITIONS AND TEMPERATURES

Polar weather is extremely variable; temperatures may hover around the freezing mark and winds can be strong. The extended daylight warms sheltered areas so that you may sometimes find it warm enough for t-shirts. However, you may encounter rain, snow squalls, fog and white-outs during an expedition and should be ready for any conditions.

TO WEAR ON LANDINGS

- ☐ Base-layer wool or synthetic top
- ☐ Base-layer wool or synthetic bottom
- ☐ Mid-layer warm or fleece top
- ☐ Mid-layer warm or fleece bottom
- ☐ Warm wool or synthetic socks (keep a dry pair in your bag, and bring extras for layering)
- ☐ Glove liners
- ☐ Waterproof gloves or mitts (bring an extra pair)
- ☐ Scarf, buff, or other face protection
- ☐ Warm hat that covers ears (bring an extra)
- ☐ Waterproof pants (mandatory for every Zodiac ride)
- ☐ Waterproof, lightweight backpack or dry sack
- ☐ Polarized sunglasses with UV protection (bring an extra pair)
- ☐ Ski goggles (offers extra protection for adventure options or Zodiac cruising on snowy or windy days)
- ☐ Sunscreen
- ☐ Lip Balm

TO WEAR ONBOARD

- ☐ Complimentary Quark 3-in-1 Parka provided on board (wear the waterproof shell out on deck, and the removable liner indoors to stay comfortable)
- ☐ Comfortable casual clothing like lighter shirts, pants or jeans, etc. (in case the ship gets warm)
- ☐ Comfortable non-slip closed-toed unheeled shoes (flip flops, sandals or slip-on shoes should not be worn on board due to safety concerns)

ADDITIONAL ITEMS

- ☐ Swimsuit (for the Polar Plunge! Some vessels may also have a pool, hot tub, sauna and/or steam room. See your ship book for details.)
- ☐ Light warm jacket to wear during travel to the ship
- ☐ Workout attire (for the fitness center!)
- ☐ Binoculars
- ☐ Hand and feet warmers
- ☐ Camera with charger and extra batteries
- ☐ Extra memory or laptop with spare storage (for saving photos)
- ☐ Waterproof cell phone case or rain sleeve for camera
- ☐ Lens cloth for camera
- ☐ Earplugs and eye masks for sleeping
- ☐ Voltage converters and plug adapters (see ship book for details)
- ☐ Personal alarm such as mobile phone, watch, or alarm clock
- ☐ Moisturizer for face and hands (polar air can be dry)
- ☐ Extra pair of prescription glasses or contact lenses
- ☐ Reusable waterproof bags or plastic bags with zippers (to keep small items organized and cameras dry)
- ☐ Seasickness, indigestion, headache, or other medications
- ☐ Hand sanitizer
- ☐ Passport, visas, immunization and vaccination records, travel documents, etc. (as required)
- ☐ Small amount of local currency (see pre-departure book for more details)
- ☐ Water bottle (a collapsible reusable water bottle will be provided onboard)

Scan this QR code to watch our video on what to pack before you go!





The Leader in Polar Adventures

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Contact your Travel Professional
or a Quark Expeditions Polar Travel Adviser

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EXPEDITION BROCHURE
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