



Trip Dossier

Spirit of Shackleton - XVSSS

19 days - ex Ushuaia

Experience vast penguin rookeries and seal colonies on this grand voyage to Antarctica. A 19-day trip visiting historical sites of past explorers, and the wildlife rich island of South Georgia. Antarctica is beyond comprehension and sure to amaze any traveller seeking a true adventure to the world's most remote wilderness.

Included Highlights: 18 nights on board 'Explorer' , All meals included on board the ship, 8 expedition staff and naturalists , Scheduled visits to old scientific research stations, now historical monuments, All shore excursions and Zodiac cruises in the Falklands, South Georgia and Antarctica

The information in this dossier has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and GAP Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. The group leader will advise you of any changes at the initial group meeting. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to improve the itinerary. VERY IMPORTANT: Please ensure that you print a final copy of your dossier to review a couple of days prior to travel, in case there have been changes that affect your plans.

Trip Style: Expedition

It's said the call of the sea is strong, and we couldn't agree more. Ideal for our most intrepid and curious travellers, G.A.P Adventures Expeditions take place onboard our legendary ship M/S Explorer or the M/S Andrea. Abundant wildlife and exploring remote destinations are the highlights of these adventures.

Transportation - 108 passenger expedition ship Explorer or 100 passenger Andrea and 10 person Zodiac landing boats.

Accommodation - Ranges from lower triple cabins to suites.

Group and Staff - Max 108. Expert expedition team.

Meals - All meals included on board.

Inclusions - Zodiac excursions with expeditions team.

Physical Rating: 2

Each trip is given a Physical Rating, which indicates how much physical activity is required

to participate in it. This rating helps you choose a trip that is suitable to your level of fitness and abilities, and one that you will enjoy taking part in. Physical activity on a G.A.P Adventures tour falls into the following categories. **Rating of 1** - Getting around on your own, up and down hotel steps and carrying your own bag. **Rating of 2** – Light walking and hiking that is suitable for most fitness levels. **Rating of 3** – May include moderate hiking, biking, rafting, kayaking and other activities that require only an average/moderate level of fitness to enjoy. **Rating of 4** – May include high altitude hiking of up to 8 hours per day or other activities that require a moderately high level of fitness. **Rating of 5** - High altitude trekking suitable only for those with a higher level of fitness and endurance.

Please note: Many G.A.P Adventures trips include only one element that may increase the rating of the trip to a higher level. For instance, any trip that includes the Inca Trail hike in Peru is given a rating of 4, even though the physically active aspect of the adventure may only be a small part of the overall tour. In many cases, you may choose not to participate in these activities before or during the tour.

For details on the specific activities and Physical Rating of a trip, please refer to the trip dossier or contact our sales department.

Culture Shock Rating: 1

Each trip is given a Culture Shock Rating, designed to help you choose a trip that is suitable to your travel tastes and preferences. The Culture Shock Rating lets you know how much 'difference' you can expect from the experience - whether there's any familiar food available, if you'll need to adapt a little or a lot to the surroundings and the kind of home comforts (if any) you can expect. Culture Shock is rated according to the following scale: **Rating of 1** – Little or no adjustment at all is required. The comforts of home are here for the most part. **Rating of 2** – A generally easy trip but there may be the occasional remote lodging, market meal or language barrier. **Rating of 3** – Expect an occasional cold shower and remote or even multishare accommodation, and public transportation... Remember though, this is all part of your G.A.P Adventures authentic travel experience! **Rating of 4** – Expect to rough it here and there. This may mean a packed public bus, very remote and rustic accommodation, and no access to western-style food. **Rating of 5** – You are totally off the beaten path with none of the comforts of home, and are exposed to a totally foreign culture to what you are accustomed ... Sounds fantastic doesn't it!

For details on the specifics of a trip's food, accommodation, transportation and more please refer to the trip dossier online or contact our sales department.

While it is our intention to adhere to the route 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. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit travel with G.A.P Adventures can be unpredictable. The dossier is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard Explorer visits to research stations depend on final permission.

Important Notes: Required Documentation:

When you board the ship, our staff will collect your Local payment and hold your passport until disembarkation. Please have your tour voucher and proof of medical insurance in case further confirmation is required before you are checked into your room.

Itinerary

Day 1 Arrive Ushuaia, Argentina

Arrive in Ushuaia, the southernmost city in the world. Embarkation on the "Explorer" is between 4 and 4:30 in the afternoon at the port in Ushuaia. The usual time of departure is at 6 PM.

Sitting on the shores of the Beagle Channel, Ushuaia actually means 'the bay facing westward' in the language of the original Yamna inhabitants. Once a penal colony (the presidio was disbanded in the 1940s) for political prisoners as well as hardened criminals, Ushuaia is now a major tourist attraction, particularly for people such as ourselves cruising to Antarctica. The town of 40,000 is also a major ski resort area for both alpine and cross-country skiers and offers magnificent hiking in Parque Nacional Tierra del Fuego, the only coastal national park in Argentina.

Day 2 At Sea

As we make the passage east you have time to become acquainted with the ship and frequent the common areas that include the lounge, dining hall, library and lecture hall where we meet our guides, ship's crew and lecturers. We also begin the lecture and information sessions to learn the extraordinary human and natural history of the Antarctic region.

Day 3-4 Falkland Islands

The Falkland Islands provide 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.

Consisting 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. Here 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 the elephant seals, sea lions, king cormorants, black-browed albatross, skuas, night herons, giant petrels, striated caracaras and of course sheep.

Day 5-6 The Great Southern Ocean

Sailing east now we'll set course for South Georgia Island. 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 eye peeled for the whales that inhabit these waters.

Day 7-9 South Georgia

South Georgia Island is home to many marvels including Shackleton's Grave, several former whaling stations, incredible scenery and prolific wildlife. A huge colony of King Penguins is the highlight of this part of the journey. On nearby islands we'll hope to spot wandering albatross in their nesting grounds.

Known for its brutal whaling and exploratory history, this 170 km long and 40 km wide island 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 season 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. The British explorer Sir Ernest H Shackleton landed at King Haakon Bay on the southwest coast after the 800-mile journey in a 20-foot open boat from Elephant Island. They proceeded to hike the ice covered mountainous terrain, arriving to 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 while in his cabin. He was buried at the whaler's cemetery at Grytviken station at the request of his wife.

Day 10-11 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.

Day 12-16 Antarctica & the South Shetland Islands

This is what we've all been waiting for - a chance to step foot on the Great White Continent! Weather and ice and time permitting we'll visit the South Shetland Islands, Paradise Harbour or nearby Neko Harbour, Wilhelmina Bay and the Lemaire Channel. We normally attempt 2 excursions per day.

Located just north of the Antarctic Peninsula, we hope to disembark on a number of the islands in the South Shetlands chain on our "go anywhere" Zodiac landing crafts. This is prime penguin spotting and whale watching country, and we hope to visit one of the science research stations either here or on the peninsula later on in the journey. Some of the exciting islands possible to visit in this area, weather permitting, include Half Moon Island and its rookery of Chinstrap penguins, the collapsed volcanic cone of Deception Island for a chance to visit Whalers Bay and the rusted remains of boilers and tanks that once processed and held the whale oil. Livingston and Deception Islands are good locations for observing Chinstrap and Gentoo penguins in large numbers.

The most readily accessible part of the Antarctic Continent, the Peninsula is known for its wildlife and spectacular scenery. We visit as many of the bays and channels as time and weather permits. The Peninsula contains enormous rookeries of Gentoo, Chinstrap, and Adelie Penguins, as well as large numbers of Blue-eyed Shags, Kelp Gulls, Cape Petrels, Snowy Sheathbills and Antarctic Terns. In the waters we may see Leopard, Crabeater, and Weddell seals, Minke whales, Humpback whales and Orcas, either at close range while cruising around in our Zodiacs or from the decks of Explorer. We hope to sail through the breathtaking Antarctic Sound, also known as "iceberg alley", where massive bergs drift north from the continent. Other popular stops on the Peninsula include Neko Harbour, Paradise Harbour, and Petermann Island.

Antarctica is the fifth largest of the seven continents on earth, located almost completely south of latitude 66°30' south and has a total area of roughly 5.5 million square miles in summer, doubling in size during winter due to the sea ice that forms around the continent. 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.

Antarctica is the coldest, windiest and one of the driest continent on earth. The lowest temperature ever recorded anywhere on earth, -89.2°C, was recorded 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.

Only a small number of plants survive in Antarctica, mostly lichens, mosses and algae, which are limited to the few areas that are free of ice. Although there are no land-based animals inhabiting Antarctica, the surrounding oceans abound in living creatures. Large numbers of whales, seals, and penguins call these rich southern waters home.

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 Explorer are inhabited by 6 different species including the giant King Penguin who can grow up to 1 metre in height; 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 who number roughly 12 million and are easily identified by the orange tassels meeting between the eyes; and the Rockhopper Penguin who are similar to the Macaroni in appearance but slightly smaller and have yellow tassels.

HISTORICAL FIGURES

Some of the bravest and best known explorers have sailed south in search of adventure and recognition. James Cook, the most travelled explorer of his time, was the first to circumnavigate Antarctica and the first to cross the Antarctic Circle. Roald Engebret Gravning Amundsen, who led the first expedition to reach the South Pole, reached the pole on December 14, 1911. Captain Robert Scott, famous for being 35 days late, arriving at the South Pole on January 17, 1912 only to find the dark green tent and a note left by Amundsen. All 5 men in the Scott expedition perished on their way back from the pole. The best-known adventurer would have to be Sir Ernest Shackleton. On his attempt at the South Pole his ship, Endurance, was captured by pack ice in the Weddell Sea on January 19, 1915. The ship was destroyed by heavy ice, forcing he and his men to travel over the ice and sea to Elephant Island. However, because the island was uninhabited, Shackleton and 5 others made the 1300 km voyage for help to South Georgia, arriving at Stromness Harbour whaling station on May 20, 1916.

Day 17-18 At Sea

Heading north across the Drake Passage, spend 2 days enjoying the beauty of the sea as we sail for Ushuaia.

Day 19 Depart Ushuaia

Our adventure comes to a close. Have a final breakfast on the Explorer before saying our goodbyes as we disembark in Ushuaia.

Group Leader: 8 Expedition staff/naturalists.

A carefully chosen team will lead our voyage. Our expedition ships boast an international team of professional naturalists and lecturers. Their goal is to provide an informed and balanced interpretation of the destination, accomplished through stimulating lectures, day-to-day briefings, and informal discussions. Your lecturers and Expedition Leader will cover all aspects of the voyage including ornithology, marine biology, geography, geology, history and the environment, as well as practical things like photography. The expedition staff work conscientiously with you on deck and in the field, improving your observational skills to allow you to experience all that the destination has to offer. Their strong sense of ethics and ecological knowledge make for stimulating and mindful conversation whether onshore or at the dinner table. The expedition staff will pilot the Zodiac landing craft used for shore landings and Zodiac cruises; they are experienced drivers who operate the Zodiacs in a responsible manner.

Group Size: Max 106

Your Fellow Travellers: As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and are likely to be of a variety of ages too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part.

Meals Included: All meals included on board the ship, drinks at additional charge.

Onboard our expedition ships 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 or in the lounge throughout the expedition.

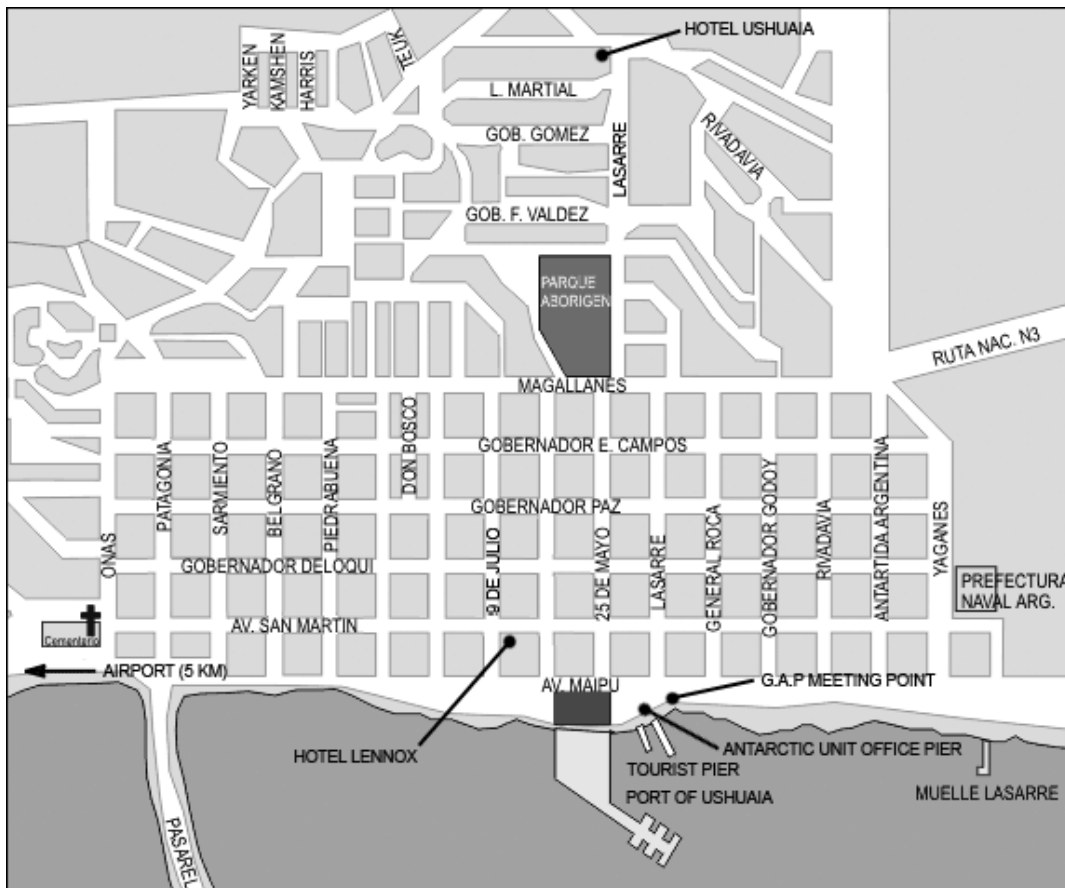
Transport: M/S Explorer, zodiac.

Local Flights: All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Single Travellers: We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation: Onboard Explorer in triple, twin-share cabins, superior cabins or suites, (all with ensuite bathrooms and port holes) (18 nts). Please note that all cabins consist of two beds and are outside facing. Double beds are available in suites, subject to availability.

Joining Hotel Image:



Joining Instructions: A NOTE ON FLYING INTO USHUAIA

All international flights flying into Buenos Aires arrive at Ministro Pistarini Airport (EZE) in Buenos Aires. Please check with your airline as to which airport your domestic flight will be flying out of.

Some flights that continue to Ushuaia depart from the domestic airport (J. Newberry - AEP). Please check with your airline to make sure which airport you are flying out of. On arrival at the International airport, there is an airport shuttle service, Manuel Tienda Leon, available at a cost of US\$10.00 each way. It is about 30-40 minutes drive between the airports, so please allow yourself enough time.

Please also confirm the luggage restrictions for your flight from Buenos Aires to Ushuaia as domestic flights generally allow less luggage than international flights.

EMBARKATION DAY

Ushuaia City Airport (USH) is located only 5km outside of the city, please note that arrival transfers are not included in the tour as local taxis are available into the downtown at no more than \$5 USD. If you are arriving before day 1 and have pre tour accommodations booked with GAP please see the second section below. The town of Ushuaia is very small with the majority of services, including the pier, within walking distance from downtown.

PASSENGERS ARRIVING ON DAY 1

Upon arrival into downtown Ushuaia, please make your way to the tourist pier. The baggage drop off location is in the port tourist parking lot located just east of the port of Ushuaia. A clearly marked GAP Adventures representative will be waiting for you between 10:30 am and 12:00 noon. After dropping off your luggage you will have the afternoon free to explore the city of Ushuaia until embarkation time at 4:00 pm. Please return to the pier at 3:30 to be transferred to the ship.

Passengers arriving into Ushuaia after 12:00 noon must arrive at the baggage drop off location before 3:30 pm to allow time for your luggage to be tagged. Please note that luggage can be stored at the Antarctica Unit Office at the pier prior to embarkation.

Embarkation time is set for 4:00 pm and passengers will not be able to board the ship before that time due to refueling, provisioning, and preparing the ship for your stay. For information on activities, restaurants and services you can consult either the tourist information office or your hotel. Due to new port security regulations you are no longer allowed to enter the port area on your own so make sure you are at the pier on time to catch the 4:00 pm bus to the ship.

On embarkation day, you should dress for changeable weather. Once aboard, you will find your luggage stored in your assigned cabin, please ensure that all your luggage is accounted for upon arrival.

PASSENGERS WITH GAP PRE TOUR ACCOMMODATIONS

On arrival into downtown Ushuaia please make your way to your hotel, as per your hotel voucher. The hotel will be no more than 10 blocks away from the pier and you are free to make your own way to the main pier for 3:30 pm. Your luggage will be transferred from the hotel for you, please have your luggage in the lobby of the hotel by 8:55 am on the morning of Day 1.

Embarkation time is set for 4:00 pm and passengers will not be able to board the ship before that time due to refueling, provisioning, and preparing the ship for your stay. For information on activities, restaurants and services you can consult either the tourist information office or your hotel. Due to new port security regulations you are no longer allowed to enter the port area on your own so make sure you are at the pier on time to catch the 4:00 pm bus to the ship.

On embarkation day, you should dress for changeable weather. Once aboard, you will find your luggage stored in your assigned cabin, please ensure that all your luggage is accounted for on arrival.

DEPARTURE INFORMATION – Disembarkation Day

On disembarkation in Ushuaia, group transfers will be provided from the pier to the Antarctic Unit Office which is located at the entrance of the pier. For those passengers departing the same day on morning flights, the bus will continue to Ushuaia Airport for all departures. Specific times and instructions will be advised onboard as they can change depending on weather and sea conditions; please do not arrange any same day departing flights out of Ushuaia before 12:00 p.m.

For passengers who will be spending extra time in Ushuaia after your expedition, the staff on board will have information for you on making transportation arrangements should you need them.

Arrival Complications: We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your

trip leader (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact: Local Emergency Contact

If you need emergency assistance, you can contact us locally at the following phone number + 54 2901 464 331 (mobile)

In Ushuaia - 02901 15464331 (mobile)

Should you need to contact G.A.P Adventures during a situation of dire need, we have a toll-free line for North America, which will connect you directly with our Toronto office staff during regular office hours. If you feel you need to contact us outside of office hours, someone from our Operations staff will answer a mobile line at any time. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so we may return your call and assist you as soon as possible.

Toll-free (North America only): 1-800-465-5600.

Calls from the UK: 0870 999 0144.

Outside North America and the UK: +1 416 260 0999.

Emergency After hours Mobile: (647) 504 6432

What to Take: Most airlines allow two checked bags and one carry-on per person. To avoid any problems at check-in and with possible excess baggage charges, please consult the airline for specific restrictions.

Dress on board is informal. Plan to bring comfortable, casual clothing for all activities. Bring wind and waterproof outer layers. Beware of tight clothing that leaves no room for trapped air, which is an excellent insulator. Wool, silk and some of the new synthetic fibers, like polar fleece, retain heat better than cotton. When packing, we suggest that you do not weigh yourself down with too many clothes or too much gear. Select informal, practical attire that can be worn in layers. The two most important items that you will need to bring on your voyage are boots and a parka. It is possible to rent gear in Ushuaia for the expedition, but the quantity and quality of gear varies greatly depending on the demand. For the location of a rental shop consult with the front desk of the hotel where you are staying. If arriving on embarkation day you will NOT have time to rent the gear.

Checklist:

When packing your luggage please note that the weight restriction on the domestic flight from Buenos Aires to Ushuaia is only 20 kg (33 to 44 lbs) per person. Passenger with their international ticket with Aerolinas are allowed their international luggage allowance. Please note that the airline will generally charge for excess baggage.

BOOTS

Rubber, waterproof boots that are mid-calf or higher (12-16" high or 30-41cm.) with a strong, ridged non-skid sole are essential for wet landings via Zodiac. You may have to step from the Zodiac into icy water up to 1 ft. or 30 cm high on some landings. Also, expect poor footing on the ice and ashore. Do not bring heavy, cumbersome boots that make it difficult to walk. Do not bring boots with metal cleats as they cannot be

used for the landings. For maximum warmth, wear loose-fitting boots and two pairs of socks. Try out your boots before the voyage.

PARKAS

You should look for a lightweight, roomy, wind and water-resistant parka with some insulation. The whole idea of colder climate is to layer. Most of our temperature are freezing or above. Bright colors are more visible - and thus - safer in polar environments.

GLOVES

Keeping your hands warm and dry can be a challenge. Thin polypropylene gloves can be worn underneath warm outer gloves. Thus, allowing 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, woolen hat/cap to protect your ears, as well as a scarf, neck gaiter or other face protection.

PANTS/TROUSERS

Water-resistant pants/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 pants 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 pants/trousers, warm ski pants are suggested if you have them, otherwise, bring any sturdy, warm pants/trousers that can be layered between your long underwear, sweatpants, corduroys, etc.

SOCKS

Warm, high wool or cotton 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

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

UNDERCLOTHING

Wool or polypropylene underwear is highly recommended since it will keep you warm without adding bulk. Most polar travellers prefer a lightweight version - but this depends on your own personal thermostat.

- Hat & sunglasses (Polarized highly recommended)
- Sun block (PABA-free)
- Money belt
- Basic first aid kit
- Alarm clock
- Women's sanitary products
- Toiletries (biodegradable)
- Water bottle, books
- Flashlight with spare batteries and bulbs
- A seasickness remedy is recommended for our time at sea crossing
- Optional bathing suit for hot springs (if landings are possible)
- Passport (and photocopies)
- Travel Insurance documents
- Airline tickets
- USD cash and travelers checks
- Credit card (see personal spending money)
- G.A.P vouchers, pre-departure information
- Any entry visas, or required vaccination certificates
- To enter Argentina you will require a passport (with 6 months validity). - Please check all visa requirements at least one month in advance of travel.

The electricity onboard is 220AC electrical outlets, with European 2 pin round holes, as well as 110-volt shaving sockets in the bathroom for electric razors only. You may

wish to bring an international adapter.

Camera and film (and something to protect the camera when out in the elements),
binoculars, reading/writing material, cover or plastic bags for backpacks

Laundry: Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap. Aboard the expedition ships Explorer and Andrea laundry facilities are provided at a charge. Aboard the Amazon Explorer laundry facilities are provided free of charge for each passenger once a week.

Visas: All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy, or consulate for the most up-to-date visa requirements, or see your travel agent. IT'S YOUR RESPONSIBILITY TO HAVE THE CORRECT TRAVEL DOCUMENTATION.

Detailed Trip Notes: Your Home Away from Home: Explorer

Built by polar adventure expert Lars Eric Lindblad, Explorer was purposely built for expedition cruising in Antarctica. A legend in adventure circles, Explorer has a long list of expedition firsts, including being the first passenger ship to venture south of the Antarctic Circle. Also well known as "The Little Red Ship", the vessel was the world's first expedition cruise ship, and is designed with such challenging destinations as the Polar Regions in mind. In fact Explorer has visited Antarctica over 250 times. Explorer has a large crew and one of the most experienced expedition teams in the world. Public space onboard includes a dining room serving international cuisine, a theatre for lectures and presentations, a bar and lounge, and a top deck that provides a 360-degree view of the surrounding wilderness. Explorer is also equipped with 10 Zodiacs launch boats. Zodiacs provide practically unlimited mobility and allow exploration of even the most remote and inaccessible shores. Refurbished over the summer of 2004, vigilant maintenance and refurbishing have kept the Explorer robust, comfortable and in compliance with marine safety standards.

EXPLORER

Technical Information:

Registry: Monrovia, Liberia

Built: 1969, Nystad, Finland

Length: 72.86m (240 ft)

Breadth: 14.02 m

Gross Tonnage: 2398 grt

Max Speed: 13.0 knots

Cruising Speed: 11.0 knots

Maximum Cruising Range: 5,300 nautical miles.

Capacity: 108 passengers

Crew & Staff: 53 officers, crew and expedition staff

Auxiliary Craft: 4 Motor Lifeboats, capacity 196 persons total, 4 life rafts with a total capacity of 66 persons

Communication: Telex, telephone, fax, e-mail, GMDSS, Satellites B, C & M.

Experience Counts

Accompanying the voyage is our dedicated and experienced staff of expedition leaders, naturalists and lecturers who share with us their knowledge, enthusiasm and commitment to the environment. Our ship is manned by officers and crew highly experienced in ice

navigation.

Environmental Policy

We are dedicated to minimizing the impact of our expedition on wildlife and sensitive natural habitats. We operate environmentally responsible cruise and expeditions and follow all internationally agreed regulations of conduct ashore. We are all privileged visitors – and committed to the future of these extraordinary, icy realms.

Safety First

Although expedition cruising is adventurous by nature, the safety of our passengers and staff is paramount. Our ship Explorer is equipped and maintained to cope with the most challenging conditions and is manned by experienced and conscientious officers, crew and expedition staff. The Zodiac landing craft used for shore landings are rugged and versatile and are operated by experienced drivers in a responsible manner. Onboard you will be fully briefed on safety issues and our environmental policy and you will receive appropriate and detailed briefings before every landing.

Expedition Staff and Lecturers

A carefully chosen team will lead our voyage. They are chosen not only for their local knowledge and wealth of experience but also for their great love of the Antarctic. With formal lectures, as well as informal briefings and discussions, your lecturers and Expedition Leader will cover all aspects of the voyage including ornithology, marine biology, geography, geology, history and the environment, as well as practical things like photography. (See expedition team and Captain's biographies below)

Tips for Travellers

We are all privileged visitors to these extraordinary, icy realms. As a traveller, it is your responsibility to help ensure your impact on Antarctica's flora and fauna is minimal. The following are excerpts from the GUIDANCE FOR VISITORS TO THE ANTARCTIC:

Respect wildlife

Do not feed, touch, or handle birds or seals, or approach or photograph them in ways that cause them to alter their behaviour. Special care is needed when animals are breeding or moulting. Keep a minimum distance of 5 meters (15 feet) from all wildlife.

Respect vegetation

Do not damage plants, by walking or landing on extensive moss beds or lichen-covered scree slopes. They are fragile and take generations to grow.

Respect the environment

Do not collect or take away biological or geological specimens or artefacts as souvenirs, and do not dispose of litter or garbage on land.

Take photos with care

Keep low as you will appear less threatening to animals and it will also yield better photographs. Do not try to make an animal react for a photograph. If an animal's behaviour changes you are too close.

Stay Safe

Take note of, and act on, the advice and instructions from your leaders, and do not stray from your group.

Spending Money: Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange: Before and after the cruise:

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work overseas. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollars cash, travellers cheques and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

While on board our Expedition ships, cash and most major credit cards are accepted to clear incidental bills at the end of the cruise by the ship's purser (ie. bar bills, laundry etc.).

Meal Budget: All meals included while on board. Drinks and tips while on the Explorer are extra.

Local Payment: USD300

Most of our adventure tours involve a local payment. This amount is a portion of the price of the trip and the final payment for your tour. Paying locally facilitates the flow of funds into countries that we travel through and also helps to reduce the overall price of the tour. This helps G.A.P Adventures keep our prices competitive and in-turn, pass our costs savings on to you. Payment is to be made to your leader or G.A.P Adventures representative upon arrival in cash in the requested currency. Please see our website, brochure or your trip documents and invoice for local payment.

Emergency Fund: Please also make sure you have access to at least an additional USD200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (eg. a natural disaster) necessitate a change to our planned route. This is a rare occurrence!

Departure Tax: USD18

Tipping: Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. It is an expression of satisfaction with the persons who have assisted you on your expedition. The industry standard and suggested amount is \$10 - 15 USD 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 and distributed amongst the crew. The Expedition Staff and the Officers choose not to participate in the tipping pool.

Optional Activities:

All prices are per person in US dollar amounts.

Ushuaia:

Estancia Harberton \$50

Horseback riding \$35-\$65

Ski lift \$5 (return)

Entrance museum \$7

Bus to Park entrance (Tierra del Fuego Nat'l Park) \$10 (return)

Ushuaia – visit to seal or penguin colonies \$30 - \$50 USD

Health: Please consult your doctor for up-to-date medical travel information well before departure. We require all passengers traveling on any one of our expeditions to fill out a medical questionnaire. The questionnaire can be found online at:

www.gapadventures.com/online_medical_form.

Passengers over the age of 70 or passengers with preexisting medical conditions are required to submit a medical form signed by a physician. It is very important that we are advised of any special meal requirements, food allergies, or prescribed medication when you confirm your tour. The ship is equipped with a small infirmary with typically required medications and limited equipment. The ship's doctor is available for visits during the day and is available 24 hours per day for emergencies.

In case of an emergency, please bring with you a signed and dated letter from your physician (to be given our doctor on board, as well as for any medical authorities in case of an emergency) stating any health problems and dosage requirements. International health regulations do not currently require any inoculations for the countries that you will visit on our voyages to the Antarctic. If you are visiting certain parts of Asia, Africa or South America or any country that may be affected with yellow fever prior to joining this expedition, you will need a yellow fever inoculation. We suggest that you confer with your own physician to be sure your routine immunizations, such as tetanus, diphtheria and hepatitis A, are up-to-date before traveling. Older travelers, in particular, may wish to consider preventive measures against influenza and pneumonia.

Safety and Security: Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your leader will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your group leader will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

We recommend that you wear minimal jewelry and that you keep valuable items safely stored.

Medical Form: Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an 'average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers over the age of 70, or travellers with a pre-existing medical condition, are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that senior travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our leaders work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical and culture shock ratings in this dossier for more information.

Please note that all passengers, regardless of age traveling on the MS Explorer or the MS Andrea are required to fill out this questionnaire.

The medical questionnaire can be found online at:

www.gapadventures.com/online_medical_form.

A Couple of Rules: Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for G.A.P Adventure travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or they use prostitutes.

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Responsible Travel: OUR COMMITMENT TO RESPONSIBLE TRAVEL IN ANTARCTICA

As a leader in Sustainable Tourism, we are committed to ensuring that all of our marine expeditions operate in a socially and environmentally responsible manner. All expeditions aboard the M/S Explorer meet and exceed all environmental regulations and protocols in the regions that we visit.

The International Association of Antarctic Operators (IAATO)

G.A.P Adventures holds Full Membership Status with IAATO, an organization that advocates, promotes and ensures safe and environmentally responsible private-sector travel to the Antarctic. All operations aboard our ship adhere to IAATO's strict rules, regulations and guidelines for operating in Antarctica. For more information visit www.iaato.org

Staff & Crew:

Our crew and expedition team act as stewards of the environment and are well versed in the strict environmental protocols on board and on land. All of our travellers are thoroughly briefed in these protocols before being allowed to participate in excursions and are always supervised by our team when on shore.

Marine Gas Fuel:

The M/S Explorer operates on marine gas oil that is cleaner than truck diesel fuel as it offers lower sulfur dioxide emissions.

4-Stroke Outboard Engines:

In an effort to drastically reduce environmental pollutants 4-stroke outboard engines have been installed on all of our zodiacs. Our 4-stroke outboard motors use less fuel and produce less noise pollution than 2-stroke engines. Since there is no mixing of oil and gas the exhaust is intrinsically much cleaner and friendlier to the environment.

Recycled non-chlorine bleached paper:

In an attempt to reduce the amount of dioxins released into the environment through paper production, the M/S Explorer is stocked with 100% post-consumer recycled, non-chlorine bleached paper.

Planeterra Foundation & the Explorer Gift Shop:

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization that supports local community projects and international charities

around the world. Certain items sold in the Explorer's gift shop have been made by local communities in South America. By purchasing these items you will be directly supporting these artisans and proceeds also go to the Planeterra Foundation's community project fund.

Sea Chart Auction:

At the end of each Antarctica departure, the Captain's Sea Chart is auctioned and all proceeds are donated to charity.

BirdLife International– Proceeds from the Sea Chart Auction on our Antarctica departures will support BirdLife International's Save the Albatross Campaign. This program works towards the conservation of albatross species through research on trends in threatened populations, interactions between albatrosses and fisheries, and the development and use of sea-bird safe fishing practices.

Environmental Ethics Program- On each departure, our Expedition staff host an Open House evening. Passengers are provided with information related to a variety of environmental issues which currently include the importance of making ethical food and seafood choices, purchasing green paper products and the use of 4-Stroke Marine

outboard engines as a means of reducing fuel consumption and hydrocarbon emissions.

Our end goal is to minimize the potential negative impact of tourism in the areas we operate while maximizing the positive impact of instilling a widened understanding and appreciation of these regions. During our voyages, we ask all our passengers that they see their visit to these areas as a privilege and that they share their newfound knowledge and experiences with others when they return home. We also hope that by bringing people to these regions that they continue to act as ambassadors and stewards of these areas.

Being a responsible tour operator is at the heart of what G.A.P Adventures is all about. From the start, G.A.P has been committed to offering low-impact tours that benefit traveller and host alike. While our sustainable tourism policies are constantly evolving, our commitment to socially conscious, grassroots style travel has never changed. We work with local communities, businesses and individuals to develop sustainable tourism opportunities that help local economies while minimizing negative environmental and cultural impacts.

For more information about our commitment to responsible travel, please visit the Sustainable Tourism section of the G.A.P Adventures website: www.gapadventures.com

Planeterra-The G.A.P Adventures Foundation: Through G.A.P Adventures' commitment to responsible tourism we have developed Planeterra – the G.A.P Adventures Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G.A.P Adventures matches all individual donations and pays all administration fees, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G.A.P Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your GA.P Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

Feedback: After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and we'll give you 5% off the price of your next G.A.P Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Please visit <http://www.gapadventures.com/evaluations>

Newsletter: Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G.A.P Adventures, subscribe at www.gapadventures.com/newsletter_signup

Travel Forum - The Watering Hole: Be sure to stop by [The Watering Hole](#), our adventure

travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gapadventures.com.

We Want Your Photos: Want to see your photos in print or on the web? Then enter our annual "Great G.A.P Adventures Travel Photo Contest". Simply go online to gapadventures.com/contests/photo_contest to upload your images for a chance to win great prizes including a trip for two! Every year, G.A.P Adventures publishes the best photos received from our travellers in our new brochure. If you prefer to submit slide film or photos instead of digital entries online, just make sure they are clearly marked with your name and contact details on each and the place where it was taken. Unfortunately, we are unable to return any entries. Send mailed entries to "Photo Editor" at our head office.

Free Online Trip Journals: An online [Trip Journal](#) is a great way to record stories and photos as you travel, not to mention sharing your experiences with friends. Encourage your family and friends to follow in your footsteps as you explore the world! With templates for over 300 G.A.P Adventures trips already online all you have to do to get started is log in, choose your trip and your departure date, it's quick and easy! Head to http://www.gapadventures.com/trip_journal.

Keeping in Touch: If you need to be contacted while travelling we recommend that you set up an email address that can be accessed on the road, rather than relying on postal mail. Email cafes are becoming increasingly commonplace and cheap throughout the regions we visit, and have quickly become the preferred way for our leaders and travellers to stay in touch. If someone wishes to contact you in an emergency while you are on one of our trips we recommend that they contact your local booking agent, or refer to our Emergency Contact. We recommend that family and friends don't try to contact you through phoning hotels en route, as our hotels are subject to change, and our hotel receptions often don't have English speaking staff.