

# EXPLORE!

## TRIP NOTES



### Falklands, South Georgia and Antarctic Peninsula - M/S Fram (FRFS 2018)



TRIP DURATION  
**20**  
DAYS



**Tour Style:** Classic  
**Tour Pace:** Relaxed

**Tour Type:** Small Groups  
**Accommodation**  
**Grade:** Premium

**Trip Code:** FRFS

#### Trip Highlights - Falklands, South Georgia and Antarctic Peninsula - M/S Fram

- ✓ Sail to the Falkland Islands to explore the archipelago
- ✓ Follow in the footsteps of Shackleton to South Georgia
- ✓ View colonies of king penguins, fur & elephant seals
- ✓ Explore the Antarctic Peninsula and the Adelie, gentoo and chinstrap penguins
- ✓ Travel on a comfortable cruise boat with fantastic facilities and spacious cabins

#### Trip Essentials

**Accommodation:** 1 night Hotel  
18 nights Premium Boat

**Included Meals:** 19 breakfasts, 18 lunches, 18 dinners

**Start Point:** Join trip: Ushuaia

**End Point:** Trip ends: Buenos Aires

**Transport:** Zodiac, MS Fram

**Countries:** Antarctica Region, Argentina

# Falklands, South Georgia and Antarctica - M/S Fram

## Antarctic Odyssey

This is the ultimate Antarctic adventure, on the trail of explorer Ernest Shackleton. Your wildlife journey encompasses the extraordinary bird-life of the Falkland Islands, iconic king penguins of South Georgia, and glaciers and snow-capped peaks of the Antarctic Peninsula. Abundant marine life, including several species of whales and dolphins, will accompany you between landings.

## Wildlife

### Whales

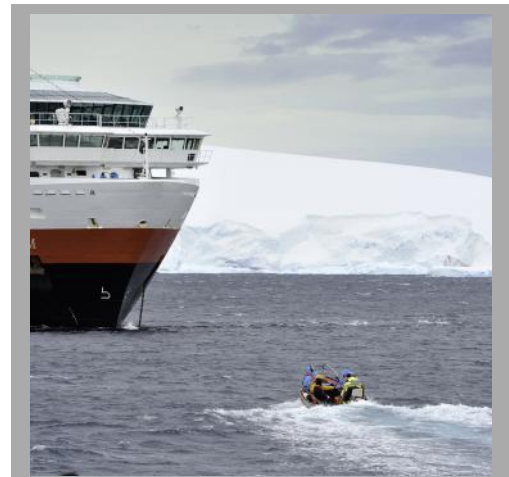
Thanks to the abundance of the small, shrimp like krill as the basis of the food chain, many species of whales make the water south of the Antarctic Convergence their summer home. Some of the species found in the frigid southern waters include: the Humpback Whale who consumes over a ton of krill each day; the Southern Right Whales easily identified by the whitish callosities on the jaws and forehead; the Sperm Whales made famous in Moby Dick; the Killer Whale which is actually not a whale at all but the largest of the dolphin family; the Sei Whale which can achieve speeds up to 55 km/h over short distances; the playful Minke Whales very common in the peninsula area; the Fin Whale who can attain a length of 25 to 27 meters making them the second largest whales; and the Blue Whale which is not only the largest whale in the oceans but also the largest animal that has ever lived.

### Penguins

The common name for all flightless, aquatic birds, penguins are only found south of the equator. Penguins have been grouped into 18 species and 6 genera, with most making their homes in Antarctica and the sub Antarctic islands, though others are native to the coasts of Australia, South Africa, South America, and the Galapagos Islands. Penguins are speedy and agile swimmers, but extremely slow on land. The regions we visit aboard MS Expedition are inhabited by 6 different species including the giant King Penguin who can grow up to 1 metre in height (found only on South Georgia Island); the Adelie Penguin named after French explorer Dumont d'Urville's wife; the Chinstrap Penguin identified by the distinctive black line connecting the black cap to below the chin; the Gentoo Penguin with its orange bill and white flash above and behind its eyes; the Macaroni Penguin (Only on South Georgia Island) who number roughly 12 million and are easily identified by the orange tassels meeting between the eyes; and the Rockhopper Penguin (Only in Falkland Islands) who are similar to the Macaroni in appearance but slightly smaller and have yellow tassels.

## Ship Description

The M/S Fram is a comfortable vessel for your polar exploration with modern amenities such as a fitness room, Jacuzzi and sauna. The ample indoor and outdoor public spaces are designed to ensure you enjoy the passing scenery and wildlife sightings; each table in the restaurant has scenic views and the observation lounge has panoramic windows. There's also a selection of shore excursions to choose from, allowing you to experience as much of the polar wilderness as possible.



## 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.

### Accommodation Grade: Premium

Our comfortable accommodation is hand-picked and chosen for its character, location or local importance. These properties have excellent facilities and a higher level of comfort and service.

### 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 trip 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 Buenos Aires

Make your own way to your pre-tour hotel in Buenos Aires. Discover the Paris of South America for yourself and get a taste of what the birthplace of Tango has to offer. Your evening is at leisure to enjoy the delights offered by this vibrant city. The next day you will fly down to Ushuaia, where you will begin your voyage.

#### Hotel in Buenos Aires


Comfortable hotel in Buenos Aires

 **Included Meals:** None

### DAY 2 Buenos Aires / Ushuaia

Our flight leaves Buenos Aires in the morning. On arrival, you will be met at Ushuaia airport and transferred to the pier, after a brief orientation tour of Ushuaia. Once onboard, there will be a welcome meeting and safety briefing, where the Captain will present his officers and expedition staff. They will outline the program for the coming days, however, weather and ice conditions will determine our final itinerary.


#### M/S Fram

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

### DAY 3 Drake Passage

We set a course south to the Falkland Islands in the South Atlantic, located 772 kilometres north of Cape Horn and about 1,600 kilometres from Antarctica. The Falklands consist of two large islands and around 700 smaller ones. On the way you will be able to enjoy fascinating and informative briefings into the history and biology found in the region.


#### M/S Fram

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

### DAY 4 Falkland Islands

After a day at sea, we reach the westernmost settled outposts in the Falklands. Some of these remote farms have been family owned for six or seven generations. The sheep graze alongside immense colonies of albatross and rockhopper, king, and macaroni penguins while predatory striated caracaras patrol overhead and upland geese forage at the water's edge.


#### M/S Fram

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

## DAY 5 Falkland Islands

The Falklands offer fantastically clear blue skies, seamless horizons, vast open spaces and stunning white sand beaches. Meeting the penguins; they will approach you close up, stop and take a glance, before continuing on their way in total disregard to your presence, giving you some great photo opportunities. Stanley, the islands' capital, makes a wonderful starting point for the various excursions we offer in the area. The town is easy enough to discover on foot as most shops and services are centred on the port.


### M/S Fram

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

## DAY 6 At Sea

The cruise southward to beautiful South Georgia takes two days. Our fascinating presentations en route will help you prepare for the experience.

### M/S Fram

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

## DAY 7 At Sea

En route to South Georgia, there will be a number of presentations about the area we shall visit and its wildlife, as well as some fascinating stories about Shackleton's expeditions. The lecturers will also tell us about the significance of the whaling station here.


### M/S Fram

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

## DAY 8 South Georgia

You can explore this beautiful island, which is ringed by ice-covered mountains and cool emerald-green bays. We will be in South Georgia for three days and will have time to visit some of the many historic places that can be found in these parts. We hope to visit Grytviken whaling station, its museum, Shackleton's grave and the whalers' church dating from 1913. The wildlife on South Georgia is different to what we will see in Antarctica, including many different bird and animal species. We hope to see albatross, southern giant petrels, king penguins, fur seals and elephant seals, amongst others.


### M/S Fram

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

## DAY 9 South Georgia

During our stay here, you will see Elephant seals lounge on the sand, fur seal pups race in and out of the water, albatross soaring overhead and King penguins in their thousands. There will be plenty of time to immerse yourself in the magnificent wildlife that is found here and to enjoy the abundance of birdlife in the various rookeries and landing sites.


### M/S Fram

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

## DAY 10 South Georgia

You will also see some of South Georgia's abandoned whaling stations, a whaling museum, the Norwegian seaman's church, and the tiny graveyard where we can pay our respects to the great Antarctic explorer himself, Sir Ernest Shackleton.


### M/S Fram

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

## DAY 11 At Sea

In addition to spotting the magnificent wandering albatross and other seabirds, we continue our lecture series focusing on the history, environment, and wildlife of Antarctica. Our series includes a thorough introduction to the Antarctic visitor guidelines from the Antarctic Treaty and International Association of Antarctica Tour Operators (IAATO).


### M/S Fram

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

DAY **12** South Orkney Islands

The deserted South Orkney Islands are a photographer's dream with majestic snow-capped mountains, blue icebergs and endless wilderness. We will spend one day exploring these islands before sailing the Washington Strait to Coronation Island and Elephant Island.


**M/S Fram**

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

DAY **13** At Sea

On our way to the Antarctic Peninsula, you can take the time to relax and look through your photos, attend a lecture, or simply get ready for our arrival in Antarctica.


**M/S Fram**

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

DAY **14** Antarctica

Antarctica is a continent dedicated to peace and science. We are visiting a place that has evolved through millennia without human interference, a place where wildlife remains fearless of man. When opportunities arise we will launch our Zodiacs and take you on unforgettable hikes to explore the most beautiful, untouched places on the planet. Weather, wind and ice conditions have a great influence on our final itinerary. Safety is always the first priority and the final sailing schedule will be decided by the ship's captain during the voyage.


**M/S Fram**

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

DAY **15** Antarctica

While in Antarctica, we will attempt to land on several sites. On land, our expedition team will guide you on what there is to see and help you to avoid disturbing the nature and wildlife. When conditions allow, hikes or other activities on land and at sea may be offered. Participation on any hike requires a good level of fitness, and you must be accustomed to hiking in uneven terrain.


**M/S Fram**

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

DAY **16** Antarctica

We will take in several landing sites on our journey into the deep South. On Deception Island a portion of the caldera wall has collapsed and created a navigable opening into the flooded interior. As we reach the natural harbour inside the island, we will also visit Whalers Bay. Staggeringly photogenic and blessed with some of the most spectacular Antarctic scenery imaginable, Half Moon Island is a glittering gem amongst these island treasures. The strong currents of the Weddell Sea conspire to bring massive flat-topped bergs north into the Antarctic Sound. Brown Bluff has, as the name suggests, a landscape dominated by a towering, rust-coloured bluff of volcanic origin and is home to a beach sprinkled with lava bombs. Governed by the weather and ice conditions, no two trips are ever the same. Wherever our final itinerary takes us, you will leave Antarctica with everlasting memories of this beautiful and pristine wilderness, where only a fortunate few have ever set foot.


**M/S Fram**

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

DAY **17** Antarctica

We have one final day to explore this glacial wilderness - the last untouched place on Earth, with its crisp air, icebergs and endless, white mountain ranges.

**M/S Fram**

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

**EXPLORE!** Share your experiences with us





## DAY 18 Drake Passage

After exploring this magnificent continent, we leave Antarctica and set course for Ushuaia.

### M/S Fram



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

## DAY 19 Drake Passage

The voyage from the Antarctic Peninsula to Ushuaia is about 950 kilometres - approximately 40 sailing hours in good weather. This sea passage was notorious amongst the early Polar explorers and is a unique voyage which only a few have the chance to experience.

### M/S Fram



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

## DAY 20 Ushuaia / Buenos Aires

We arrive in Ushuaia in the morning and you will disembark after breakfast. If time allows, we will include a stop in the city centre on our way to the airport, before our early afternoon flight back to Buenos Aires.



**Included Meals:** Breakfast

## Accommodation and Meals

### Food & Drink

Included meals: 19 breakfasts, 18 lunches, 18 dinners included in the price of this trip. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

### 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 Trip

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

### Food

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

The prices for 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.



## Antarctica Region

### Argentina

**Bottle of Beer £:** 2.0

**Water £:** 1.30

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### 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.

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## 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:** Available in Buenos Aires. In Patagonia some cards with Chip and Pin do not work in the ATM machines. Always have some cash as back-up as they are not always reliable

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

**Travellers Cheques:** Travellers Cheques can be awkward or expensive to change

**Local Currency:** Peso

**Recommended Currency for Exchange:** Carry all your funds in US cash NOT Sterling or Travellers Cheques which are more difficult to exchange. We recommend 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.

## Joining your Trip

### 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.

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### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found on our website at [www.explore.co.uk](http://www.explore.co.uk), in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to <https://www.explore.co.uk/transfers>.

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### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to <https://www.explore.co.uk/transfers>.

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### 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 booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

**EXPLORE!**  
The Adventure Travel Experts

CAMPBELL IRVINE  
DIRECT TRAVEL INSURANCE



Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers [www.campbellirvinedirect.com/Explore](http://www.campbellirvinedirect.com/Explore) who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

### Travel Aware

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 [www.explore.co.uk/travel-safety](http://www.explore.co.uk/travel-safety)

We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting [cr@explore.co.uk](mailto:cr@explore.co.uk) or 01252 379438.

### Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Visa Information

All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

USA (If flights transit): you will need to apply for an ESTA if you are transiting the USA as you will have to disembark and clear immigration before re-boarding for the onward flight.

Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done on line - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely to be refused boarding. When completing an application for transit you should enter the words 'In Transit' with your final destination location in the address line

You must have an electronic passport with a digital chip containing biometric information about the passport owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover.

If you have visited Iraq, Syria, Iran or Sudan in the past five years or are dual nationals of these countries, you cannot travel under the Visa Waiver Programme. Instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel.

For further information please check out the US embassy website.

Visa applications - <http://london.usembassy.gov/niv/apply.html>

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on **0208 5431846**.



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## 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 typhoid, tetanus, polio and hepatitis A. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended.. 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 Trip

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### 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.

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### 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.

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### 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

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### Footwear

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

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

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## 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 trip: 15Kg

## General Information

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### 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

**Religion:** Predominantly Roman Catholic.

**Time Difference to GMT:** -3

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### 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, self-guided, private journeys & 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, 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.

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### Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

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### Earth Matters

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, 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: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group

([www.tourismconcern.org.uk](http://www.tourismconcern.org.uk)) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

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## 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.

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### 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.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

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

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### 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 2016 and 31st December 2017.

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### Trip 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: 2018 itinerary versions are applicable to tours departing in 2018. 2019/20 itinerary versions are applicable to tours departing from 1st January to 31st December 2019.

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