

Spirit of Shackleton - XVSHSX

21 days: Ushuaia to Ushuaia

What's Included

- 19 nts aboard the G Expedition
- 1 nt hotel in Ushuaia
- Arrival and departure transfers
- Zodiac excursions with our expert expedition team
- Lectures and educational programs
- Waterproof boots supplied for USA sizes 6 - 16
- Expedition parka

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

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 G Expedition and your upcoming adventure.

Private Vehicle

Ushuaia Aerodrome - Ushuaia

Included arrival transfer.

Day 2 Ushuaia/Beagle Channel

Enjoy a free morning in Ushuaia. Do any last minute shopping, explore the town, or visit 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.

Free Time

Ushuaia Morning

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

Embarkation of the G Expedition

Afternoon

In the afternoon, join your fellow passengers to take your group transfer and begin your journey on the G 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.

G Expedition

Ushuaia - Beagle Channel

Not too big, not too little, our 134-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

75USD per person

Explore this stunning coastal national park extending 630 sq km. We'll take care of the transport, the park entrance fee, and take you to scenic lookouts in the southern portion of the park. Pass Valle Rio Pipo on the way to Austral Fueguino train station, opt to take the End of the World train before visiting Lago Roca and Bahía Lapataia. Keep an eye out for a variety of birdlife and spectacular colours in the fall.

Meals included: Breakfast | Dinner

Day 3 Beagle Channel/Falkland Islands (Islas Malvinas)

As the G Expedition makes passage east, become acquainted with the ship. Begin lectures and information sessions about the extraordinary human and natural history of the Antarctic region.

On the passage east visit the common areas that include the lounge, dining hall, library and lecture hall and meet the guides, ship's crew and lecturers.

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

Daily lectures and educational program

Attend lectures hosted throughout the day on everything from local wildlife to geology to history. The G 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.

G Expedition

Beagle Channel - Falkland Islands (Islas Malvinas)

Not too big, not too little, our 134-passenger polar expedition ship is just right.

Meals included: Breakfast | Lunch | Dinner

Days 4-5 Falkland Islands (Islas Malvinas)/Southern Ocean

The Falkland Islands provide a rare opportunity to witness the biological diversity and extraordinary scenery of the southern islands. Penguins are abundant here, and the Falklands have the largest black-browed albatross colony in the world. In Stanley, meet the hardy local inhabitants whose colourful houses provide contrast to the long, dark winters.

Catch our first glimpses of penguins, including the Magellanic, rockhopper, gentoo, and king penguins. With a little luck, spot elephant seals, sea lions, king cormorants, black-browed albatross, skuas, night herons, giant petrels, striated caracaras and of course sheep.

Visit with Stanley Locals

Stanley

Stop at Port Stanley for an opportunity to meet the hardy local inhabitants whose colourful houses provide contrast to the long dark winters. The town is the capital of the Falkland Islands, most locals head to Stanley to do their shopping, visit the post office, or go golfing. The bomb disposal unit from the Falklands War in 1982 is also in the town as well as several war museums.

G Expedition

Falkland Islands (Islas Malvinas) - Southern Ocean

Not too big, not too little, our 134-passenger polar expedition ship is just right.

Meals included: Breakfast | Lunch | Dinner

Days 6-7 Southern Ocean/South Georgia

Sailing east, set course for South Georgia. Days at sea are filled with lectures to prepare for landings. Watch for the many whales that inhabit these waters.

Daily lectures and educational program

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G Expedition

Southern Ocean - South Georgia

Not too big, not too little, our 134-passenger polar expedition ship is just right.

Meals included: Breakfast | Lunch | Dinner

Days 8-11 South Georgia/Scotia Sea

Home to many interesting sights (including the grave of polar explorer Ernest Shackleton), South Georgia has several former whaling stations and boasts plenty of wildlife. Visiting a huge colony of king penguins is a major highlight of this part of the journey. Weather permitting, spend three full days exploring the island.

Weather permitting, three full days will be spent exploring this island. On nearby islands look out for the wandering albatross in their nesting grounds.

South Georgia Island Exploration

South Georgia

Spend three days exploring South Georgia Island if weather permits. Observe a large colony of King penguins, the second largest species of penguin that stand almost 100cm (3 ft) tall. Nearby islands are the nesting grounds for Wandering albatross, a species of albatross that only stays on land to breed and eat. Hopefully in the three days in the area the group will get a chance to spot one of these majestic sea birds during the small amount of time it spends on land.

South Georgia is also the best place in the world to observe the southern elephant seal, the largest breed of seal. The island is home to over half of the world's population of these animals. October is a great time to see newly birthed pups alongside their mothers.

G Expedition

South Georgia - Scotia Sea

Not too big, not too little, our 134-passenger polar expedition ship is just right.

Meals included: Breakfast | Lunch | Dinner

Days 12-13 Scotia Sea/Tierra de O'Higgins, Península

Sail for two days, retracing Shackleton's route backwards on course towards Elephant Island and the Antarctic Peninsula.

These waters are rich with nutrients and the long summer days provide the ingredient that is missing most of the year. The result is a complex food chain topped by several species of whales, seals, and seabirds.

Daily lectures and educational program

Attend lectures hosted throughout the day on everything from local wildlife to geology to history. The G 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.

G Expedition

Scotia Sea - Tierra de O'Higgins, Península

Not too big, not too little, our 134-passenger polar expedition ship is just right.

Meals included: Breakfast | Lunch | Dinner

Days 14-18 Tierra de O'Higgins, Península/Drake Passage

Experience some of the most unique wildlife and awe-inspiring scenery in the world while setting foot on the Antarctic continent. Attempt two shore landings per day (weather permitting), and encounter Gentoo, Chinstrap, and Adélie penguin rookeries; Weddell, crabeater, and leopard seals; and orca, humpback, and minke whales in the cold Antarctic waters. The peninsula also has a remarkable human history.

Finally a chance to step foot on the Great White Continent! Over the next four days, the Expedition will navigate southwards making stops in the South Shetland Islands then through the Bransfield Strait and to the Antarctic Peninsula.

Our goal is to attempt two excursions per day while we navigate through the area but our itinerary and daily schedule will be based on the local weather and ice conditions that we encounter.

The Antarctic Peninsula and the South Shetland Islands abound with wildlife activity. Take a chance to visit scientists working in modern research bases, with 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, opt to learn about some of the most important and dramatic expeditions to this remote corner of the world.

Scientific Research Station Visit

Tierra de O'Higgins, Península

Visit scientists working in modern research bases if weather and ice conditions permit. With the exception of visitors from expedition ships, scientists and research staff are the only temporary inhabitants of Antarctica. Many of the research stations are permanent, operating year round, with visiting scientists heading to Antarctica for a few months at a time.

G Expedition

Tierra de O'Higgins, Península - Drake Passage

Not too big, not too little, our 134-passenger polar expedition ship is just right.

Meals included: Breakfast | Lunch | Dinner

Days 19-20 Drake Passage/Ushuaia

Reflect on a memorable adventure and take in some final lectures en route back to Ushuaia. Keep a careful lookout for a last chance to spot whales.

Heading north across the Drake Passage, spend two days enjoying the beauty of the sea while sailing for Ushuaia. 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!

Daily lectures and educational program

Attend lectures hosted throughout the day on everything from local wildlife to geology to history. The G 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.

G Expedition

Drake Passage - Ushuaia

Not too big, not too little, our 134-passenger polar expedition ship is just right.

Meals included: Breakfast | Lunch | Dinner

Day 21 Ushuaia

Disembark in the morning.

Our adventure comes to a close. Have a final breakfast on the ship before saying goodbyes before disembarking in Ushuaia in the morning.

Departure Day

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

Meals included: Breakfast

What's Included

19 nts aboard the G Expedition. 1 nt hotel in Ushuaia. Arrival and departure transfers. Zodiac excursions with our expert expedition team. Lectures and educational programs. Waterproof boots supplied for USA sizes 6 - 16. Expedition parka.

Highlights

Meet hardy locals and spot unique wildlife in the Falkland Islands, explore abandoned whaling stations and visit Shackleton's grave, walk quietly amongst king penguins and watch them surf onto the beach, learn about the environment and ecology from industry experts, spot whales and seals while cruising past icebergs aboard Zodiacs, set foot on the continent of Antarctica

Dossier Disclaimer

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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.

Important Notes

1. 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.

You are able to leave luggage that you do not need at the hotel in Buenos Aires.

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

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

4. Please note:

BOOTS FOR ZODIAC LANDINGS:

- Complimentary 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.

5. 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 10:00pm, which allows buffer time for delays and/or travelling between the domestic and international airports.

Group Leader Description

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.

Group Size Notes

Max 134 aboard the G Expedition.

Meals Included

20 breakfasts, 18 lunches, 19 dinners

Meals

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.

Transport

G Expedition, Zodiac, private bus, walking.

Local Flights

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.

Solo Travellers

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.

Accommodation

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, 19 nts). Please note that all cabins consist of twin-size berths and are ocean-facing. Suites have one queen-size bed.

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.

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.

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.

Arrival Complications

We don't expect any problems, and nor 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.

Emergency Contact

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

Finishing Point Instructions

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.

We strongly recommend that you book your onward travel out of Ushuaia for 11am or later on the final day of the tour.

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 to Take

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 world's 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.

Checklist

Documents:

- * Flight info (required) (Printouts of e-tickets may be required at the border)
- * Insurance info (required) (With photocopies)
- * Passport (required) (With photocopies)
- * Required visas or vaccination certificates (required) (With photocopies)
- * Vouchers and pre-departure information (required)

Expedition:

- * Binoculars (highly recommended)
- * Camera (With extra memory cards and batteries)
- * Cash, credit and debit cards
- * Day pack (Used for daily excursions or short overnights)
- * Drybag (To protect your camera and belongings on Zodiac landings)
- * Ear plugs
- * First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- * Flashlight/torch (Headlamps are ideal)
- * Fleece jacket or warm layer
- * Fleece top/sweater
- * Footwear (good gripping) (Please note that flip flops are not allowed while on deck of the Expedition.)
- * Hat
- * Long pants/jeans
- * Moisturizer/lip balm
- * Moneybelt
- * Motion sickness tablets
- * Outlet adapter (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.)
- * Personal entertainment (Reading and writing materials, cards, music player, etc.)
- * Scarf
- * Shirts/t-shirts
- * Sleepwear
- * Sunblock
- * Sunglasses
- * Swimwear
- * Thermal base layer
- * Thermal underwear
- * Toiletries (Shampoo and shower gel are included aboard the Expedition.)
- * Warm hat
- * Warm waterproof gloves
- * Watch and alarm clock
- * Waterproof backpack cover
- * Waterproof pants necessary (Mandatory for all Zodiac landings)
- * Wool/Heavy socks

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.

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.

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Laundry

Laundry facilities are offered by some of our hotels for a charge. Aboard the G Expedition laundry facilities are provided at a nominal charge.

Visas and Entry Requirements

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'S YOUR RESPONSIBILITY TO HAVE THE CORRECT TRAVEL DOCUMENTATION.**

Detailed Trip Notes

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.

Spending Money

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.

Money Exchange

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.).

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

USD \$5.00 from Ushuaia

USD \$18.00 from Buenos Aires

Tipping

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.

Optional Activities

All prices are per person in US dollar amounts. Pricing can vary based on currency conversion rates.

USHUAIA (activities require additional time in Ushuaia and can be booked upon arrival):

Estancia Harberton \$100 USD

Horseback riding \$50-70 USD

Bus to Park Entrance (return Tierra del Fuego National Park) \$20 USD

Walk With Penguins - \$140 USD (6 hours)

Museum Entrance \$7 USD

Mountain Biking \$10 USD

Ushuaia Heli Tours - Pricing from \$100 USD (7 minute Helicopter flight) to \$510 USD (45 minute Helicopter flight)

Entrance to Spa \$40 USD

Health

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/online_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.

Safety and Security

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/

Trip Specific Safety

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.

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

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

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.

Planeterra-The G Adventures Foundation

The Planeterra Foundation planeterra.org is a Canadian non-profit organization that helps empower local people to develop their communities, conserve their cultures, and create humane and supportive systems for their endeavours. Planeterra provides capacity building and catalyst grants to get community social enterprises off the ground. These businesses address local challenges by providing benefits for indigenous people, empowering marginalized women, and granting disadvantaged youth access to education, employment, and brighter futures. Planeterra also works to ensure these businesses have a thriving customer base by integrating programs 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.

Dollar-a-Day Program

G Adventures' Dollar-a-Day Program provides travellers with the opportunity to give back to the people and places visited on our tours by donating one dollar for every day you are on trip. 100% of these donations go directly to support community development projects worldwide that are implemented by Planeterra.

Feedback

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>

Newsletter

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/

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.

Minimum Age

Minimum age of 10 years for this trip.

Keeping in Touch on the G Expedition

While you are on board the G Expedition, we know that keeping in touch with your family and friends is important to you. We want to ensure you have the tools available to keep you connected in some of the most remote regions of the world. We have a satellite system, which allows our travellers to connect to the internet or make phone calls with the purchase of personal data credit. Travellers may use our computer room or use any Wi-Fi enabled device to connect to our network, which is available in public areas on Decks 4 and 5. Satellite phone service is available and private calls can be made from our phone booth. Due to using a satellite connection and travelling in remote regions, internet can be slow and sometimes unavailable. The connection in the high Arctic is particularly challenging and no connection is available while in and around South Georgia Island.

International Flights

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.