



The Leader in Polar Adventures

ANTARCTIC 2025/2026

# Antarctica by Helicopter



Icebergs, Mountains and Remote Lands.



## ULTRAMARINE

DESIGNED TO GO BEYOND

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# Overview

Antarctica by Helicopter: Icebergs, Mountains and Remote Lands.

Exploring new destinations is at the very core of our commitment to polar exploration. Innovation has been embedded in our DNA since we took the first group of travelers to the North Pole in 1991. It's this same burning quest to explore uncharted territories that fuelled our expedition team to become the first to confirm the existence of the legendary Emperor penguin colony on Snow Hill Island in 2004. And now we're enabling guests to explore the rarely-visited east coast of the Antarctic Peninsula. However, we're not innovating merely in terms of where we're taking you—but how.

Our brand new 12-day *Antarctica by Helicopter: Icebergs, Mountains and Remote Lands* itinerary is designed to be the most heli-focused itinerary in our Antarctic portfolio. Our goal is to maximize helicopter adventures throughout your voyage so you can experience perspectives of the Antarctic Peninsula no one else can offer—and to explore inland from the east coast where few have ever ventured. Your helicopter-supported excursions—including in the cost of the trip—will include multiple opportunities for heli flightseeing, as well as a heli landing. You'll learn what it's like to step out of a helicopter onto Antarctica and gaze upon polar landscapes previously only seen by a few fearless explorers and mountaineers.

We'll journey through the waters of Erebus and Terror Gulf (on the southeast side of the Peninsula), Antarctic Sound (the 56-kilometer-long body of water separating the Joinville Island group from the northeast end of the Peninsula), and the great ice-filled Weddell Sea (which indents the continent between the Antarctic Peninsula and Cape Norvegia on the coast of Queen Maud Land).

Expect the landscapes on the east coast of the peninsula to evoke a range of strong emotional responses. Perhaps a feeling of serenity as you enter the vast waters of Antarctic Sound. Or profound awe and wonder upon your first sighting of a massive, flat-topped tabular iceberg the size of a football field. Or a sense of otherworldliness as you encounter the unexpected dark browns and earth tones of the eastern side of the Peninsula—in sharp contrast to the popular images of the snow-covered peaks of the west coast of Antarctica. Some areas of the east side have invited comparisons to the planet Mars.

Ultimately, this innovative voyage onboard the technologically-advanced *Ultramarine*—with its two twin-engine helicopters—will translate into the expedition of a lifetime.

## EXPEDITION IN BRIEF



Embrace the expeditionary spirit as we explore the rarely-visited east side of the Antarctic Peninsula



Experience at least two heli-flightseeing excursions —included in the cost of the trip.



Participate in one heli-landing amidst Antarctica's vast coastal mountains



Enjoy off-ship excursions by Zodiac for intimate marine and land-based experiences



Journey into the remote Weddell Sea, Erebus and Terror Gulf and Antarctic Sound



View icebergs amassed and birthed from the Larsen and Filchner-Ronne Ice Shelf



Travel aboard our technologically-advanced *Ultramarine*, enjoying the sauna or one of the ship's many other onboard amenities



Learn from polar experts during our enhanced onboard education program.



# Itinerary

## DAY 1 | ARRIVE IN BUENOS AIRES, ARGENTINA

Upon arriving in this cosmopolitan city, much celebrated for its architecture and rich European heritage, you will independently transfer to your group hotel (pre-expedition hotel night included in mandatory transfer package).

## DAY 2 | FLY TO USHUAIA AND EMBARK

After an early breakfast at the hotel, the group will transfer to the airport and board our private charter flight to Ushuaia, Argentina. Upon arrival, you will be transferred from the airport to a central downtown location to enjoy some time on your own to explore this quaint port town before making your way to the pier. After a late afternoon embarkation, you will sail along 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—the next time you see land, you'll be in the remote Antarctic wilderness.

## DAYS 3 | CROSSING THE DRAKE: A POLAR RITE OF PASSAGE

Crossing the legendary 800-km stretch of water is a must-do for many travelers. Prepare yourself for dramatic seascapes as you stand on the deck of *Ultramarine* and gaze at the water stretching beyond the distant horizon. Be on the lookout for dolphins, whales, and seabirds, especially albatrosses, petrels and skuas as they glide over the sometimes rough waters. As the ship approaches the Antarctic Peninsula, keep your eyes peeled for your first glimpse of towering, multi-shaped icebergs.



#### DAYS 4 | AT SEA WITH POLAR EXPERTS

Today we cross the Antarctic Convergence, moving into the biological Antarctic, where the warmer waters of the sub-Antarctic meet the cold Antarctic. Your days at sea are filled with presentations led by your Expedition Team on photography, wildlife, glaciology, and history. In between presentations, spend time on deck looking for wildlife or chatting with your shipmates over a drink at the bar.

#### DAYS 5 - 9 | EXPLORE THE WEDDELL SEA BY WATER,, LAND & AIR

Helicopter operations in Antarctica are acutely weather-dependent. We have designed this itinerary so we can spend time each day in stunning locations that allow us to enjoy helicopter opportunities if the weather allows and, alternately, to maximize your experience of Antarctic wildlife, ice and landscapes when flying conditions are not favorable. Each day on

the Antarctic Peninsula will showcase the flexibility and technical prowess of our industry-leading expedition team, pilots and crew.

As *Ultramarine* gains access to the Antarctic Peninsula, our team will look for opportunities to experience Antarctica beyond the coast and over the expansive glacial terrain of the last great wilderness.

Together, Antarctic Sound, Erebus and Terror Gulf, northwestern Weddell Sea are the theater of this venture. Initially we plan to sail into Antarctic Sound where we will visit two towering geological features: Madder Cliffs on Joinville Island, and Brown Bluff on the most northerly tip of the Antarctic Continent. Our goal is to visit large Adélie penguin colonies in this area by Zodiac. Gentoo penguins and seals also frequently roam this coast. There will be time to marvel at the impressive topography, namely the 678 meter (2,225-foot) volcanic rock cliffs at Brown Bluff—

though, if weather allows, we may pivot from our marine operations and embark on our first flightseeing experience of the voyage. What you will have just seen from sea, you will now experience from the sky as you gaze over the vastness of Antarctica with the perspective of a snow petrel.

Continuing through Antarctic Sound and into Erebus and Terror Gulf, located on the tip of the southeast side of the Antarctic Peninsula, *Ultramarine* will be positioned to maximize both helicopter and Zodiac excursions. The James Ross Island group, which comprises several Islands, offers myriad opportunities to explore historically relevant sites that were discovered by the Swedish Antarctic Expedition of 1901-04. Upon landing, we plan to hike to a summit to view an Adélie penguin colony, as well as the northern Weddell Sea. If the tide is low, there may be grounded bergs in the shallow waters—a surreal sight you're unlikely to encounter on many polar expeditions.



#### 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.

These islands, highly valued for their geological significance, are home to fossil finds, ventifacts (ancient rocks polished smooth over time by wind and grains of sand) and the remains of the KT Boundary, which marks the transition between the Cretaceous Period (dinosaurs and reptiles) and the Tertiary Period (mammals). Our goal is to provide opportunities for you to see ventifacts up close, to better appreciate the significance of wind erosion—by sand or ice particles—over long periods of time. These ventifacts provide valuable information about the climatic history and prevailing wind patterns of the region.

As already mentioned, atmospheric conditions influence when and where we fly—on any day of our voyage—at any of the superb locations in the region. When not flying, we'll shift our focus from geology to wildlife. For instance, we could Zodiac cruise to Devil Island and head out on a hike that will allow

participants to appreciate the twin towering cones of ash and hardened lava that rises from a bay on the north shore of Vega Island. Alternatively, we may aim for renowned Paulet Island, home to one of the largest Adélie penguin rookeries in the area, as well as the 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.

Another potential destination for helicopter operations includes the dramatic headland on the northeastern tip of Joinville island. One of the first features you'll see as we approach the island by air is, of course, the distinct rocky headland sticking out of the rugged, icy landscape. This prominent landmark has proven useful for navigation and exploration over the years.

Expect a dramatic finale to the helicopter-focused segment of the expedition as we prepare to return back across the Drake

Passage. While our team has devised multiple back-up plans—crucial on any polar expedition—our ultimate goal at this point is a heli flightseeing excursion to Livingston Island, home of the most spectacular mountains of the South Shetland Islands. Among the towering peaks you'll see from air are the Tangra Mountains (stretching 32 kilometres long by 8.5 kilometres wide), Mount Friesland (rising to 1,700 metres/ 5,578 feet), Bowles Ridge and Pliska Ridge (667 metres/2,188 feet).

Another landing option is Deception Island. Along with waddling penguins and lounging seals, you can also see the rusting remnants of long-ago whaling operations on the beach. 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 geothermic steam along the shoreline gives this location an atmospheric feel.



**DAY 10 | AT SEA DAY: REJUVENATE  
AND RELAX ON *ULTRAMARINE***

Take some time, as we journey back across the 800-kilometer Drake Passage, to relax after your off-ship adventures. *Ultramarine* is home to Tundra Spa, where you can book a soothing facial treatment or massage. Additionally, you can also relax in the sauna with floor-to-ceiling windows that keep you connected to the polar seas while you rejuvenate indoors.

**DAY 11 | AT SEA DAY**

Your polar learning isn't over. Join our on-board experts as they continue to share their vast polar expertise through scheduled presentations in our Ambassador Theater. The state-of-the-art, high-resolution LED screen wall in the main theater ensures high-definition viewing of presentations from your Expedition Team from any angle. This is an excellent opportunity to ask any lingering questions you have about any aspect of your Antarctic experiences.

**DAY 12 | DISEMBARK IN USHUAIA  
AND FLY TO BUENOS AIRES**

You will arrive in Ushuaia in the morning and disembark after breakfast. The mandatory transfer package includes a tour of Tierra del Fuego National Park for a taste of Patagonia, after which you'll transfer to the airport for the return group charter flight to Buenos Aires.





# Arrival and Departure Details, and International Flight Planning

						
DAY 1		DAY 2	EXPEDITION DAYS		FINAL DAY	
In-bound international flight* Arrival and independent transfer to hotel night		Group transfer to airport, flight to embarkation point, and embarkation	On ship or landing days		Disembarkation, free airport transfer, and flight to Buenos Aires, International flight onward**	
<p>* Arrive anytime on Day 1 or earlier. Day 1 includes an optional briefing.</p> <p>** Consider booking your international flight home after the Final Day as charter flight times may vary.</p> <p> International flights are not included in the cost of the voyage.</p>						

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 BUENOS AIRES AND HOTEL NIGHT

Upon arrival in Buenos Aires, you will make your way to the included group hotel. A presentation room will be open from 12 pm to 8 pm for luggage weighing and tagging. A Quark Expeditions representative will be available to answer your questions and give information about the next day's flight and ship embarkation. After an early breakfast the following morning, your group will transfer to the airport and board our private charter flight to Ushuaia, Argentina, the southernmost city in the world.

### DAY 2 — USHUAIA AND EMBARKATION

In Ushuaia your mandatory transfer package will provide some free time to explore this quaint port town, and also (when flight schedules allow) a tour of Tierra del Fuego National Park. Note: The tour (if available) may take place on either the embarkation or disembarkation day.

We will transfer the group to the ship for embarkation around 4 pm.

### PLEASE NOTE

Luggage will be limited to one checked luggage and one cabin baggage on the flights between Buenos Aires and Ushuaia. Luggage weight restrictions will be confirmed in your final documents received 30 days prior to your trip. Should you have additional luggage, it can be stored at the hotel in Buenos Aires. There is NO option to pay for additional luggage.



## Final Day and Departure

### DISEMBARKATION IN USHUAIA

The ship is scheduled to arrive back at the pier in Ushuaia between 7 am and 8 am. After breakfast you will bid farewell to your Expedition Team before completing your disembarkation. This process takes approximately one hour.

### DEPARTING FROM BUENOS AIRES

Upon arrival in Buenos Aires, you may be able to connect directly with your homeward flight, as we will land at Ministro Pistarini International Airport (also known as Ezeiza International Airport, EZE) at 5 pm. Please allow a minimum of three hours between our charter arrival and your international departure. We recommend four hours.

If your plans will take you onward in South America, please check your flight schedule to confirm your connection before booking. Upon arrival in Buenos Aires, you may need to transfer from the international airport (EZE) to the domestic airport, Jorge Newbery (also known as Aeroparque, AEP), which is located about a one-hour drive away under normal traffic conditions. If you must transfer between airports on the final day of the voyage, you can choose to use the efficient airport shuttle service, Manuel Tienda León, or take a *remis* (a pre-paid taxi booked inside the airport). If you prefer, your Polar Travel Adviser can also arrange for a private transfer. As traffic can add time to the commute, we recommend that you allow at least five hours between flights arriving and departing from the different airports in Buenos Aires to allow for transit, check-in, and security clearance.

For the absolute safest travel plans, we recommend that you book an extra hotel night in Buenos Aires between flights.

### PLEASE NOTE

#### Included Hotel Accommodations:

Your included accommodation begins on Day 1 of your itinerary. 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.

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

## Arrival and Departure Transfers

### BUENOS AIRES AIRPORT TRANSFERS

Arrival transfers from your international flights in Buenos Aires are not included; however, your Travel Professional or Polar Travel Advisor can arrange them for you.

*We request that you provide your flight details to Quark Expeditions at least 30 days prior to traveling.*





*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

## ULTRAMARINE

The newest ship in our fleet, *Ultramarine* is designed to go beyond the familiar in polar exploration, to immerse guests in parts of the Polar Regions where few humans have ever set foot.

Equipped with two twin-engine helicopters and 20 quick-launching Zodiacs, *Ultramarine* offers the most off-ship adventure activities in the industry. Guests can enjoy two restaurants (Balena and Bistro 487), Tundra Spa, a sauna-with floor-to-ceiling windows, spacious suites and abundant wildlife-viewing spaces. *Ultramarine* also features advanced sustainability systems—which exceed all industry standards.

*Ultramarine* is perfectly designed to deliver the ultimate polar expedition experience.

### SHIP SPECIFICATIONS:

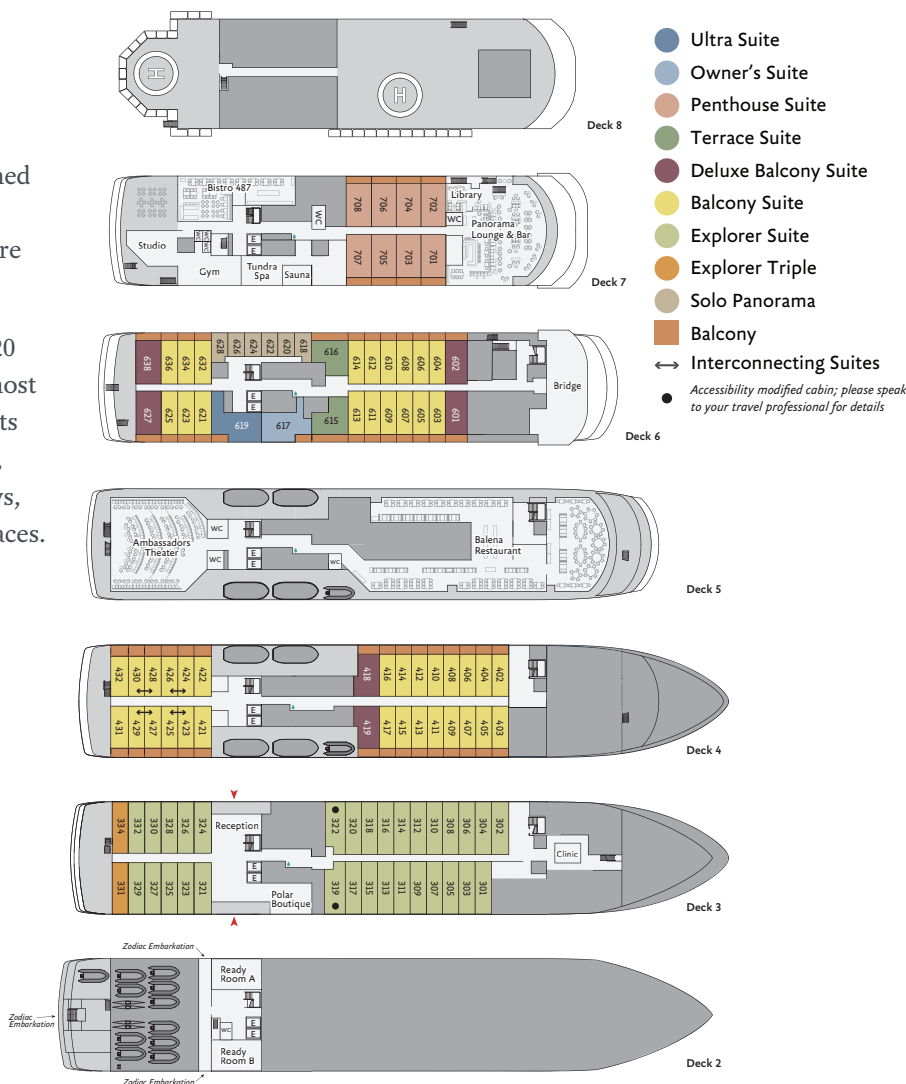
Staff and Crew: 140

Guests: 199

Lifeboats: 4, fully enclosed

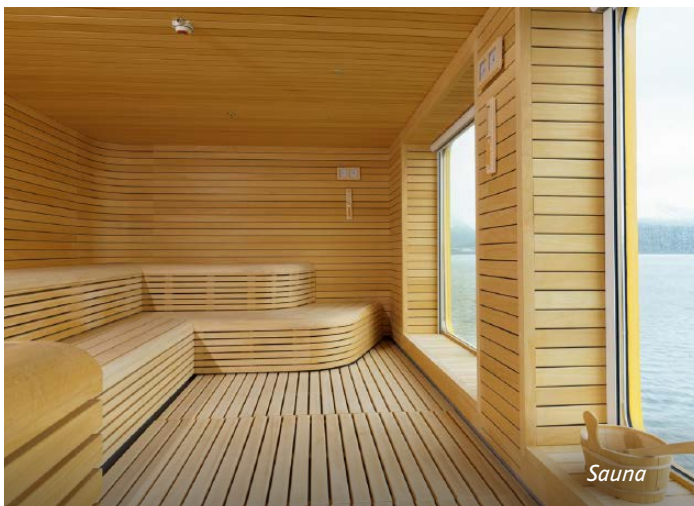
Ice Class: PC6

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





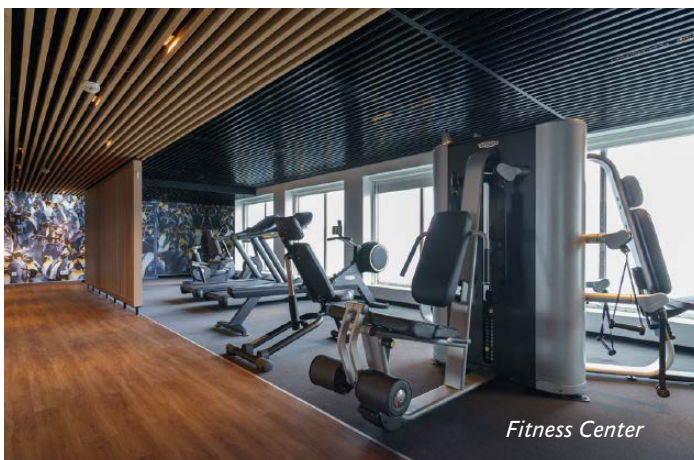
*Deluxe Balcony Suite*



*Sauna*



*Panorama Lounge*



*Fitness Center*



*Balena Restaurant*



# Included Activities

All of 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.

## FLIGHTSEEING

While polar landscapes are spectacular from the sea, they are even more striking from the air. On board *Ultramarine* you will experience remarkable aerial perspectives on a 10- to 15-minute flightseeing excursion included in the cost of your voyage.

## HELI-LANDING

Imagine setting foot in an area of the Antarctic that can only be safely accessed by helicopter. With fellow passengers and expert guides, you'll board one of *Ultramarine's* two twin-engine helicopters to soar off to an exclusive polar site where no ships can navigate. Expect stunning bird's-eye views during your

flight, and then, upon arrival, simply sit back, relax and take in the splendor of the Antarctic from "the best seat in the house": glacial amphitheaters, breathtaking summits, and more. At your landing, you'll have time to relax and quietly reflect on the beauty of your polar surroundings, after which you'll be picked up by the helicopters in the same location and returned to *Ultramarine*.

Your heli-landing experience is uniquely curated by our expedition team, taking conditions, regulations and location capacity into consideration.

## 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.

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

### **PRESENTATIONS**

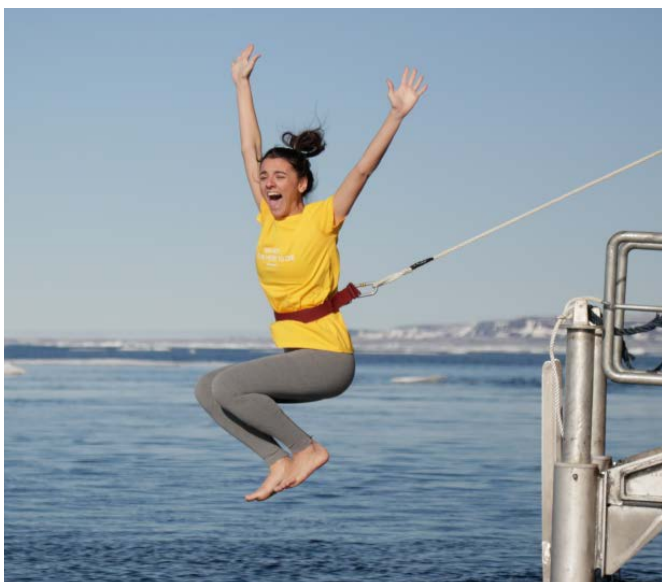
Enjoy daily chats with and presentations by our world-class onboard polar experts—expedition guides, specialists, photography guides and other special guests who will introduce you to the fascinating history, biology, ornithology, glaciology and geology of the region, and much, much more.

### **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 and physical requirements is available by contacting your Polar Travel Adviser or travel professional.



# Departure Dates

Antarctica by Helicopter: Icebergs, Mountains and Remote Lands

## ULTRAMARINE

<i>Dates</i>	<i>Days</i>	<i>Start / End</i>		
<b>ANTARCTIC 2025/2026</b>				
NOV 27 - DEC 8, 2025	12	Buenos Aires	Included	Included
DEC 7 - 18, 2025	12	Buenos Aires	Included	Included

## 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:

- One (1) heli landing
- Two (2) flightseeing excursions
- 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

#### **This expedition will have a separate (and mandatory) Transfer Package charge.**

##### Mandatory Transfer Package Includes:

- One night's pre-expedition hotel accommodation in Buenos Aires 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 flight departing from Buenos Aires' domestic airport (Aeroparque/AEP) to Ushuaia, and returning to Buenos Aires' international

- 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
- One 10- to 15-minute helicopter flightseeing excursion (weather and logistics permitting).

airport (Ezeiza/EZE)

- Group transfer from hotel to airport in Buenos Aires
- Group transfer from Ushuaia airport to the ship, and return (Note: Transfer on arrival in Buenos Aires from airport to hotel at the beginning of the journey is not included. Please make your way to the included hotel.)
- Combined airport transfer and express bus tour of Tierra del Fuego National Park after disembarkation 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
- 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.

Balena Restaurant, the main diningroom on Deck 7 of *Ultramarine*, features tables that accommodate 2 to 10. Guests can enjoy a quiet dinner with a loved one or join a larger table of new friends. Guests will enjoy views from every seat in addition to direct access to the wraparound deck. Guests can also enjoy a meal in Bistro 487, which offers an indoor/outdoor dining experience—perfect for enjoying the polar landscapes.

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 sites are a sample of what you may experience on your expedition, whether by ship, Zodiac cruise, or shore landing.

### Antarctic Peninsula

#### BROWN BLUFF

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

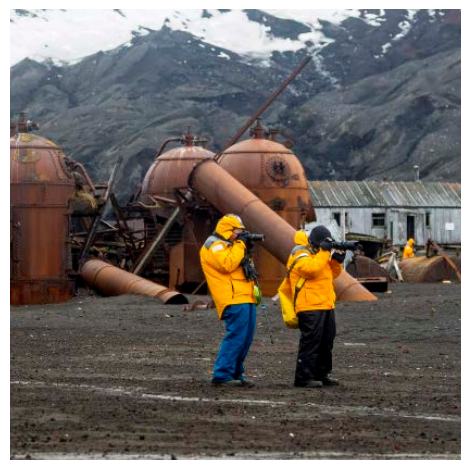
#### CAMP COVE

This rarely-accessed continental landing site deep within the eastern side of the Peninsula is exceptional for its crescent beach and gentle incline to Camp Hill,

which is the highest point in the cove to view the surrounding glaciers and Prince Gustav Channel, an 80-nautical mile strait that separates James Ross Island and Vega Island from Trinity Peninsula

#### 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 incredible 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.



### DEVIL ISLAND

The Swedish Antarctic Expedition of 1901-04 discovered the narrow island, which is 1.6 km long with a low summit at each end (twin horns), hence the name. Guests can hike to the summits to observe the Adelie penguin colony and enjoy 360 degree views of Vega Island and the northern Weddell Sea. Grounded bergs in the shallows at low tide provide a surreal touch to the experience.

### EREBUS AND THE TERROR GULF

At the crossroads between the Antarctic Sound and the Weddell Sea, Erebus and Terror Gulf is known for intense pack-ice movement due to the currents around the neighboring islands, particularly James Ross Island. Tabular icebergs, which break off the ice shelves to the south, can become grounded.

### JAMES ROSS ISLAND

Scientists became especially interested in James Ross Island after the discovery of fossils of dinosaurs and other prehistoric creatures, which suggests the continent was once characterized by a warmer climate. Consequently, the island, located off the northeastern tip of the Antarctic Peninsula, is home to several research stations that focus on biology, geology and climate change issues. James Ross Island is situated within the volcanic chain that forms the Antarctic Peninsula.

### JOINVILLE ISLAND

The Joinville archipelago includes several islands and islets, the largest of which is Joinville Island, which measures 64 kilometres long and 19 kilometres wide. The island is rugged and mountainous, with a landscape dominated by ice and snow, glaciated coastline and nunataks, which are formed when a peak or a mountain protrudes through an ice sheet

or glacier. Island wildlife includes Adelie and Chinstrap penguins, seals, and various seabirds.

### LIVINGSTON ISLAND

Livingston Island is home to arguably the most spectacular mountains of the south Shetland Islands. Some of the mountains you could see include Tangra Mountains (stretching 32 kilometers long by 8.5 kilometers wide), Mount Friesland (rising to 1,700 meters/ 5,578 feet) , Bowles Ridge and Pliska Ridge (667 meters/2,188 feet).

### MADDER CLIFFS

The 305-meter (1,000 foot) Madder Cliffs are located at the west end of Joinville Island, which is the largest off the northern tip of Antarctica Peninsula. Occupying the base of these reddish cliffs is a thousand-fold colony of Adélie penguins, well as a smaller number of gentoo penguins.



### 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 us that this was once a very active landscape. In addition to penguins, you may also view the remains of a historic hut built by members of the Swedish Antarctic Expedition of 1901-04. A cross marks the burial site of Ole Wenersgaard, a member of the crew.

### SEYMOUR ISLAND

Also known by its Argentine name, Marimbio, the island is significant for fossil finds, ventifacts (ancient rocks polished smooth over time by wind and grains of sand) and for the remains of the KT Boundary, which marks the transition between the Cretaceous Period (dinosaurs and reptiles) and the Tertiary Period (mammals) of geological times. This era is known for the mass extinction of many forms of life, including dinosaurs.

### TAY HEAD

Tay Head is a dramatic headland on the northeastern tip of Joinville Island. It's hard to miss the rocky headland jutting out of the rugged, icy landscape—and that's precisely why Tay Head has long been an important landmark for navigation and exploration. Against this backdrop you can observe wildlife species such as Adélie and Weddell penguins, fur seals and giant petrels..

### VEGA ISLAND

Vega Island, part of the James Ross island Group, is located off the eastern coast of the Antarctic Peninsula in the Weddell Sea. The island, which stretches 27 km long and 14 km wide, has a mostly rocky and icy terrain with several cliffs and ice-laden peaks. Vega Island and the surrounding waters are home to penguins, seals, seabirds and other wildlife. The summit on Vega island offers excellent

views of the Adélie penguin colony and of the Weddell Sea. Grounded bergs are often spotted in the shallow waters at low tide.

### WEDDELL SEA

While the Weddell Sea is home to plenty of whales (killer, humpback and minke), as well as leopard, crabeater and Weddell seals, it's especially known for its concentration of icebergs. It's possible to see dome-shaped, wedge-shaped, tilted and blocky icebergs, but it's the rectangular-shaped tabular icebergs that stand out because of their plateau-like flat top and steep sides. Some are as big as football fields.



### 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

## BY SEA AND AIR

All transfers ship to shore, helicopter flights and Zodiac/ship cruising.

- ☐ Waterproof pants (mandatory for every Zodiac and helicopter 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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