



ANTARCTIC EXPLORER

Discovering the 7th Continent





Overview

Antarctica offers so many extraordinary things to see and do, and travelling with Quark Expeditions® offers multiple options to personalize your experience. We've designed this guide to help you identify what interests you most, so that you can start planning your version of the perfect expedition to the 7th Continent.

If this is your first visit, our classic Explorer voyage gives you the best of the stunning Antarctic Peninsula in 11 or 12 days. Conquer the famed Drake Passage in your choice of four stabilized, polar-class vessels; explore majestic natural environments by zodiac and on foot; get up close and personal with penguins, whales and other wildlife; enjoy talks on history, biology and glaciology by onboard polar experts. You can personalize your adventure with options that suit your interests, and cross the 7th Continent off your list—your way.

Antarctica has been inspiring explorers for centuries and our expeditions offer the chance for you to discover why. We're excited to host you on your unforgettable 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 highlights of the Antarctic Peninsula



Travel safely and comfortably aboard any Quark Expeditions® ice-strengthened vessel



Enjoy talks about the environment and wildlife from our onboard polar experts



Experience abundant wildlife, such as penguins, seals and whales



Antarctic Explorer: Discovering the 7th Continent

11/~~12~~ Day Itinerary

DAY 1 | ARRIVE IN USHUAIA, ARGENTINA

You will begin your journey in Ushuaia, a small but bustling port town at the tip of South America. This Argentine town is an 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 | EMBARKATION DAY

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—the

next time you see land, you'll be in the world's most southern continent!

DAYS 3 & 4 | CROSSING THE DRAKE PASSAGE

Your days at sea are filled with presentations led by your Expedition Team who will prepare you for the wildlife, glaciology and history that will greet you upon your arrival. In between presentations, spend time on deck looking for wildlife or chatting with your shipmates over a drink at the bar.

DAYS 5-8 | SOUTH SHETLAND ISLANDS & ANTARCTIC PENINSULA (OR DAYS 5-9 OF 12-DAY ITINERARY)

The most common reaction upon reaching the White Continent is a sense of reverence and awe. The experience



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On board the *Ocean Adventurer*,
Ocean Diamond, or *World Explorer*

is beyond words, since few places are as untouched and enduring 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 local 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 consorting with 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, fins, or perhaps orcas while on a Zodiac cruise. Each excursion will present a new collection of creatures to delight 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.

DAYS 9 & 10 | CROSSING THE DRAKE PASSAGE (OR DAYS 10 & 11 OF 12-DAY ITINERARY)

The journey back across the Drake Passage provides final opportunities to

enjoy the crisp Antarctic air. Spend time on the deck, watching for seabirds and scouting for whales, enjoy presentations by your Expedition Team and celebrate the experiences shared exploring Antarctica.

DAY 11 | DISEMBARKATION IN USHUAIA (OR DAY 12 OF 12-DAY ITINERARY)

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



EXPEDITION SPIRIT

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Antarctic Explorer: Discovering the 7th Continent

Arrival & Departure Details

As you prepare for your journey, you may be interested in your arrival and departure details. Since air transportation to and from your voyage is not included in the cost of your expedition, you have some flexibility in planning your flights. Looking to extend your adventure beyond your polar expedition? Learn how to add on a pre-or post-expedition stop—or both!—in your gateway city on page 16.

Arrival Day and Embarkation

ARRIVING IN USHUAIA

You may arrive in Ushuaia at any time during Day 1 of your itinerary. Ushuaia and its mountainous surroundings is a destination 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 6pm.



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 4pm. 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 12pm 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.

Included Hotel Accommodations

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

Ushuaia accommodations range from hostels to mid- and high-range properties, and hotel space is limited. Quark Expeditions® endeavors to provide the best possible accommodation within these parameters. A particular property cannot be guaranteed, but space is most often booked at Hotel Las Lenguas, Hotel Los Acebos, and Albatros Hotel.

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.





OCEAN DIAMOND

The *Ocean Diamond* is both a comfortable and capable ship, ideal for navigating the tricky waters of Antarctica. All rooms have an exterior view, flat-screen TV and DVD player, with some suites sporting a private balcony. After a day of exploration, you can relax with a book in the polar library, head to the gym for a workout, have a drink at the bar, or soak in the scenery from the panoramic observation lounge, or on one of the outer decks. The *Ocean Diamond* has just completed full renovations of every deck and all cabins, plus the reception area, bar, observation lounge and the dining room.

SHIP SPECIFICATIONS:

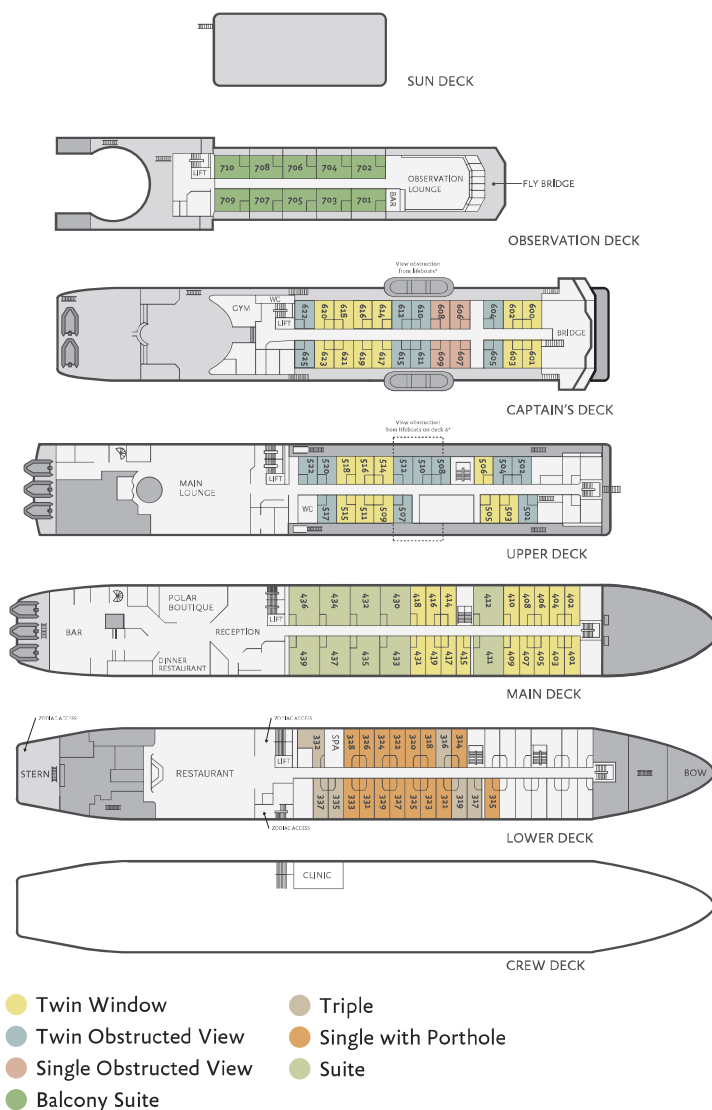
Staff & Crew: 108

Guests: 189

Lifeboats: 2, fully enclosed

Ice Class: 1D

Visit QuarkExpeditions.com to view deck plan details.





Included Activities



Ready for a little adventure beyond your ship? Each Quark Expeditions® voyage offers a variety of fun recreational activities to enhance your polar experience.

ZODIAC CRUISING

Zodiacs are the workhorses of polar expeditions, safely transporting guests to remote shorelines, exploring shallow inlets and searching for wildlife—taking you to places the ships can't reach. Expedition staff make stepping in and out of them safe and comfortable.

HIKING

Led by experienced staff, exploring on foot is the best way to appreciate the landscape and shorelines. Staff will aim to have multiple hikes available based on ability and mobility.

PRESENTATIONS

Enjoy daily chats with onboard polar experts—our guides, scientists and other special guests will introduce you to the wonderful history, biology, ornithology, glaciology and more.

POLAR PLUNGE

This rite of passage, experienced just once per expedition, sees you safely jumping into icy ocean waters under the watchful eye of our staff—and just about every single camera lens on board!

PHOTOGRAPHY

Documenting your voyage so you can take the memories home is a rewarding experience. Our photography guides will help you learn skills to capture the beauty of the Polar Regions.

OTHER EQUIPMENT ON BOARD

Walking poles are provided at each landing for your convenience. As there are limited number of poles available, please bring your own if you require them on every landing.

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





Adventure Options



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 instead of shore landings or Zodiac cruises. The number of opportunities to kayak is weather dependent and will only be conducted during calm conditions.

Prior kayaking experience is required for you to feel comfortable on the water, and you must have the capability 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 and would like to try something less in-depth than Sea Kayaking, you can still enjoy the benefits of adding an on-water experience to your expedition with a Paddling Excursion. Sign up for a one-time paddle on our sit-on-top kayaks, which are stable and unencumbered: perfect for anyone with little to no experience with kayaking. We take rotating groups of passengers out on calm days with expert guides to connect with the sea.

PLEASE NOTE

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



STAND-UP PADDLEBOARDING (on **WORLD EXPLORER** only)

Combining surfing with kayaking, stand-up paddleboarding will give you a very personal and unique perspective on Antarctica. Taken in small groups—in calm bays and harbors, in good weather conditions—and accompanied by a Zodiac, one-time stand-up paddleboarding excursions can be pre-booked in two consecutive priority groups. After the first two successful outings, it will be offered via sign-up on board the ship on a first-come, first-served basis for any subsequent outings.



CAMPING (select departures only)

Treat yourself to an overnight camping adventure in Antarctica! This is one of the best ways to experience Antarctica in an intimate manner, taking your expedition to the next level. Camping is available on most early season Antarctic voyages. A camping safety briefing on board gets you fully prepped and ready for a night of sleeping under the dusky glow of Antarctic summer skies. Dress warmly and eat a hearty meal before you head out, as no food is allowed on land. All equipment and instruction are provided, and no tent is required. Our popular camping options have limited availability, varying by ship.



Inclusions & Exclusions

Inclusions

ON ALL SHIPS, RATES INCLUDE:

- Leadership throughout the voyage by our experienced Expedition Leaders, 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 (Please inform us of any dietary requirements as far in advance as possible. Unfortunately, the ships' galleys cannot prepare kosher meals.)
- Beer and wine during dinner; and 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 the expedition
- A pair of waterproof expedition boots on loan for landings and Zodiac cruising excursions
- An official Quark Expeditions® parka to keep
- Hair dryer and bathrobes in every cabin
- Comprehensive onboard materials, including a map and an informative Antarctic Reader
- 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 storage facility

Exclusions

RATES SPECIFICALLY DO NOT INCLUDE:

- 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 flights
- Mandatory waterproof pants for Zodiac landing and cruising excursions, or any other gear not mentioned
- Laundry, bar, massage services and other personal charges, unless specified
- Phone and Internet charges
- 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

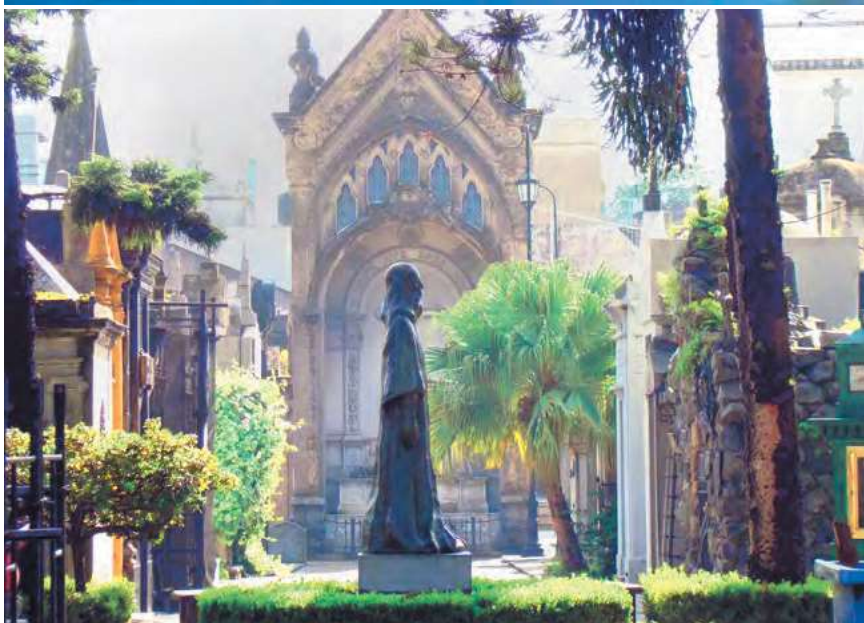


Your Expedition Team

Our Expedition Leaders and their teams bring diverse polar 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 over 29 years of experience bringing passengers to remote polar regions and an industry leading staff-to-guest ratio, we know how to handle the unexpected to guard the safety of all passengers. Ensuring this hard earned experience is passed on, our new expedition staff receive comprehensive training in 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.





Extend Your Trip

PRE- AND POST-EXPEDITION TRIP EXTENSIONS

You can extend your trip by booking extra days to explore one of our gateway cities before or after the voyage. 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 fascinating city, known as the tango capital of the world. Enjoy an extensive city tour and take in a tango show and breathtaking art. Savor Argentine barbecue at a steakhouse, then stroll the tree-lined boulevards and marvel at the architecture. Take an extended tour from Buenos Aires to Iguazú Falls and if you're daring, walk the catwalks over the falls.

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.

FROM TOP: Iguazú Falls; Recoleta Cemetery; Argentinean asado (barbecue)



Meals on Board

If there is one constant at sea, 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 meals a 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.

Soft drinks and juices are available during meals and when the bar is open; beer and wine are served with dinner; and coffee, tea and water stations are available around the clock; all included in the cost of your package. Spirits, premium wines and champagne are available at an extra cost which can be billed to your shipboard account. The well-stocked bar on the ship is open to enjoy with your fellow shipmates in the late morning, afternoon and evening.





Possible Excursions

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

Antarctic Peninsula

CUVERVILLE ISLAND

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 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 from 1975. The well maintained hut on site was used as a staging-post to store

supplies and for accommodation while waiting for ideal weather windows for flights. 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 but dome shaped island provides you with a stunning view of the Errera Channel.

ENTERPRISE ISLAND

Located in Wilhelmina Bay, this island was once used by whalers. A Zodiac cruise around the island passes a wrecked whaling ship.

LEMAIRE CHANNEL

This dramatic strait runs between Booth Island and the Antarctic Peninsula, and is one of the most scenic locations on the peninsula's west coast. The channel may become impassable when ice fills the narrow but 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, Mikkelsen Harbor is a 1.86-mile (3 km) wide bay surrounded by stunning ice cliffs. It was discovered by a Swedish Antarctic expedition in 1901-04, and is surrounded by several reefs. Keep your camera close, as gentoo penguins and skuas, as well as Weddell, Antarctic fur, leopard and crabeater seals, are often seen in the region.

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. Climb up a steep slope for spectacular views of the glacier-rimmed harbor.

PARADISE BAY

A wide bay and natural harbor on the West Antarctic Peninsula, Paradise Bay is also known as Paradise Harbor. 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 research base, *Almirante Brown Base*—named after Admiral Guillermo Brown, father of the Argentine Navy—is also located in Paradise Bay, and was operated from 1951 until it burned down in 1984. It has since been partially rebuilt and is used as a summer research base.

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 historic sites from the Heroic Age of Exploration. A large gentoo penguin population resides here and is observed for any effects of tourism.

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 circles, trapping krill in a “net” of bubbles, and then swim straight up from below, mouths open, they engulf their prey. A truly spectacular 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, fur and Weddell seals frequently haul out here too.

HALF MOON ISLAND

This crescent-shaped island was known to sealers as early as 1821. Unlike sealers, who tried to keep their best locations 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, you can only visit here from January 10 onward.

PENDULUM COVE

Geothermal waters are found along the shoreline of this Deception Island cove, named for observations made in 1829 by a British expedition. You may see yellow algae and krill floating on the surface because of the warmer water.

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 hauling out on the rocks.

WHALER'S BAY

To reach Whaler's Bay, it is necessary to sail through a narrow passage called Neptune's Bellows. The bay was used by whalers from 1906 to 1931 and is part of a protected harbor created by the formation of the circular flooded caldera known as Deception Island. Along with waddling penguins and lounging seals, you'll see the rusting remains of whaling operations on the beach. Watch for steam along the shoreline from geothermic activity when the tide is right.

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.



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Packing Checklist

WEATHER CONDITIONS & TEMPERATURES

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

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

FOR ALL EXCURSIONS

- ☐ Base layers (wool, synthetic or a blend)
- ☐ Mid-layer warm/fleece top
- ☐ Mid-layer warm/fleece pants
- ☐ Wool and synthetic socks (3 to 4 pairs)
- ☐ Neck warmer or balaclava
- ☐ Warm hat that covers ears
- ☐ Waterproof pants (mandatory for every Zodiac ride)
- ☐ Waterproof gloves and glove liners
- ☐ Sunscreen
- ☐ Sunglasses with UV protection
- ☐ Spare set of gloves

SUGGESTED ITEMS

- ☐ Waterproof, lightweight backpack or dry sack
- ☐ Swimsuit (for the polar plunge!)
- ☐ Binoculars
- ☐ Camera with charger and extra batteries
- ☐ Extra memory cards
- ☐ Earplugs (in case of noisy cabinmates)
- ☐ Eye masks for sleeping
- ☐ Moisturizer and lip balm (polar air can be drying)
- ☐ Seasickness, indigestion, headache or other medicine
- ☐ Voltage converters and plug adapters (220V/European outlets)
- ☐ Ski goggles (for Zodiac cruising on snowy or windy days)

FOR ON BOARD

- ☐ Comfortable casual clothing (pants/jeans, shirts, sweaters)
- ☐ Lighter shirts (in case the ship gets warm)
- ☐ Comfortable non-slip close-toed unheeled shoes (**NOTE:** Flip flops, sandals or slip on shoes should not be worn on board due to safety concerns)

For more packing and gear-related info, visit the Quark Expeditions® online Polar Boutique at Shop.QuarkExpeditions.com

