

ANTARCTIC 2025/2026

# Antarctic Express: Fly South, Cruise North

 OCEAN EXPLORER  
& WORLD EXPLORER



# Contents

1	Expedition Overview
2	Itinerary
4	Arrival and Departure Details, and International Flight Planning
7	Your Ship Options
9	Included Activities
10	Adventure Options
11	Departure Dates
12	Inclusions and Exclusions
13	Your Expedition Team
14	Extend Your Trip
15	Meals on Board
16	Possible Excursions
19	Packing Checklist



# Expedition Overview

Antarctic Express: Fly South, Cruise North

Take the fastest route over the 800-km wide Drake Passage to Antarctica—a three-hour flight from Punta Arenas, Chile—and enjoy your first glimpse of the magical 7th Continent from the air, a unique introduction to the vast and dramatic landscape that remains one of the last unspoiled regions in the world. Continue your 10-day journey on ship, where an adventure beyond your wildest imagination awaits. Later, toward the end of your voyage, you'll travel back across the Drake Passage by ship to Ushuaia, Argentina, as you follow the path of early polar explorers. Flying one way and sailing the other gives you the best of both worlds.

Expect the unexpected and be rewarded with unique wildlife and natural attractions, each highlight surpassing the last. Marvel at the contrast of a rugged landscape inhabited by abundant wildlife including curious, playful penguins and seals. And embrace the excitement of standing on the Antarctic Continent for the very first time.



## HIGHLIGHT



Explore Antarctic with the best expedition team in the industry



Enjoy the speed and convenience of flying to Antarctica



Embrace an exciting northbound passage of the Drake Passage



Incredible wildlife viewing and iceberg watching



Enjoy on-board educational presentations by polar experts.



# Itinerary

## DAY 1 | ARRIVE IN PUNTA ARENAS, CHILE

Your adventure begins in Punta Arenas, Chile, the most populated city in southern Patagonia. If you arrive early, there are many museums, restaurants and shops to keep you busy for days. By early afternoon, a Quark Expeditions representative will meet you at the official starting point hotel, included in your Charter Flight & Hotel Package. You'll enjoy a welcome dinner and be briefed about preparing for your embarkation day.

## DAY 2 | FLY TO KING GEORGE ISLAND AND EMBARK

Your included charter flight from Punta Arenas to Antarctica will enable you to cross the legendary Drake Passage in only two hours, while far below, the ship will approach King George Island

for your arrival. Your first glimpse of dramatic Antarctic landscapes will be from a unique perspective, as your plane descends onto the South Shetland Islands. After landing, make your way to the shore, before being transferred by Zodiac to your ship to set sail for the Antarctic Peninsula.

## DAYS 3-6 | ANTARCTIC PENINSULA AND SOUTH SHETLAND ISLANDS

There are few places in the world as evocative as Antarctica. The Antarctic Continent is indescribable and can only be fully appreciated through your own eyes.

As your Captain and Expedition Team keep a lookout for whales and seabirds, you'll be alerted to any new sightings. Our team of expert presenters will deepen



### ANTARCTIC EXPRESS Fly South, Cruise North

— On board the *Ocean Explorer*  
and *World Explorer*



your experience with explanations of the glaciology, history and wildlife of the region, and presentations on photography to help you take memory-catching images.

Even more exciting are your daily excursions. Your first Zodiac landing is something you'll never forget. Walking on a shore inhabited by thousands of penguins is the most intimate way to experience the unique wildlife of Antarctica.

Each landing is different and is dependent on weather, but every day presents new sightings and photo opportunities, and it won't be long before you can tell the difference between Adélie, gentoo and chinstrap penguins.

You may take a Zodiac cruise to spot whales and icebergs one day, followed by a hike to a penguin rookery the next day. From the booming sound of a calving glacier to the thrill of spotting apex

predators like leopard seals and orcas in action, you'll wake up early and welcome each day with a sense of adventure and a desire to explore during this unrivaled wilderness experience.

Your Expedition Team will accompany you all along the way, providing insights into the places you visit.

#### **DAYS 7 AND 8 | CROSSING THE DRAKE PASSAGE**

A rite of passage for any Antarctic adventurer, crossing the Drake signals the end of your journey. No matter the sea conditions, you will benefit from having developed your sea legs over the course of the previous four days. While the journey home has begun, your wildlife spotting continues. Your Expedition Team will be available on deck and on the ship's bridge to help you spot the majestic wandering albatross and a number of whale species, such as minke and humpback.

When you're not looking at photos and reminiscing about the previous days, the Expedition Team will conclude their series of engaging presentations on subjects such as marine biology, polar history and glaciology.

#### **DAY 9 | DISEMBARK USHUAIA, ARGENTINA**

After a final breakfast aboard the ship, say goodbye to your crew as we disembark in Ushuaia. We'll transfer you to your hotel, which is included in the Charter Flight & Hotel Package, after which you are free to explore the town on your own.

#### **DAY 10 | DEPART USHUAIA**

Today you are free to make your way to the airport for departure, or extend your stay in Ushuaia.

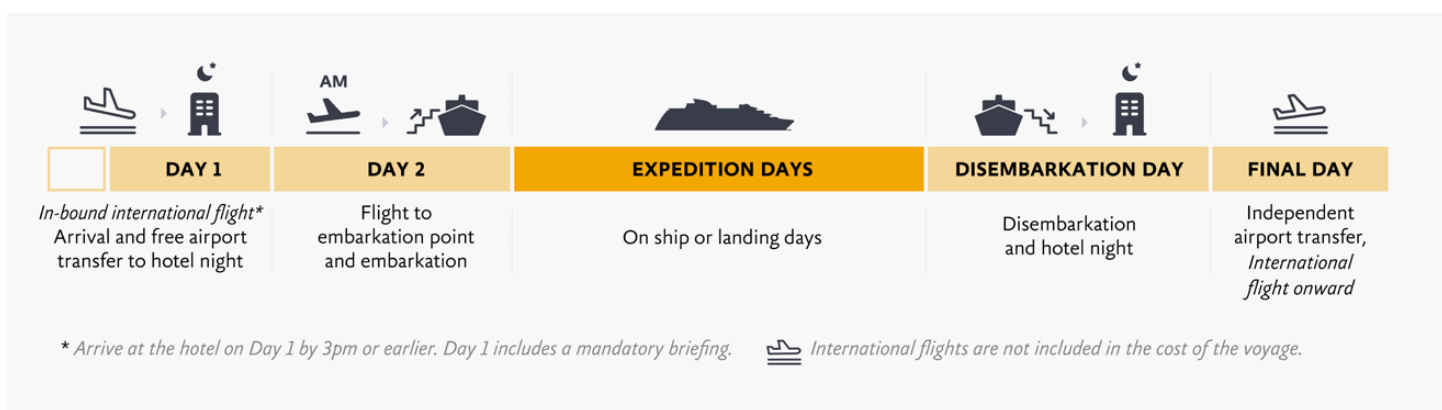


#### **EXPEDITION SPIRIT**

Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your Expedition Team must consider the sea, ice, wildlife, and weather to guide the route and itinerary details. This itinerary is a tentative outline of what you'll experience on this voyage; please be aware that no specific itinerary can be guaranteed. By the same token, wildlife sightings as described are expected, but not guaranteed. Your Expedition Team will use their considerable experience to seek out wildlife in known habitats, but the presence of any particular species of bird or marine wildlife is not guaranteed.



# Arrival and Departure Details, and International Flight Planning



## Arrival Day and Embarkation

### DAY 1 — ARRIVING IN PUNTA ARENAS AND HOTEL NIGHT

We ask that you be at your included hotel in Punta Arenas by 3pm latest. If you are arriving to Punta Arenas on Day 1 we recommend booking a flight or bus that arrives by 1pm to give yourself plenty of time. For those arriving by air on Day 1, you will be greeted at the airport and transferred to the included group hotel. For passengers arriving before Day 1 of the itinerary, taxis are available to take you from the airport to your hotel for approximately \$50 USD.

On arrival at your hotel, either check in, and then make your way to the Quark Expeditions meeting room, or if you have arrived before check-in begins at 3 pm, you can head directly to the meeting room, which is open from 12 pm. Here you will collect your boots and parka, which you will need for the following day's flight. You will also need to bring the luggage you are planning to travel with to the meeting room, to have it weighed and checked for biosecurity clearance, which may involve vacuuming out any debris from outer clothing and backpacks, part of our commitment to protecting the sensitive Antarctic environment. After these procedures, the mandatory briefing will start at 6 pm in the meeting room. A welcome dinner hosted by a Quark Expeditions representative will follow the briefing.

### PLEASE NOTE

It is important that you arrive at the hotel in Punta Arenas no later than 1 p.m., in order to have time for check in, luggage weighing and tagging, boot and parka distribution, and biosecurity clearance, prior to the mandatory briefing at 6 p.m.

## DAY 2 — FLIGHT TO KING GEORGE ISLAND AND EMBARKATION

Your flight to Antarctica is expected to depart from Punta Arenas for King George Island on Day 2 of your itinerary, after breakfast. Although the flight is scheduled to depart first thing in the morning, there is significant variability based on weather conditions. You should be prepared to depart the hotel for the airport on our group transfer at any time.

### CONTINGENCY PLAN

In the unlikely event that the plane is unable to depart on the planned date of the charter flight, you will be provided with a night of hotel accommodation in Punta Arenas, meals included. You may be required to be on standby and remain close to the hotel, as a weather window may open with very little notice. If the weather is not suitable on Day 3, you will enjoy additional nights of accommodation and meals in Punta Arenas. On Day 4, should the charter flight not be able to take off, Quark Expeditions will officially cancel the voyage and provide a letter for you to submit to your travel insurance provider for coverage of flight changes and other associated non-cruise costs under the trip delay/interruption and cancellation clause. Quark Expeditions will offer a refund of your cruise package and any adventure options in the event of a cancellation as a result of the charter flight being unable to depart as planned.

Quark Expeditions will make every effort to ensure that your program takes place, but due to complex and variable weather conditions, flying in this region is challenging and is beyond our control. Safety is paramount to your expedition, and our pilots follow strict weather assessment procedures.

We strongly recommend that all expedition guests purchase a comprehensive travel insurance policy, including trip delay, cancellation and interruption insurance, in addition to the required medical coverage. Please note that international airfare may not be covered by insurance in the event of a cancellation. Please ask your Polar Travel Adviser about travel insurance.

### PLEASE NOTE

There is a **very** strict luggage limit of 33 lbs (15kg) checked luggage and 11lbs (5kg) cabin baggage for this particular voyage. These limits are dictated by the smaller aircraft used for the flights between Punta Arenas and King George Island.

**There is NO option to store excess luggage as you'll embark and disembark in different cities/countries.** Additionally, there is NO option to pay for additional luggage. Please be mindful of these restrictions when packing for your voyage.

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Weather conditions can always delay our arrival, and airline schedule changes have also been known to occur. Booking flexible tickets is always encouraged, as we cannot be held responsible for delays due to unforeseen circumstances.





## Final Day and Departure

### DISEMBARKATION IN USHUAIA AND ONWARD

Your ship is scheduled to arrive at the pier in Ushuaia, usually between 7 a.m. and 8 a.m. Once the ship has docked, you can bid farewell to your Expedition Team before completing your disembarkation. The process takes about an hour.

You will then be transferred to your post-expedition hotel night, which is included in your Charter Flight & Hotel Package. This leaves you free to spend the evening exploring Ushuaia, and sampling more Argentinian wine and food.

In the morning, make your way independently to the airport or extend your stay in Ushuaia as prearranged.

## Arrival and Departure Transfers

### PUNTA ARENAS AND USHUAIA AIRPORT TRANSFERS

**ARRIVAL:** Upon your arrival in Punta Arenas, a group transfer is included from the airport to your included pre-expedition hotel on Day 1 of your itinerary. Group transfers are also included in conjunction with the charter flights to and from Antarctica.

**DEPARTURE:** After a final breakfast aboard the ship, say goodbye to your crew as we disembark in Ushuaia. We'll transfer you to your included hotel to check in, after which you'll have a chance to explore the town on your own to shop, sightsee and sample Argentinian wine and cuisine.

On your final day, you're free to make your way independently to the airport for departure, or extend your stay in Ushuaia.

*In order to facilitate your transfers, we request that you provide your flight details to Quark Expeditions at least 30 days prior to traveling.*

### PLEASE NOTE

#### Included Hotel Accommodations:

Your included accommodation begins on Day 1 of your itinerary, and the specific hotel will be indicated on your final voyage confirmation. If you are arriving prior to Day 1 of your expedition or are staying after the disembarkation day and would like help booking a pre- or post-stay, please contact your preferred travel agent or Quark Expeditions for hotel options. As accommodation space is limited, you are encouraged to request any extra nights as early as possible.







# Ocean Explorer

*Ocean Explorer*, the newest addition to our fleet, is modern, elegant and purpose-built for polar exploration. The 138-passenger vessel has been designed with the latest in expedition ship technology. One of the ship's key features is the ULSTEIN X-BOW®, a marine engineering innovation that ensures a comfortable and smooth sailing experience thanks to the inverted bow. Located at the bow is the two-story, light-filled library, which introduces a welcome airiness to the expedition ship. Spacious cabins feature a modern, bespoke Scandinavian design and almost all have verandas. Guests can relax and find comfort in the spacious gym, sauna with large windows, and two outdoor Jacuzzis. *Ocean Explorer* features ample outdoor viewing areas and multi-height outer decks, which are ideal for long-view photography and wildlife viewing. The vessel is equipped with a fleet of 15 Zodiacs that enable guests to get off the ship quickly and safely for off-ship adventures. In addition to the well-appointed and spacious public areas, *Ocean Explorer* has an industry-leading mix of sustainability systems, including fuel-efficient Rolls Royce engines.

## SHIP SPECIFICATIONS:

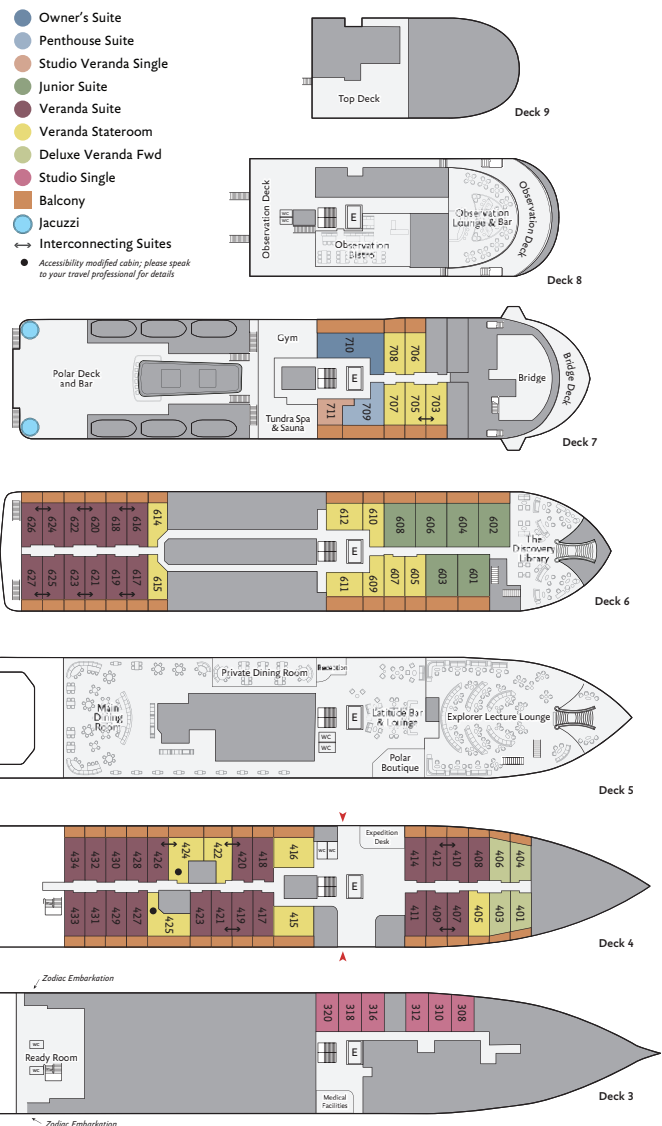
Staff and Crew: 105

Guests: 138

Lifeboats: 2

Ice Class: 1A, PC6

Visit [QuarkExpeditions.com](http://QuarkExpeditions.com) to view deck plan details.





# World Explorer

A polar powerhouse, *World Explorer*—our first all-suites, all-balcony ice-class ship—lets you discover everything Antarctica has to offer, with the type of service you would experience at premium hotels. *World Explorer* also provides plenty of indoor and outdoor deck spaces to witness the incredible Antarctic wildlife or simply watch the world go by. Enjoy the spacious observation deck for taking in sights outside, the observation lounge with panoramic skyline views, the library for intimate relaxing and reading, and the Explorer Lounge for a drink and a chat. Presentations and discussions are held in a dedicated lecture theater. Health and wellness facilities feature an outdoor running track, small gym and spa—plus an outdoor swimming pool. With environmentally sustainable hybrid technology and state-of-the-art Rolls-Royce engines and generators, *World Explorer* also boasts reduced fuel consumption and CO<sub>2</sub> emissions.

## SHIP SPECIFICATIONS:

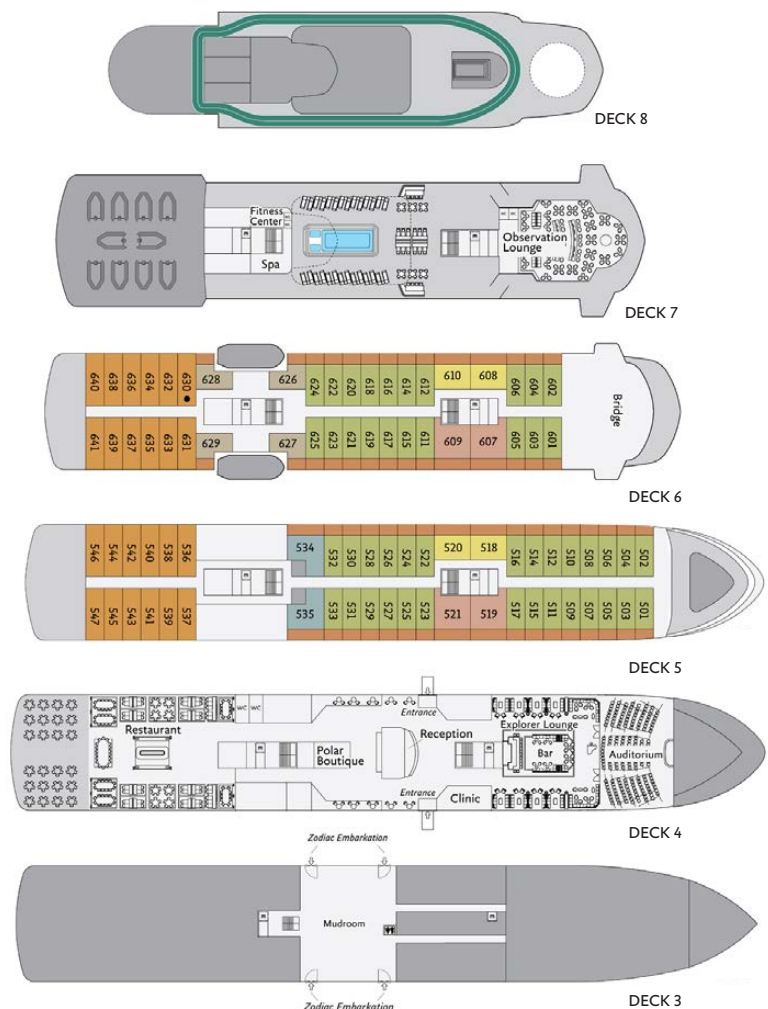
Staff and Crew: 125

Guests: 172

Lifeboats: 2, fully enclosed

Ice Class: 1B

Visit [QuarkExpeditions.com](http://QuarkExpeditions.com) to view deck plan details.



- Owner's Suite
- Veranda Suite
- Balcony
- Deluxe Suite
- Infinity Suite
- Superior Suite
- Triple

● Accessibility modified cabin; please speak to your travel professional for details





# Included Activities

These are included in your trip package.



Ready for a little adventure beyond your ship? Each Quark Expeditions voyage offers a variety of immersive off-ship activities to enhance your polar experience.

*More information about your Included Activities and Adventure Options, including the necessary experience, physical requirements and cost, is available by contacting your Polar Travel Adviser or your travel professional.*

## ZODIAC CRUISING

Zodiacs—rugged inflatable watercraft—are the workhorses of polar expeditions, taking you to places the ships can't access, allowing you to reach remote shorelines, explore shallow inlets and spot unique wildlife. Expedition staff make stepping in and out of them safe and comfortable, and your Zodiac drivers will provide active interpretation, making the landscape come even more alive.

## HIKING

Hiking in Antarctica is free-form and supervised by our expert staff, who set out a perimeter or paths at each landing site within which you are free to explore. While you hike, staff will be available to enhance your experience by answering questions about the wildlife, history and geography of the area.

## PRESENTATIONS

Enjoy daily chats with and presentations by our world-class onboard polar experts—expedition guides, specialists, photography guides and other special guests who will introduce you to the fascinating history, biology, ornithology, glaciology and geology of the region, and much, much more.

## POLAR PLUNGE

This rite of passage, scheduled only once per expedition, gives you the chance to jump safely into the bracing Antarctic waters under the watchful eye of our staff—and just about every single camera on board.

## PHOTOGRAPHY

Documenting your voyage so you can take the memories home is a rewarding experience. Our photography guide will help you hone your skills to capture the beauty of the polar regions.





# Adventure Options

These activities cost extra and must be booked in advance of your trip.



## PLEASE NOTE

Pre-booking is required for all paid activities. We recommend booking early, as spaces fill quickly.

### **SEA KAYAKING**

Imagine gliding across the surface of a bay in the presence of icebergs and glaciers. Our Sea Kayaking program is a great way to intimately explore your surroundings. A small group of kayakers will plan to go out multiple times per voyage as an alternative to shore landings or Zodiac cruises.

The number of opportunities to kayak is weather dependent, and will be conducted only during calm conditions. Prior kayaking experience is required, and you must be able to do a wet exit to participate. Beginners interested in kayaking should consider participating in the Paddling Excursion.

### **PADDLING EXCURSION**

If you're interested in kayaking but would like to try something a bit less demanding than Sea Kayaking, you're the perfect candidate to sign up for a one-time paddle on our stable sit-on-top kayaks—perfect for anyone with minimal

or no kayaking experience. Small groups of paddlers will be taken out on calm days, with our expert guides always present to provide instruction and help you connect with the polar sea. Pre-book into one of two priority groups. Any subsequent excursions can be booked on board, and groups will be assigned via a lottery as spaces are limited.



### **STAND-UP PADDLEBOARDING** *Only available on World Explorer*


Combining a surfboard with a kayak, stand-up paddleboarding will give you a very personal and unique perspective on Antarctica. Conducted in small groups—in calm bays and harbors, in good weather conditions—and accompanied by a safety Zodiac, one-time stand-up paddleboarding excursions can be pre-booked into one of two priority groups. Any subsequent excursions can be booked on board, and groups will be assigned via a lottery.



# Departure Dates

Antarctic Express: Fly South, Cruise North

OCEAN EXPLORER			Adventure Options	
Dates	Days	Start / End		
ANTARCTIC 2025/2026				
JAN 17 - 26, 2026	10	Punta Arenas/Ushuaia	\$	\$

WORLD EXPLORER			Adventure Options	
Dates	Days	Start / End		
ANTARCTIC 2025/2026				
DEC 20 - 29, 2025	10	Punta Arenas/Ushuaia	\$	\$
MAR 13 - 22, 2026	10	Punta Arenas/Ushuaia	\$	\$

## Raise a Glass and Stay Connected

See below for specifics on our complimentary Wi-Fi and bar service.



# Inclusions and Exclusions

## Inclusions

### RATES INCLUDE:

#### For all voyages:

- An official Quark Expeditions parka to keep
- Leadership throughout the voyage by our experienced Expedition Team, including shore landings and other activities
- All Zodiac transfers and cruising as per the daily program
- All shore landings as per the daily program
- Shipboard accommodation with daily housekeeping
- All meals, snacks, soft drinks and juices on board throughout your voyage.
- Complimentary select beer, wines and select cocktails during bar service hours and dinner
- Complimentary coffee, tea and cocoa available around the clock
- Formal and informal presentations by our Expedition Team and guest speakers as scheduled
- A photographic journal documenting your expedition
- A pair of waterproof expedition boots on loan for landings and Zodiac cruising excursions
- Hair dryer and bathrobes in every cabin
- Complimentary Wi-Fi service on one device permitting basic Internet browsing, email, posting on social media and voice applications. (Premium packages are available for more data-intensive applications.) Note: Internet access in the polar regions is subject to geography, climate, and other factors beyond our control.

- All miscellaneous service taxes and port charges throughout the program
- All luggage handling aboard the ship
- A group arrival transfer in Punta Arenas from airport to pre-expedition hotel on Day 1
- One night's pre-expedition hotel accommodation in Punta Arenas with breakfast. (Note: The number of guests per room is the same as cabin occupancy on the ship. Due to limited availability, travelers who reserve a suite on board are accommodated in standard rooms at the hotel. Triple rooms may not be available.)
- A briefing dinner on Day 1 in Punta Arenas
- A pre-expedition group transfer in Punta Arenas from the hotel to the airport
- Flight from Punta Arenas to King George Island
- Group Transfer from ship to hotel for post night
- Post-voyage hotel night in Ushuaia.

## Exclusions

### RATES SPECIFICALLY DO NOT INCLUDE:

#### For all voyages:

- International airfare
- Passport and applicable visa expenses
- Government arrival and departure taxes not mentioned
- Meals unless otherwise specified
- Baggage, cancellation, interruption and medical travel insurance—strongly recommended
- Our complimentary alcohol and bar service does not include spirits
- Excess-baggage fees on international and domestic flights
- Mandatory waterproof pants for Zodiac landing and cruising excursions, or any other gear not mentioned
- Laundry, spa services and other personal charges, unless specified
- Phone charges may vary by location
- Our complimentary data card does not include Premium packages which enable more data-intensive applications
- Voluntary gratuity at the end of the voyage for expedition staff and shipboard crew
- Additional overnight accommodation
- Arrival and departure transfers, except where explicitly stated
- Adventure Options not listed in Included Activities
- Transfer to airport at end of trip.





# Your Expedition Team

Our Expedition Leaders—the best in the industry—and their teams share their diverse expertise in subjects as varied as polar history, marine biology, glaciology, ornithology and photography. Their knowledge and enthusiasm will greatly enhance your immersion into the polar environment and further deepen your connection to the Antarctic.

With 33 years of experience bringing passengers to remote Polar Regions and an industry-leading staff-to-guest ratio, we know how to safely handle the unexpected. Ensuring this hard-earned experience is passed on, all our expedition staff undergo comprehensive training at Quark Academy, which provides hands-on polar expedition training prior to any staff member's first voyage, as well as ongoing training for experienced staff.







*One of the many historic churches in Buenos Aires*



*Iguazú Falls*



*Ushuaia Maritime Museum*

# Extend Your Trip

## PRE- AND POST-EXPEDITION TRIP EXTENSIONS

Since you're traveling such a long way, you may want to spend extra time in Buenos Aires. We have a variety of pre- and post-expedition packages in this captivating city, known as the tango capital of the world. Enjoy an extensive city tour, take in a tango show and explore the unique neighborhoods of Recoleta, Palermo and San Telmo. Savor Argentine barbecue at a steakhouse (*parrilla*), then stroll the tree-lined boulevards and marvel at the historic architecture.

Take an extended tour from Buenos Aires to Iguazú Falls, and, if you're daring, walk the catwalks over the falls.

Upon arrival in Ushuaia, you can take in its unique museums, incredible hiking, and Patagonian cuisine. Spend a day in nearby Tierra del Fuego National Park, marvelling at the mountains, birdlife, waterfalls and forests.

*To discover the best options for extending your adventure, get in touch with your Travel Professional or a Polar Travel Adviser for seamless, worry-free booking of all trip extensions.*



## Raise a Glass and Stay Connected

See below for specifics on our complimentary Wi-Fi and bar service.



## Meals on Board

If there is one constant on board, it is that you'll enjoy delicious meals daily. While meal times may change due to landings and wildlife sightings, you'll always be served three well-prepared meals per day. Most dietary restrictions can be accommodated by letting us know prior to your expedition.

Breakfasts and lunches are normally served buffet style, while dinners are served plated. À la carte meals are made at the time of your order, allowing our chefs to prepare each dish to your individual needs, ensuring you receive top-quality meals during the course of your expedition.

Complimentary coffee, tea, cocoa and water stations are available around the clock, while soft drinks and juices are available during meals and when the bar is open—all included in the cost of your package.

Enjoy complimentary select beer, wines and select cocktails during bar service hours and dinner as part of our "Raise a Glass and Stay Connected Free" program. Premium wines and champagne are available at extra cost and can be billed to your shipboard account. The well-stocked bars on the ship are open late morning, afternoon and evening, though hours may occasionally change to accommodate the expedition schedule.







# Possible Excursions

When traveling in extremely remote regions, your Expedition Team must consider the sea, ice and weather to guide the route and itinerary details. The following is a sample of what you may experience on your expedition, whether by ship, Zodiac cruise, or shore landing.

## Antarctic Peninsula

### CIERVA COVE

Cierra Cove boasts jaw dropping icebergs and a glaciated backdrop. A massive glacial face regularly calves into the bay, often leaving spectacular floating ice. Seals can be spotted on ice floes, and later in the season, humpback whales occasionally feed in the icy waters.

### CUERVERVILLE ISLAND

Rising out of the mouth of the Errera Channel, this tall, steep island is covered by a colorful spectrum of lichens and mosses. A large gentoo penguin rookery is situated on a rocky beach at the north end of the island. Depending on when in the season you arrive, you may see the penguins building nests, incubating eggs, or attending to their chicks.

### DAMOY POINT

Damoy Point is the site of a historical ice runway used by the British Antarctic Survey for their flights further south since 1975. The well-maintained hut was used as a staging-post to store supplies and for accommodation while awaiting ideal flying conditions. The point is also home to a penguin rookery and allows for spectacular views of the mountains of Anvers Island.

### DANCO ISLAND

Home to gentoo penguins, this small dome-shaped island provides you with a stunning view of the Errera Channel and excellent Zodiac cruising opportunities.

### ENTERPRISE ISLAND

Located in Wilhelmina Bay, this island's protected coves were once used by whalers. A Zodiac cruise exploring the island passes the rusting remains of a wrecked whaling ship, and provides opportunities to spot humpback whales.



### LEMAIRE CHANNEL

One of the most scenic locations on the peninsula's west coast, this dramatic strait runs between the towering cliffs of Booth Island and the Antarctic Peninsula. The channel may become impassable when ice fills the narrow, 6.8-mile (11 km)-long passageway, so we'll hope for clear waters.

### MELCHIOR ISLANDS

This group of low, glaciated islands in Dallmann Bay is where you may see hauled-out male fur seals as they recuperate from their battles for supremacy at the end of their breeding season.

### MIKKELSEN HARBOR

Located on the south side of Trinity Island and surrounded by stunning ice cliffs and several reefs, Mikkelsen Harbor is a 1.86-mile (3 km)-wide bay, discovered by a Swedish Antarctic expedition in 1901-04. Enjoy a Zodiac cruise of the beautiful waters, or if conditions allow, land at D'Hainaut Island, home to an Argentine refuge hut and whaling

remains in the form of a wooden boat and whale skeletons. Weddell seals are often seen in the area and a gentoo penguin rookery is situated on the island.

### NEKO HARBOUR

Little evidence remains that this bay was once used by the floating whale factory ship *Neko*. You might see whale vertebrae being used by resident gentoo penguins as shelter from the wind.

### PARADISE HARBOR

Paradise Harbor is a wide bay and natural harbor on the West Antarctic Peninsula. Mountains, glaciers and ice cliffs offer spectacular views. Icebergs occasionally calve from the glaciers, providing a place for seals, penguins and seabirds to rest and play. An Argentine base, Almirante Brown Station—named after Admiral Guillermo Brown, father of the Argentine Navy—is also located in Paradise Harbor, and was operated from 1951 until a large section of it burned down in 1984. It has since been partially rebuilt and today is used during summer months for scientific research.

### PETERMANN ISLAND

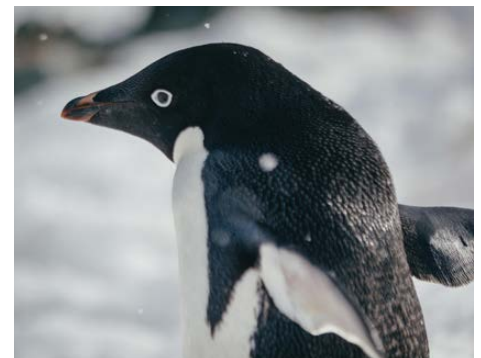
Here, near the Lemaire Channel, you can stand ashore and see the southernmost breeding colony of gentoo penguins. Adélie penguins, shags and south polar skuas also inhabit the island.

### PORT LOCKROY

As part of Operation Tabarin during the Second World War, a secret British base was built in this sheltered harbor, located on the west side of Wiencke Island. Now a designated historic site, the base is a museum and post office. Proceeds from your purchases in Port Lockroy support the UK Antarctic Heritage Trust, which preserves British and other historic sites dating to the Heroic Age of Exploration. A large gentoo penguin population resides here.

### WILHELMINA BAY

Humpback whales abound in "Whalemina Bay," as it's nicknamed, and the scenery is spectacular. Sheer cliffs and glaciers surround the calm waters of the protected bay, named after Wilhelmina, queen of the Netherlands from 1890 to





1948. If you're lucky, you may see the humpbacks bubble-net feeding: they exhale while swimming in a wide circle below the surface, trapping krill in a "net" of bubbles, and then swim straight up from below, mouths open, to engulf their prey. A truly astounding sight.

## South Shetland Islands

### AITCHO ISLANDS

This group of small islands is situated in the northern entrance of the English Strait. You can often spot a great mix of wildlife in the area, with gentoo and chinstrap penguins having established rookeries on the islands. Southern elephant, fur and Weddell seals frequently haul out here, too.

### DECEPTION ISLAND

Deception Island is a flooded circular caldera formed by the collapse of an active volcano. To reach this protected harbor, it is necessary to sail through a narrow passage called Neptune's Bellows. Inside are several bays used at various times for whaling and scientific

research. Along with waddling penguins and lounging seals, you'll see the rusting remains of whaling operations on the beach in some locations. The landscape of Deception Island often presents opportunities for longer walks to striking vistas. The stark contrast between snow and dark volcanic sand and the steam along the shoreline from geothermic activity when the tide is right, gives this location an atmospheric feel.

### HALF MOON ISLAND

This crescent-shaped island was known to sealers as early as 1821. While they tried to keep this productive location secret, we're happy to bring you ashore on this impressive island. Many Antarctic birds breed here, including chinstrap penguins, shags, Wilson's storm petrels, kelp gulls, snowy sheathbills, Antarctic terns and skuas.

### HANNAH POINT

On the southern coast of Livingston Island at Hannah Point, you may see chinstrap and gentoo penguin rookeries, along with the occasional breeding

macaroni penguin. Due to the rather congested area available to the nesting penguins, we are able to visit here only after January 10.

### TURRET POINT

Chinstrap and Adélie penguin rookeries are found on this point, situated on the south coast of King George Island. The beaches here are often crowded with southern elephant, fur and Weddell seals hauled out on the rocks.

### YANKEE HARBOUR

Gentoo penguins have established a rookery at this harbor, situated on the southwest side of Greenwich Island. Here, you can see an abandoned Argentine refuge hut and a large glacier that stretches along the east and north sides of the bay. An abandoned sealing try pot is all that remains of the activity that brought men thousands of miles in tall ships to seek their fortune. Enjoy a rare chance for a longer walk along the expansive beach, dotted with historical artifacts and wildlife.



### EXPEDITION SPIRIT

Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your Expedition Team must consider the sea, ice, wildlife, and weather to guide the route and itinerary details. This itinerary is a tentative outline of what you'll experience on this voyage; please be aware that no specific itinerary can be guaranteed. By the same token, wildlife sightings as described are expected, but not guaranteed. Your Expedition Team will use their considerable experience to seek out wildlife in known habitats, but the presence of any particular species of bird or marine wildlife is not guaranteed.



# What to pack on your Antarctic expedition

## BY SEA

All transfers ship to shore and Zodiac/ship cruising.

- ☐ Waterproof pants (mandatory for every Zodiac ride)
- ☐ Base-layer wool or synthetic top\*
- ☐ Base-layer wool or synthetic bottom\*
- ☐ Mid-layer warm or fleece top\*
- ☐ Mid-layer warm or fleece bottom\*
- ☐ Warm wool or synthetic socks (keep a dry pair in your bag, and bring extras for layering)
- ☐ Glove liners \*   ☐ Hand and feet warmers\*   ☐ Binoculars
- ☐ Waterproof gloves or mitts (bring an extra pair)
- ☐ Scarf, buff, or other face protection
- ☐ Warm hat that covers ears (bring an extra)
- ☐ Waterproof, lightweight backpack or dry sack and/or rain sleeve for camera or a waterproof phone case (to keep camera and gear dry)
- ☐ Polarized sunglasses with UV protection (consider bringing an eyewear retainer: string/clip etc.)
- ☐ Ski goggles (for Zodiac cruising on snowy or windy days)

\*recommended layering depending on the conditions of the day and reflecting your personal thermo-regulation comfort levels.

## BY LAND (Shore Excursions and Hiking)

In addition to the gear requirements (as above) mandatory for the transit from ship to shore, it is recommended to bring:

- ☐ Hat, buff or scarf (for wind and weather protection)
- ☐ UV protection (sun hat, polarized sun glasses, sun block, lip balm etc.)
- ☐ Collapsible walking sticks for hikes (if required)  
Quantities are available to borrow on every vessel
- ☐ Additional reusable (thermos-regulating) water bottle  
(in addition to the reusable collapsible water bottle provided)

**WHAT TO BRING** Packing for the Polar Regions doesn't have to be daunting, and to make it easier for you, all Quark Expeditions voyages include a Quark parka to keep, and a loan of insulated waterproof boots. Additional suggested items include:

## TO WEAR ON BOARD

- ☐ The complimentary Quark 3-in-1 Parka provided on board is designed with a waterproof shell that can be worn out on deck, and a removable liner that you can wear to stay comfortable indoors)
- ☐ Comfortable casual clothing like lighter shirts, pants or jeans, etc. (in case the ship gets warm)
- ☐ Comfortable non-slip closed-toed, heelless shoes (flip flops, sandals or slip-on shoes should not be worn on board due to safety concerns)
- ☐ Workout attire (for the fitness center)
- ☐ Swimsuit for the Polar Plunge. Some vessels may also have a pool, hot tub, sauna and/or steam room. See your ship book for details.

**Just a reminder:** No formal evening wear required on our voyages but if you would like to bring something a little more dressy for the Captain's welcome and farewell cocktails you may certainly do so.

## ADDITIONAL ITEMS

- ☐ Passport, visas, immunization records, travel documents, etc. as required
- ☐ Camera gear—complete with charger, storage medium, transport and cleaning kit (lens cloth etc.) and extra batteries
- ☐ Reusable waterproof bags or plastic bags with zippers (to keep small items organized and cameras dry)
- ☐ Voltage converters and plug adapters (see ship book for details)
- ☐ Seasickness, indigestion, headache, or other medications
- ☐ Earplugs and eye masks for sleeping
- ☐ Moisturizer for face and hands (skin dryness due to wind and temperature changes)
- ☐ Credit card and small amount of local currency (see pre-departure book for more details)

- › To view our packing checklist online, visit:  
[QuarkExpeditions.com/What-to-Pack/Antarctica](https://QuarkExpeditions.com/What-to-Pack/Antarctica)
- › Related topics are covered on our Frequently Asked Questions page:  
[QuarkExpeditions.com/Frequently-Asked-Questions](https://QuarkExpeditions.com/Frequently-Asked-Questions)



Scan this QR code or [click here](#) to watch our video on what to pack before you go.

## WEATHER CONDITIONS AND TEMPERATURES

Polar weather is extremely variable; temperatures may hover around the freezing mark and winds can be strong. The extended daylight warms sheltered areas so that you may sometimes find it warm enough for t-shirts. However, you may encounter rain, snow squalls, fog and white-outs during an expedition and should be ready for any conditions.



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or a Quark Expeditions Polar Travel Adviser

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**EXPEDITION BROCHURE**  
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