EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Falklands, South Georgia and Antarctic Peninsula (FRFS 2017 SPECIAL)

POLAR

TRIPDURATI
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

- ✓ 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 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

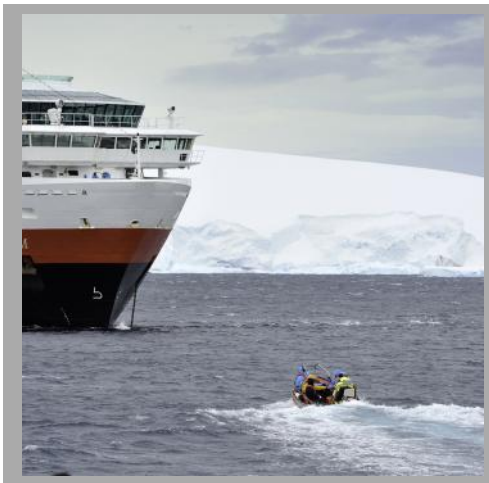
Whales
Thanks to the abundance of the small, shrimp like krill as the basis of the food chain, many species of whales make the water south of the Antarctic Convergence their summer home. Some of the species found in the frigid southern waters include: the Humpback Whale who consumes over a ton of krill 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.

Overnight: **Hotel**

Included Meals: None

DAY 2 Buenos Aires / Ushuaia

Our flight leaves Buenos Aires in the morning and is approximately 4 hours. 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.

Overnight: **Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 3 At Sea

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 have fascinating and informative briefings into the history and biology to be found there.

Overnight: **Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 4 Falkland Islands

After a day's sail 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. A visit to one of these homesteads often includes an invitation for cakes and a cup of tea and a chance meet those who have chosen to live on the edge of Antarctica.

Overnight: **Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 5 Falkland Islands

We will explore the north-west part of the Falklands. We then continue to Stanley, the islands' capital, which makes a wonderful starting point for various excursions in the area. You can choose to take an optional excursion or explore the town on your own. In the early evening, we set a course for South Georgia.

Overnight: **Boat**

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.

Overnight: **Boat**

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.

Overnight: **Boat**

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 two 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.

Overnight: **Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 9 South Georgia

Today we will attempt to visit the old Norwegian whaling station at Strømness and the king penguin colony at Fortuna Bay, before we set sail south.

Overnight: **Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 10 At Sea

As we continue to Antarctica, we learn more about the wonders of the Deep South.

Overnight: **Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 11 South Orkneys

A day in the area of the deserted South Orkney Islands. The South Orkney Islands lie in the Scotia Sea about 600 km north-east of the Antarctic Peninsula. They were discovered by American and British sealers in 1821 and have since served as a base for Scottish, French and Argentine sealing and scientific expeditions.

Overnight: **Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 12 At Sea

As we edge closer to the Antarctic Peninsula, we continue our lecture series. We will cruise by the Washington Strait and Coronation Island before setting course towards Elephant Island and Antarctica, where we hope to arrive by morning.

Overnight: **Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 13 Antarctica

This unending, white wilderness of a continent is full of fantastic impressions. Ocean, ice, mountains, animals, light, air, quiet. Everything! This enormous white and weather bitten continent is almost as big as North America.

Overnight: **Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 14 Antarctica

Weather, wind and ice conditions have a great influence on our programme and our schedule. Safety is always the first priority and the final sailing schedule will be decided by the ship's captain during the voyage.

Overnight: **Boat**

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 explain what you see and help you 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 that you are accustomed to hiking in uneven terrain.

Overnight: **Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 16 Antarctica

On land, our expedition team will explain what you see and help you avoid disturbing nature and wildlife. We will have ample time to visit the numerous penguin rookeries and you will soon become an expert on spotting the different species of penguin found in these parts.

Overnight: **Boat**

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.

Overnight: **Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 18 Drake Passage

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

Overnight: **Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 19 Drake Passage

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

Overnight: **Boat**

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

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

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

Major Language: Spanish is the main language throughout this region, along with a number of indigenous dialects, of

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.

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, 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.

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.

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.

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

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 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.

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

Although no visas are required for citizens of UK, CAN, USA, AUS and NZ visa waivers may apply. Other nationalities should consult the relevant consulate.

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

Please note that flights on the tour may transit through the USA. According to US law, passengers will have to disembark, collect luggage and clear immigration before re-boarding for the onward flight.
Holders of the UK, AUS, NZ, CAN and several EU country passports can enter the United States without a visa under the Visa Waiver Program (VWP) if they hold a machine readable passport. They must also be entering the country by sea or air on a carrier participating in the visa waiver scheme, holding a return/onward ticket. As well as being machine readable, if your passport was issued on or after 26 October 2005, it must contain both a digital photograph of the holder and also an integrated circuit chip that stores biographic information.

All passengers travelling to the USA under the Visa Waiver Programme must provide their details online no later than 72 hours prior to travel. British travellers who have not registered before their trip are likely to be detained and sent home. In addition to passport information, you must also supply the full address of your first night's accommodation in the USA. This information can be obtained from your joining instructions which are sent out approximately 3 weeks before travel.

Anyone applying for ESTA (Electronic Travel Authorisation) to travel under the Visa Waiver system will be charged a fee of 14USD (9GBP).

For more information, and to apply online, please visit the following website at https://esta.cbp.dhs.gov. Once obtained, the application will be valid for a period of two years, or for the validity of your passport (whichever is shorter).
For more information about who is eligible for the VWP, or any other questions you may have regarding your eligibility, or machine readable passports, please contact your local consular office, or visit www.usembassy.org.uk
Other nationalities should consult the relevant consulate.

Argentina: Although a visa is not required by Australian, American and Canadian passengers to enter Argentina there is a reciprocal payment to be made.
The fee must be paid online prior to entering the country. The receipt generated at the time
of online payment must be printed and given to local migration authorities together with passport upon passengers arrival to Argentina.
These payments are as follows: Australian - US$100; Canadian - US$70; American US$131. The fee can be paid at http://www.migraciones.gov.ar/accesibleingles

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. 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. 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 Trip

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 refilllable 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 trip: 15Kg

General Information

Country details

Antarctica Region

Size of Country: 14,000,000 sq km

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

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

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

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, self-guided, private journeys & tailormade holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one 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.

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, 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), Dekamer (a turtle rescue centre in Turkey) and Kids Saving the Rainforest (a wildlife rescue centre in Costa Rica supported through the LATA foundation). We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation and Friends of Conservation.

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.

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 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 www.explore.co.uk/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 LicenceÂ granted by the Civil Aviation Authority.Â 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.

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

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.

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: 2017 itinerary versions are applicable to tours departing in 2017. 2018/19 itinerary versions are applicable to tours departing from 1st January to 31st December 2018.

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