

EXPLORE!

Tour Notes



Antarctic Circle - M/s Fram (FRPC 2015)



TOUR
DURATION
15
DAYS



Tour Style: Classic
Tour Pace: Relaxed

Tour Type: Small Groups
Tour Comfort: Comfortable

Tour Code: FRPC

Tour Highlights - Antarctic Circle - M/s Fram

- ✓ Superb wildlife viewing opportunities on land, exploring by foot, and at sea by Zodiac
- ✓ Join an expedition, crossing the polar circle
- ✓ Visit research huts that are home to experts conducting vital research on Antarctica
- ✓ Travel on a comfortable expedition ship
- ✓ Sail in the company of orca, humpback and minke whales

Tour Essentials

Accommodation: 12 nights Comfortable Boat

Included Meals: 14 breakfasts, 11 lunches, 12 dinners

Start Point: Join tour: Ushuaia

End Point: Tour ends: Buenos Aires

Transport: Zodiac, MS Fram

Countries: Antarctica Region, Argentina

Antarctic Circle - M/S Fram

Crossing the polar circle

A voyage into the Antarctic Circle will take you as far south as ice will allow. Our small ships allow access to this inhospitable and impossibly beautiful area, which only the lucky few will ever see. Imagine being encircled in rookeries of chinstrap, Adelie and gentoo penguins, so close to colossal glaciers and icebergs towering above you.



Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Tour Comfort: Comfortable

Hand-picked and chosen for their character, location or local importance, these properties have excellent facilities and a higher level of comfort and service. They provide the perfect wind down after an active day.

Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

Tour Pace: Relaxed

Easy paced tours with plenty of time to relax and absorb the sights and immerse yourself in the local surroundings.

Your tour itinerary

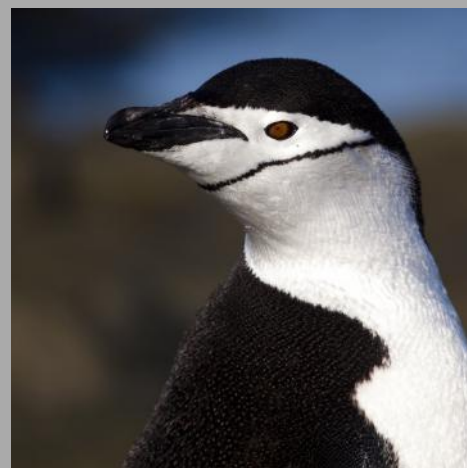
Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

DAY 1 Ushuaia

Our flight leaves Buenos Aires in the morning, which gives you a few hours to explore Ushuaia, the southernmost town in the world. You will be met on arrival into Ushuaia airport and transferred to the pier, after a brief orientation tour of Ushuaia.

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You will have a chance to explore Ushuaia on your own before embarkation commences at 16:00. In the evening, we set sail through the scenic Beagle Channel for the Drake Passage and Antarctica.

Overnight: **Comfortable Boat**



Included Meals: Dinner

DAY 2 Drake Passage

Named after Sir Francis Drake this stretch of water between South America and the Antarctic Peninsula has numerous myths and legends connected to it. The extraordinary seaworthiness of MS Fram ensures you a safe and comfortable passage and we encourage you to join our educational lectures en route.

Overnight: **Comfortable Boat**



Included Meals: Breakfast, Lunch, Dinner

DAY 3 Drake Passage

We will be on course for the Antarctic Peninsula and the South Shetland Islands, where we hope to arrive in the afternoon.

Overnight: **Comfortable Boat**



Included Meals: Breakfast, Lunch, Dinner

DAY 4 Antarctica and Wildlife

Once we have crossed the Antarctic Convergence you will start feeling the air getting crisper and colder. You will begin to see Antarctic penguins in the water and don't forget to be on the lookout for the first iceberg.

Overnight: **Comfortable Boat**



Included Meals: Breakfast, Lunch, Dinner

DAY 5 Antarctica and Wildlife

Hidden in the deep south of the Antarctic Peninsula we may visit places like Marguerite Bay, Fish Islands, The Gullet or Stonington. All of these sites are challenging to reach due to their remote and extreme locations.

Overnight: **Comfortable Boat**



Included Meals: Breakfast, Lunch, Dinner

DAY 6 Antarctica and Wildlife

No permanent human inhabitants, millions of penguins, feeding area for thousands of whales. This continent is dedicated to science and peace. Nevertheless - words simply do not describe the feeling of being on the Great White Continent.

Overnight: **Comfortable Boat**



Included Meals: Breakfast, Lunch, Dinner

DAY 7 Antarctica and Wildlife

The ice, wind and weather dictate life in Antarctica as well as our route. Every voyage is unique and our knowledgeable crew will make all voyages an experience of a lifetime.

Overnight: **Comfortable Boat**




Included Meals: Breakfast, Lunch, Dinner

DAY 8 Antarctica and Wildlife

The final choice of landings will be made in the course of the voyage, but there will be plenty of time spent on shore and in our inflatable boats, soaking up all that this land has to offer.

Overnight: **Comfortable Boat**


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 **Included Meals:** Breakfast, Lunch, Dinner

DAY 9 Antarctica and Wildlife

We will continue with our on-board lectures, as we make our way along the peninsula.


Overnight: **Comfortable Boat**

 **Included Meals:** Breakfast, Lunch, Dinner

DAY 10 Antarctica and Wildlife

An area rich in history, we will learn more about the great explorers of this region and re-trace their footsteps on our shore landings.


Overnight: **Comfortable Boat**

 **Included Meals:** Breakfast, Lunch, Dinner

DAY 11 Antarctica and Wildlife

We will have plenty of time to visit the numerous rookeries and you will soon become an expert at spotting your favourite breed of penguin.


Overnight: **Comfortable Boat**

 **Included Meals:** Breakfast, Lunch, Dinner

DAY 12 Antarctica and Wildlife

We have a final day to explore the delights of this frozen land and to soak up the beauty and serenity of this unique environment.

Overnight: **Comfortable Boat**

 **Included Meals:** Breakfast, Lunch, Dinner

DAY 13 The Drake Passage

As the bow points North, you will have time to reflect on your Antarctic experience, with its unforgettable sights and sounds.

 **Included Meals:** Breakfast

DAY 14 The Drake Passage

During the voyage back to Ushuaia, we will continue with our on board lectures and recap on our fabulous experience in Antarctica.

 **Included Meals:** Breakfast

DAY 15 Ushuaia/Buenos Aires

We arrive in Ushuaia in the morning - your Antarctic voyage has come to an end. You will continue on with our charter flight back to Buenos Aires.

 **Included Meals:** Breakfast

Accommodation and Meals

Food & Drink

Included meals: 14 breakfasts, 11 lunches, 12 dinners included in the price of this tour. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

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Cabins

Prices are based on the use of inside, category one cabins on decks 3, 5 and 6. Category one cabins are based on twin share, with one bed and one sofa bed. They are comfortable with a private toilet and shower, fridge and TV. The MS Fram has a number of different cabin categories, many of which are outside facing, with two beds (apart from superior cabins and suites, which have double beds). Some cabins have portholes and others, larger windows and sitting areas. All cabins are twin share, but we can also offer single occupancy at a supplement, if you are travelling alone. Call us for details on the cabin choice to fit your requirements.

Ship Dining

On-board the ship all meals are included in the price of your expedition; a buffet breakfast and lunch, and set menu dinner; it's free seating for breakfast and lunch, and assigned for dinner. Vegetarians and some special dietary requirements can be accommodated with advance notice, please advise us at time of confirmation. Coffee and tea are provided free of charge. All other beverages, alcoholic and non-alcoholic, are not included and can be purchased in the bar.

Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Tipping - Local Crew

Tipping is collected at the end of the voyage and is divided among the crew. Tipping is a very personal matter and the amount you wish to give is at your discretion, but as a generally guideline, we suggest US\$12 per person per day.

Foreign Exchange

Antarctica Region

ATM Availability: Cash can be drawn on credit or debit cards from ATMs in major cities.

Credit Card Acceptance: Credit cards are useful and can be used in many places, but may be subject to a service charge. The ship accepts Visa and Mastercard.

Travellers Cheques: Travellers Cheques can be difficult to exchange and are not accepted aboard.

Recommended Currency for Exchange: A combination of US dollars cash and cards is best. It is advisable to take a minimum of US\$200-500 of your total spending money in cash, in mixed denominations (notes should be in good condition).

Where to Exchange: Banks or Forex offices in major cities.

Argentina

ATM Availability: Widely spread in all countries. Recommend to use as much as possible. Although always have some cash as back-up

Credit Card Acceptance: Credit cards are useful and can be used in many places, but may be subject to a 10% service charge

Travellers Cheques: Travellers Cheques can be awkward or expensive to change (American Express are the easiest to change).

Local Currency: Peso

Recommended Currency for Exchange: Carry your funds in US Dollar Travellers Cheques/cash (NOT Sterling, which is almost impossible to change). It is advisable to take a minimum of US\$400-\$500 of your total spending money in cash, in mixed denominations. Notes should be in good condition otherwise they might be difficult to exchange.

Where to Exchange: Your Tour Leader will advise you on arrival. When changing money always keep your receipts for changing back money.

Joining your Tour

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a land only package with Explore

For passengers making their own travel arrangements, please ensure you join the group as described on day one of the tour itinerary. If you are considering purchasing your own airline tickets, you can book these through any travel agent, directly with an airline or through an online flight consolidator. In all cases, we would be happy to arrange transfers to and from the joining point of your tour if required.

Joining Tour Abroad

Clients booked on '**Land Only**' arrangements should make their own way to the joining point. Please refer to separate '**Joining Instructions**' for time and place of rendezvous with tour leader

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Important Information

Travel Insurance

It is a condition of joining **any** of our tours that you must have valid travel insurance. It must indicate that you have cover for (at least) medical expenses and emergency repatriation in the event of illness or injury. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling in England and Scotland. We also strongly recommend your policy includes curtailment, personal effects and cancellation protection as all deposits paid are non-refundable. You will also need to ensure your travel policy covers you for all activities you intend to do whilst on tour. Your insurer may charge an additional premium for certain activities.

If you require travel insurance for your tour, Explore Worldwide is an appointed representative of Campbell Irvine Limited, who is authorised and regulated by the Financial Conduct Authority. Our travel insurance policy is specially tailored to the needs of the adventure traveller and will cover you for any included activity on any Explore trip. You can either purchase this at the time of booking or call us on 0844 499 0903 after you have booked.

Vaccinations & Protection

Antarctica Region

Nothing compulsory, we recommend protection against typhoid, tetanus, diphtheria, polio and hepatitis A. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Argentina

Nothing compulsory, we recommend protection against malaria, typhoid, tetanus, polio and hepatitis A. Consult your travel clinic for latest advice on different prophylaxis available against malaria. We recommend protection against yellow fever. There have been very few cases reported, but local authorities do recommend travellers get immunised against yellow fever. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Preparing for your Tour

Climate

Antarctica Region

Polar Temperatures during Antarctic season: Min.: -15°C; Max. 12°C; Average 0°C.

Argentina

Argentina has a climate that ranges from subtropical in the north to cold in the temperate south. The Andes has erratic rainfall and flash floods from December to May. From June to September spring like sunny days temper the cold nights.

Clothing

Pack comfortable, casual clothing for all activities. Wind and waterproof outer layers are essential, and a jacket is provided in the cost of the cruise. Beware of tight clothing that leaves no room for trapped air, which is an excellent insulator. Wool, silk and some of the new synthetic fibres, like polar fleece, retain heat better than cotton.

Parkas

A wind and waterproof jacket is provided as part of the cost of your holiday.

Gloves

Keeping your hands warm and dry can be a challenge. Thin polypropylene gloves can be worn underneath warm outergloves. This allows you some protection from the cold when removing your gloves to operate your camera etc. We strongly recommend that you bring more than one pair of gloves, in case one gets wet (or lost).

Hat/Cap

Warm, woollen hat/cap to protect your ears, as well as a scarf, neck gaiter or other face protection, such as a balaclava.

Trousers

Water-resistant trousers of coated nylon or, even better, Gore-Tex® are essential for your comfort. They can be worn over your regular clothes to keep you warm and dry. We suggest that you purchase trousers a few sizes larger than you normally wear as you will be wearing them over other clothing. Gore-Tex® or similar fabrics are excellent for keeping out wind and water without trapping excess heat. Rain gear and Gore-Tex® products can be found in any outdoor sport clothing store. In addition to your waterproof trousers, warm ski pants are suggested if you have them. Warm trousers such as jeans, corduroys etc are also good.

Socks

Warm wool socks worn over a thin pair of silk, polypropylene socks should provide enough warmth and insulation for your feet. Bring

several pairs of socks, since you will inevitably get your feet wet.

Outer Clothing

Woollen, knit or cotton sweaters/tops, polar fleece tops (medium weight), several cotton turtlenecks and T-shirts for layering on and off the ship.

Underclothing

Thermal underwear is highly recommended as it will keep you warm without adding bulk. Most polar travellers prefer a lightweight version.

Equipment

Sunglasses and sun cream

Personal toiletries

A refillable water bottle

Books/reading material

Camera and memory cards (and something to protect the camera when out in the elements)

Seasickness remedy

Walking poles

Footwear

Waterproof boots are available on-board for a small charge.

Also ensure you take good walking boots and trainers for relaxing.

Luggage: On Tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

Please note that a 15kgs luggage weight limit is sporadically enforced on the internal flight to Ushuaia, occasionally charges may be levied against passengers taking luggage in excess of 15kgs.

Luggage allowance on tour: 15Kg

General Information

Food

The prices for meals and drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive. The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Antarctica Region

Argentina

Lunch £: 10.00

Dinner £: 17.00

Drink

Antarctica Region

Water £: The mighty seventh continent is the last true wilderness of significant size and is as far away from human influence as it's possible to get without leaving the planet. Antarctica is the coldest, driest and windiest place on Earth with no trees or rivers. Despite this, for a few weeks each year, its perimeter supports an astonishing array of life. Thriving rookeries of noisy penguins adorn the summer shores patrolled by skua hunting for an easy meal. In the sea, millions of tiny krill support a thriving population of whale and seal species while in the air albatross soar on the ocean breeze. Antarctica has a stark beauty which is without comparison. Ice-choked channels and snowy landscapes provide ever-changing scenes of beauty which are without comparison. Giant tabular icebergs calved from the edges of the ice shelf float majestically through the waves, their perfectly flat tops resembling giant aircraft carriers of epic proportions. This icy land has long been a draw for adventurers and explorers. In the early 20th century the likes of Scott, Amundsen, Oates and Shackleton all pitted their wits and strength against the harsh conditions. Some of these famous explorers were to pay for their curiosity with their lives. Today, with the advent of polar-rated expedition vessels, it is now possible for adventurous travellers to reach the edges of this remote region. To travel here is a real privilege; it's a journey that those with an interest in the natural world should strive to do at least once.

Argentina

Bottle of Beer £: 2.0

Water £: 1.30

Country details

Antarctica Region

Size of Country: 14,000,000 sq km

Time Difference to GMT: -3

Argentina

Population: 40,117,096

Size of Country: 2,766,890 sq km

Major Language: Spanish is the main language throughout this region, along with a number of indigenous dialects, of which Quechua, Aymara, Quichua and Guarani are the most popular

Religion: Predominantly Roman Catholic.

Time Difference to GMT: -3

Electric Supply & Plugs

Antarctica Region

2 Pin Round

Argentina

3 Pin Flat

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years experience, we are passionate about what we do.
- Pioneering small group adventures & tailor-made holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one of the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, elephant, or any number of unusual forms of transport. Often you will stay in family-run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Our commitment to the environment

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures and traditions, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: The Sunshine Orphanage (which cares for abandoned children in Luxor, Egypt), Education for All (sponsoring children through their secondary education in Morocco), The Hope Foundation (helping an Indian Village to recover from the 2004 Tsunami) and the Mufindi Orphanage, which supports AIDS orphans in Tanzania.

We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation, Travel Operators for Tigers (helping save the Bengal Tiger from extinction) and Friends for Conservation. We have also adopted a beautiful Sri Lankan Elephant called 'Serendip'.

We are delighted to have received a Five Star sustainable tourism status from the Association of Independent Tour Operators in recognition of our on-going commitment to sustainable tourism.

Cool Earth

Explore are delighted to support Cool Earth to reduce carbon emissions through preventing the illegal deforestation of the South America rainforest. One of the top sources of global carbon emissions, rainforest deforestation equivalent to the USA's annual emissions, it also destroys flora and fauna, sometimes to the point of extinction. It also degrades the lives and communities of the 350 million residents of the rainforest.

Cool Earth prevents the deforestation through its support of local communities as forest guardians and by focussing on areas in immediate danger of deforestation. It has so far protected over 350,000 acres of rainforest, with each acre saving an emission of 260 tons of CO2, as well as protecting rare animals and plants. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers' flights each year. In addition to mitigating emissions, when you travel with Explore, you are helping to protect the source of 20% of the world's fresh water and oxygen, as well as the livelihoods of the 1.6 billion people who are reliant on the rainforest. www.coolearth.org

Earth Matters

- [The Travel Foundation](#)

Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice. Visit their website www.thetravelfoundation.org.uk

- [Tourism Concern](#)

Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk

- For further information on responsible travel go to <http://www.explore.co.uk/ResponsibleTourism/>

Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at <http://www.explore.co.uk/essential-travel-information/travel-resources/travel-safety>

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2013 and 31st December 2014.

Tour Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2015 itinerary versions are applicable to tours departing in 2015. 2016/17 itinerary versions are applicable to tours departing from 1st January to 31st December 2016.

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