

# GENERAL INFORMATION

Please see our 'Hurtigruten 2010/11' brochure for more comprehensive general information and full terms and conditions.

## JOINING THE TOUR – FLIGHTS

Joining your voyage has never been easier with regular scheduled flights from a wide range of regional UK/US airports.

If you are arranging your own flights we recommend that you do not purchase non-flexible connecting rail/air/bus tickets which usually incur penalty charges in the event of a change to your departure time or date of your international flights. We are unable to accept liability for any loss resulting from the cancellation of or delay to any flight organised independently by you or your travel agent in connection with any of the voyages advertised.

## TRANSFERS

If you have booked flights as part of the package, you will be met at the airport in Buenos Aires by our local 'meet and greet' personnel who will arrange transfers to your hotel. All further transfers between airports, hotels and quay are also arranged for you and details will be given locally.

## TIPPING

If, at the end of the cruise, you wish to leave a tip, please fill in the form you will find in your cabin and give it to the purser two nights before the end of the cruise, the amount will then be debited to your cruise card. The current recommended tipping amount is NOK 50, approx £5, \$9, €6 per passenger per day.

## MONEY

The currency on board is Norwegian Kroner; US Dollars, GBP and Euros are also accepted as well as a Visa and Master card (NB your account will be debited in Norwegian Kroner).

You will be issued with a cruise card, this is used for all purchases on board and your account is settled at the end of the voyage either by credit card or cash.

## ON BOARD PRICES

The voyage includes breakfast, lunch and dinner, with free coffee and tea available throughout. Other beverages and refreshments are not included. Below you find a list with some sample prices, please note that these are approximate and based on the latest information available to us.

Bottled water	£1.60, \$2.60, €2.00	Wine	£3.90, \$6.00, €4.50
Soft drinks	£3.00, \$4.80, €3.60	Bottle of wine from	£15.00, \$24.00, €17.00
Beer (0.4ltrs)	£3.60, \$5.70, €4.00	Spirit	£5.00, \$8.00, €6.00

## CLIMATE

Average temperatures in Antarctica's central regions can reach a chilly -70°C/-94°F during the coldest months but life on the coast is somewhat warmer. While this continent can experience some of the strongest winds on Earth, the islands of the Antarctic Peninsula shelter many of the channels, and this region enjoys the highest year round temperatures, in summer – when we sail here – they can reach a balmy 5°C/41°F.

In the Falklands the weather is generally very changeable with rain throughout the year. Between November and April the climate can be brisk.

The weather in Buenos Aires is likely to be quite warm with temperatures of around 25 to 29°C/77 to 84°F.

## VISAS

Antarctica is international territory and no visas are required. Most passengers do not need a visa to visit Argentina. Upon entering Argentina, US, Canadian and Australian citizens are required to pay a reciprocity fee (US \$ 131, Canada \$ 70, Australia \$ 100). All passengers are required to pay an exit tax of approx \$ 20 in cash when leaving Argentina. Fees are subject to change.

All passengers must hold a passport that is valid at least six months from the final day of the holiday. The above information is correct at the time of going to print, it is however the responsibility of passengers to ensure that they comply with the passport and visa requirements applicable at the time of travel.

## LUGGAGE

The luggage allowance on flights is usually 44lbs/20kgs per person. In addition you may take one piece of hand luggage weighing under 11lbs/5kg. Please check with your airline for details. It is advisable to bring a small waterproof rucksack for excursions.

## CLOTHING

Life on board ship is a fairly relaxed affair, so there is no need to pack anything formal. Comfortable clothing is more important for relaxing in, although you may wish to pack a smart set of clothes for the final meal. During the day and for our on-shore excursions, clothing which can be layered is best. Good wind and waterproof trousers and thermal underwear are essential as are gloves, a warm hat and warm socks. All passengers will receive a wind and waterproof jacket as a memento. Several layers of fleeces, woollen sweaters and T-shirts should be worn underneath. Passengers will also be lent a pair of rubber boots to wear during landings in Antarctica (sizes 30 to 49 available).

You should bring comfortable boots or shoes for the other excursions and to wear on board.

## EQUIPMENT

A good set of binoculars is essential, as are sufficient film/memory cards for your camera and spare batteries (as a general rule of thumb, bring double what you think you will need). Remember to bring sunscreen and good quality sunglasses, an alarm clock may also be useful, as will be waterproof bags to protect your camera equipment and binoculars.

Also remember to pack adequate supplies of any prescription medicine you may need in your hand luggage. Should you feel it necessary you may also want to bring something for seasickness.

## LIFE ON BOARD / LECTURES

The emphasis is on relaxation, getting close to nature and wildlife and meeting your fellow passengers. That being the case there is little or no entertainment on board. Lectures and briefings organised by the expedition team are designed to add to your knowledge about the areas visited. They will cover subjects such as wildlife, geology, local history and environmental aspects. Details about when they take place will be in your daily programme.

## EXCURSIONS BY POLARCIRKEL BOATS

These sturdy inflatable boats enable both water based exploration and safe landings in otherwise inaccessible areas. You will need to be fairly agile to board these but there is otherwise no need to worry about travelling in them. The crew will show you what to do and as long as you follow their instructions, after a few days it will become second nature.

## SMOKING

Smoking is only allowed in designated areas on board, it is not permitted in guest cabins.

## SAFETY

The ship is fitted with the necessary safety equipment and passengers are required to take part in safety briefings as scheduled. An identity card will be issued to all passengers upon arrival on board as part of the check in procedure in accordance with ISPS regulations. All passengers are requested to take this with them when disembarking the ship in any port of call. In order to comply with maritime security requirements that apply to all ships and ports worldwide, passengers, crew and visitors to the ship may be subject to security screenings. We appreciate your patience and understanding whenever such screenings are required.

## MEDICAL STAFF ON BOARD

MS Fram has a small surgery with equipment and medicine to handle emergencies. An English speaking doctor and nurse are on board at all times. In accordance with IAATO requirements, all travellers to Antarctica must complete a confidential medical declaration form, signed by a doctor stating that they are fit to travel. The form will be sent to you 3 months before departure and a copy must be returned to us before the final balance is due. Hurtigruten Ltd can not be held responsible for any circumstances arising out of a failure to disclose a disability or pre-existing medical condition.

## VALUABLES

Safety deposit boxes are available on the MS Fram however we do recommend that you leave jewellery and other valuables at home. Accordingly Hurtigruten Ltd cannot accept custody of or responsibility for guests' money or other valuables while on board.

## RECOMMENDED READING

Lynn Woodworth & David McGonacal: The Blue Continent  
Martin De La Pena: Birds of Southern America and Antarctica

Sara Weeler: Terra Incognita

Alfred Lansing: "Endurance" Shackleton's Incredible Voyage to the Antarctic

Tim & Pauline Carr: Antarctic Oasis – Under the Spell of South Georgia

Caroline Alexander: The Endurance

Road Amundsen: The South Pole

Apsley Cherry Gerrard: The Worst Journey in the World

Robert Falcon Scott: Journals Captain Scott's Last Expedition

Roland Huntford: Scott and Amundsen

## ENVIRONMENTAL MATTERS

As members of IAATO (International Association of Antarctica Tour operators) we adhere to the guidelines protecting this unique environment and all passengers are required to take part in a briefing about these guidelines.

We are proud to announce that for every passenger travelling with us, we will make a monetary contribution towards the UK's national charity dedicated to the protection of the marine environment and its wildlife – the Marine Conservation Society ([www.mcsuk.org](http://www.mcsuk.org)).

We would like to invite you to contribute a small amount per passenger, which will be used by Climate Care on projects designed to offset emissions generated by your air travel ([www.jpmmorganclimatecare.com](http://www.jpmmorganclimatecare.com)).

# SHACKLETON'S ANTARCTICA

1 November 2010 & 25 February 2011 • MS Fram • 19 Days

Buenos Aires • Falkland Islands • South Georgia • South Shetland Islands • Antarctic Sound



Photo: Michael Marczuk

Gentoo penguins in Antarctica



Photo: Sandra Wälsler

MS Fram



Photo: Trixi Lange-Hitzbleck

Tango dancers in Buenos Aires



Falkland Islands

## Start in Buenos Aires and discover wildlife and wonders of Antarctica and the South Atlantic Islands

This voyage of a lifetime begins in Buenos Aires, where you should allow time to explore this beautiful city before boarding the MS Fram. It is from here that our voyage begins and we set a course for the Falkland Islands and the frozen white continent of Antarctica. As the ship takes you south, your on board team of expert guides will give talks on wildlife, the history of exploration, and the geology and ecology of the Falkland Islands, South Georgia and Antarctica. On the Falkland Islands you can look out for the black-browed albatross, southern sea lions and five species of penguins, including the rockhopper. You will also visit the capital of Port Stanley, before sailing on towards South Georgia and a truly wild landscape of snow-capped peaks, blue glacier ice and emerald green bays. Here you might hope to see Grytviken Whaling Station and Shackleton's grave. You will have a good chance of seeing the king penguin, black-browed albatross, cape and giant petrels, as well as fur and elephant seals. As you get close to the Antarctic Peninsula our specially adapted ship and experienced Norwegian crew will navigate expertly

through the cool waters. Sailing through the austral light you may see humpback whales and huge blocks of ice calve off the front of glaciers into the dark waters below. Marvel at the vistas, step through abandoned settlements and be hosted by penguin colonies. We also hope to visit the Antarctic Sound with its large tabular icebergs. Finally, MS Fram will take you across the famous Drake Passage, past Cape Horn and back to Ushuaia, where you will board your flight back to Buenos Aires.

### *Voyage Highlights*

- Explore Buenos Aires – 'Paris of the South'
- Follow in the footsteps of Sir Ernest Shackleton
- Magnificent scenery of Antarctica and the Falkland Islands
- Unparalleled wildlife viewing at sea and on land



This programme is operated by Hurtigruten ASA who is a Full Member in good standing of the International Association of Antarctica Tour Operators ([www.iaato.org](http://www.iaato.org))



# SHACKLETON'S ANTARCTICA VOYAGE ITINERARY

## Day 1 Buenos Aires

Discover the "Paris of South America" for yourself and get a taste of what the birthplace of the tango has to offer. The ship will be waiting for you at the pier.

We depart from Buenos Aires at 17:00. Check-in opens at 15:00. There will be an information meeting after departure. During this the captain, officers and crew will welcome you on board, explain the programme for the coming days and give information about the ship's safety procedures.

## Day 2-4 At sea

We are on our way to our first destination. On the way you will have fascinating and informative briefings about the history and biology to be found there. We set course south to the Falkland Islands in the South Atlantic, located 480 miles/772 kilometres north of Cape Horn and about 1,000mi/1,600km from Antarctica. Captain John Strong of HMS Welfare made the first recorded landing here in 1690. Whilst we are at sea a number of presentations will be given about the history and wildlife of the areas we shall be visiting.

## Days 5-6 Falkland Islands

The Falklands are located in the South Atlantic, some 1,060mi/1,700km north of Antarctica. With a population of some 2,400, they consist of two main islands and 700 smaller ones. The islands have a unique sub-Antarctic eco-system with 70 different animal species, including the black-browed albatross, the striated caracara, southern sea lions and five species of penguins including the rockhopper. There are also over 340 species of plants growing wild. Port Stanley is the capital of the islands and optional tours will be available during our stay here, or you can explore the town independently.

## Days 7-8 At sea

On the way to South Georgia there will be lectures about the island and its fascinating history of exploration, as well as mesmerising stories from Shackleton's expeditions.

## Days 9-10 South Georgia

We will spend two days in South Georgia and amongst the places we hope to visit is Grytviken Whaling Station, where Shackleton's grave is located. There is also a museum and a church, dating from 1913, as well as the old whaling station, Strømness, where Shackleton sought help to rescue his crew left behind on Elephant Island. The wildlife in South Georgia is very different to that in Antarctica. You can expect to see large colonies of fur and elephant seals and king penguins. Among the birdlife species here are cape petrels, giant petrels and Antarctic prions. There is also a colony of reindeer here, introduced by whalers.

## Day 11 At sea

Following the route taken by Shackleton, we leave South Georgia and head out across the Scotia Sea towards Antarctica. The Antarctic Treaty System has established the region as a zone of peace and science; visitors are required to follow correct codes of behaviour to prevent damage to the environment. A series of talks on the wildlife of Antarctica, the history of exploration and the guidelines of the region, which must be observed, will be given during our days at sea. Throughout your voyage in these waters, you are required to adhere to the IAATO guidelines for visitors to Antarctica that prevent unnecessary impact on the environment.

## Days 12-13 South Orkneys and Scotia Sea

Located in the Scotia Sea about 370mi/600km north-east of the Antarctic Peninsula are the South Orkney Islands. They were discovered by American and British sealers in 1821 and serve as a base for the Scottish, French and Argentinean sealing and scientific expeditions. We will cruise by the Washington Strait and Coronation Island before setting course towards Elephant Island and Antarctica where we hope to arrive in the morning of Day 12.

## Days 14-17 Antarctica

This enormous white and weather bitten continent is almost as big as North America. Weather, wind and ice conditions have a great influence on our programme and our schedule. Safety is always the first priority and the final sailing itinerary will be decided by the ship's Captain during the voyage. Once anchored, though, our Polarcirkel Boats, allow you excellent opportunities to land almost anywhere. We will attempt to visit some of the places below, among others:

### Deception Island South Shetland Islands

One of the safest harbours in Antarctica and a former whaling station, Deception Island is part of the South Shetland Islands and home to several research bases run by the Argentine Army and Spain. Here you can enjoy spectacular views of the volcano's caldera and Whaler's Bay.

**Port Lockroy** Port Lockroy is one of the most popular sites in Antarctica and offers a peek into life on an Antarctic base in the 1950's. The nesting gentoo penguins surrounding the main building have become accustomed to the frequent human visitors. The museum operates a post office and souvenir shop for a few months. All mail sent from Port Lockroy has a special Antarctic stamp.

**Paradise Harbour** The harbour is paradise not only in name but in splendour and scenery as well. Protected from the winds of the nearby Gerlache Strait, Paradise Harbour offers another rare opportunity for a



King penguin colony in South Georgia



Marguerite Bay, Stonnington Island

## OPTIONAL EXCURSIONS

In addition to the landings and excursions included in your trip, a range of pre-bookable optional excursions is also available, please ask our reservations team for details.

## SUITE SERVICE

We are pleased to introduce a range of extras if you book a suite on board MS Fram. They include a selection of beverages at lunch and dinner (water, soft drinks, beer or wine recommendation of the day), a welcome present, a complimentary amenities basket, tea/coffee making facilities in your cabin, mini bar items upon arrival (refilling not included), bathrobes and an evening turn down service. For an extra fee you have the option of having breakfast served in your cabin and a laundry service.

mainland landing and some of the finest vistas the Peninsula has to offer. Here we can find the Argentine base Almirante Brown and the Chilean base Gonzalez Videla with their neighbouring penguin colonies.

**Wilhelmina Bay** The mountains and high glacier walls of the Antarctic Peninsula around Wilhelmina Bay convey a mighty impression of ice and water. Everything from calving glacier fronts to floating ice, the magnificent contrasts of the interplay of the elements.

This is where Shackleton came when he took his expedition across the ice on the Weddell Sea, in the hope of finding whalers who could come to their aid.

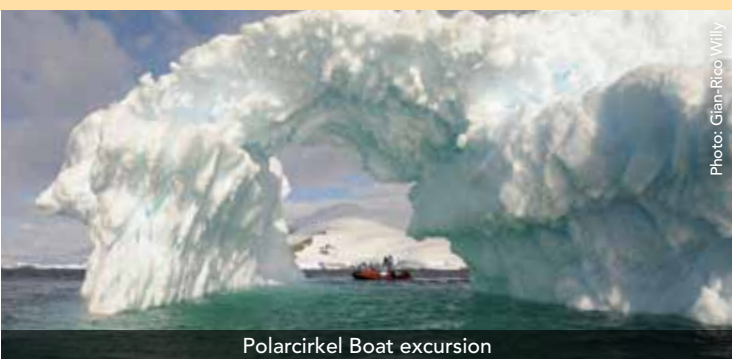
The bay provides plenty of nourishment for wildlife, so it was also an attractive hunting arena for whalers. There are opportunities here to see whales, crab-eating seals, leopard seals, Weddell seals and giant starfish.

**Antarctic Sound** The Antarctic Sound lies between the tip of the Antarctic Peninsula and the Dürville, Joinville and Dundee islands. Large flat icebergs from the calving glaciers in the Weddell Sea are driven here by powerful tidal currents. The area is known as Iceberg Alley among expedition people and offers a staggering assortment of floating ice of all sizes. The sound did not get its name from its location but from the ship used by Otto Nordenskjöld's Swedish South Pole expedition in 1903, led by the legendary Norwegian Carl Anton Larsen. Even though the 48-kilometre/30 miles sound is often difficult to navigate, it offers the most imposing spectacle of ice we can expect to see on our voyage. The area is home to a huge number of adeliie penguins, estimated at nearly half a million breeding pairs at its greatest.

**Days 17-18** Across the Drake Passage It will take around 40 hours to cross the Drake Passage and on board the ship you will be able to relive some of the experiences of this fascinating voyage in a series of lectures. This infamous stretch of water is the meeting point of two of the world's greatest oceans, the Atlantic and the Pacific. The MS Fram will take you past Cape Horn, the southernmost point of South America, situated at almost 56° south and on towards your journey's end, Ushuaia.

**Day 19** Disembark in Ushuaia and fly to Buenos Aires After spectacular Antarctica and its endless impressions, we make landfall at the Argentinean town of Ushuaia in the morning. Ushuaia is counted as the world's southernmost town and lies on Tierra del Fuego, south of the Magellan Strait and here our voyage ends. Disembarkation will be after breakfast, in the morning hours.

*For guests with cruise & flight programme:  
After breakfast you will be taken to the airport for the flight back to Buenos Aires.*



Polarcirkel Boat excursion

Photo: Gian-Rico Willy

## EXTENSIONS

For those who wish to extend their holiday to explore more of the South American continent, we are pleased to offer several extensions, which include:

- Two extra nights in Buenos Aires
- Explore the Iguazu Falls
- Sacred Machu Picchu

Please see the Hurtigruten 2010/2011 brochure for more information.



Photo: Natasha Hanson

South Georgia elephant seals

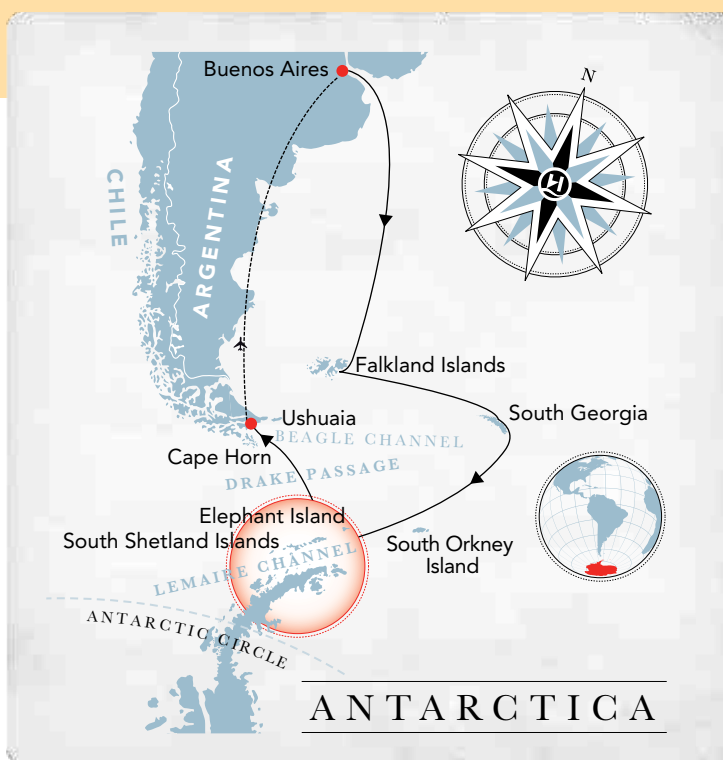
## HISTORY OF ANTARCTICA

The story of Antarctica emerges from early Western theories of a vast continent, known as Terra Australis, believed to exist in the far south of the globe. The term Antarctic, referring to the opposite of the Arctic Circle, was coined by Marinus of Tyre in the second century AD.

The rounding of the Cape of Good Hope and Cape Horn in the 15th and 16th centuries proved that Terra Australis Incognita ("Unknown Southern Land"), if it existed, was a continent in its own right. In 1773 James Cook crossed the Antarctic Circle for the first time but although he discovered nearby islands, he did not catch sight of Antarctica itself. In 1820, several expeditions claimed to have been the first to have sighted Antarctica, with the very first being the Russian expedition led by Faddey Bellingshausen and Mikhail Lazarev. The first landing was probably just over a year later when American Captain John Davis, a sealer, set foot on the ice.

The first Norwegian expedition to Antarctica was led by Captain Carl Anton Larsen aboard the barque Jason in 1892. During the expedition he was the first to discover fossils in Antarctica, for which he received the Back Grant from the Royal Geographical Society. In December 1893 he also became the first person to ski in Antarctica where the Larsen Ice Shelf was named after him. Larsen is also considered the founder of the Antarctic whaling industry and the settlement at Grytviken, South Georgia.

Once the North Pole had been reached in 1909, several expeditions attempted to reach the South Pole. Many resulted in injury and death. The Norwegian Roald Amundsen finally reached the Pole in December 1911, following a dramatic race with the Englishman Robert Falcon Scott.



ANTARCTICA