

# EXPLORE!

## TRIP NOTES



### King Penguins of the Falklands and South Georgia - Expedition (ABS 2017)



TRIPDURATION  
**22**  
DAYS



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

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

**Trip Code:** ABS

#### Trip Highlights - King Penguins of the Falklands and South Georgia - Expedition

- ✓ An epic Antarctic adventure, in the footsteps of Ernest Shackleton
- ✓ View large colonies of iconic king penguins on South Georgia
- ✓ Stand amid magellanic, macaroni and rockhopper penguins of the Falkland Islands
- ✓ Get close to whales and cavorting seals in a Zodiac
- ✓ Explore the vibrant city highlights of Montevideo

#### Trip Essentials

**Accommodation:** 20 nights Premium Boat

**Included Meals:** 21 breakfasts, 19 lunches, 20 dinners

**Start Point:** Join trip: Montevideo

**End Point:** Trip ends: Ushuaia

**Transport:** Zodiac, Expedition

Falkland Islands, Antarctica Region, South Georgia & South Sandwich Islands

**Countries:**

# King Penguins of the Falklands and South Georgia - Expedition

From Montevideo to the depths of Antarctica Challenge. Desolation. Unlimited wonder. It's not difficult to grasp what attracted the great explorers to Antarctica. Get a personal appreciation for the struggle to tame the bottom of the world on this 22-day adventure to the land that entranced Shackleton and countless others since. What better year to travel, than the centenary year of Shackleton's epic journey! After time visiting Montevideo, you'll set sail to explore the Falkland Islands, encounter abandoned whaling stations on South Georgia Island and pay your respects at Shackleton's grave. Elsewhere, you'll catch up with penguins (king, chinstrap and gentoo varieties) and learn all about them through daily lectures, get close to whales and cavorting seals from a Zodiac boat and keep your eyes peeled for towering icebergs and massive glaciers. Prepare to be astonished.

## 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

At a nimble 105 metres (345 ft) in length, with a capacity to hold 132 guests, the Expedition is an ideal vessel to ply polar waters. The ship is large enough to provide stability, speed, spacious cabins and ample public space, but small enough to manoeuvre in remote areas and get you close to the action. Ship stabilisers ensure a smooth ride in rough waters, such as the infamous Drake Passage, allowing you to enjoy more of your time at sea. A fleet of ten zodiacs allows passengers to get out and actively explore the remote shores of our destinations. The Expedition is a speedy vessel. A top speed of 16 knots means you'll spend less time getting from A to B, and more time to explore your surroundings.

## 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 Join in Montevideo

Today is an arrival day and if arriving in on this day, you will be met at the airport and transferred to your hotel. There are no planned activities, so you have time to enjoy the city. There will be a group meeting in the early evening to discuss plans for tomorrow. Montevideo is the capital and largest city of Uruguay with a rich and vibrant culture. You will have time to explore the fantastic sights and soak up the atmosphere of this charming city. Montevideo's highlights include the Plaza Independencia, the heart of 'Ciudad Vieja' (the Old Town) or why not wander through the charming narrow streets, past architectural landmarks such as the Teatro Solis and Iglesia Matriz. Montevideo has an eclectic mix of activities, with grand old theatres, late night music venues and cosy tango bars. You will not want to miss the fantastic atmosphere of the 'Mercado del Puerto' where you can sample the local Steak speciality, surrounded by street musicians and artists, in this lively market place !

 **Included Meals:** None

### DAY 2 Set sail from Montevideo

Today we embark aboard the Expedition. The group will leave the hotel together in the early afternoon. The morning is free for you to do any last minute shopping or some final exploration of the city. The evening is spent onboard the ship sailing southwards towards the Falkland Islands. Please note while it is our intention to adhere to the itinerary described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable, to make alterations. On the first day on board, your Expedition Leader will give you an expedition overview.


### Expedition

 **Included Meals:** Breakfast, Dinner

### DAY 3 At Sea

As you make the passage south you have time to become acquainted with the ship and onboard staff and crew. Spend time on deck spotting wildlife including albatrosses and always keeping our eyes peeled for whales and dolphins.


### Expedition

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

### DAY 4 At Sea

During our first days at sea, we begin our lecture programmes, to learn more about the extraordinary human and natural history of the Antarctic region.

### Expedition

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

### DAY 5 At Sea

Soon to arrive in the Falkland Islands, try and catch a glimpse from deck of a Wandering Albatross in flight - this species has the largest wingspan of any living bird.

### Expedition

**EXPLORE!** Share your experiences with us




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

## DAY 6 The Falkland Islands

Today, we arrive in the Falkland Islands. From here, you have a rare opportunity to witness the biological diversity and extraordinary scenery of the southern islands. Penguins, elephant seals and sea lions are abundant. Port Stanley provides an opportunity to meet the hardy local inhabitants whose colourful houses provide contrast to the long dark winters. The islands consist of 700 small and mostly uninhabited islands and 2 main islands - East and West Falklands. Located 490 km east of Patagonia, the Falklands have always been a land of hot debate. Officially discovered on August 14, 1592 by John Davis they remained uninhabited until 1764 when the French built a garrison at Port Louis disregarding the Spanish claim to the islands. From that moment on there have been many disputes between Spain, France, Britain and Argentina over the next 200 plus years until the end of the Falklands War between Britain and Argentina in 1982 brought the islands firmly under Britain's control. Now with a human population of only 2491, the islands are the first stop in our journey.


### Expedition

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

## DAY 7 The Falkland Islands

There is an abundance of birdlife in the Falklands and we hope to catch our first glimpses of penguins, including the Magellanic, rockhopper, macaroni, gentoo, and king penguins. With a little luck we may also see king cormorants, black-browed albatross, skuas, giant petrels and striated caracaras to name a few ..


### Expedition

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

## DAY 8 The Great Southern Ocean

Sailing east now we'll set course for South Georgia Island.


### Expedition

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

## DAY 9 The Great Southern Ocean

Our days at sea will be filled with lectures to prepare us for South Georgia and we will have plenty of time on deck to identify the abundant sea birds of the south ocean. We keep our eyes peeled for the whales that inhabit these waters.


### Expedition

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

## DAY 10 South Georgia

We arrive in South Georgia Island, home to many marvels including Shackleton's grave, several former whaling stations, incredible scenery and prolific wildlife. Weather-permitting, we will have three full days to explore this island. A huge colony of king penguins is the highlight of this part of the journey and on nearby islands, we'll hope to spot wandering albatross in their nesting grounds.

### Expedition

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

## DAY 11 South Georgia

South Georgia, Known for its brutal whaling and exploratory history, is an island that is 170 km long and 40 km wide. It is considered the first gateway to Antarctica and was the centre of the huge Southern Ocean whaling industry from 1904 to 1966. The famous captain, James Cook was the first to land on South Georgia on January 17, 1775 and named the island after King George III. During the 62 years of whaling activities, any number between 183 whales the first year and the record 7825 whales in 1925-26 seasons, were killed annually for their oil. Whales weren't the only animals hunted for their oil at that time. A total of 498,870 seals - mostly giant elephant seals - were also slaughtered. Since the end of whaling activities 40 years ago, wildlife has slowly returned to the island. Today, the Island's wildlife is extraordinary, not only in its variety, but also for its sheer abundance. South Georgia is home to roughly 300,000 elephant seals, 3 million fur seals, and 25 species of breeding birds, including wandering albatrosses. The gravel beach at St. Andrews Bay has a king penguin rookery of 100,000 and an estimated five million macaroni penguins. There will be plenty of time



to explore these rookeries and to lose yourself amongst these gracious-looking creatures. Ensure cameras are fully charged for this fantastic spectacle of wildlife!

#### Expedition



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

### DAY 12 South Georgia

Also important, is the historic value of this area. The British explorer, Sir Ernest Shackleton, landed at King Haakon Bay on the southwest coast. He and his men, landed here after the 800-mile journey in a 20-foot open boat from Elephant Island. They proceeded to hike the ice covered mountainous terrain, arriving at Stromness whaling station on May 20, 1916. Shackleton returned to South Georgia in 1922 for one last assault on Antarctica, but passed away after suffering a major heart attack in his cabin. He was buried at the whaler's cemetery at Grytviken station, at the request of his wife.

#### Expedition



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

### DAY 13 South Georgia

More time to enjoy the island's diversity of wildlife. You will also have the opportunity to visit the fascinating whaling museum at Grytviken, as well as pay your respects to Sir Shackleton, at his nearby grave.

#### Expedition



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

### DAY 14 The Scotia Sea

Plotting a southwesterly course we make way towards legendary Elephant Island in the South Shetland Islands. The waters are rich with nutrients and the long summer days provide the ingredient that is missing most of the year. The result is a complex food chain topped by several species of whales, seals and seabirds.

#### Expedition



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

### DAY 15 The Scotia Sea

More on-board lectures will be offered to prepare for you for your landings in Antarctica.

#### Expedition



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

### DAY 16 Antarctica and the South Shetland Islands

This is what we've all been waiting for - a chance to step foot on the Great White Continent! Over the next four days we will navigate southwards, making stops in the South Shetland Islands then through the Bransfield Strait and to the Antarctic Peninsula. Our goal is to attempt two excursions per day while we navigate through the area, but our itinerary and daily schedule will be based on the local weather and ice conditions that we encounter. The continent itself is roughly circular with a spindly arm, called the Antarctic Peninsula, reaching northwards towards Tierra del Fuego. South America is the nearest landmass, some 600 miles away. Considerably larger than either the United States or Europe, and twice the size of Australia, the continent is surrounded by a frozen sea that varies in area from one million square miles in summer to 7.3 million square miles in winter. Ninety-five percent of the continent of Antarctica is ice covered and contains the freshest water on earth - about 70 percent of all fresh water on earth in fact. The highest point in Antarctica is Vinson Massif, with an altitude of 16,864 feet above sea level; the lowest point is the Bentley Subglacial Trench at 8,200 feet below sea level, located in West Antarctica. Antarctica has the highest average elevation of all the continents at about 7,500 feet about sea level. This is a continent of superlatives. It is the coldest, windiest, driest, iciest and highest of all the major landmasses in the world. It is the continent with the longest nights and the longest days and it is home to the world's greatest concentration of wildlife. It is also one of the last true wilderness areas left on earth - largely unchanged since the early explorers and whalers first landed on its inhospitable shores less than two centuries ago. The lowest temperature ever recorded anywhere on earth, -89.2°C, was registered on July 21, 1983, at Vostok Station. Winds have been recorded at 200 mph in the interior of the continent and the average annual water precipitation in the interior is only about 50 mm.

#### Expedition



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



## DAY 17 Antarctica and the South Shetland Islands

The Antarctic Peninsula and the South Shetland Islands abound with wildlife activity. Penguins gather with their fast-growing chicks, whales are seen in great numbers, seals haul out onto ice floes and beaches, and numerous albatross and other seabirds trail in our wake. We may visit scientists working in modern research bases, and there is plenty of time to enjoy the sheer beauty and the breathtaking scenery of ice-choked waterways, blue and white icebergs, impressive glaciers and rugged snow-capped mountains. The Peninsula also has a remarkable history and, during the voyage, we will learn about some of the most important and dramatic expeditions to this remote corner of the world. Keeping a lookout from the bridge or the deck of the ship, as we thread our way along the continent, you'll feel the same sense of excitement as many of those early explorers.

### Expedition



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

## DAY 18 Antarctica and the South Shetland Islands

We continue along the peninsula, visiting the numerous penguin rookeries. Penguins are speedy and agile swimmers, but extremely slow on land - three varieties that can be found here are; 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 and the playful Gentoo Penguin, with its orange bill and white flash above and behind its eyes. You will soon become an expert on spotting your favourite variety ! There will be plenty of time to walk amongst them or to simply, sit and relax and enjoy the breathtaking scenery in front of you.

### Expedition



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

## DAY 19 Antarctica and the South Shetland Islands

The scenery can be quite different in the early season. There will be more ice around and much more snow underfoot. Icebergs are just starting to thaw, as the warmer temperatures move in and you really do get a sense of the magnitude of these glacial beasts. Many of the landing sites will have remained untouched since the previous Polar season - there is something truly magical about being the first to set foot on this undisturbed terrain.

### Expedition



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

## DAY 20 The Drake Passage

Heading north across the Drake Passage, spend two days enjoying the beauty of the sea as we sail towards Ushuaia.

### Expedition



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

## DAY 21 The Drake Passage

Another day at sea and more time to reflect on the magnificent events of your three-week adventure.

### Expedition



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

## DAY 22 Cruise ends Ushuaia

Have a final breakfast on board, before saying our goodbyes as we disembark the ship in Ushuaia. If leaving Ushuaia on this day, you will be transferred to the airport in time for your onward flight.



**Included Meals:** Breakfast



## Accommodation and Meals

### Food & Drink

Included meals: 21 breakfasts, 19 lunches, 20 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 outward facing, category one cabins on the lower deck. Category one cabins are triple or quad share. They are comfortable with a private toilet and shower, and porthole. The Expedition has a number of different cabin categories, all outside facing and with two beds (apart from suites which have queen size beds). Some have larger windows. We can also offer single occupancy, subject to availability. Call us for details on the cabin choice to fit your requirements.

### Ship Dining

Onboard our expedition ship you'll find a diversity of gourmet international cuisines prepared and catered by professional chefs; all meals are included in the price of your expedition. Dining is casual, tables are unassigned and the dining room is capable of seating the entire passenger complement at one time. There is always a selection of different meals available, and vegetarians will find plenty of options. Special dietary requirements can be accommodated with advance notice; please advise us at time of confirmation. Coffee, tea and water are all provided free of charge. All other beverages, alcoholic and non-alcoholic, are not included and can be purchased in the dining room, pub or in the lounge.

## 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.

#### Falkland Islands

#### Antarctica Region

#### South Georgia & South Sandwich Islands

### 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.

#### Falkland Islands

#### Antarctica Region

#### South Georgia & South Sandwich Islands

### International Departure Taxes

Airport Departure Tax - USD \$5.00 from Ushuaia, USD \$18.00 from Buenos Aires

### Other Sightseeing & Activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations.

Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

### Optional Excursions

To add to your polar adventure, take to a kayak for an eye-to-eye view with seals and whales or camp in some of the most remote and beautiful places on earth.

Kayaking is available as an optional excursion on your Antarctica trip for GBP 1049 per person.

Camping is available as an optional excursion on our Antarctica trips for GBP 249 per person.

You must book prior to travel and space is limited - so book early to secure your place! Please speak to one of our polar experts to request availability.

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## Tipping - Local Crew

Tipping is of considerable significance to the people who will take care of you during your travels. It is an expression of satisfaction. The suggested amount is USD \$10 - 15 per person per day spent on board. Of course, tipping is a personal choice and the suggested amount is set only as a guideline. The money is collected by the Hotel Manager at the end of the voyage and distributed among the crew and Expedition Staff. The Officers choose not to participate in the tipping pool.

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## Foreign Exchange

### Falkland Islands

### 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.

### South Georgia & South Sandwich Islands

## 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.

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## 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

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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

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## 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.

## Vaccinations & Protection

### Falkland Islands

### 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.

### South Georgia & South Sandwich Islands



# Preparing for your Trip

## Climate

### Falkland Islands

### Antarctica Region

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

### South Georgia & South Sandwich Islands

## Clothing

Dress on board is informal. Pack comfortable, casual clothing for all activities. Wind and waterproof outer layers are essential, and the most important piece of clothing you will bring is a parka. 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

This will be provided by the ship operator. Please register your size with us before travel and we will arrange for your parka to be available in your cabin on arrival.

### 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

Personal First Aid

## Footwear

Complimentary, used waterproof boots will be supplied onboard. However, guests might want to bring their own if they are the following sizes due to the limited quantities onboard:

- men's UK size 12 & 13 1/2

- women's UK size below three & seven and above

Guests must bring their own if they are:

- men's UK size six 1/2 or smaller

- men's UK size 13 1/2 or larger

- women's UK size two or smaller

- women's UK size nine 1/2 or larger

These are rubber, waterproof boots that are just below your knees with a strong, ridged non-skid sole.

You usually have to step from the Zodiac into icy water up to 30 cm high on most landings. Do not bring heavy, cumbersome boots that make it difficult to walk or boots with metal cleats as they cannot be used for landings. For maximum warmth, wear loose-fitting boots and two pairs of socks. Try out your boots before the voyage.

## 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

#### Falkland Islands

#### Antarctica Region

**Size of Country:** 14,000,000 sq km

**Time Difference to GMT:** -3

#### South Georgia & South Sandwich Islands

### Electric Supply & Plugs

#### Falkland Islands

#### Antarctica Region

2 Pin Round

#### South Georgia & South Sandwich Islands

## 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.

### 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

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.

## 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: 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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