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## **Journey to the Antarctic Peninsula**

15 days, Ushuaia to Ushuaia

Trip code XVAWSX

### **What's included**

- 13 nts aboard the G Expedition
- Arrival transfer from airport in Ushuaia to hotel

- 1 nt accommodation with breakfast in Ushuaia
- Zodiac excursions with our expert expedition team
- Lectures and educational programs
- Waterproof boots supplied for men's USA sizes 8-14 and women's USA sizes 3-9
- Expedition parka
- Antarctica destination guidebook

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing November 1st, 2013 and onwards

# Itinerary



**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## Ushuaia

Arrive in Ushuaia at any time. Arrival transfer included. Enjoy the sights and sounds of the world's most southerly city.

There will be a welcome desk in the lobby of the start hotel that will provide more specific information on the Expedition and your upcoming adventure.

Please note that the first night in Ushuaia is on twin share basis. If you're travelling solo or have an odd number of travellers in your group and have not purchased a private cabin, you will be paired with another solo traveller of the same gender.



## Today's Activities

Private Vehicle

Ushuaia Aerodrome - Ushuaia

Included arrival transfer.

Enjoy a free morning in the world's most southerly city, Ushuaia. Do any last minute shopping or explore the town or the surrounding countryside. Embarkation on the G Expedition begins in the afternoon at the port in Ushuaia. Enjoy the evening sailing through the Beagle Channel.

Expedition travel can be full of surprises! While it is our intention of adhere to the itinerary described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. On the first day onboard, the Expedition Leader will give an expedition overview outlining what the specific plans are for the trip.



## Meals included

Breakfast | Dinner



## Today's Activities

Free Time

Ushuaia

Explore the city, do some shopping or take an optional excursion and enjoy lunch ashore.

Embarkation of the Expedition

Longyearbyen

In the afternoon, join your fellow passengers to take your group transfer and begin your journey on the Expedition. Please refer to your welcome letter or the joining instructions posted in the lobby of the start hotel. Make sure you have your passport handy as you are about to embark on the adventure of a lifetime.

Expedition

Ushuaia - Beagle Channel

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Expedition

Beagle Channel - Drake Passage

Not too big, not too little, our 128-passenger polar expedition ship is just right.



## Optional Activities - Day 2

Martial Glacier Hike

Ushuaia

Hike the Martial Glacier, one of the most outstanding natural attractions not only because of the fabulous view it provides, but because it can be visited throughout the year as well. Climb to the top and enjoy the breathtaking view of the islands in the Beagle Channel.

Tierra del Fuego National Park Visit

Ushuaia

Explore this stunning coastal national park extending 630 sq km. The Tierra del Fuego National Park has many different attractions, like Acigami Lake and Lapataia Bay, where the Pan-American Route ends. This is the southernmost national park of Argentina and the only one that protects mountains, sea, and forests within its limits.

Days 3–4

## Drake Passage/South Shetland Islands

The adventure begins with an 800km (497 mi) crossing of the passage named in honour of 16th-century English sea captain and privateer Sir Francis Drake. The ship is at home in this part of the Southern Ocean. Take in daily lectures from the expedition team, and keep an eye out for your first sightings of icebergs, whales, and albatross following in the Expedition's wake.

The G Expedition is at home in this part of the Southern Ocean, known for the unimpeded never ending fetch of the winds that encircle the Antarctic.

As the Expedition travels the passage, get acquainted with the ship and frequent the common areas that include the lounge, dining hall, library and lecture hall where we meet the guides, ship's crew and expedition staff.

Begin the lectures and information sessions to learn the extraordinary human and natural history of the Antarctic region.



### Meals included

Breakfast | Lunch | Dinner



## Today's Activities

Daily lectures and educational program

Drake Passage

Attend lectures hosted throughout the day on everything from local wildlife to geology to history. The Expedition has one of the highest ratios of expedition team members to guests – with one expert for every ten guests there is always someone on hand to answer questions and provide greater insight and appreciation of the world at its extremes. The expedition team is comprised of professional and highly skilled historians, marine biologists, and naturalists who offer keen insight and a unique personal perspective to each and every adventure.

Expedition

Drake Passage – South Shetland Islands

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Free Time

Drake Passage

Spend time out on deck keep an eye out for sea birds and whales that live in these fertile waters. Wandering, Black-browed and Light-mantled Sooty Albatross, Prion's and Cap Petrels are among some of the species of seabirds that may join the Expedition on the journey to Antarctica.

Days 5–12

## South Shetland Islands/Drake Passage

Spend eight full days exploring the Antarctic Peninsula and South Shetland Islands and navigating into the lesser visited eastern side of the peninsula known as the Weddell Sea. The less-visited eastern side, is as stunning as it is remote; this is where Ernest Shackleton's ship Endurance came to her end (and where your polar adventure begins).

Ice and weather conditions permitting, head south and explore the ice edge from the safety of our ice class expedition vessel, encountering truly astounding tabular icebergs and numerous species of penguin, seal and whale along the way. With eight days to explore the region, giving you the longest possible time in this magnificent part of the world.

Finally a chance to step foot on the Great White Continent! Our goal is to attempt two excursions per day while navigating through the area but the itinerary and daily schedule will be based on the local weather and ice conditions that we encounter.

There is plenty of time to enjoy the sheer beauty and the breathtaking scenery of ice-choked waterways, blue and white icebergs, impressive glaciers and rugged snow-capped mountains.

The Peninsula also has a remarkable history and, during the voyage, learn about some of the most important and dramatic expeditions to this remote corner of the world.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Expedition

South Shetland Islands - Antarctic Peninsula

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Zodiac Landings

Antarctica

Hop into one of the Expedition's 14 Zodiacs and take the quick, safe trip from the ship to the shore to encounter the awe-inspiring wilderness of Antarctica. Thanks to the performance of these boats in remote conditions, quick trips to shore are easily accomplished. Get up close to towering icebergs, glaciers and amazing wildlife. Depending on weather conditions these excursions will hopefully happen daily.

Daily lectures and educational program

Drake Passage

Attend lectures hosted throughout the day on everything from local wildlife to geology to history. The Expedition has one of the highest ratios of expedition team members to guests – with one expert for every ten guests there is always someone on hand to answer questions and provide greater insight and appreciation of the world at its extremes. The expedition team is comprised of professional and highly skilled historians, marine biologists, and naturalists who offer keen insight and a unique personal perspective to each and every adventure.

Daily Briefings and Recaps on board the Expedition

Learn about the Expedition's current location, daily announcements, landing site-specific information as well as recaps of the previous day at a quick daily briefing.

Expedition

Antarctic Peninsula – Drake Passage

Not too big, not too little, our 128-passenger polar expedition ship is just right.



## Optional Activities - Days 5-12

Polar Plunge

You remembered to pack your bathing suit, right? Depending on weather conditions, opt to do the polar plunge and jump into the frigid waters of the Antarctic. Convince some of your fellow passengers to join and you'll be left with an amazing group experience no one will ever forget!

Days 13–14

## Drake Passage/Ushuaia

Begin the northbound journey to the home port of Ushuaia. Review the highlights of the Antarctic experience with the lecturers and staff, and keep your eyes open on the observation deck for some last-minute whale sightings.

Leave Antarctica and head north across the Drake Passage. In between bird watching, whale watching and enjoying some final lectures by our expedition staff, this is a chance to relax and review the adventures of the past week before returning to Ushuaia.

Remember, the best way to experience the wildlife of the Drake Passage is to be on deck keeping a look out for Albatross, Prions and Whales!



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Daily lectures and educational program

Drake Passage

Attend lectures hosted throughout the day on everything from local wildlife to geology to history. The Expedition has one of the highest ratios of expedition team members to guests – with one expert for every ten guests there is always someone on hand to answer questions and provide greater insight and appreciation of the world at its extremes. The expedition team is comprised of professional and highly skilled historians, marine biologists, and naturalists who offer keen insight and a unique personal perspective to each and every adventure.

Expedition

Drake Passage – Ushuaia

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Disembark the Expedition after breakfast.

In the morning upon completion you will disembarkation in Ushuaia. Passengers will receive a complimentary transfer to either the airport or a central location where luggage can be stored.

For those on morning flights, a transfer will bring them directly to Ushuaia airport (USH). The rest of the passengers will be transferred to the luggage storage point and given time to explore the city. These passengers should then return to retrieve their luggage and board a second transfer to Ushuaia airport in the afternoon, depending on their flight times. Please note that the transfer times are subject to change according to flight schedules.



## Meals included

Breakfast



## Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

## What's included

- 13 nts aboard the G Expedition
- Arrival transfer from airport in Ushuaia to hotel
- 1 nt accommodation with breakfast in Ushuaia
- Zodiac excursions with our expert expedition team
- Lectures and educational programs
- Waterproof boots supplied for men's USA sizes 8-14 and women's USA sizes 3-9
- Expedition parka

## What are the main highlights of this trip?

Celebrate the holidays and welcome in the New Year in Antarctica, spend eight full days exploring one of the world's last true wildernesses, connect with the history of exploration while retracing Shackleton's journey, catch sight of whales and albatross following the ship, go ashore with seasoned experts explaining the intricacies of Antarctic ecology, admire the tabular icebergs of the Weddell Sea

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## Is there a disclaimer I should read before booking this trip?

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**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

## Is there an itinerary Disclaimer?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

# What important notes should I be aware of before the trip?

1. Please note: While it is our intention of adhere to the route described above , there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. On the first day onboard, your Expedition Leader will give you an expedition overview.

2. Flight Information: When packing your luggage please note that the weight restriction on the domestic flight from Buenos Aires to Ushuaia is only 15 to 23 kg (33 to 50 lbs) per person, depending on the airline. Please note that the airlines will generally charge for excess baggage. We recommend you try to leave luggage that you do not need at your hotel in Buenos Aires (if applicable).

3. Medical questionnaires are required for all passengers traveling to Antarctica.

4. The G Expedition is an adventure Expedition ship and does not offer an elevator.

5. Please note:

## BOOTS FOR ZODIAC LANDINGS:

- Complementary used waterproof boots will be supplied in the following sizes:

- USA size 6 -16

- EURO size 36 - 49

Please be advised that there are limited numbers of the smallest and largest sizes.

If you wish to bring your own boots, you should follow the guidelines below:

Rubber, waterproof boots that are just below your knees (12-16" high or 30-41cm) with a strong, ridged non-skid sole are essential for wet landings via Zodiac. You usually have to step from the Zodiac into water, which can be up to 1 ft or 30 cm high on most landings. Do not bring heavy, cumbersome boots that make it difficult to walk. Do not bring boots with metal cleats as they cannot be used for the landings. Try out your boots before your voyage.

6. The electricity onboard is 220AC electrical outlets, with European 2 pin round holes, as well as 110-volt shaving sockets in the bathroom for electric razors only. You may wish to bring an international adapter. A limited supply of electrical adapters are available to borrow free of charge at the Purser's Desk.

## CAMPING & KAYAKING EXCURSIONS

For the more adventurous, our kayaking and camping trips provide the opportunity to encounter the intimacy and power of the polar regions in ways very few people can lay claim to having experienced. For more details about both extras, including prep notes and full terms and conditions, please visit our [Polar Excursions](#) page.

## ANTARCTIC PRE/POST CRUISE ADD-ON

If you have booked this service, please note that your international flights will be on a separate ticket than the domestic. In order to guarantee that you will be covered in the event of unforeseeable flight delays, please ensure that you have purchased trip cancellation insurance for your flights. We also recommend the earliest that travellers can fly out of Buenos Aires is 9:00pm, which allows buffer time for delays and/or travelling between the domestic and international airports.

## **What is the group leader like?**

A carefully chosen team will lead our voyage. Our expedition ships boast an international team of professional naturalists and lecturers. Their goal is to provide an informed and balanced interpretation of the destination, accomplished through stimulating lectures, day-to-day briefings, and informal discussions. Your lecturers and Expedition Leader will cover all aspects of the voyage including ornithology, marine biology, geography, geology, history and the environment, as well as practical things like photography. The expedition staff work conscientiously with you on deck and in the field, improving your observational skills to allow you to experience all that the destination has to offer. Their strong sense of ethics and ecological knowledge make for stimulating and mindful conversation whether onshore or at the dinner table. The Expedition Staff will pilot the Zodiac landing craft used for shore landings and Zodiac cruises; they are experienced drivers who operate the Zodiacs in a responsible manner.

## **How large will the group be?**

Max 134 aboard the G Expedition.

## **What meals are included in this trip?**

14 breakfasts, 12 lunches, 13 dinners

## **What are the meals like on this trip?**

Onboard our expedition ships you'll find a diversity of gourmet international cuisines prepared and catered by professional chefs; all meals are included in the price of your expedition. Dining is casual, tables are unassigned and the dining room is capable of seating the entire passenger complement at one time. There is always a selection of different meals available, and vegetarians will find plenty of options. Special dietary requirements can be accommodated with advance notice, please advise us at time of confirmation. Coffee, tea and water are all provided free of charge. All other beverages, alcoholic and non-alcoholic are not included and can be purchased in the dining room, pub, or lounge.

## **What are the modes of transportation on my trip?**

G Expedition, Zodiac, private bus.

## **Are local flights included in the cost of the trip?**

Local flights are not included in the price of this trip. Please make sure that you arrive into Ushuaia on Day 1. If you require assistance booking local flights please contact your G Adventures representative. From our experience we have found that there are regular delays in flights from Buenos Aires to Ushuaia and we highly recommend you fly into Ushuaia at least 1 day prior to the sailing of the expedition ship.

Please note that internal flights in Argentina generally allow less luggage than international flights.

## **Is there an extra cost for travelling solo?**

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

## **Where will we stay during the trip?**

Twin-share hotel (1 nt), aboard the G Expedition in quad-, triple-, twin-share cabins, or suites (all with en suite bathrooms and porthole or window) (13 nts). Please note that cabins consist of twin-size berths and are ocean-facing. Suites have 1 queen-size bed.

## **Will I get my own room?**

Please note that if you have selected the Private Cabin option at the time of booking, you will receive your own room for the duration of this cruise. This includes the Hotel in Ushuaia.

If you are a solo traveller and you have NOT selected the Private Cabin option, you will be paired with another solo traveller for all nights, including the hotel in Ushuaia.

For groups of 3 passengers travelling together who have booked a triple cabin, you will have a triple room in the hotel where available. If we cannot book a triple room, please note that one of you will be sharing with another solo traveller of the same gender for the hotel night in Ushuaia.

## **What is the joining hotel?**

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

# What are the joining instructions?

## A NOTE ON FLYING INTO USHUAIA

From our experience we have found that there are significant delays especially in high season on flights from Buenos Aires to Ushuaia. We highly recommend booking your travel arrangements to arrive into Ushuaia earlier in the day on Day 1. We are happy to book additional pre-tour accommodations should you want some additional time in Ushuaia.

All international flights flying into Buenos Aires arrive at Ministro Pistarini Airport (EZE) in Buenos Aires. Please check with your airline as to which airport your domestic flight will be flying out of.

Most flights that continue to Ushuaia depart from the domestic airport (J. Newberry - AEP). Please check with your airline to make sure which airport you are flying out of. On arrival at the International airport, there is an airport shuttle service, Manuel Tienda Leon, available at an approximate cost of USD \$16.00 each way. It is about 1 to 1.5 hours between the airports, so please allow yourself enough time.

Please also confirm the luggage restrictions for your flight from Buenos Aires to Ushuaia as domestic flights generally allow less luggage than international flights.

## ARRIVAL INTO USHUAIA

G Adventures is happy to offer you a complimentary airport transfer if you are arriving on Day 1 of the tour or have booked pre-night accommodation through G Adventures.

Joining Instructions with complimentary transfer:

Upon arrival into Ushuaia City Airport (USH) please collect your luggage and look for a G Adventures representative. Please make sure you have advised your booking agent of your arrival flight details into Ushuaia so we are expecting you. Be sure to keep all your important documents (i.e. passport) and medication in your hand luggage, as your main luggage will be transferred separately to the hotel.

Joining Instructions without complimentary transfer:

Ushuaia City Airport (USH) is located only 5 km outside of the city. Local taxis can be hired at the airport for transportation into Ushuaia at a cost of about \$10 USD. On your arrival to Ushuaia please make your way to the hotel listed on your voucher. Information will be available on the notice board at the hotel. Luggage tags and other information will be available for you 1 day prior to embarkation.

Your luggage will be transferred for you from the hotel to the expedition ship on the morning of Day 2. Please have your luggage in the lobby of the hotel by 9:00 am on the morning of Day 2. You will have the morning free to enjoy the city of Ushuaia and the surrounding countryside.

Embarkation time is set for 4:00 pm and passengers will not be able to board the ship before that time due to refueling, provisioning, and preparing the ship for your stay. For information on activities, restaurants and services you can consult either the tourist information office or your hotel. Due to new port security regulations you are no longer allowed to enter the port area on your own so make sure you are on time at the designated parking lot across the pier to catch the 4:00 pm group transfer to the ship. More details will be provided with your hotel welcome letter.

On embarkation day, you should dress for changeable weather. Once aboard, you will find your luggage stored in your assigned cabin, please ensure that all your luggage is accounted for on arrival.

Should you run into any delays please contact the starting hotel about your late arrival.

**\*\*If you have purchased the Antarctic Pre/Post Cruise Add-On, your first night hotel in Buenos Aires will be the following:**

Hotel Boca Juniors  
D. Tacuari, 243  
Buenos Aires, Argentina  
Tel: (+ 54 11) 5861 5010

Upon arrival in Buenos Aires, you will receive a welcome package that will confirm your flight times to and from Ushuaia. Please note that you will not receive tickets for these flights prior to departure.

Flights from Buenos Aires to Ushuaia normally depart between 4:30 a.m. and 4:00 p.m. These will arrive into Ushuaia between 8 a.m. and 7:30 p.m. respectively.

Flights from Ushuaia to Buenos Aires normally depart between 11:00 a.m. and 3:30 p.m. These will arrive into Buenos Aires between 2:30 p.m. and 7:00 p.m. respectively.

If you have booked this service, please note that your international flights will be on a separate ticket than the domestic. In order to guarantee that you will be covered in the event of unforeseeable flight delays, please ensure that you have purchased trip cancellation insurance for your flights. We also recommend the earliest that travellers can fly out of Buenos Aires is 2100hrs, which allows buffer time for delays and/or travelling between the domestic and international airports. As we have no control over flights and airlines, we can not be held responsible for such delays and insurance will be the best way of ensuring you are covered. We can assist with booking insurance! Ask your travel agent or Sales GCO how.

## **What happens if I experience problems when arriving?**

We don't expect and problems, and not should you, but if for any reason you are unable to arrive into Ushuaia before embarkation time (usually 4pm) of Day 2 please use the emergency contact details in this dossier. We highly recommend arriving at least 1 day before sailing in order to make sure that delays do not ruin your trip as the ship is unable to wait for late passengers. If you are delayed in arriving to prebooked accommodations please contact the hotel to advise them when you will arrive. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your booking agent on your return for a refund of the transfer cost if this occurs.

## Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Operator (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### EMERGENCY CONTACT NUMBERS

G Adventures Office Buenos Aires, Argentina

During office hours (Weekdays 9am-6pm Local Time)

>From outside Argentina: +54 11 2150 2581

>From within Argentina, but outside of Buenos Aires: 011 2150 2581

After hours Emergency number

>From outside Argentina: +54 9 11 3425 0380

>From within Argentina, but outside of Buenos Aires: 15 3425 0380

## What instructions should I follow at the finishing point?

Upon completion of the 8:00 am disembarkation in Ushuaia, passengers will receive a complimentary transfer to either the airport or a central location where luggage can be stored.

For those on morning flights, the 8:00 am transfer will bring them directly to Ushuaia airport (USH). The rest of the passengers will be transferred to the luggage storage point and given time to explore the city. These passengers should then return to retrieve their luggage and board a second transfer to Ushuaia airport at 12:30 pm or 4:30 pm, depending on their flight times. Please note that the transfer times are subject to change according to flight schedules.

With the understanding that most will be needing to connect to their International flights in Buenos Aires, you can arrange departure flights from Ushuaia starting from 09:45am onwards. Although if possible, we suggest you consider booking after 11:00am as this will provide additional time to connect.

## What should I take on my trip?

Most airlines allow one checked bag and two carry-on per person. To avoid any problems at check-in and with possible excess baggage charges, please consult the airline for specific restrictions. For storage on board the expedition ship soft compactible luggage makes storage much easier.

Dress on board is informal. Plan to bring comfortable, casual clothing for all activities. Bring wind and waterproof outer layers. Beware of tight clothing that leaves no room for trapped air, which is an excellent insulator. Wool, silk and some of the new synthetic fibers, like polar fleece, retain heat better than cotton. When packing, we suggest that you do not weigh yourself down with too many clothes or too much gear. Select informal, practical attire that can be worn in layers.

One of the important items that you will need to bring on your voyage is a pair of waterproof pants. It is possible to rent gear in Ushuaia for the expedition, but the quantity and quality of gear varies greatly depending on the demand. For the location of a rental shop consult with the front desk of the hotel where you are staying. If arriving on embarkation day you will NOT have time to rent the gear. You will also not have time to return the rental gear if you have a morning flight departing Ushuaia.

In the worlds most remote destinations that the G Expedition travels to we cannot offload our plastics, glass or tin waste for recycling. Therefore, we try to reduce what single use items that we use. You will see on the ship that every effort is being used to stop the use of single use plastic containers, bags and other items. In an effort to prevent plastic waste from entering the waste stream, we are asking for your help. We offer exceptional drinking water on the ship with refilling stations for your re-useable water containers. You will be provided a complimentary water bottle to fill up as needed. Plastic Items such as single use shampoo/conditioner plastic containers cannot be recycled, so please plan to bring any plastics back to your home countries for recycling. Please do not bring single use items that you intend to leave behind such plastic bags and throw away razors. Your participating in helping to prevent pollution and promote recycling is greatly appreciated.

## What should be on my packing list?

### Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

# Suggested Reading

## ANTARCTICA

### Suggested Reading List

There are several dozen books on Antarctica that could be recommended, books dealing with various explorers and expeditions, scientific studies, etc.

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Amundsen, Roald. *The South Pole*. John Murray, 1912.

Antarctica: Great Stories from the Frozen North. Reader's Digest, 1985. Natural history, explorers, atlas and other miscellaneous information.

Asimov, Isaac. *The Ends of the Earth*. Weybright and Talley, 1975. General narrative of the polar regions of the world.

Bond, Creina and Roy Siegfried. *Antarctica: No Single Country, No Single Sea*. Mayflower Books, 1979. Photos by Peter Johnson.

Byrd, Richard E. *Alone*. G.P. Putnam's Sons, 1938.

Campbell, David. *Crystal Desert*. Houghton Mifflin, 1992.

Cherry-Garrard, Apsley. *The Worst Journey in the World*. Constable, 1922.

Chester, Jonathan. *Antarctica: Beauty in the Extreme*. Michael Friedman Publishing, 1991. Limited copies available from Mountain Travel-Sobek.

Fiennes, Ranulph. *To the Ends of the Earth: the Transglobe Expedition*. Arbor House, 1983.

Fuchs, Vivian and Edmund Hillary. *The Crossing of Antarctica*. Little, Brown, 1958. The Commonwealth Trans-Antarctica Expedition 1955-1958.

Halle, Louis J. *The Sea and the Ice: A Naturalist in Antarctica*. Houghton Mifflin, 1973. Account of a journey on an icebreaker to Antarctica with an emphasis on bird observations.

Harrington, Richard. *Richard Harrington's Antarctic*. Alaska Northwest Publishing Co., 1976.

Harrison, Peter. *Seabirds*. Boston: Houghton Mifflin, 1885.

Huntford, Roland. *Scott and Amundsen*. G.P. Putnam's Sons, 1980. Story of the two great rival explorers.

Huntford, Roland. *Shackleton*. Fawcett Columbine, 1985.

Huxley, Elspeth. *Scott of the Antarctic*. Atheneum, 1978.

King, Judith E. *Seals of the World*. Cornell University Press, 1983.

Lansing, Alfred. *Endurance: Shackleton's Incredible Voyage*. McGraw-Hill, 1959.

May, John. *The Greenpeace Book of Antarctica*. Doubleday, 1988.

Mear, Roger and Robert Swan. *A Walk to the Pole: To the Heart of Antarctica in the Footsteps of Scott*. Crown, 1987.

Moss, Sanford. *Natural History of the Antarctic Peninsula*. Columbia University Press, 1988.

Peterson, Roger Tory. Penguins. Houghton Mifflin, 1979.

Porter, Elliot. Antarctica. Dutton, 1978. Narration of his experiences on an NSF expedition to Antarctica; wonderful photographs.

Pyne, Stephen J. The Ice: A Journey to Antarctica. Ballantine, 1988. Geophysical examination of Antarctica and essays on the history and landscape of this continent.

Ralling, Christopher, ed. Shackleton. British Broadcasting Corp., 1983.

Ray, G. Carleton and M.G. McCormick-Ray. Wildlife of the Polar Regions. Harry N. Abrams, 1981.

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Also available in: Kindle and Nook

<http://www.amazon.com/Sailor-Ice-Antarctic-1910-1913-ebook/dp/B00AEU1K6Y>

<http://www.smashwords.com/books/view/245578>

## **When can I do my laundry on this trip?**

Laundry facilities are offered by some of our hotels for a charge. Aboard the G Expedition, laundry is available to be serviced by our shipboard team at an additional charge.

## What the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

# Where can I read detailed notes about this trip?

## Experience Counts

Accompanying the voyage is our dedicated and experienced team of expedition staff, naturalists and lecturers who share with us their knowledge, enthusiasm and commitment to the environment. Our ship is manned by officers and crew, all highly experienced in ice navigation.

## Environmental Policy

We are dedicated to minimizing the impact of our expedition on wildlife and sensitive natural habitats. We operate environmentally responsible cruise and expeditions and follow all internationally agreed regulations of conduct ashore. We are all privileged visitors – and committed to the future of these extraordinary, icy realms.

## Safety First

Although expedition cruising is adventurous by nature, the safety of our passengers and staff is paramount. Our ship is equipped and maintained to cope with the most challenging conditions and is manned by experienced and conscientious officers, crew and expedition staff. The Zodiac landing craft used for shore landings are rugged and versatile and are operated by experienced drivers in a responsible manner. Onboard you will be fully briefed on safety issues and our environmental policy and you will receive appropriate and detailed briefings before every landing.

## Expedition Staff and Lecturers

A carefully chosen team will lead our voyage. They are chosen not only for their local knowledge and wealth of experience but also for their great love of the Antarctic. With formal lectures, as well as informal briefings and discussions, your lecturers and Expedition Leader will cover all aspects of the voyage including ornithology, marine biology, geography, geology, history and the environment, as well as practical things like photography.

## Tips for Travellers

We are all privileged visitors to these extraordinary, icy realms. As a traveller, it is your responsibility to help ensure your impact on Antarctica's flora and fauna is minimal. The following are excerpts from the GUIDANCE FOR VISITORS TO THE ANTARCTIC:

### Respect wildlife

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. Keep a minimum distance of 5 meters (15 feet) from all wildlife.

### Respect vegetation

Do not damage plants, by walking or landing on extensive moss beds or lichen-covered scree slopes. They are fragile and take generations to grow.

### Respect the environment

Do not collect or take away biological or geological specimens or artifacts as souvenirs, and do not dispose of litter or garbage on land.

### Take photos with care

Keep low as you will appear less threatening to animals and it will also yield better photographs. Do not try to make an animal react for a photograph. If an animal's behavior changes you are too close.

### Stay Safe

Take note of, and act on, the advice and instructions from your leaders, and do not stray from your group.

## How much spending money do I need for my trip?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. While on board our Expedition ships, please note that the currency for all purchases is USD.

## What should I know about currency, credit cards, and exchanging money while on this tour?

Before and after the cruise, credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work overseas. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollars cash, and credit cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

While on board our Expedition ship, cash and most major credit cards (VISA, Mastercard and AMEX) are accepted to clear incidental bills at the end of the cruise by the ship's Purser (ie. bar bills, laundry etc.).

## Do I need to pay a departure tax?

Most airlines include departure tax in the cost of the ticket. If this is not included then it should be mentioned in your flight booking confirmation

## Should I be tipping on my trip?

Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. It is an expression of satisfaction with the persons who have assisted you on your expedition. The industry standard and suggested amount is USD \$10 - 15 per person per day spent on board. Of course, tipping is a personal choice and the suggested amount is set only as a guideline. The money is collected by the Hotel Manager at the end of the voyage and distributed amongst the crew and Expedition Staff. The Officers choose not to participate in the tipping pool.

## What activities are optional on this trip?

### Ushuaia

- Martial Glacier Hike
- Tierra del Fuego National Park  
Visit

### South Shetland Islands

- Polar Plunge

## Are there any health considerations I should know before travelling?

Please consult your doctor for up-to-date medical travel information well before departure. We require all passengers traveling to Antarctica to complete and submit our medical questionnaire. The questionnaire can be found online at:

[www.gadventures.com/medical\\_form](http://www.gadventures.com/medical_form)

Passengers with preexisting medical conditions are required to submit a medical form signed by a physician to their booking agent. It is very important that we are advised of any special meal requirements, food allergies, or prescribed medication when you confirm your tour. The ship is equipped with a small infirmary with typically required medications and limited equipment. The ship's doctor is available for visits during the day and is available 24 hours per day for emergencies.

In case of an emergency, please also bring with you a signed and dated letter from your physician (to be given to our doctor on board, as well as for any medical authorities) stating any health problems and dosage requirements. International health regulations do not currently require any inoculations for the countries that you will visit on our voyage. We suggest that you confer with your own physician to be sure your routine immunizations, such as tetanus, diphtheria and hepatitis A, are up-to-date before traveling. Older travelers, in particular, may wish to consider preventive measures against influenza and pneumonia.

## What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## What are the trip specific safety considerations?

We recommend that you wear minimal jewelry and that you keep valuable items safely stored in our complimentary safety deposit box, which is located at the Purser's Desk.

## Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## Trip Specific Responsible Travel

### OUR COMMITMENT TO RESPONSIBLE TRAVEL IN ANTARCTICA

As a leader in Sustainable Tourism, we are committed to ensuring that all of our marine expeditions operate in a socially and environmentally responsible manner. All expeditions aboard the expedition ship meet and exceed all environmental regulations and protocols in the regions that we visit.

The International Association of Antarctic Operators (IAATO)

G Adventures holds Full Membership Status with IAATO, an organization that advocates, promotes and ensures safe and environmentally responsible private-sector travel to the Antarctic. All operations aboard our ship adhere to IAATO's strict rules, regulations and guidelines for operating in Antarctica. For more information visit [www.iaato.org](http://www.iaato.org)

Staff & Crew:

Our crew and expedition team act as stewards of the environment and are well versed in the strict environmental protocols on board and on land. All of our travellers are thoroughly briefed in these protocols before being allowed to participate in excursions and are always supervised by our team when on shore.

4-Stroke Outboard Engines:

In an effort to drastically reduce environmental pollutants 4-stroke outboard engines have been installed on all of our zodiacs. Our 4-stroke outboard motors use less fuel and produce less noise pollution than 2-stroke engines. Since there is no mixing of oil and gas the exhaust is intrinsically much cleaner and friendlier to the environment.

Planeterra Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization that supports local community projects and international charities around the world.

Sea Chart Auction:

At the end of each Antarctica departure, the Captain's Sea Chart is auctioned and all proceeds are donated to international organizations through Planeterra.

Our end goal is to minimize the potential negative impact of tourism in the areas we operate while maximizing the positive impact of instilling a widened understanding and appreciation of these regions. During our voyages, we ask all our passengers that they see their visit to these areas as a privilege and that they share their newfound knowledge and experiences with others when they return home. We also hope that by bringing people to these regions that they continue to act as ambassadors and stewards of these areas.

## What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Please visit <http://www.gadventures.com/evaluations>

## Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## How old must I be to join this trip?

Minimum age of 10 years for this trip.

# Keeping in Touch on the G Expedition

Internet and phone onboard the Expedition

The Expedition receives internet reception in Antarctica, but is sporadic in the Arctic. There is wifi in the public areas on Deck 4 & 5, and in the Deck 4 cabins (Categories 4 and 5). Passengers can bring their own laptop, sign out one of the 2 iPads on board, or use one of the 2 desktops. Your Cell Phone, for calling, will not work in Antarctica.

## Internet

Onboard the Expedition we use a BGAN satellite system for internet and phone, which allows passengers to surf the web and make international calls while on their voyage. Please remember that internet speeds are NOT like the speeds you have at home. We operate with a satellite so speeds can be similar to dialup. To log-on, passengers purchase an internet voucher from the Reception Desk. Once you have the internet voucher, web surfers can log-on through our internet café or with their own wireless laptop. A wireless laptop can pick up a signal anywhere in the public areas on Deck 4, Reception, Discovery Lounge, Library, and Deck 5, Polar Bear Bar.

Charges are based on the megabyte downloaded. An amount of 10 megabyte of data would be the equivalent of 5 to 10 web pages. A very graphics intensive web page might be as high as 2-3 megabytes. For example, if a web surfer were to do a Hotmail session of e-mailing, it might generate 3 megabytes in total.

## Internet Packages & Prices:

10MB \$20.00

30MB \$50.00

100MB \$130.00

## E-mail:

Passengers may take the opportunity to set up an onboard e-mail account. This will be of interest to those who need to stay in touch, but are not interested in surfing the web. Passengers will have their own unique email account including email address, username and password. E-mail accounts may be accessed either through our public computers in the Internet Room, or passenger may access their account through their wireless laptop in the common areas of Deck 4 and 5, in the Polar Bear Bar. \$35.00 includes set up and use of the account for the entire trip and unlimited messages. Messages over 200KB in size will be charged at a rate of .03 cents per KB exceeded.

## Telephone

On board we have a telephone room on Deck 4, where calls can be made in private to any destination in the world.

Telephone cards are available at reception.

Prices will change each year.

Satellite: \$22.00 phone cards are available at reception, roughly 25 to 30 minute per phone card.

## **Are international flights included in this trip?**

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## **What should LGBTQ+ travellers know about safety and travel considerations on this trip?**

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

## Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.