

payment for all the facilities on board. Prior to your departure from the vessel, your account will be settled on board.

#### Climate

Average temperatures in Antarctica's central regions can reach a chilly -70°C during the coldest months but life on the coast is somewhat warmer. In winter the coastal averages can range between -15 to -32°C. 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 and in summer – when we sail here – they can reach a balmy 5°C.

The weather in Buenos Aires is likely to be quite warm with average temperatures between 25 and 29°C.

#### Visas

Antarctica is international territory and no visas are required. Western European nationals do not need a visa to visit Argentina, all other nationals should check with their respective embassies. All passengers must hold a passport that is valid for 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 flight is usually 44lbs/20kgs per person. In addition you may take one piece of hand luggage weighing under 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

suncream 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 and on getting close to nature and meeting your fellow passengers. The on board lectures and briefings on subjects such as wildlife, geology, history and environmental aspects are designed to maximise your enjoyment and add to your knowledge about the areas visited and the local fauna and flora. Details about when they take place will be in your daily programme.

#### Excursions by Polar Cirkel 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.

#### Safety

The ships are 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 the facilities 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.

#### Smoking

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

#### 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
- Roland Huntford: Scott and Amundsen
- Lonely Planet: Antarctica, Argentina, Chile and Easter Island
- Hadoram Shiihai & Brett Jarrett: The Complete Guide to Antarctic Wildlife and Marine Mammals of the Antarctic Southern Ocean
- Bruce Chatwin: In Patagonia
- Martin De La Pena: Birds of Southern S. America and Antarctica
- Sara Weeler: Terra Incognita
- Brian Keenan & John McCarthy: Between Extremes
- Rough Guide: Rough Guide to Chile
- F.A. Worsley: Shackleton's Boat Journey
- Roald Amundsen: The South Pole
- Apsley Cherry Gerrard: The Worst Journey in the World
- Robert Falcon Scott: Journals Captain Scott's Last Expedition

#### 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.

Antarctica ..... £30.00

#### Departure dates

Prices: Please refer to our main Hurtigruten 2009 brochure or website for voyage and flight package prices.
18 Nov – 28 Nov 2009
26 Nov – 6 Dec 2009
4 Dec – 14 Dec 2009
12 Dec – 22 Dec 2009
5 Jan – 15 Jan 2010
13 Jan – 23 Jan 2010
14 Feb – 24 Feb 2010

This dossier is correct at the time of going to print but may be subject to change without notice. Hurtigruten Ltd 2009 brochure terms and conditions apply.

# ANTARCTIC DISCOVERY

MS FRAM ITINERARY 11 Days / 10 Nights



Pure Antarctica in only 11 days

Our trip begins in Buenos Aires from where we fly to Ushuaia, Argentina's most southerly city: here our ship MS Fram awaits. Setting sail through the Beagle Channel, we pass Cape Horn and set out across the legendary Drake Passage towards the Antarctic Peninsula and the South Shetland Islands. Warm waters meet cold at the Antarctic Convergence, the bird life is diverse and as albatross dip and storm petrels fly low, our on board team of expert lecturers will give talks on the wildlife of this region, the history of exploration, geology and ecology – and all with emphasis on the fragility of this environment and the guidelines which must be observed during your visit.

Ice formations silently witness our passing as the MS Fram sails through the austral daylight to reach Antarctica and when you get there it is like arriving in another world. Humpback whales breach as huge blocks of ice calve off the front of glaciers into the cool deep waters below. Wide-eyed seals blink as they wake from their daydream to watch us pass in our Polar Cirkel boats and curious penguins patter by as you make your regular landings. You will marvel at the vistas, step through abandoned settlements, be hosted by penguin colonies, look out for whales, and – with luck – visit the narrow, silent and starkly beautiful ice-lined Lemaire Channel.

The return voyage from Antarctica takes you back to Ushuaia on Tierra del Fuego. You then fly back to the lively Argentinean capital Buenos Aires, before transferring to the airport for your international flight home.

This truly is an epic voyage of discovery where every view is a photographer's dream and the long austral summer day means there is plenty of opportunity to take it all in.

#### Voyage Highlights

- Visit Antarctica in a two week itinerary
- Magnificent scenery
- Visit Buenos Aires, Argentina's cosmopolitan capital



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))



Valid from February 2009 until February 2010

Reservations 020 8846 2666 or see your local travel agent • Visit [www.hurtigruten.co.uk](http://www.hurtigruten.co.uk)

## VOYAGE ITINERARY

11 days / 10 nights

Note that the itinerary below does not account for international flights to South America. We are able to book these if required. They are usually overnight, adding additional nights to your itinerary.

To take account of the changing weather, sea and ice conditions all our itineraries are flexible and can vary from voyage to voyage. This enables us to make the most of any opportunities that present themselves, as well as to react to the local conditions. Any adjustments will be decided locally by the Captain - if necessary in consultation with the appropriate authorities - with safety being a prime concern.

### DAY 1

#### Buenos Aires

If flights are booked as part of the package, you will be met at the airport and transferred to your hotel for the evening. During the transfer there will be a short introduction to the city, to acquaint you with Argentina's capital, the 'Paris of South America'. You are then free to relax or explore this city at your leisure. The hospitality desk in the hotel will help with information and booking tours in Buenos Aires - the evening Tango show with dinner is particularly popular. You will also receive information regarding flight departure times to Ushuaia.  
*1 night hotel, bed and breakfast.*

### DAY 2

#### Fly to Ushuaia, join ship

A transfer to the airport is provided for your onward journey to the world's most southerly city, Ushuaia, situated on the island of Tierra Del Fuego. On arrival in Ushuaia you are transferred to the quay, taking the opportunity en route to enjoy a tour of the city of which is said to be 'the end of the world but the beginning of everything'. Embark during the afternoon and your voyage begins a few hours later as the ship sets out for the Drake Passage and Antarctica.

The Captain and crew will welcome you on board and provide information about the ship's schedule for the next few days. An information meeting and safety briefing will ensure that you gain the maximum relaxation and enjoyment during your days at sea.

*8 nights on ship, full board.*

### DAYS 3 & 4

#### Across the Drake Passage

This infamous stretch of water is the meeting point of two of the world's greatest



oceans, the Atlantic and the Pacific. Already curious seabirds, mostly petrels, start to investigate the ship. Petrels derive their name from Peter because of their seeming ability to walk on water, while storm petrels are thought to have acquired the bizarre tag of Mother Carey's Chickens from Mater Cara - the blessed virgin. We head for the northernmost tip of the vast white continent of Antarctica, the Antarctic Peninsula and the South Shetland Islands. Our estimated arrival will be during the afternoon of day 4.

The Antarctic Treaty System has established the region as a zone of peace and science and relies on visitors 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 your days at sea. Throughout your voyage in these waters you will need to adhere to the IAATO Guidelines for Visitors to Antarctica that prevent unnecessary impact on the environment. Landings are by Polar Cirkel Boats, small sturdy inflatables that enable you to land almost anywhere.

### DAYS 4 - 8

#### In Antarctica

Our landing sites in Antarctica will vary from voyage to voyage and are largely dependant on the weather and ice conditions. Old abandoned whaling stations littered with enormous whale bones, idyllic bays filled with ice, rocks and penguins and research stations manned by scientists researching weather or local fauna will all be on your visiting list. Wherever we land, the experience will be breathtaking and unforgettable. We hope to sail to Deception Island with its spectacular views of the volcano's caldera and Whaler's Bay. The narrow iceberg-lined Lemaire Channel is considered one of the most beautiful passages in Antarctica and you will get close to the most stunning of ice formations as the ship weaves its way past icebergs ranging in colour from bright white to clear blue. If you are lucky you may even witness one of these mighty structures calving into the icy waters. Humpback and fin whales are a common sight in this area, as are various species of penguins and seals. Should conditions permit, you will also visit Port Lockroy, a former British station, which has now been restored and is staffed during the summer months, with a small building housing a museum and a post office. A colony of gentoo penguins has made the bay its home and you may also find blue-eyed cormorants here. With floating icebergs reflected in the still waters and surrounded by beautiful ice-covered cliffs and glaciers, Paradise Harbour, situated on the Antarctic Peninsula, deserves its name. Other potential sites to visit include Half Moon Island, Neko Harbour, Paradise Harbour, Peterman Island and Wilhelmina Bay.

We plan to visit penguin colonies of three different species, the small chinstrap penguin, which derives its name from the black line running across the chin, the



slightly bigger gentoo penguin and the true Antarctic species of adélie penguins. Depending on the season you should be able to witness nest-building activities, breeding or the arrival of chicks. Watching these amusing animals making their way across the snow by walking with their familiar gait or tobogganing on their belly is a memorable sight. It is only in the water that they show their true grace, reaching speeds of up to 7km per hour as they hunt for krill and small fish. Other animals you can look out for are whales, dolphins, seals and numerous sea



birds, among them albatrosses, petrels, sheathbills and Antarctic terns. If weather and ice conditions favour it, we may also attempt to navigate through the Antarctic Sound, making our way towards the Erebus Gulf, gateway to the Weddell Sea.

For safety reasons, following Antarctic Treaty's Recommendation XVII-1 and the IAATO Guidelines for Visitors to Antarctica that prevent unnecessary impact on the environment, landing groups will not exceed a maximum of 100 people at any one time. Large, sturdy Polar Cirkel boats, handled by the vessel's officers and sailors will be used to transport you to shore. Our departure from Antarctica will be on the afternoon of day 8, depending on the weather conditions of the Drake Passage and is at the discretion of the ship's Captain.

### DAYS 8 & 9

#### Drake Passage

After a final morning on the Peninsula, you will wave goodbye to Antarctica as we head for the Drake Passage. We have some 800 kilometres to cover, taking around 35 hours with good weather conditions, as we ply the route from Antarctica to Cape Horn. You can make full use of your time on board, discussing your discoveries with the on board team of travellers and lecturers.

### DAY 10

#### Ushuaia / Buenos Aires

In the morning we return to the Argentinean city of Ushuaia. After breakfast there may be an opportunity to visit the Tierra del Fuego National Park before your transfer to the airport for your flight to Buenos Aires. Upon arrival, you will check in for one night in your Buenos Aires hotel.

### DAY 11

#### Depart Buenos Aires

If flights are booked as part of your package, transfer to the airport for your

international flights are included. Arrive in the UK/Ireland the next day.

### 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 or download them from our website [www.hurtigruten.co.uk](http://www.hurtigruten.co.uk)

### Suite Service

We are pleased to introduce a range of extras if you book a suite on board MS Fram. They include two complimentary shore excursions during your voyage (does not include Falkland Island excursions), 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.

### 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
- Experience an Estancia
- Discover Easter Island

Please see the Hurtigruten 2009/2010 brochure and separate dossier for more information.

## GENERAL INFORMATION

### Joining the tour - flights

Joining your voyage has never been easier with regular scheduled flights from a wide range of regional UK/Ireland 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, on arrival 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 per person per day.

### Money

The currency on board is Norwegian Kroner (NOK) in addition to major credit cards. Ashore Argentine pesos are used in Argentina. US dollars may be exchanged into local currency at either banks or Money Exchange parlours, at the free market exchange rate of the day. Some shops might accept US cash, though this is not a common practice.

### On Board Prices

The voyage includes breakfast, lunch and dinner, with coffee/tea after lunch and dinner. Beverages and other refreshments during the day are not included. Below you will find a list of sample prices in £s Sterling of some items available. Please note that the prices shown are approximate only and based on the latest information available to us.

### Café

Tea .....Free  
Coffee.....Free  
Bottled Water..... £1.60  
Soft drinks ..... £3.00

### Bar/Dining room

Draught beer (0,4liters) ..... £3.50  
Glass of wine ..... £3.90  
Bottle of wine ..... from £15  
Spirit ..... from £5.00

### Payment on board

Upon arrival on board the ship you will receive a cruise card, which works as a credit card. The card may be used as means of