

Patagonia Experience & Antarctica Classic in Depth - XLPESX

22 days: Argentina

What's Included

- 11 nights on board the M/S Expedition - 2 nights camping excursion to Torres del Paine National Park (sleeping bag, tent, and sleeping mat provided) - 8 nights pre-cruise accommodations, with breakfast as indicated in the itinerary - Excursions to Moreno Glacier - Day hikes in Glacier National Park - Domestic flight from Ushuaia to El Calafate - Zodiac excursions with our expert expedition team - Lecture and educational programs - Waterproof boots supplied for men's USA sized 8-14 & women's USA sized 3-9 - Antarctica destination guide book - Canada Goose expedition jacket for guests who pay for a Category 5 suite - Ushuaia transfer from airport for flights arriving on Day 1 - Ushuaia transfer to airport depending on your departure flight details

The information in this trip details document 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 G 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. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. 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 the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY:

Trip Style

Expedition: Pack your parka and climb aboard the M/S Expedition for a once-in-a-lifetime adventure. Led by our extraordinary team of naturalists, biologists, anthropologists and historians, we cruise the world's most remote coastlines to get up close and personal with incredible wildlife and amazing scenery.

Physical Grading

4: May include high altitude hiking of up to 8 hours/day or other activities that require a moderately high level of fitness.

Itinerary



Day 1 Arrive Ushuaia

Arrive in Ushuaia at any time, transfer on your own, check into the hotel and enjoy the southernmost city in the world.

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.

Argentina is the second giant of South America, with a landscape nearly as varied as its people. Modern and sophisticated, cosmopolitan Argentina has much more in common with Europe than with the rest of its neighbours. If Buenos Aires is the heart of the country, Patagonia and the southern Pampas in Santa Cruz Province are its soul. This is the very region we explore, trekking within Glacier National Park for the grand rewards of the trail.

We start our land exploration in the province of Tierra del Fuego and the southern most city in the world, Ushuaia, with a flight tomorrow to El Calafate, on the shores of Lago Argentino. The southern continental ice field, the second largest on the planet after that of Greenland, is the source of all the area's glaciers, including Moreno, Onelli, Viedma and Upsala. Moreno Glacier moves down from this massive river of frozen water, huge chunks of ice constantly crashing into the lake waters below. It is one of the most dynamic and only one of a few advancing glaciers left in the world. It is simply enormous: 1 km (half a mile) wide and 60 m (196 ft) high, it occasionally chokes off the narrow Canal de los Tempanos (Channel of Ice Bergs), creating a dam of ice, through which the lake water eventually bursts in a spectacular display.

Day 2-3 El Chaltén (2B)

A short flight takes us over the lofty peaks to El Calafate, home of the dynamic Moreno Glacier, within Glacier National Park. (Flight is included with this package). Then transfer to El Chaltén. El Chaltén, is located at the northern end of Los Glaciares National Park, where granite pinnacles spiral upward into the sky from the third largest ice field on earth. There is an included hike to Laguna de Los Tres where we hope to appreciate views of majestic Mount Fitzroy/Chaltén (3,441 m / 11,286 ft) on day 3. The weather in El Chalten is very changeable and therefore views of this spectacular granite mountain are not guaranteed! This is a full day's hiking of roughly 7-9 hours and approximately 25 Km (15 miles) round trip.

Parque Nacional Los Glaciares has some of the most spectacular natural sights you will see in your lifetime. Hikers and climbers from around the globe congregate here, waiting for good weather, to undertake the challenges presented by nature. The atmosphere is laid back and the mountains and Beech forests here are very similar to Paine. The hike to Laguna de Los Tres and other hikes in the area traverse spectacular glacial valleys to obtain awe-inspiring views of these peaks of ice and granite.

Day 3

Included Activity: Guided Hike to Laguna de Los Tres

Approximate distance hiked: 25 km

Estimate hike time: 7-9 hours

Ushuaia to El Chalten

Approximate Distance: 220 km

Flight: Ushuaia to El Calafate (1 Hr)

Public Bus: El Calafate to El Chalten (3 Hrs)

Estimated Total Travel Time: 5-6 Hrs

Day 4-5 El Calafate (2B)

We spend day 4 in El Chalten and there is an optional hike to Laguna Torre for awe-inspiring views of the magical peaks and glaciers. Alternatively, there is the opportunity of the optional activity of ice trekking/climbing on Viedma Glacier. A late afternoon transfer (3 hrs) returns us to El Calafate.

We set off early in the morning to try and avoid the crowds at Perito Moreno Glacier. We transfer to the glacier in a private van, which takes roughly 2 hrs. We spend approximately 4 hrs making our way along the walkways in front of the glacier.

We may spot condors, eagles, flamingos and rheas in this beautiful landscape. Moreno Glacier is the only glacier in the world that can be reached by road, and if you are lucky enough, you will long remember the sound of ice crashing into the lake waters below.

Day 5

Included Activity: Guided Tour of Perito Moreno Glacier

El Chalten to El Calafate

Approximate Distance: 220 km

Public Bus: El Chalten to El Calafate (3 Hrs)

Estimated Total Travel Time: 3 Hrs

Day 6 - Puerto Natales

Travel by public bus from El Calafate to the small Chilean town of Puerto Natales. Travel time is roughly 5-6 hrs but often depends on time spent crossing the border. Be prepared for your bags to be scanned and searched by the Chilean officials. Make sure that you aren't carrying any fruit or vegetables into Chile as you may be subject to a hefty fine.

On arrival to Puerto Natales, you should have the afternoon to do some last minute shopping before your next 3 days of hiking in Torres del Paine National Park. There will be a briefing in the evening in preparation for Torres del Paine

El Chalten to Puerto Natales

Approximate Distance: 547 km

Public Bus: El Calafate to Puerto Natales (4-6 Hrs)

Estimated Total Travel Time: 4-6 Hrs

Day 6-9 Torres del Paine National Park (4B,2L,2D)

We head off early in the morning by private transfer (2 hrs) to Torres del Paine National Park.

Hiking and camping in this spectacular park is a real treat. The things that you may have heard about the rough beauty of Patagonia will be affirmed by the breathtaking views of the three pink granite "Towers," French Valley and its glaciers, as well as the region's unique wildlife, such as guanacos, rheas and Patagonian hares. Travel by boat on Lake Pehoe amongst the icebergs of Grey Glacier, one of the most beautiful glaciers of the Patagonia ice field.

Encompassing a narrow strip of land between the Pacific Ocean and the high peaks of the Andes, approximately 180 km (112 miles) wide, but with a coastline stretching over 4,300 km (14,104 ft), Chile's "geografia loca" (as termed by Benjamin Subercasseaux) includes the driest desert, the Atacama in the north, the agriculturally-rich Central Valley, snow-covered volcanoes, forests and tranquil lakes of the near south, and the wild and windswept glaciers and fjords of the far south.

It is within this last region that you'll discover magnificent trekking country, where guanacos, ñandus (rheas), condors, pink flamingos and magellanic penguins abound. The region also boasts some of the world's finest salmon and trout fishing, and the cuisine at times rivals the natural setting. Hikes are moderate to difficult, along clearly marked trails. Participants should be prepared for hikes ranging in duration from 5-8 hours per day with unpredictable weather. A gold mine of undiscovered destinations and surprises, this country and its friendly and hospitable people will no doubt make a mark on your memories and leave you with a smile.

The granite Towers of Paine National Park make a sudden and dramatic appearance on the horizon in the midst of a flat, dry, wind-swept plain. Despite the almost constant summer winds, this is some of the finest trekking in Patagonia. Endowed with severe mountains, sparkling lakes, waterfalls and glaciers, as well as herds of guanacos, majestic condors, flocks of pink flamingos and large Patagonian hares, the park's international attraction is immediately evident. Once a large sheep estancia, the park was established in 1959 as the Parque Nacional Lago Grey. Prior to this, baqueanos (cowboys) grazed their flocks here and fires occasionally burnt out of control. The devastation wrought near Lago Grey with large areas of burnt forest and charred logs remains visible to this day. More land was added to the park in 1962 and the name was changed to its present one. It is said that the Towers and Park were named after an early Welsh settler named Payne, although Paine is also the Tehuelche word for blue. The Torre (Tower) Sur rises 2,900 m (9,512 ft) above sea level, the Torre Central is 2,850 m (9,348 ft) high and the Torre Norte measures 2,600 m (8,528 ft). As spectacular as the towers themselves are the Cuernos (Horns) del Paine, massive blocks of various rock layers, visible from great distances.

Day 7

Private Transfer: Puerto Natales to Torres del Paine National Park (2 Hrs)

Included Activity: Hike to the Towers

Approximate distance hiked: 16 km

Estimate hike time: 6-8 hours

Overnight in Campsite

Day 8

Included Activity: Hike up the French Valley

Approximate distance hiked: 24 km

Estimate hike time: 6-8 hours (depending on how far you go into the valley)

Overnight in Campsite

Day 9

Included Activity: Hike to lookout of Grey's Glacier

Approximate distance hiked: 11 km

Estimate hike time: 4 hours

Private Transfer: Torres del Paine National Park to Puerto Natales (2 Hrs)

Overnight in Hotel in Puerto Natales

Day 10-11 Ushuaia (2B,1D)

Today, we have a full day's travel (13-14 Hrs) on a comfortable public bus as we return to our start point, Ushuaia. We cross Magellan Strait by ferry and cross back into Argentina on this long travel day. There will be some stops along the way but it is important to get iPods charged or have a good book on hand. We will arrive into Ushuaia for a late dinner and our last night on dry land until we arrive to Antarctica. On Day 11 embark the M/S Expedition in the afternoon. After we have settled into our cabins, the ship sets sail along the scenic Beagle Channel - heading south towards the Drake Passage and beyond.

Puerto Natales - Ushuaia

Approximate Distance: 727 km

Public Bus (& Ferry): Puerto Natales to Ushuaia (13-14 Hrs)

Estimated Total Travel Time: 13-14 Hrs

Day 12-13 The Drake Passage (2B,2L,2D)

Our adventure begins with a 400 mile crossing of the passage that bears the name of the 16th century English explorer Sir Francis Drake. The MS Expedition is at home in this part of the Southern Ocean, known for the unimpeded fetch of the winds that encircle the Antarctic. At some point on the second day we cross the Antarctic Convergence, a meeting of cold polar water flowing north and warmer equatorial water moving in the opposite direction. This mixing pushes nutrient rich waters to the surface attracting a variety of seabirds, whales and other species.

As we make the passage 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 expedition staff. We also begin the lecture and information sessions to learn the extraordinary human and natural history of the Antarctic region.

Day 14-19 Antarctic Peninsula & the South Shetland Islands (6B,6L,6D)

This is what we've all been waiting for - a chance to step foot on the Great White Continent! Over the next six days we will navigate southwards making stops in the South Shetland Islands then through the Bransfield Strait and to the Antarctic Peninsula. Our goal is to attempt two excursions per day while we navigate through the area but our itinerary and daily schedule will be based on the local weather and ice conditions that we encounter.

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

The continent itself is roughly circular with a spindly arm, called the Antarctic Peninsula, reaching northwards towards Tierra del Fuego. South America is the nearest landmass, some 600 miles away. Considerably larger than either the United States or Europe, and twice the size of Australia, the continent is surrounded by a frozen sea that varies in area from one million square miles in summer to 7.3 million square miles in winter. Ninety-five percent of the continent of Antarctica is ice covered and contains the freshest water on earth - about 70 percent of all fresh water on earth in fact. The highest point in Antarctica is Vinson Massif, with an altitude of 16,864 feet above sea level; the lowest point is the Bentley Subglacial Trench at 8,200 feet below sea level, located in West Antarctica. Antarctica has the highest average elevation of all the continents at about 7,500 feet above sea level.

Antarctica is a continent of superlatives. It is the coldest, windiest, driest, iciest and highest of all the major landmasses in the world. It is the continent with the longest nights and the longest days and it is home to the world's greatest concentration of wildlife. It is also one of the last true wilderness areas left on earth - largely unchanged since the early explorers and whalers first landed on its inhospitable shores less than two centuries ago. The lowest temperature ever recorded anywhere on earth, -89.2°C, was 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.

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

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 Amundsen, who led the first expedition to reach the South Pole and 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 five 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 five others made the 1300 km voyage for help to South Georgia, amazingly arriving at Stromness Harbour whaling station on May 20, 1916.

Day 20-21 The Drake Passage (2B,2L,2D)

Head back north across the Drake Passage to Ushuaia. Keep your eyes open on the observation deck for some final whale sightings! In between bird and whale watching and final lectures, relax and review the adventures of the past week.

Day 22 Depart Ushuaia (1B)

Our adventure comes to a close, as we say our goodbyes and disembark in Ushuaia in the morning.

StartFinish

ex Ushuaia

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- 8 nights pre-cruise accommodations, with breakfast as indicated in the itinerary
- Excursions to Moreno Glacier
- Day hikes in Glacier National Park
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- Zodiac excursions with our expert expedition team
- Lecture and educational programs
- Waterproof boots supplied for men's USA sized 8-14 & women's USA sized 3-9
- Antarctica destination guide book
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Dossier Disclaimer

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Itinerary Disclaimer

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 can be unpredictable. The Trip Details document 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 expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. Please note that your trip is split into two sections with a different tour leader and accommodation style between the two trips. If you are traveling solo both sections will be in twin share accommodation.
2. Flight Details: When packing your luggage please note that the weight restriction on the domestic flight from Buenos Aires to Ushuaia is only 15 to 23 kg (33 to 50 lbs) per person, depending on the airline. Please note that the airlines will generally charge for excess baggage. You are able to leave luggage that you do not need at the hotel in Buenos Aires.
3. Medical questionnaires are required for all passengers traveling to Antarctica.
4. Passengers booked in a Category 5 suite will receive a free Canada Goose jacket.

Group Leader Description

Your adventure through Patagonia will be lead by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip.

Your voyage will be lead by a carefully chosen team. The expedition ship boasts 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 Notes

Max 15, Avg 12 in Patagonia. Max 132 on the M/S Expedition in Antarctica.

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 while on board the ship and while camping in Torres del Paine. Breakfast at hotels.

Meals

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, pub, or lounge.

Meal Budget

Allow USD \$180 for meals not included on land. For additional expenses see trip details.

Transport

M/S Expedition, Zodiac, Local buses, Walking, Local flights.

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 or multi-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

8 nights hotels, 2 nights camping stay (facilities nearby and sleeping bags provided). 11 nights onboard the M/S Expedition in quad, triple, twin-share cabins, or suites (all with ensuite bathrooms and a porthole/window). Please note that cabins consist of twin sized berths and are outside facing. Suites have one queen bed.

Joining Hotel

Hotel Albatros
Av Maipu 505
Ushuaia
Tierra del Fuego, Argentina
Tel: 02901 423206

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.

USHUAIA:

Please make your own way to the joining hotel as stated above. Please note that there are no planned activities for Day 1 and you are free to arrive at any time. A G Adventures representative will hold a short briefing that evening, you'll meet some of the other passengers, and receive information related to your trip. Should you be arriving into Ushuaia later in the evening please attempt to inform the hotel.

Embarkation will take place on Day 11 of your tour. The town of Ushuaia is very small with the majority of services, including the pier, within walking distance from downtown. The hotel will be no more than 10 blocks away from the pier. You are free to make your own way to the main pier by 16:00 for the group embarkation transfer. Your luggage will be transferred from the hotel for you, please have your luggage in the lobby of the hotel by 9:00 am on the morning of Day 11.

Embarkation time is set for 16:00 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 Antarctica Unit 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 16:00 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.

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 going to be arriving on Day 1 please use the emergency contact details provided in this dossier). 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

If you need emergency assistance, you can contact us locally at the following phone numbers:

Ushuaia Emergency Telephone:

From Outside Argentina: (+54) 9 2901 616969

From Outside Ushuaia: (2901) 2901 15616969

From Ushuaia: 15 616969

Buenos Aires Emergency Telephone:

From Outside Argentina: (+54) 9 11 34250380

From Outside Buenos Aires: (011) 15 34250380

From Buenos Aires: 15 34250380

Should you need to contact G 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 department 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 your contact information, so we can return your call and assist you as soon as possible.

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

Calls from UK: 08444 10 10 30

Calls from Australia: +61 3 9413 5820

Outside North America, Australia and the UK: (+1) 416 260 0999

Finishing Point Instructions

Upon completion of the 8:00 am disembarkation in Ushuaia, an optional one-time group airport transfer will be available for all passengers from the pier to Ushuaia airport (USH). However, all passengers must provide their booking agent with their departure USH flight details, regardless of when they depart USH.

Passengers with post-tour accommodations booked through G Adventures will be transferred to their hotel.

All other passengers will be taken to a central location where luggage can be stored and taxis hired. Specific times and instructions will be advised on board as they can change depending on weather and sea conditions. Do not arrange any departing flights out of Ushuaia before 11:00 am on disembarkation day.

What to Take

Regarding the camping portion of your tour, we will provide a tent, sleeping bag, and sleeping mat. There is no need to bring your own.

Most airlines allow one checked bag and two carry-on per person. To avoid any problems at check-in and with possible excess baggage charges, please consult the airline for specific restrictions. For storage on board the expedition ship soft compactible luggage makes storage much easier.

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 most important item that you will need to bring on your voyage is 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. You will not have time to return the rental gear if you have a morning flight departing Ushuaia.

Checklist

GENERAL EXPEDITION CHECKLIST

ACCESSORIES:

Binoculars

Camera and Accessories

- Memory card
- Extra battery
- Something to protect your camera from water

Plug adaptor

- Onboard is 220AC electrical outlets with European 2 pin round holes as well as 110 volt shaving sockets for electric razors only

Sunglasses

Sunblock

At sea distractions

- Personal entertainment
- Laptop computer
- Books/games/movie

Water bottle

PERSONAL ITEMS:

Personal toiletries

Personal medication, vitamins

If you are prone to seasickness please consult your doc and bring medication

- Homeopathic and natural options

DOCUMENTATION:

Money (cash/travelers checks)

Credit Card

Visas

Passport

Airline tickets

Travel insurance documents

Trip details information

ONBOARD CLOTHING:

Comfortable and informal clothing onboard
Non-slip footwear for wet decks

BOOTS FOR ZODIAC LANDINGS:

Complementary used waterproof boots will be supplied for the following sized:

- Men's USA size 8-14
- Women's USA size 3-9

Guest must bring their own if they are:

- Men's USA size 7 or smaller
- Men's USA size 15 or larger
- Women's USA size 2 or smaller
- Women's USA size 10 or larger

Rubber, waterproof boots that are just below your knees (12-16" high or 30-41cm) with a strong, ridged non-skid sole are essential for wet landings via Zodiac. You usually have to step from the Zodiac into water, which can be up to 1 ft or 30 cm high on most landings. 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. Try out your boots before your voyage.

TRIP SPECIFIC CHECKLIST

OUTDOOR CLOTHING:

The goal is to dress for many different temperatures and weather conditions. We recommend bringing clothing in layers as the weather can vary between warm and sunny to very cold and snowing.

Waterproof parka

Waterproof pants

Warm hat

Gloves

Scarf

Warm socks to be worn inside wellington boots

Fleece

Long underwear

OPTIONAL CLOTHING:

Ski goggle for wet Zodiac rides

Walking poles

Laundry

Laundry facilities are offered by some of our hotels for a charge. Aboard the M/S Expedition laundry facilities are provided at a nominal charge.

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

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, all 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 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.

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 behavior. Special care is needed when animals are breeding or molting. 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 artifacts 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 behavior 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 THE M/S EXPEDITION:

Cash (USD), travellers cheques (USD) and most major credit cards (VISA, Mastercard and AMEX) are accepted to clear incidental bills at the end of the cruise by the ship's Purser (ie. bar bills, laundry etc.).

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

USD \$5.00 from Ushuaia

USD \$18.00 from Buenos Aires

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 USD \$10 - 15 per person per day spent on board. Of course, tipping is a personal choice and the suggested amount is set only as a guideline. The money is collected by the Hotel Manager at the end of the voyage and distributed amongst the crew and Expedition Staff. The Officers choose not to participate in the tipping pool.

Optional Activities

All prices are per person in US dollar amounts.

El Calafate

Note: There is little time to do optional activities in El Calafate

Mountain bike rental \$4/hour

Horseback riding \$25 - \$45

Cruise (Moreno Glacier) \$ 20 (45 mins)

El Chaltén

Ice Trekking (Viedma Glacier) \$110 (full day)

Ice Climbing (Viedma Glacier) \$145 (full day)

Cruise (Viedma Glacier) \$55 (half day / full day)

Trekking Glacier Cerro Torre \$100 (full day)

Trip: Laguna del Desierto \$90 (full day)

Kayaking \$120 (full day)

USHUAIA (activities require additional time in Ushuaia):

Estancia Harberton \$90 USD

Horseback riding \$50-70 USD

Ski lift \$15 USD

Bus to Park Entrance (Tierra del Fuego Nat'l Park) 15 USD

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

Health

Please consult your doctor for up-to-date medical travel information well before departure. We require all passengers traveling to Antarctica to complete and submit our medical questionnaire. The questionnaire can be found online at:

www.gadventures.com/online_medical_form

Passengers with preexisting medical conditions are required to submit a medical form signed by a physician to their booking agent. 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 also bring with you a signed and dated letter from your physician (to be given to our doctor on board, as well as for any medical authorities) 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 voyage. 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 CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO 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 CEO 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 judgment 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.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

We recommend that you wear minimal jewelry and that you keep valuable items safely stored in our complimentary safety deposit box, which is located at the Purser's Desk.

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 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 travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs 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 ratings in this Trip Details document for more information.

Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at:

www.gadventures.com/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 our 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 CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

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 CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. 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.

Trip Specific 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 expedition ship meet and exceed all environmental regulations and protocols in the regions that we visit.

The International Association of Antarctic Operators (IAATO)

G 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.

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.

Planeterra Foundation

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.

Sea Chart Auction:

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

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.

Responsible Travel

Being a responsible tour operator is at the heart of what G Adventures is all about. From the start, G Adventures has been committed to offering low-impact tours that benefit traveler 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.

We would like to give you a couple of tips to start you thinking about traveling sustainably.

-Please bring rechargeable batteries, a battery charger (and plug adapter if necessary). Batteries are incredibly toxic and many places that we travel do not have proper disposal facilities. Rechargeables are best but if this is not possible we recommend that you bring any used batteries back home with you for proper disposal.

-Please ask before taking pictures. Just as you would not like to have a stranger come up to you and take a picture of you while sitting on your front porch either do the locals of the places that we visit. As you can imagine pictures of their children are also not

appreciated.

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

Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra 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 Adventures matches all individual donations and pays all administration costs, 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 Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

Associated Planeterra Project

Planeterra supports Birdlife International's Save the Albatross Campaign:

Birdlife International is a global partnership of organizations working in over 100 countries worldwide to improve the quality of life for birds, for other wildlife and for people. The 'Save the Albatross' campaign was launched in 2000 in response to the fact that many Albatross species are headed towards extinction. The Campaign is aimed at protecting these magnificent birds by ensuring that relevant international agreements that will benefit both the birds and the legal fishing industry are implemented. This program also 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 in the Southern Ocean.

As part of each departure to Antarctica, G Adventures onboard staff organize an auction to raise funds for international organizations. Items often include the Captain's Sea Chart and photographs from the trip. During the 2006/2007 season, USD \$25,000 was raised.

Funds have been used to support seabird by-catch reduction projects in Uruguay and South Africa, as both areas have been designated as hotspots in regards to seabird mortality.

For more information about this project and/or to make a donation please visit our website at www.planeterra.org or contact us at info@planeterra.org

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 Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Please visit <http://www.gadventures.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 Adventures, subscribe at www.gadventures.com/newsletter_signup

Stay current on all things green by signing up to "The Village" e-newsletter. Check out Planeterra's exciting line up of voluntours, stories from the field, fun contests and upcoming events. Subscribe at - www.planeterra.org

Travel Forum - The Watering Hole

Be sure to stop by [The Watering Hole](http://thewateringhole.gadventures.com), 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 thewateringhole.gadventures.com.

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 CEOs 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.

Recommendation

Just want to see Antarctica? Try our 13-day Antarctica Classic in Depth [XVAESX](#).

Enjoy the great outdoors? Get closer to nature with our optional kayaking and camping excursions in Antarctica. Inquire for more details.

Highlights

Trekking through Patagonia's Glacier National Park and Torres del Paine, witnessing thousands of penguins, the Tierra del Fuego and the Drake Passage, exploring the South Shetland Islands, setting foot on Antarctica.