



The Leader in Polar Adventures

ANTARCTIC 2025/2026

Antarctic Express

Cruise South, Fly North



Contents

- 1 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
- 13 Inclusions and Exclusions
- 14 Your Expedition Team
- 15 Extend Your Trip
- 16 Meals on Board
- 17 Possible Excursions
- 20 Packing Checklist



Overview






Antarctic Express: Cruise South, Fly North

Revel in the excitement of crossing the famed 800-km wide Drake Passage after embarking from Ushuaia, Argentina, with the convenience of a northbound return flight at the end of your 10-day expedition. Minke and humpback whales or Adélie penguins floating on ice floes may greet you as you pass, enroute to the northernmost tip of the Antarctic Peninsula. Sailing one way and flying the other gives you the best of both worlds!

The surreal silence in this vast wilderness may at first overwhelm, but playful, charismatic wildlife and your intrepid traveling companions keep you grounded. You'll develop a new appreciation and understanding of Antarctica's extreme contrasts: harsh, rugged mountain peaks and fragile ecosystems; stark, lonely icyscapes and incredibly large colonies of gregarious penguins.



EXPEDITION IN BRIEF

-  Explore Antarctica with the best expedition team in the industry
-  Revel in a crossing of the infamous Drake Passage
-  Embrace the speed and convenience of a northbound flight over the Drake Passage on your return
-  Incredible wildlife viewing and iceberg watching
-  Enjoy on-board educational presentations by polar experts.



Itinerary

DAY 1 | ARRIVE IN USHUAIA, ARGENTINA

This quaint city at the southernmost tip of South America is your gateway to Antarctica. The city itself provides a wide range of jewelry shops, cafés, gear shops and restaurants to explore before your voyage. Outside the city, snowcapped mountains and hiking in Tierra del Fuego National Park offer ample adventure activities to explore nature.

DAY 2 | EMBARK

You will embark in the afternoon, with a journey through the picturesque Beagle Channel. Be sure to keep your eyes peeled while you're out on deck as the channel is home to a wide variety of wildlife including seabirds and seals. Rainbows are common here too, creating a great photography opportunity to kick off the start of your Antarctic adventure.

DAYS 3 & 4 | CROSSING THE DRAKE PASSAGE

Legendary for its high winds and rolling seas, you may get lucky and have surprisingly calm seas through the Drake Passage. Spend your time in the lounge or chatting with your fellow travelers. As you develop your sea legs during the crossing, our Expedition Team will begin their series of presentations to help prepare you for your upcoming Zodiac and land excursions. You officially enter Antarctica when your ship crosses the Antarctic Convergence, a biological boundary that fluctuates around 60° south.

DAYS 5-8 | SOUTH SHETLAND ISLANDS AND ANTARCTIC PENINSULA

The most common reaction upon reaching the 7th Continent is a sense of reverence and awe. The experience is beyond words, since few places are as



ANTARCTIC EXPRESS Cruise South, Fly North

— On board *Ocean Explorer* or *World Explorer*

untouched as Antarctica. You will begin to appreciate why this region has long captivated the attention of explorers and travelers alike. Every time we visit Antarctica, we witness something new or unexpected, which means that your expedition will be unlike any other—creating a unique, personal experience.

Each day, you will take Zodiac excursions from the ship to explore glaciated bays, channels and landing sites. Your Expedition Team will take care of you at each landing, whether you are hiking the Antarctic landscape, visiting a research station or observing chinstrap, Adélie and gentoo penguins, all of which can be found here. Keep an eye out for Weddell, fur, crabeater and leopard seals as well as curious whales, such as humpbacks,

minkes, or perhaps orcas while on a Zodiac cruise. Each excursion will present a new array of creatures to fascinate you and keep your camera busy.

Amid the serene silence of Antarctica, noisy interludes become indelible memories, such as penguins squabbling over prized pebbles, or the boom and crack of a calving glacier.

Every day will be different, having been carefully crafted by your Expedition Team to inspire and educate you about this wonderful part of the world.

DAY 9 | DISEMBARKATION & FLY TO PUNTA ARENAS

With only the Drake Passage ahead, you'll disembark on King George Island before flying to Punta Arenas, Chile.

Once you're in Punta Arenas, we'll transfer you from the airport to your hotel, where you're free to explore and enjoy a final dinner on your own, before your homeward journey.

DAY 10 | DEPART PUNTA ARENAS

After breakfast, you are free to continue on your own travels or make your way to the Punta Arenas airport for your homeward flights.



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 encounters 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



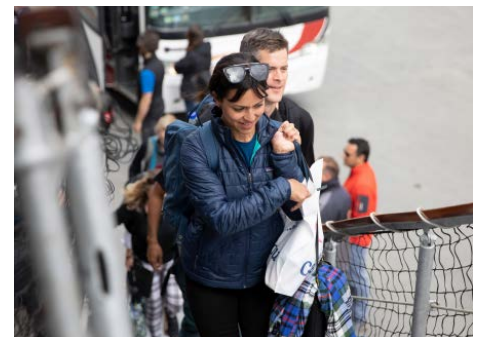
As you prepare for your journey, you may be interested in your arrival and departure details. Since international air transportation is not included in the cost of your expedition, you have some flexibility in planning your flights.

Arrival Day and Embarkation

DAY 1 — ARRIVING IN USHUAIA AND HOTEL NIGHT

You may arrive in Ushuaia at any time during Day 1 of your itinerary. Ushuaia and its mountainous surroundings are destinations worth exploring, so we do encourage you to arrive a day or two before your expedition. Based on the arrival information you send us, we will arrange for a transfer from the airport to your hotel.

A Quark Expeditions representative will be available to answer your questions in the lobby of your hotel in Ushuaia during your optional pre-departure briefing on Day 1, at 6 pm.



DAY 2 — EMBARKATION IN USHUAIA

On the morning of Day 2, your luggage will be collected from the lobby of your hotel, transferred to the ship and stored in your cabin.

Ship embarkation will occur on Day 2 of your itinerary, usually around 4 pm. You and your shipmates will meet at a designated location near the pier, and board the waiting buses for transfer to the ship. Information about embarkation will be posted in your Ushuaia hotel and discussed during your optional pre-departure meeting on Day 1.

Disembarkation, Final Day and Departure

DISEMBARKATION AT KING GEORGE ISLAND

Ship disembarkation will generally occur in the late morning, on King George Island. You will be greeted at the beach by transfer buses that will take you to heated comfortable pre-boarding lounges before boarding your flight. Your luggage will be transferred from the ship to the plane. After a two-hour flight, you will land at the Punta Arenas airport (PUQ).

DEPARTING FROM PUNTA ARENAS

On arrival in Punta Arenas, you will be transferred from the airport to your post-expedition hotel for one final night. Please note that a departure transfer from the hotel to the Punta Arenas airport is not included.

Arrival and Departure Transfers

USHUAIA AND PUNTA ARENAS AIRPORT TRANSFERS

ARRIVAL: A group transfer in Ushuaia is included from the airport to your included pre-expedition hotel on Day 1 of your itinerary.

DEPARTURE: A departure transfer in Punta Arenas is not included, however your Travel Professional or Polar Travel Advisor can arrange one for you.

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

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. Ushuaia accommodations trend toward mid-range properties, and hotel space is limited. A particular property cannot be guaranteed, but space is most often booked at Hotel Las Lenguas, Hotel Los Acebos, and Albatros Hotel. A hotel night in Punta Arenas, Chile, is also provided on the last night of the trip. 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.



PLEASE NOTE

There is a **very** strict luggage limit of 39 lbs (18kg) checked luggage and 22lbs (10kg) 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.

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.



Ultramarine



World Explorer



Ocean Explorer

Our Fleet of Small Polar Vessels

Quark Expeditions boasts the most diverse polar-class fleet of any polar operator, and the ability to offer you this incredible voyage on one of our ice strengthened vessels.

The entire Quark Expeditions fleet is built for comfort—and for challenging polar environments, allowing us to take you to places ordinary cruise companies wouldn't dream of going.

Plus, you'll do so while enjoying excellent amenities and superbly comfortable cabins.



Your Ship

WORLD EXPLORER

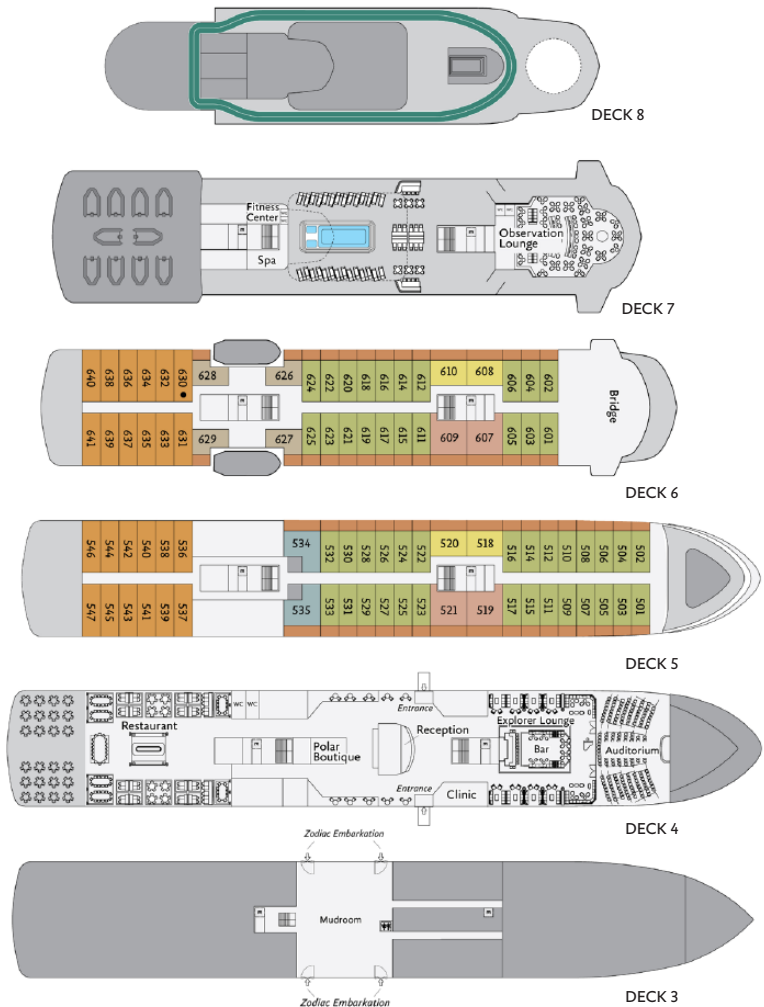
A polar powerhouse, *World Explorer*—our first all-suites, all-balcony ice-class ship—lets you discover everything Antarctica has to offer, with the type of service you would experience at premium hotels. *World Explorer* also provides plenty of indoor and outdoor deck spaces to witness the incredible 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—the world’s only l’Occitane Spa at Sea—plus an outdoor swimming pool. With its new and environmentally sustainable hybrid technology and state-of-the-art Rolls-Royce engines and generators, *World Explorer* also boasts reduced fuel consumption and CO₂ emissions.

SHIP SPECIFICATIONS:

- Staff and Crew: 125
- Guests: 172
- Lifeboats: 2, fully enclosed
- Ice Class: 1B

Visit QuarkExpeditions.com to view deck plan details.

- Owner’s Suite
- Veranda Suite
- Balcony
- Deluxe Suite
- Infinity Suite
- Triple
- Accessibility modified cabin; please speak to your travel professional for details





Your Ship

OCEAN EXPLORER

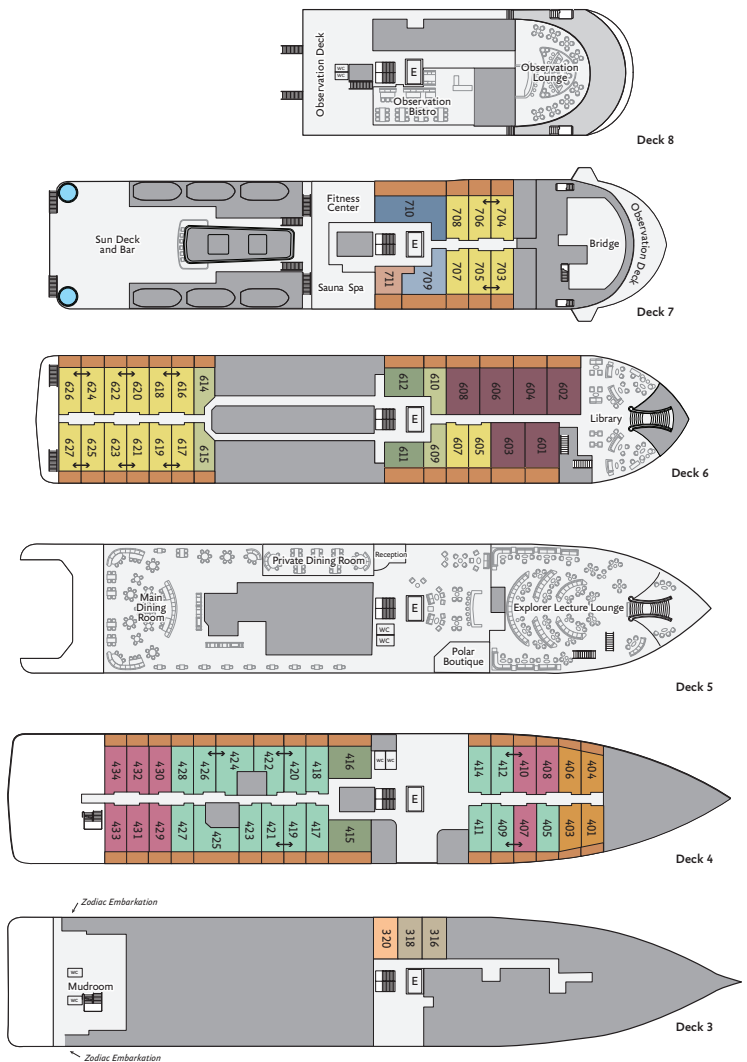
Ocean Explorer, the newest addition to our fleet, is modern, elegant and purpose-built for polar exploration. The 138-passenger vessel has been designed with the latest in expedition ship technology. One of the ship's key features is the ULSTEIN X-BOW®, a marine engineering innovation that ensures a 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: 131
- Guests: 138
- Lifeboats: 2
- Ice Class: 1A, PC6

Visit QuarkExpeditions.com to view deck plan details.

- Owner's Suite
- Junior Suite
- Deluxe Veranda Mid
- ↔ Interconnecting Suites
- Explorer Suite
- Grand Veranda Stateroom
- Deluxe Veranda Fwd
- Accessibility modified cabin; please speak to your travel professional for details
- Studio Veranda Single
- Studio Veranda Stateroom
- Studio Double
- Balcony
- Royal Veranda Stateroom
- Deluxe Veranda
- Studio Single





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 search for 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.



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.




PLEASE NOTE




Pre-booking is required for all paid activities. We recommend booking early, as spaces fill quickly. Please see your pre-departure guide for a list of provided gear for each Adventure Option.



Departure Dates

Antarctic Express: Cruise South, Fly North

WORLD EXPLORER			Adventure Options		
Dates	Days	Start / End			
ANTARCTIC 2025/2026					
DEC 3 - 12, 2025	10	Ushuaia/Punta Arenas	\$	\$	\$

OCEAN EXPLORER			Adventure Options		
Dates	Days	Start / End			
ANTARCTIC 2025/2026					
DEC 28, 2025 - JAN 6, 2026	10	Ushuaia/Punta Arenas	\$	\$	—

Raise a Glass and Stay Connected!

See below for specifics on our complimentary Wi-Fi and bar service, which takes effect November 2024.



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.
- **NEW** Free beer, standard wines, spirits, and 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
- **NEW** 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.)
- All miscellaneous service taxes and port charges throughout the program
- All luggage handling aboard the ship
- Emergency Evacuation insurance for all passengers to a maximum benefit of USD \$500,000 per person
- Group arrival transfer in Ushuaia from airport to pre-expedition hotel on Day 1
- One night's pre-expedition hotel accommodation in Ushuaia 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.)
- Group transfer from hotel to ship on embarkation day
- Flight from King George Island to Punta Arenas
- A post-expedition group transfer in Punta Arenas from the airport to the hotel
- One night's post-expedition hotel accommodation in Punta Arenas with breakfast.

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
- 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 basic complimentary Wi-Fi service 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.

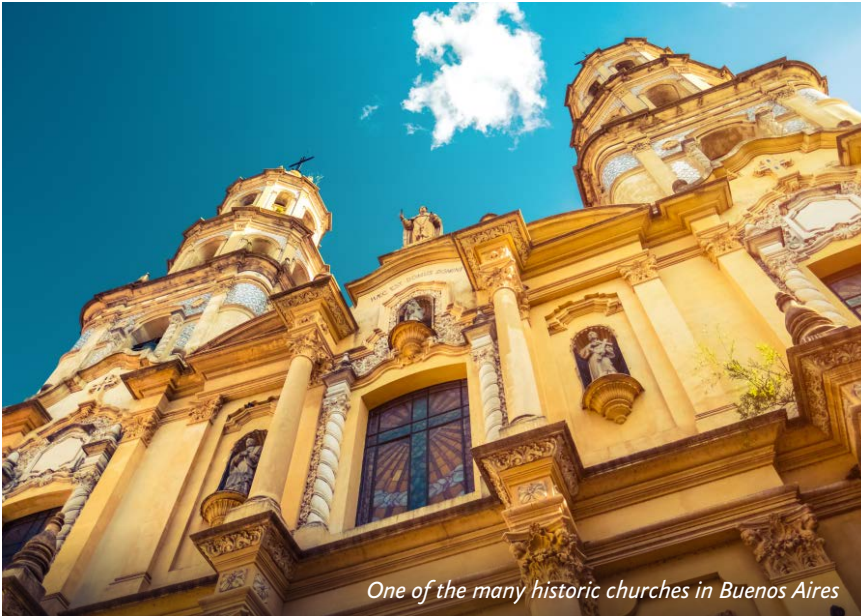


Your Expedition Team

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, which takes effect November 2024.



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 encounters, 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.

NEW Enjoy free beer, standard wines, spirits, and cocktails during bar service hours and dinner as part of our new “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.

CUVERVILLE 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 search for 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

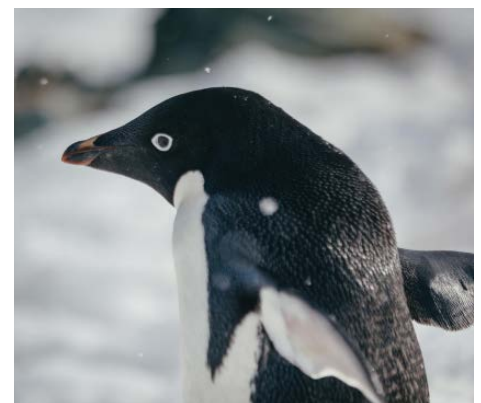
Here, near the Lemaire Channel, you can stand ashore and see the southernmost breeding colony of gentoo penguins. Adélie penguins, shags and south polar skuas also inhabit the island.

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 encounters 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

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:

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)

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://www.quarkexpeditions.com/What-to-Pack/Antarctica)
- › Related topics are covered on our Frequently Asked Questions page: [QuarkExpeditions.com/Frequently-Asked-Questions](https://www.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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