

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

# ANTARCTICA

## Majestic Polar Landscapes & Penguins



March 1 - 16, 2020

# ANTARCTICA

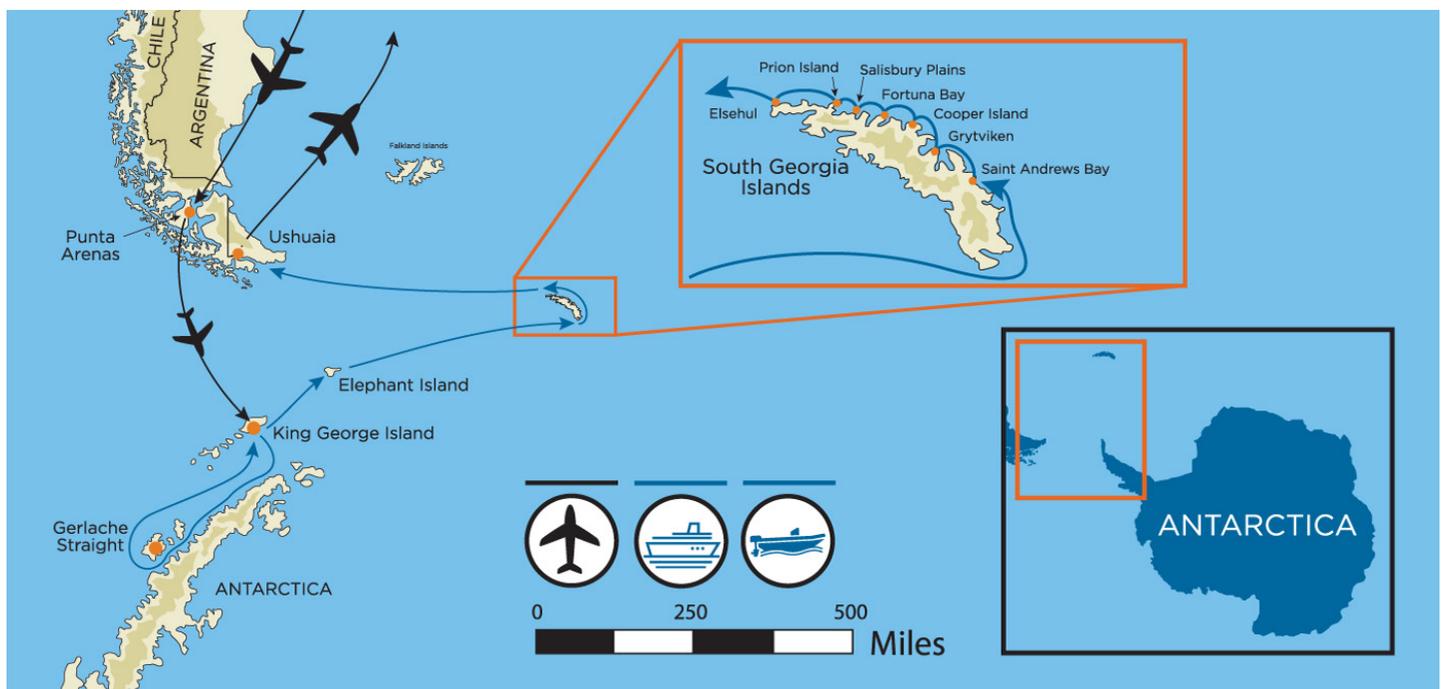
## Majestic Polar Landscapes & Penguins

March 1 - 16, 2020

### TRIP HIGHLIGHTS

- ▶ Travel to the extremes of the Southern Hemisphere in the footsteps of explorer Ernest Shackleton
- ▶ Cruise between the South Shetland Islands and the western coast of the Antarctic Peninsula on a small, modern expedition vessel
- ▶ Enjoy a small-ship, yacht-like experience
- ▶ Unique route allows for ample wildlife sightings and land excursions
- ▶ Each day disembark by Zodiac and explore the landscape together with expert polar guides
- ▶ Visit the King penguin and Macaroni penguin's immense colonies as well as witness an abundance of wildlife on South Georgia Island

### TRIP ROUTE



# ANTARCTICA

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### QUICK VIEW ITINERARY

- Day 1: arrive in Punta Arenas, briefing on your expedition, welcome dinner
- Day 2: fly to King George Island, hop on a Zodiac, board your expedition vessel
- Day 3: cruise the South Shetland Islands and the western coast of the Antarctic Peninsula
- Day 4: continue cruising the area, enjoy daily shore excursions
- Day 5: explore the South Shetland Islands more today
- Day 6: stop at Elephant Island, shore landing is unlikely due to weather
- Day 7: sail north to South Georgia Island, keep an eye out for the region's birdlife
- Day 8: continue cruising to South Georgia Island
- Day 9: explore South Georgia Island, see a large colony of macaroni penguins
- Day 10: take in the sight of 150,000 king penguins at St. Andrew's Bay
- Day 11: explore Fortuna Bay, Salisbury Plains, Prion Island, and Elsehul Bay
- Day 12: sail towards South America, enjoy presentations on the region's history
- Day 13: continue cruising towards South America
- Day 14: your voyage to South America continues
- Day 15: sail along the Beagle Channel, see Tierra del Fuego and Navarino Island
- Day 16: arrive in Ushuaia, disembark, depart Argentina

### TRIP PRICE

Standard Cabin: \$15,395

Veranda Cabin: \$17,495

# ANTARCTICA

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### your adventure in depth

#### DAY 1

Sunday  
3/1/20

### Arrive in Punta Arenas

Explore the South Pole's greatest mysteries on this once-in-a-lifetime polar journey, cruising the shores of Antarctica on a small expedition vessel of comfort, elegance, and advanced polar design. The spirit of sharing sightings and scenery, storytelling, and enjoying great meals together is conducive to a fuller experience for each woman in your group and the building of friendships onboard and off!

#### Pick-up and Transfer

You will be picked up at the Punta Arenas airport and transferred to your hotel for a briefing on your adventure.

#### Welcome Dinner

Enjoy a lively welcome dinner as you get to know your fellow travelers this evening. Share stories and learn about why each woman in your trip is excited to explore Antarctica!

Accommodations

TBD

Meals Included

dinner

# ANTARCTICA

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### your adventure in depth

**DAY 2**  
Monday  
3/2/20

### Punta Arenas to Antarctica

King George Island is the largest of the South Shetland Islands, lying 75 miles off the coast of Antarctica in the Southern Ocean. It has three major bays, Maxwell Bay, Admiralty Bay, and King George Bay. Admiralty Bay contains three fjords, and is protected as an Antarctic Specially Managed Area under the Protocol on Environmental Protection to the Antarctic Treaty.

#### Fly to King George Island

Take a two hour flight from Punta Arenas to King George Island, in the South Shetland Islands.

#### Board Your Ship!

Explore King George Island when you land. Hop on a Zodiac, and you'll be ferried out to your expedition vessel - your home for the next two weeks! You will be provided boots for shore landings when you board the ship. These will be collected at the end of your voyage.

#### Get to Know Your Group

Spend some time getting to know your AdventureWomen group and Ambassador this afternoon and evening.

Accommodations  
Magellan Explorer  
Meals Included  
breakfast, lunch, dinner

# ANTARCTICA

## Majestic Polar Landscapes & Penguins

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your adventure  
in depth

### DAY 3

Tuesday  
3/3/20

## Antarctica

The term “Antarctic” describes the region surrounding the South Pole, which comprises a terrestrial and marine environment, including the continent itself and the surrounding ocean. As a frozen continent surrounded by oceans, Antarctica is a completely unique entity on our planet, completely different from its geographical opposite, the Arctic, which is a permanently frozen sea surrounded by the continents of the northern hemisphere.

### Daily Shore Excursions

Shore excursions will be published each day and outlined during pre-landing briefings and daily recaps. Weather and sea conditions permitting, two excursions per day are usually planned. Before disembarking, information about the visit and the type of landing will be provided. Excursions may include Zodiac cruises and shore landings in sites rich with wildlife, of particular scenic beauty or historical interest, or at international scientific stations. Duration of excursions usually varies between one and three hours, depending on weather and interest at each landing site. During shore landings, short walks with a medium level of difficulty are offered according to the conditions of the local terrain.

### Explore the South Shetland Islands

No journey is the same, and flexibility is the key to success in Antarctica. The Expedition Team will set the voyage route to take advantage of the ever-changing opportunities provided by nature. The order of the visits in this itinerary is an example of what you will do on your voyage.

Accommodations  
Magellan Explorer

Meals Included  
breakfast, lunch, dinner

# ANTARCTICA

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your adventure  
in depth

### DAY 4

Wednesday  
3/4/20

## Antarctica

The enormous accumulation of ice in Antarctica is partly the result of the continent's isolation, its position on the globe, and its low solar radiation in the winter months. But the accumulation of ice is also associated with global climate changes that occurred in the past. The polar cap began to form about 33 million years ago apparently due to a decline of CO<sub>2</sub> in the atmosphere, reaching its maximum 5 million years ago, and then retreating to its current position.

Today the Antarctic ice sheet has a volume of approximately 6.7 million cubic miles or 90% of all ice on the planet, making it the largest body of fresh water on Earth. To give some idea of this, if the Antarctic ice melted, the level of the oceans would rise by almost 230 feet, with obviously disastrous consequences for all coastal regions of the world. The polar cap is not evenly distributed across the continent. Although its average thickness is 6,560 feet, some areas have recorded depths exceeding 15,420 feet.

### Another Day of Shore Landings

Enjoy another day of excursions from your ship today. Disembark on the western coast of the Antarctic Peninsula and explore the area.

Between your excursions, relax on the ship with your group. Perhaps play some games, or read a book!

### Sea Kayaking

For those who have reserved a sea kayak in advance, you are able to go sea kayaking in tandem kayaks whenever the weather permits - just ask the Expedition Team. Unfortunately, the boat has limited kayaks, so if you have not confirmed this option, it will not be possible to add it or borrow someone else's kayak spot.

### Accommodations

Magellan Explorer

### Meals Included

breakfast, lunch, dinner

# ANTARCTICA

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### DAY 5

Thursday  
3/5/20

## Antarctica

It may be strange to label as a continent what at first seems to be just a huge mass of ice without forests, rivers and lakes, and where survival seems impossible for any living being. However, Antarctica is one of the oldest continents, and has undergone major geological processes that led to its current location and, consequently, to its environmental development.

About 250 million years ago Antarctica was located in the subtropical band of the planet, covered with abundant forests and inhabited by reptiles and amphibians. At this time it was part of the supercontinent of Gondwana, from which it permanently separated 65 million years ago and began to drift towards the South Pole. Its gradual cooling set the stage for the formation of the ice, making it the most extreme and inaccessible land in the world.

### Beauty of Antarctica

Sail along ice-filled fjords and among spectacular icebergs. Head onto shore to explore the western coast of the Antarctic Peninsula and the South Shetland Islands further.

### Optional Snowshoeing

Snowshoeing is available on many shore landings for a limited number of participants each day. These are arranged directly with the ship for an extra cost. Space is limited in these small groups, but it is a wonderful opportunity!

### Lectures on Board

During the Antarctic expedition you will be invited to meet for regular briefings where you will be provided with extensive information about the landing sites and the itinerary. On a daily basis, the Expedition Team will summarize experiences ashore and update you on the plans for the next day. Your qualified team of Antarctic experts will be pleased to invite you to join their lectures on biology, history, and climate, and to watch documentaries that will lead you to discover more about the fascinating continent of Antarctica.

## Accommodations

Magellan Explorer

## Meals Included

breakfast, lunch, dinner

# ANTARCTICA

## Majestic Polar Landscapes & Penguins

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### your adventure in depth

#### DAY 6

Friday  
3/6/20

### Antarctica

East Antarctica is composed of a single plate of almost spherical shape, dominated by a plateau with an average elevation of 0 metres above sea level. West Antarctica, however, consists of a complex system of islands and archipelagos separated by narrow and closed seas. Despite being crossed by major mountain ranges, West Antarctica has an average altitude of 1,310 feet below sea level, due to the fact that the earth is separated by deep depressions that are pushed down due to the pressure of the weight of the ice, and may reach 8,200 feet below sea level.

The Trans-Antarctic Mountains are the main mountain range in Antarctica, extending for more than 2,485 miles across the continent from Coats Land in the Weddell Sea to Victoria Land in the Ross Sea, about 310 miles from the South Pole, with heights that often exceed 13,120 ft.

A surprising aspect of the topography of Antarctica is the deglaciated areas, one example of which is known as the Dry Valleys, located in the coastal Ross Sea at the foot of the Trans-Antarctic Mountains. This oasis, where the climate is relatively favorable prevents the formation of ice and the dry floor is covered with rocks and sand, and occasionally interrupted by small rivers and lakes.

In West Antarctica the so-called Antartandes, which cross the Antarctic Peninsula, form one of the major mountain ranges in the region. Its geological structure is part of the Andes, whose continuity was interrupted south of Cape Horn to form a system of islands and archipelagos called the Scotia Arc, which includes the islands of South Georgia, South Sandwich, South Orkney and South Shetland. At the base of the Antarctic Peninsula are the Ellsworth Mountains, which include the highest peak on the continent, Mount Vinson, which is 16,050 feet above sea level.

#### Elephant Island

Sailing north, you will hopefully stop at Elephant Island. It was here that the crew of Shackleton's Endurance found refuge while he and five hand-picked men carried on to South Georgia. While the stormy conditions of this area rarely allow a shore landing, you will see the island from the ship.

### Accommodations

Magellan Explorer

### Meals Included

breakfast, lunch, dinner

# ANTARCTICA

## Majestic Polar Landscapes & Penguins

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### your adventure in depth

#### DAY 7

Saturday  
3/7/20

### Antarctica

The fact that Antarctica is one of the most inhospitable regions of the planet is a result of its geographical position at the far south of the planet. Solar radiation intensity is at a minimum and is not distributed evenly throughout the year, leading to exceptional seasonal changes. The summer solstice (December 21) corresponds to the period when Antarctica receives most light and the sun is visible above the horizon all day. Conversely, during the winter solstice (June 21st) there is no sun south of the Antarctic Circle. However while in summer the sun shines in the sky all day, the high refractive power of the ice reflects nearly 80% of the radiation received back into space, causing this energy to disperse. Given the enormous size of the frozen continent, it is easy to see that this factor causes a substantial loss of heat.

Although it sounds hard to believe, Antarctica is one of the driest areas of the planet, with precipitation rates even lower than in the Sahara desert. Annual snow accumulation averages between 4.7-5.5 inches, a figure that is still high enough to ensure the perpetuation of the ice cap. The area north of the Antarctic Peninsula has the highest precipitation, with up to 31 inches annually that can sometimes even be rain.

Well known for their power, the Antarctic katabatic winds are capable of blowing at more than 125 miles per hour. These air masses from the interior are cooled by contact with the ice surface on the plateau and are driven to the coast by gravity and the permanent anticyclone of the polar cap. These winds are associated with extreme temperatures and generate thermal sensations that decrease drastically, reaching levels that are very dangerous for human survival.

**Sail North** Start your journey north to South Georgia Island. There will be a series of presentations offered on board by the ship's historian and naturalist. Keep your eye out for the region's abundant birdlife.

Accommodations  
Magellan Explorer

Meals Included  
breakfast, lunch, dinner

# ANTARCTICA

## Majestic Polar Landscapes & Penguins

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### your adventure in depth

#### DAY 8

Sunday  
3/8/20

### Antarctica

Of all the sea birds that live in Antarctica, the largest in number and certainly the best known are the penguins, often taken as a symbol of the local fauna. Of the 17 species of penguins worldwide, seven live in the Antarctic: Emperor penguins, which are regarded as the true master of the ice; the three Pygoscelis penguins (Adelie, Gentoo, and Chinstrap), and Macaroni penguins. Rock hopper penguins and King penguins live in northern areas of the region, on islands near the Antarctic Convergence.

Penguins are seabirds that, despite having lost the ability to fly, have not lost their power. They are very streamlined at sea, and swim by “flying” in the water using their wings to reach speeds of up to 19 miles per hour and using their legs as a rudder. The evolution of penguins reflects a perfect adaptation to the temperature of the Antarctic habitat. They are warm-blooded animals with a body temperature of 98-100°F and are protected from the rigors of the weather by a thick layer of fat. This can represent up to one third of their weight and fulfills the dual role of thermal insulation and energy reserve in case of forced fasting. The penguin body is also covered with feathers, perfectly superimposed, forming a totally windproof and waterproof area.

#### Continue Your Journey to South Georgia

Take some time to relax with your group in the ship’s lounge as you continue your journey northward to South Georgia Island.

#### Accommodations

Magellan Explorer

#### Meals Included

breakfast, lunch, dinner

# ANTARCTICA

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your adventure  
in depth

### DAY 9

Monday  
3/9/20

### Antarctica

While emperor penguins are a little different, the majority of Antarctic penguin species have similar social, reproductive and food habits. After spending the winter scattered around the ocean, they return to the continent's ice-free areas in the spring, where they gather in large colonies. In late October the female lays usually two eggs, which are incubated alternately by both parents for about 35 days. After hatching from the egg the chick is covered with a soft plumage that is highly effective as an insulator from the cold. They seem to have an insatiable appetite. Parents regurgitate freshly caught food, usually small fish, krill, squid and crustaceans. By the end of summer the penguin chicks develop waterproof feathers that allow them to enter the water and to be independent.

The Emperor penguin is the only penguin that does not leave the continent in winter, and also the only one that begins its reproductive cycle during the most adverse weather conditions. In early fall, the emperor penguins gather in colonies located on the frozen sea ice. Unable to build a nest due to the lack of resources, females lay one egg and carefully deliver it to the male, who are forced to support it in their feet throughout the incubation period, protecting it from the inclemency of the weather within a unique fold they have in the abdomen. The females then leave the colony and head towards the sea, which in cases may be close to a hundred miles away.

During the next two months, which correspond to the harshest climatic period, males are unable to feed themselves, living off the fat reserves they have accumulated during the summer. It is not uncommon for weaker or unfortunate males to perish in this arduous task. By the time the chicks hatch females are returning to the colony, which allows their exhausted comrades to march to the sea. As spring approaches and the ice pack is opened, the parents take more regular turns until early summer, when the baby penguin sheds its soft jacket for waterproof feathers, and can begin to feed itself.

#### Explore South Georgia Island

The island of South Georgia is a diverse landscape of majestic mountains, massive glaciers, grassy uplands, and deep fjords. Visit the former whaling outpost of Grytviken, where you can visit the simple grave of Ernest Shackleton.

### Accommodations

Magellan Explorer

### Meals Included

breakfast, lunch, dinner

# ANTARCTICA

## Majestic Polar Landscapes & Penguins

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### your adventure in depth

#### DAY 10

Tuesday  
3/10/20

### Antarctica

Besides penguins, each year other species of seabirds visit the continent. In general, their migrations follow the seasonal movement of ice depending on the availability of food provided by the sea. They feed mainly on plankton, crustaceans, squid and small fish.

The albatross is distinguished from other birds by its large size and majestic flight, especially the wandering albatross which has a wingspan of 6.5-11.25 feet. Albatrosses are pelagic birds that visit land - usually in islands near the Antarctic Convergence - only to breed, spending the rest of its time flying in open waters.

In addition to six species of albatross and seven species of penguin, there are twenty-six other species of birds that are considered Antarctic species. These include eighteen types of petrels, the Dominican gull, the Antarctic tern and the Antarctic pigeon. Another bird that is predatory by its very nature is the skua, which usually flies above penguin colonies in the search of eggs or chicks that are abandoned or temporarily left without protection.

The Antarctic shag is another type of coastal resident that usually nests near penguins colonies. These birds are not very good fliers but can swim to depths of 40 feet in search of algae and food.

#### South Georgia

At St. Andrew's Bay, you will be overwhelmed by the sight of 150,000 king penguins. Spend some time taking photographs and marveling at the masses of birds!

#### Accommodations

Magellan Explorer

#### Meals Included

breakfast, lunch, dinner

# ANTARCTICA

## Majestic Polar Landscapes & Penguins

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### your adventure in depth

#### DAY 11

Wednesday  
3/11/20

### Antarctica

Seals and whales are the two major groups of mammals that live in the Antarctic. Both are species with terrestrial ancestors that have adapted to the marine environment. But seals have not completely abandoned the land, where some complete their reproductive cycle.

The six species of seals living in Antarctica are spread across the continent. Some drift in the pack ice with no fixed habitat or rookery. The diet of seals consists mainly of krill, fish, crustaceans and squid. Sometimes warm-blooded prey such as penguins are included on the menu in the case of the leopard seal. As with all inhabitants of Antarctica, seals are perfectly adapted to survive low temperatures due to their significant subcutaneous layer of fat. Females give birth to one offspring per year, whose growth is surprisingly fast (up to 17.6 pounds per day in the case of the elephant seals!).

The fur seal, unlike other seals belonging to the Phocidae family, is the only representative of the family of sea lions. It is easily distinguished on the ground by being able to move its hind flippers, bending and simulating the walk of a quadruped, while other seals can only crawl. The fur seal lives in relatively temperate areas of the continent, where it breeds in colonies that can be very numerous.

**Cooper Island** At Cooper Island, the nesting home of thousands of black-browed albatrosses, you'll see a large colony of macaroni penguins. If the weather is favorable, visits are also planned at Fortuna Bay, Salisbury Plains, Prion Island, and Elsehul Bay.

### Accommodations

Magellan Explorer

### Meals Included

breakfast, lunch, dinner

# ANTARCTICA

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your adventure  
in depth

### DAY 12

Thursday  
3/12/20

## Antarctica

Many species of whales are attracted to Antarctic waters in the summer due to the abundance of food. In winter, they migrate to more temperate latitudes. Depending on their food specialization, cetaceans can be divided in two species: toothed (Odontoceti) and baleen (Mysticeti).

Toothed whales feed mainly on fish, crustaceans and squid. An example of this group is the orca, which also opts for warm-blooded prey including other whales. The second group of whales make use of their baleens, which are comb-like formations of corneas, to filter the food, which is mainly composed of krill.

To reproduce, whales migrate to warmer and more protected waters, where females give birth about every 2-3 years, after a gestation of 10-12 months. Unlike other mammals, the calf is born by the tail first, to avoid drowning during delivery and is immediately taken by its mother to the surface to breathe. Whales are very long-lived animals, capable of living over 100 years in some cases and not all have solitary habits: it is not uncommon to see them work together as a team to protect injured animals.

Among the whales that can be sighted in Antarctic waters, several species belong to the Mysticeti group, including the blue whale, the largest animal in the world, exceeding 30 metres (98 ft) and 120 tons (265,000 lb). The most commonly sighted whale is the Humpback whale; Minke, Sei and Fin whales can also be sighted and on rare occasions the Southern Right Whale. Among the toothed whales, Sperm whales and Orcas can be found in Antarctica. The sperm whale is very recognizable by its big head that represents approximately 1/3 of its whole body. The majestic Orca, known for its predatory activities, occupies the highest trophic level in the region's ecosystem.

### Sail Towards South America

Begin your journey back to South America. You'll have many more opportunities to attend presentations that will enhance your understanding of the region and its history.

### Accommodations

Magellan Explorer

### Meals Included

breakfast, lunch, dinner

# ANTARCTICA

## Majestic Polar Landscapes & Penguins

March 1 - 16, 2020

### your adventure in depth

#### DAY 13

Friday  
3/13/20

### Antarctica

The name Antarctica has its roots in the Greek language. The ancient Greeks assumed that there was a continent at the bottom of the globe to balance the large landmasses of the northern hemisphere, which they named Antarktikos. Its name originated from being situated opposite the region in the north called Arktikos, which means “near the bear,” after the constellation Ursa Major.

For nearly two thousand years Antarctica was almost entirely forgotten about, only to come back into consciousness in the sixteenth century with the wave of European exploration. In 1520 when Magellan crossed the strait of the same name, he thought he had discovered the fabled southern continent. On maps of the world at that time a vast continent called Terra Australis Incognita that was centred around the South Pole made its appearance. Antarctica remained a mystery for another three centuries. Even the great explorer James Cook, who crossed the Antarctic Circle three times, had no idea that he had circumnavigated the continent between 1772 and 1775.

The first people to actually reach Antarctica were the seal hunters around 1820. Because of the sealer’s constant movement in search of new hunting grounds, their discovery of Antarctica is somewhat controversial. During this period, the only voyage that had exclusively exploratory purposes was the Russian Bellingshausen expedition between 1819 and 1821.

Over the next decade, new generations of captains who explored Antarctica while hunting seals made their appearance on the scene. This was the case of Nathaniel Palmer, who discovered the South Orkney Islands, and James Weddell, who entered the sea which later took his name, reaching latitude 74°15’S, the southernmost point explored so far. Other captains, such as Peter Kemp, John Biscoe and John Balleny, some sponsored by the trading company of the Enderby Brothers of London, not only hunted seals, but also explored and made important discoveries.

#### Continue Cruising

Continue your journey towards South America on your ship. Enjoy the presentations, play games, read a book, or just relax.

### Accommodations

Magellan Explorer

### Meals Included

breakfast, lunch, dinner

# ANTARCTICA

## Majestic Polar Landscapes & Penguins

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your adventure  
in depth

### DAY 14

Saturday  
3/14/20

### Antarctica

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[Continue Your Journey](#) Continue your journey towards South America.

### Accommodations

Magellan Explorer

### Meals Included

breakfast, lunch, dinner

# ANTARCTICA

## Majestic Polar Landscapes & Penguins

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### your adventure in depth

#### DAY 15

Sunday  
3/15/20

#### Accommodations

Magellan Explorer

#### Meals Included

breakfast, lunch, dinner

### Antarctica

After the early 1900s, the South Pole became the main objective of the following expeditions, sparking an intense race to conquer it. Ernest Shackleton opened this era on his second visit to the continent, this time under his own expedition aboard the Nimrod, from 1907 to 1909. While attempting to reach the South Pole he got to a position only 90 miles from the goal, before being forced to return.

On December 14, 1911, Amundsen planted the Norwegian flag at the South Pole, describing this moment as “never being so far from his original dream”, the North Pole. With great difficulty, on January 17, 1912, Scott reached the South Pole, where he discovered he was preceded by the Norwegians. Frustrated and exhausted, the five explorers succumbed to death on the way back.

Despite the outbreak of World War I, the indomitable Sir Ernest Shackleton returned to Antarctica with the intention of carrying his flag across the whole of Antarctica crossing through the South Pole. However, he encountered a stunning amount of misfortunes, including the sinking of his vessel, the Endurance. It was only after camping on the frozen sea for months that he managed to bring all his companions to land in the rugged Elephant Island. From there, the indomitable explorer managed to make the most spectacular open boat crossing in nautical history, and then being forced to walk across the unknown interior of South Georgia Island, managed to finally return home with all his companions alive.

With the death of Shackleton in 1922, the heroic age of Antarctic exploration came to an end and the modern era began, which is characterized by the use of scientific instruments, vehicles and aircraft on a large scale.

#### Approach South America

Approach the South American continent and sail along the Beagle Channel. Take in the beauty of Tierra del Fuego and Navarino Island as you make your way to Ushuaia.

# ANTARCTICA

## Majestic Polar Landscapes & Penguins

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### your adventure in depth

#### DAY 16

Saturday  
3/28/20

### Depart Ushuaia

Enjoy one last morning on the ship.

#### Arrive in Ushuaia

You'll arrive in Ushuaia today. Timing is not confirmed, as it is weather dependent.

#### Transfer to the Airport

Transfer to the airport in Ushuaia for your flights home. Do not book a flight until the late afternoon.

It may be safer to spend an extra night in Ushuaia, just in case of delays on the ship. Let AdventureWomen know if you'd like to book an extra overnight after your cruise ends.

Meals Included  
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

# ANTARCTICA

## Majestic Polar Landscapes & Penguins

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your adventure  
in depth

### Accommodation Details

**TBD** Your hotel in Punta Arenas will be determined closer to departure.

#### Magellan Explorer

Magellan Explorer is a new and modern expedition vessel custom-built for Antarctic air-cruises. She was built in Chile to the latest Polar Code specifications. The ship has capacity for 73 passengers accommodated in seven categories of cabins. All cabins feature a wardrobe, individually controlled heating system, a sitting area, and a private bathroom with shower. The ship features a glass-enclosed observation lounge and presentation room with state-of-the-art audio-visual equipment, a spacious and stylish dining room, a well-stocked bar, a library, a meeting room, a gym, a sauna, and a medical clinic. The forward-facing observation deck leads to the bow of the ship, which is accessible to guests to offer proximity to marine wildlife. The ship has a fleet of ten Zodiac boats that are well suited for disembarking and wildlife watching.

The following dining options will be served during the cruise:

- ▶ Early bird (tea, coffee and pastries)
- ▶ American buffet breakfast
- ▶ Buffet lunch
- ▶ Afternoon tea
- ▶ Cocktails
- ▶ Set menu dinner

Unless otherwise advised, breakfast is usually served one hour before the morning excursion. Lunch and dinner are served at fixed times which may vary depending upon the shore excursions. Meal times are announced in the daily program and confirmed through the PA system. No room service is available on board. A vegetarian option is always available. If you have any special requirements, please let AdventureWomen know prior to departure. Kosher and vegan food is not available.

# ANTARCTICA

## Majestic Polar Landscapes & Penguins

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### Included/Not Included

#### Included:

- ▶ Group transfers airport/hotel on Day 1
- ▶ One overnight with breakfast in Punta Arenas at the Cabo de Hornos Hotel or similar, with a welcome dinner including drinks
- ▶ Group transfers hotel/airport on last Day of the Air-Cruise
- ▶ Flight from Punta Arenas to Frei Station on King George Island
- ▶ Ship cruise along the Antarctic Peninsula as indicated in the itinerary
- ▶ Daily buffet breakfast and lunch on board ship offering a wide choice of dishes
- ▶ Daily served dinner on board ship offering a choice of three main courses
- ▶ Wine, beer, juice, and soft drinks served with lunch and dinner on board ship
- ▶ Coffee, tea, chocolate, cappuccino, water, and snacks on board ship throughout the expedition
- ▶ All guided shore excursions
- ▶ Lectures and entertainment on board
- ▶ Comprehensive pre- and post-voyage information material
- ▶ Loan of waterproof boots for landing in Antarctica
- ▶ Contingency Plan as described further on
- ▶ IAATO passenger fee
- ▶ One AdventureWomen Ambassador

#### Not Included:

- ▶ International airfare to Punta Arenas and from Ushuaia
- ▶ Optional activities as listed in the itinerary
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Fees for passports, visas, or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities

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### Contingency Plan

#### Possible Flight Delays and Contingency Plan:

Flights to and from Antarctica operate based on weather conditions. While historically only a minority of flights have experienced a delay, you should be prepared for that possibility.

Antarctica21 has been organizing Antarctic air-cruises since 2003. They have extensive experience in the delicate coordination of land, air, and sea operations in the extreme Antarctic environment. While historically a majority of flights has operated on the scheduled day, in some instances weather conditions have required that adjustments to the departure time of Antarctic flights be made to avoid protracted delays. In the unlikely event that the flight to Antarctica cannot take place on the scheduled day due to unfavorable weather conditions, they will apply a Contingency Plan.

The Contingency Plan is included in the cost of your expedition. The primary goal of the plan is to provide an engaging and comfortable travel experience while we adapt to the weather. A change in the flight schedule can impact travel to Antarctica or return back to Punta Arenas, and the plan includes a range of activities determined by the circumstances. Additionally, the Contingency Plan offers you financial protection by providing a refund should weather conditions prevent you from reaching Antarctica.

#### **In case the outbound flight to Antarctica is moved forward:**

In some cases it may be necessary to move forward the Antarctic flight to the afternoon or evening of Day 1 of the itinerary. This will result in early departure from Punta Arenas and early arrival in Antarctica.

#### **In case the outbound flight to Antarctica is delayed:**

The group will remain in Punta Arenas while waiting for an improvement in the weather and for the opportunity to fly to Antarctica. Included are accommodation at the Cabo de Hornos Hotel or similar, meals, and guided excursions to local attractions. If by 2 PM on Day 4 of the itinerary it is still impossible to reach Antarctica, the trip will be interrupted and the cruise fare will be refunded.

Read more about the Contingency Plan in the Antarctica 21 Terms and Conditions which will be sent directly to booked guests.

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### Activity Level:

**Moderate**

Active

High Energy

Challenging

We rate this trip as Moderate. Our Moderate adventures exercise your mind more than your body and are designed for women who prefer a leisurely, less rigorous experience. For example, you could walk up to 2 miles per day through cities and villages, stand in museums for a few hours, relax on a boat, or view wildlife from a vehicle. Please note that this is a general description of what you might encounter; for specific details about your trip, please consult the itinerary.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

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The deposit for this trip is \$3,000, and is nonrefundable and nontransferable. Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (Photo Page)

**Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before November 2nd, 2019.**

You may also need to fill out information in the online portal for the ship. More information will be provided on this closer to departure.

### Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

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### Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Chile, Argentina, or Antarctica, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to [www.cdc.gov/travel](http://www.cdc.gov/travel).

### Money:

Services rendered on board the ship (communications, laundry, gratuities, etc.) and purchases are kept on record and summed up at the end of your voyage. Accounts can be settled before disembarkation in cash, both in U.S. Dollars and Euros, or by credit card. Please check at the Reception Desk about credit cards accepted on board, besides Visa and Mastercard. Credit cards are charged by international companies that may be located outside Chile or Argentina. Please check with your bank that geographical restrictions are not applied.

**Suggested Gratuities:** Everyone on board the ship will work hard to make your experience special. Although this is a personal choice, it is customary for passengers to leave a gratuity to the crew, service personnel, and expedition staff as a sign of appreciation. You can make a single contribution at the end of the voyage. As a general guideline, we recommend US\$15 per passenger per day is recommended. Gratuities can be added prior to settling your shipboard account, or put in an envelope and dropped in a box set out on the last days of the voyage.

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**Arrive:** Arrive in Punta Arenas, Chile (PUQ) on March 11, 2020 before 10:00am.

**Depart:** Depart Ushuaia, Argentina (USH) on March 16, 2020 after 3:00pm.

We are happy to help you make your flight and travel arrangements. Please contact us at:

**(800) 804-8686 or (617) 544-9393**  
**email: [info@adventurewomen.com](mailto:info@adventurewomen.com)**

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

**Note:** The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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As you get ready to pack for your adventure, have a look at The AdventureWomen Store at [www.theadventurewomenstore.com](http://www.theadventurewomenstore.com) - we have picked out our favorite travel clothes and outdoor gear to help make packing easy for you. You can also see our recommendations for this trip on the [AdventureWomen Pinterest](#) page.

We will send you more information on preparation soon - there are extremely detailed guidelines, so stay tuned!

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### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 120 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 90-119 days prior to the trip departure date: 90% of the total trip cost is non-refundable. For cancellations received 1-89 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not “tours.” We define “adventure travel” as travel in which one **actively participates**, as opposed to a “tour,” in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

**good-natured realist and have a sense of humor!** Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a