



The Leader in Polar Adventures

ANTARCTIC 2025/2026

South Georgia and Antarctic Peninsula

Penguin Safari



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Overview

18-day South Georgia and Antarctic Peninsula: Penguin Safari

The Antarctic and sub-Antarctic regions offer so many extraordinary things to see and do for adventurous travelers. We've designed this guide to help you figure out what interests you most in order to plan the perfect expedition that suits your interests and passions.

The *South Georgia and Antarctica: Penguin Safari* itinerary is the fastest way to get to the rarely visited South Georgia Island while also stepping foot on the 7th Continent. As we set sail, photograph massive albatross and beautiful pintado petrels as they swoop and soar around the ship, guiding us toward South Georgia. Beaches teeming with king penguins and elephant seals greet us on this fabled island, where we'll pay our respects to famed explorer Sir Ernest Shackleton. Antarctica awaits, with its soaring peaks and overwhelming enormity. Take a Zodiac ride, hike to overlooks of glistening glaciers, share comical moments with inquisitive gentoo, chinstrap and Adélie penguins, or witness the rugged peninsula from a sea kayak. Antarctica will surprise and delight, and never disappoint.

Antarctica has been inspiring explorers for centuries and this expedition offers the chance for you to discover why. We're excited to host you on your unforgettable polar adventure! Feel free to reach out to our team of Polar Travel Advisers who can answer your questions and provide assistance at any time.



EXPEDITION IN BRIEF



Explore South Georgia and the Antarctic Peninsula with the best expedition team in the industry



Follow in the wake of Sir Ernest Shackleton's perilous voyages to South Georgia and pause for a moment at his grave site



Explore the Antarctic Peninsula by ship, Zodiac and foot



Enjoy presentations on wildlife, history, glaciology and geology by our onboard polar experts



Immerse yourself in the icy realm of the Antarctic, with an optional paddling excursion



Itinerary

DAY 1 | ARRIVE IN USHUAIA, ARGENTINA

You will begin your journey in Ushuaia, a small but bustling port at the tip of South America. It's the ideal gateway for you to explore the southern extent of Patagonia while preparing for your adventure ahead. Get active in the mountains or enjoy handcrafted chocolate at a café in town.

DAY 2 | EMBARK

Embarkation will occur in the late afternoon, after which your vessel will sail down the historic Beagle Channel, which transects the Tierra del Fuego archipelago in the extreme south of South America. Expect an air of anticipation as you depart!

DAYS 3-6 | AT SEA

There are many activities to keep you engaged while you are at sea. Learn to identify seabirds that glide alongside the ship, or attend dynamic presentations by your Expedition Team. You will be prepped on safety procedures for Zodiac cruises and shore landings, and also be given instructions for getting the most out of your optional sea kayaking adventures (extra cost), a truly intimate way to experience Antarctica.

If conditions are right, the first indication that you are approaching South Georgia is the sight of birds around a group of rocky spires called Shag Rocks. Have your binoculars and cameras ready to capture these rocky spires rising out of



SOUTH GEORGIA AND ANTARCTIC PENINSULA Penguin Safari

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

the icy ocean waters. Shags and prions often rest here, and due to nutrient rich upwellings around the rocks it can be a good place to keep a lookout for whales.

DAYS 7-9 | SOUTH GEORGIA

After enjoying South Georgia from a distance, we'll head toward its numerous beaches to find a bay for your first excursion. Landing sites are varied, largely determined by the weather conditions of your voyage. The sites you visit will provide you with wildlife encounters unrivaled anywhere else on Earth.

South Georgia is one of the most fertile breeding grounds in the world for sub-Antarctic wildlife, with beaches blanketed with penguins and seals. It won't take you long to realize that you are in a birder's paradise, as burrowing seabirds, albatross and petrels can be seen in abundance. You'll find that South Georgia, once a popular base for whalers and sealers, is also scattered with

abandoned relics and evidence of human activity from centuries gone by. Your Expedition Team will help bring those days to life while you visit old whaling stations and enjoy presentations on the South Georgia of then and now.

One of the most significant sites you will visit on the island is Grytviken. This settlement is one of the first whaling stations established in sub-Antarctic waters. Grytviken possesses a special appeal largely because it's the site of the grave of Sir Ernest Shackleton, one of the most famous Antarctic explorers.

DAYS 10 & 11 | AT SEA

Say goodbye to the king penguins as you leave for your next destination: Antarctica! Your days at sea are filled with presentations and workshops led by your Expedition Team, who will prepare you for the wildlife and landscapes that will surround you upon your arrival on the 7th Continent.

DAYS 12-15 | ANTARCTIC PENINSULA

The most common reaction upon reaching Antarctica is a sense of reverence and awe. The experience is hard to put into words, since few places are as untouched and enduring as Antarctica.

You will discover a land of extremes. One moment you'll be overcome with a feeling of complete isolation and silence, and the next moment you'll be inspired by nature as a calving glacier crashes into a brilliant blue sea or a curious penguin waddles by to observe you.

Your Expedition Team will take care of you at each excursion, whether you are Zodiac cruising, visiting a historical site or observing penguin colonies. Chinstrap, Adélie and gentoo penguins are found here, along with Weddell, fur, crabeater and leopard seals. Keep a lookout for Antarctic whales, such as minke, while on a Zodiac cruise. Each



day and each excursion will present a new array of creatures to delight you and keep your camera busy.

As exciting as the Zodiac excursions and landings are, perhaps you'll treat yourself to an extra-special Antarctic experience by booking an optional paddling excursion (at an extra cost) or cast reason aside and jump into Antarctic waters for the Polar Plunge!

DAYS 16 & 17 | CROSSING THE DRAKE PASSAGE

After more than a dozen days of unique wildlife encounters and remarkable landscapes, your journey home begins. Crossing the Drake is your unofficial rite of passage. Spend time on deck

watching for seabirds and whales, enjoy presentations by your Expedition Team, or simply relax and reminisce about your experiences.

DAY 18 | DISEMBARK IN USHUAIA

You will arrive in Ushuaia in the morning, which allows you to continue your adventure onward or catch your flights home

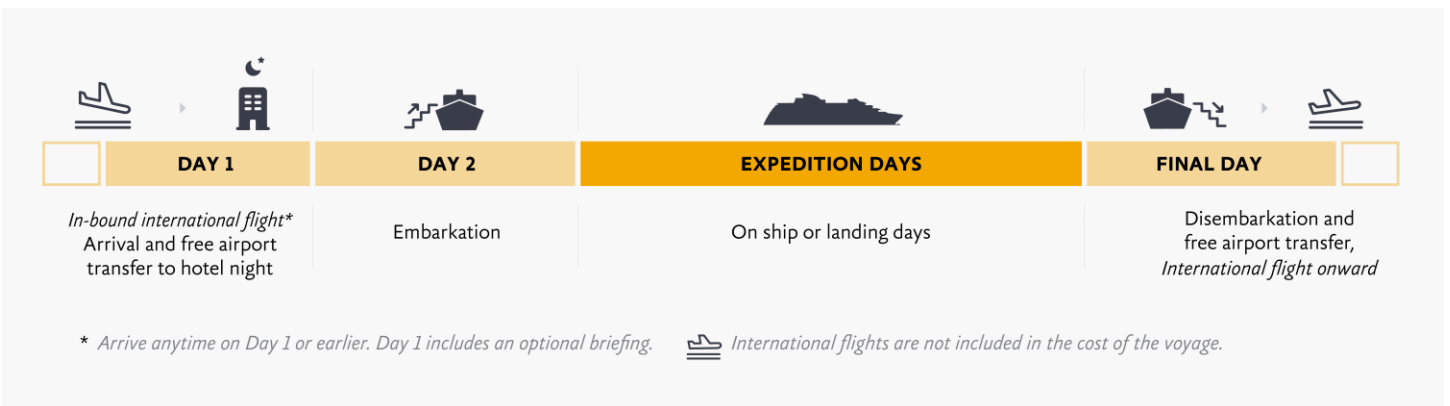
EXPEDITION SPIRIT

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 and weather to guide the route and itinerary details. This itinerary is a tentative outline of what you may 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



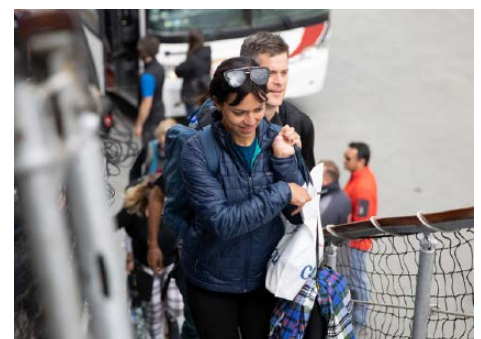
As you prepare for your journey, you may be interested in your arrival and departure details. Since international air transportation is not included in the cost of your expedition, you have some flexibility in planning your flights.

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.

Final Day and Departure

DISEMBARKATION IN USHUAIA AND ONWARD

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

Weather conditions can always change our arrival times, and airline schedule changes have also been known to occur in Argentina. Please book your flight home from Ushuaia to depart as late in the day as possible or at a date after the end of your expedition. If you have booked a flight that departs before noon on the date that your expedition ends, you will be at risk of missing your flight.

Quark Expeditions staff in Ushuaia will reconfirm your domestic flight 48 hours prior to disembarkation, provided you give your information to our team ahead of time.

Arrival and Departure Transfers

USHUAIA 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.

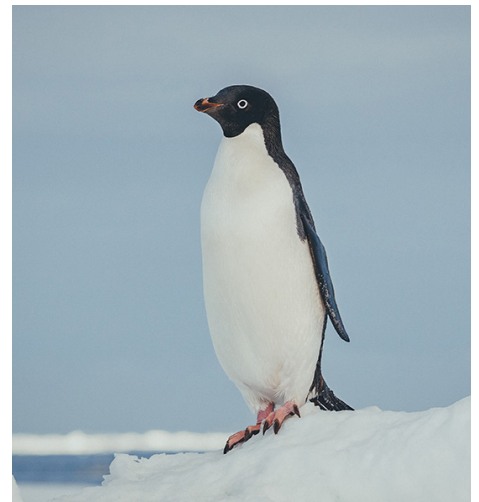
DEPARTURE: A group departure transfer is included from the ship to the airport on the final day of your itinerary. If your flight is later in the day, you may opt to transfer to our luggage storage facility instead and enjoy further activities in Ushuaia on your own. Access to luggage storage is available until 6pm on the disembarkation day only. You will need to arrange your own transfer to the airport if you do not take advantage of the included transfer or if you are leaving Ushuaia after the disembarkation day.

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. 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. 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.





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.

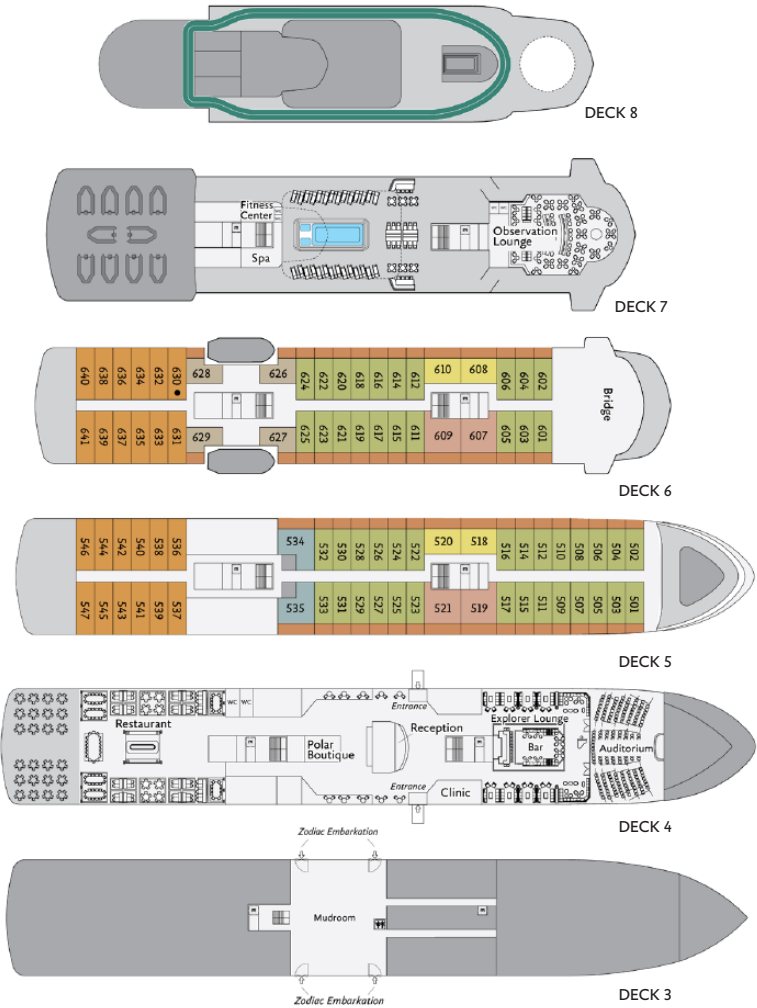
SHIP SPECIFICATIONS:

- 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
- Superior Suite

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





Your Ship

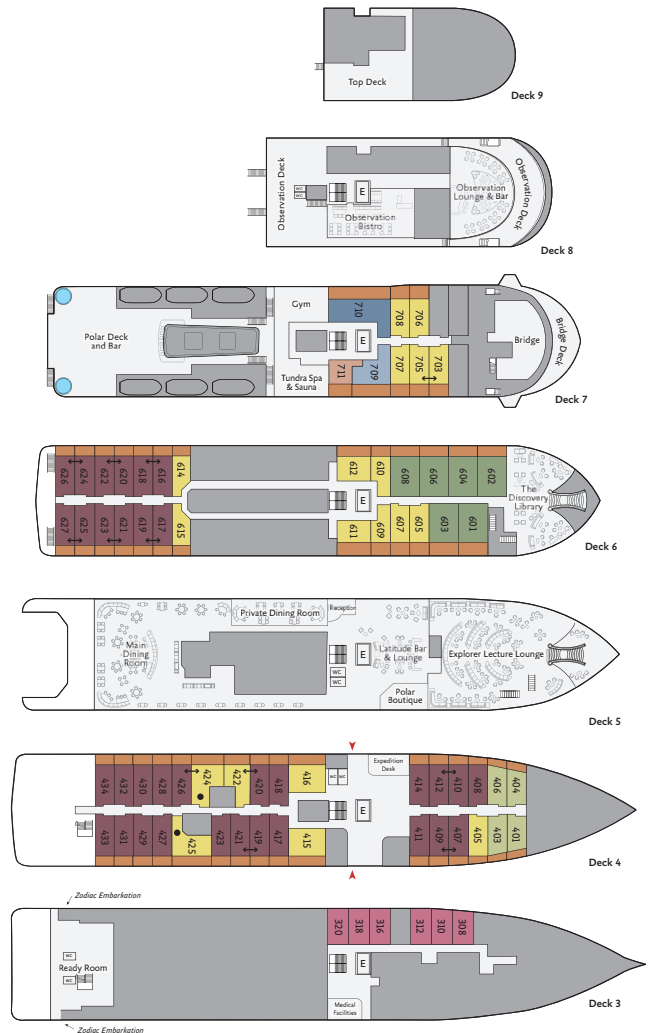
OCEAN EXPLORER

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: 105
- Guests: 138
- Lifeboats: 2
- Ice Class: 1A, PC6

Visit QuarkExpeditions.com to view deck plan details.



- Owner's Suite
- Veranda Suite
- Balcony
- Penthouse Suite
- Veranda Stateroom
- Jacuzzi
- Studio Veranda Single
- Deluxe Veranda Fwd
- ← Interconnecting Suites
- Accessibility modified cabin; please speak to your travel professional for details
- Junior Suite
- 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.

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.

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.



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.

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 *(on World Explorer only)*

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

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

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-



Departure Dates

South Georgia and Antarctic Peninsula: Penguin Safari

WORLD EXPLORER

Adventure
Options

Dates

Days Start / End



ANTARCTIC 2025/2026

FEB 1 - 18, 2026

18

Ushuaia

\$

\$

\$

OCEAN EXPLORER

Adventure
Options

Dates

Days Start / End



ANTARCTIC 2025/2026

JAN 24 - FEB 10, 2026

18

Ushuaia

\$

\$

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** Complimentary beer and wines 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** *World Explorer* guests will receive a free data card for limited Wi-Fi access. (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
- Group departure transfer upon disembarkation in Ushuaia from ship to local airport or to luggage.

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.



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 complimentary standard beer and wines during bar service hours and dinner as part of our new “Raise a Glass and Stay Connected Free” program. Premium wines, spirits 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 sites are a sample of what you may experience on your expedition, whether by ship, Zodiac cruise, or shore landing.

South Georgia

DRYGALSKI FJORD

This is a photogenic and dramatic fjord, with sharp and jagged peaks rising out of the sea. Glaciation never reached the mountain tops, giving Drygalski its unique landscape.

GOLD HARBOUR

The backdrop to this harbor is the hanging Bertrab Glacier. Thousands of king and gentoo penguins call Gold Harbour home, as do rowdy elephant and fur seals.

GRYTVIKEN

Only a handful of people live, albeit temporarily, on South Georgia, a British overseas territory. Two of them are curators of the South Georgia Museum,

located in the former villa of the whaling station manager. The local church, built for the whaling community, is the only building in Grytviken still used for its original purpose. Buried in the church cemetery is one of Antarctica's most famous explorers, Sir Ernest Shackleton, at whose grave you can pay your respects.

SALISBURY PLAIN

One of the largest king penguin colonies on South Georgia is located on Salisbury Plain. The Grace and Lucas Glaciers flank the plain, creating a perfect backdrop for photos.

ST. ANDREW'S BAY

Over 150,000 breeding pairs of king penguins nest at St. Andrew's Bay—the largest and fastest growing king penguin rookery on South Georgia, and a wildlife spectacle to behold.

STROMNESS

This abandoned whaling station was in full operation on the day in 1916 that Sir Ernest Shackleton and his companions staggered into it after a 36-hour trek across the island in an attempt to find



help for their shipmates stranded on Elephant Island. There is a small cemetery here which can be seen from a distance, with the graves of 14 whalers.

Antarctic Peninsula

BROWN BLUFF

A dormant volcano, Brown Bluff towers 2,225 feet (678 meters) over the rookeries of Adélie and gentoo penguins, which number in the thousands. These penguins will create a symphony of background noise while you explore the bluff.

CIERVA COVE

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

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.

HOPE BAY

Three members of the Swedish Antarctic Expedition (1901-04) spent the winter in a hut on the shores of the bay. The hut is located close to the jetty of Esperanza Station, an Argentine research station and one of only two civilian bases in Antarctica outfitted with a school and chapel.

MELCHIOR ISLANDS

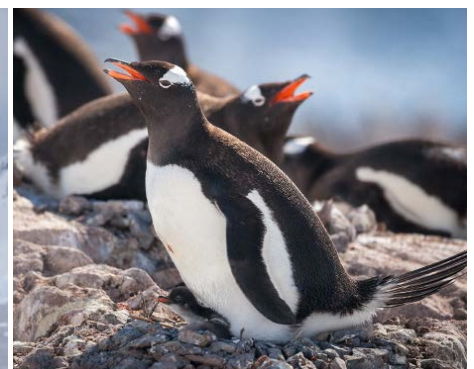
This group of low, glaciated islands in Dallmann Bay is where you may see hauled-out male fur seals as they recuperate from their battles for supremacy at the end of their breeding season.

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.

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 regularly 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 is used as a summer research base.

PAULET ISLAND

Located in the northwestern Weddell Sea, Paulet Island is home to a large Adélie penguin rookery. With a volcanic cone that rises 1,158 feet (353 meters), the island reminds you that this was once a very active landscape. In addition to penguins, you may be interested in viewing the remains of a historic hut built by members of the Swedish Antarctic Expedition of 1901-04. A cross marks the grave site of Ole Wenersgaard, a member of the crew.

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, some still unnamed, 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 and fur 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.

PENGUIN ISLAND

Antarctica has two flowering plants, both of which you can find on Penguin Island: Antarctic hair grass (*Deschampsia antarctica*) and Antarctic pearlwort (*Colobanthus quitensis*). Chinstrap penguins, fur seals and southern elephant seals can also be spotted here.

ROBERT POINT

A beautiful spot for Zodiac cruising, this point was known to sealers as early as 1820. Chinstrap penguins, kelp gulls and pintado petrels breed here, and whales may be seen in the surrounding waters.

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, the ice and the weather to guide the route and itinerary details. This itinerary is a tentative outline of what you may 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.



The Leader in Polar Adventures

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Contact your Travel Professional
or a Quark Expeditions Polar Travel Adviser

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