

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 temperature 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. 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 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 less than 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 comfortable shoes 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 sun cream and good quality sunglasses, an alarm clock may also be useful, as will be waterproof bags to protect your camera equipment and binoculars.

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 wild-life, 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 on board 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

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

Martin De La Pena: Birds of Southern South America and Antarctica

Sara Weeler: Terra Incognita

Brian Keenan & John McCarthy:
Between Extremes

Caroline Alexander: The Endurance

Roald Amundsen: The South Pole

Apsley Cherry Gerrard:
The Worst Journey in the World:

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).

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.

21 Jan – 4 Feb 2010

2 Feb – 16 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 POLAR CIRCLE QUEST

MS FRAM ITINERARY 15 Days / 14 Nights



A unique adventure beyond the Polar Circle

The last great frontier, the magical landscapes of the Antarctic Peninsula are amongst the most mysterious, dramatic and unspoilt on Earth. This is a land few get to see, where mighty leviathans and towering ice giants rule and where Mother Nature is at her most spectacular and beguiling. This extraordinary journey takes you beyond the Polar Circle, deep into the southern reaches of this dazzling continent, aboard a purpose built vessel designed specifically for exploration voyages of the polar regions. Our trip begins in Buenos Aires from where you will fly to Ushuaia, the southernmost city on the planet and voyage into the deep cold waters of the Drake Passage. Venturing further south you will start a journey that few undertake, with an on board team of experts who will give regular talks and lectures on all aspects of this incredible continent. With favourable sea and weather conditions, our aim is to sail through these timeless vistas and experience something of the unique charms and natural wonders of a truly matchless location. You will traverse the stunning ice bound passages of the Lemaire Channel and then hopefully cross the Polar Circle, into a land that is like no other on Earth. Spending some time around the rich waters of Marguerite Bay you have a unique opportunity to explore regions rarely visited even by Antarctic standards, taking time to fully explore the area and utilising our Polar Cirkel boats. You may even have an opportunity to make some landings on the nearby islands, home to adélie and emperor penguins and historical reminders of the area's unique importance in the ongoing research and exploration of this priceless landscape. Finally head back through the Drake Passage, towards the infamous cliffs of Cape Horn and your final destination, the southerly charms of Ushuaia.

Voyage Highlights

- Cruise in style through the magnificent Antarctica landscapes
- Unparalleled wildlife viewing at sea and on land
- Crossing the Antarctic Circle and the infamous waters of the Drake Passage
- On board lectures & regular briefings



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)



 HURTIGRUTEN

Valid from February 2009 until February 2010

Reservations **020 8846 2666** or see your local travel agent • Visit www.hurtigruten.co.uk

VOYAGE ITINERARY

15 days / 14 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 you 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. You will embark on the MS Fram later today, the Captain and crew welcoming you on board and providing information about the ship's schedule for the next few days. An information meeting and safety briefing will also be conducted before we begin our journey, slipping our moorings and setting out towards the magnificent waters of the Southern Oceans.
12 nights on ship, full board.

DAYS 3 & 4

Across the Drake Passage

The first days of your voyage will be spent crossing the infamous waters of the Drake Passage, where the two great oceans of the Atlantic and the Pacific meet beneath brooding skies filled with curious seabirds, mostly petrels, who investigate our presence in ever increasing numbers. 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 are required 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.

DAY 4 - 12

Antarctica, crossing the Antarctic Polar Circle & Marguerite Bay

Our landing sites in Antarctica will vary from voyage to voyage and largely depend on the weather and ice conditions. The plan essentially is to make the unique crossing of the Polar Circle, so proposed visits and landings may have to be altered accordingly. Old abandoned whaling stations littered with enormous whale bones, idyllic bays where ice, rocks and penguins are all you will see to the far distance and research stations manned by scientists researching weather or local fauna will all be on your visiting list though, if conditions and timings allow. Wherever we land, the experience will be breathtaking and unforgettable.

As you pass through these timeless landscapes, where towering giants and floating sculptures of glistening ice pass by, you will be constantly on the lookout for the majestic cetaceans that cruise these rich waters. You may be lucky enough to spot humpbacks and fin whales, common sights amongst the beautiful landscapes of the Lemaire Channel. You would hope to come across colonies of gentoo, chinstrap and adélie penguins as well, in addition to dolphins, seals and numerous sea birds, including albatross, petrels, sheathbills and Antarctic terns.

During the voyage we hope to cross the Antarctic Circle and enter a world rarely seen by visitors. This marks the southernmost point at which the sun can be seen at the winter solstice and the northernmost point of the southern polar regions at which the Midnight Sun can be seen, meaning that for at least one day each year the sun will never set over this spectacular setting. As we continue south MS Fram comes into her own. These waters are safely navigable only by specially equipped vessels and as we sail towards the southern reaches of



Marguerite Bay you will be on the lookout for minke whales and orcas, as well as Weddell and leopard seals. Located on the western edge of the Antarctic Peninsula, Marguerite Bay was discovered by a French expedition team at the turn of the 20th century, its distinctly Gallic name deriving from that of the wife of the expedition's leader, Dr Jean-Baptiste Charcot. The nutrient rich waters are an abundant feeding ground for an array of marine life, so you would hope to enjoy some magnificent encounters whilst in and around the area. Stonington Island, lying within the bay itself, is home to the Rothera British Polar Exploration Base and



was the former site of the East Base of the USAS Expedition from 1939–41. Today this significant centre of polar research has been designated as an historic site under the Antarctic Treaty System. On the nearby Dion Islands you can find the only colony of emperor penguins known to exist on the western side of the peninsula, as well as breeding colonies of adélie penguins and blue-eyed shags. The area is protected, so shore visits are strictly forbidden but there is every chance you shall spot these remarkable and usually elusive animals on the surrounding ice floes. Towards the end of the voyage we sail back across the Polar Circle, recounting the experiences of the past days and enjoying some more talks on the incredible diversity of these polar regions. As your final days in the Antarctic draw to a close you will have another full day amongst its majestic landscapes.

DAYS 12 & 13

Drake Passage

Your homeward journey takes you back across the Drake Passage and close to Cape Horn, the southernmost point of South America and the northern boundary of the passage, situated on the tip of the Tierra del Fuego archipelago. This is a region of no small significance due both to its location and the vital part it has played in the history of exploration, discovery and commercial sailing through these treacherous oceans. During the 18th and 19th centuries the sailors of Europe's merchant fleets approached this infamous location with extreme trepidation. Even the resourceful Captain Bligh and the ill-fated HMS Bounty attempted to cross three times, before having to admit defeat and head for Cape Hope instead.

DAY 14

Disembark in Ushuaia, fly to Buenos Aires
In the morning you will 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. Upon arrival in Buenos Aires, check in for one night in your Buenos Aires hotel.
1 night hotel, bed and breakfast.

DAY 15

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

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

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 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.

Hurtigruten international group flights usually depart the UK one day before date shown and arrive back in the UK one day after.

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 passenger per day.

Money

The currency on board is Norwegian Kroner (NOK) in addition to major credit cards. Ashore Argentine pesos are used. 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

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