

### 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 at all the facilities on board. Prior to your final 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. 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.

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.

### 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 flights 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 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 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.

### 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

Roald 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.

Antarctica ..... £30.00

### Departure dates

Prices: Please refer to our main Hurtigruten 2009 brochure or website for voyage and flight package prices.

1 Nov – 20 Nov 2009
20 Dec – 7 Jan 2010
22 Feb – 13 Mar 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.

# SHACKLETON'S ANTARCTICA

Falkland Islands, South Georgia and Antarctica 19 days / 18 nights



## Whales, wildlife and wonders of Antarctica and the South Atlantic Islands

Beginning in Buenos Aires, where you should allow time to explore this beautiful city before flying to Ushuaia and embarking on the MS Fram. It is from here that Shackleton and his crew of intrepid explorers first set sail towards South Georgia, on their incredible journey on board The Endurance. As the voyage takes you towards Antarctica your on board team of expert guides will give talks on wildlife, the history of exploration, 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 narrow and starkly beautiful ice-lined Lemaire Channel. Finally the 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

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



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 to March 2010

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

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## VOYAGE ITINERARY

19 days / 18 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 the itinerary is 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 the prime concern.

### 20 Dec 2009 Christmas & New Year Voyage

#### DAY 1

##### Buenos Aires

If your flights are booked as part of the package, you will be met at the airport and transferred to your hotel for the night. During the transfer there will be a short city tour to acquaint you with Argentina's capital. 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 transfer times for your flight.

*1 night hotel, bed and breakfast.*

#### DAY 2

##### Fly to Ushuaia, join ship

A transfer to the airport is provided for the onward flight to the world's most southern city, Ushuaia. On arrival you are transferred to the quay, taking the opportunity en route to enjoy a tour of the city. Embark the MS Fram and your voyage begins as the ship sets out for the Drake Passage. 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 also be conducted.

*16 nights on ship, full board.*

#### DAY 3

##### At sea

This is a crossing that few have experienced and we shall make full use of our time with on board lecturers that will discuss your voyage ahead. We will learn of the Falkland Islands and their history and wildlife.

#### DAYS 4 - 5

##### Falkland Islands

The Falklands are located in the South Atlantic, some 1700km north of Antarctica. With a population of some 2,400, they consist of two main islands and 700 smaller ones. Captain John Strong on the HMS Welfare made the first recorded landing in 1690. The Islands have a unique Sub-Antarctic ecosystem 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 6 - 7

##### 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 8 - 9

##### 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 10

##### 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.

#### DAY 11

##### South Orkneys

Located in the Scotia Sea about 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 12 - 16

##### Antarctica

Our landing sites in Antarctica will largely depend on the weather and ice conditions. Travelling by Polar Cirkel Boats you will have excellent opportunities to land almost anywhere.

The MS Fram will attempt 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 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. You may be lucky enough to 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. Conditions permitting you will visit Port Lockroy, a former British station, which has 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 live here and you might also find blue-eyed cormorants. 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, Almirante Brown, and Petermann Island. Amongst the penguins you are likely to encounter are 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. Other animals to look out for are whales, dolphins, seals and sea birds, among them albatross, petrels, sheathbills and Antarctic terns.

#### DAYS 16 - 17

##### 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 18

##### Disembark in Ushuaia, fly to Buenos Aires

Arrival at Ushuaia, disembark the MS Fram and transfer to the airport for your flight to Buenos Aires. In Buenos Aires you will be transferred to your hotel for an overnight stay. Optional excursions are available to book locally.

*1 night hotel, bed and breakfast.*

#### DAY 19

##### Depart for international flight

You may have time to explore some of the city's attractions, if flights have been booked as part of the package, you will be transferred to the airport for your flight home.

**The voyages in November 2009 and February 2010 follow a similar itinerary to the one described but operate between Buenos Aires and Ushuaia or vice versa. Please see an outline for each voyage below.**

### 1 November 2009

**Day 1 Buenos Aires, overnight stay**

**Day 2 Board the MS Fram**

**Day 3-5 At sea**

**Day 6-7 Falkland Islands**

**Day 8-9 At sea**

**Day 10-11 South Georgia**

**Day 12-13 At sea**

**Day 14-17 Antarctica**

**Day 17-18 Drake Passage**

**Day 19 Ushuaia, fly to Buenos Aires**

**Day 20 Tour ends**

### 22 February 2010

**Day 1 Buenos Aires**

**Day 2 Fly to Ushuaia, board the MS Fram**

**Day 3-4 At sea**

**Day 4-7 Antarctica**

**Day 8-9 At sea**

**Day 10-11 South Georgia**

**Day 12-13 At sea**

**Day 14-15 Falklands/Malvinas & Stanley**

**Day 16-18 At sea**

**Day 19 Buenos Aires, overnight stay**

**Day 20 Tour ends**

#### 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.

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, 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.

The local currency in the Falkland Islands is the Falkland Islands pound, the British pound is also accepted.

### 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