



Included Activities

These are included in your trip package.

Ready for a little adventure beyond your ship? Each Quark Expeditions voyage offers a variety of immersive off-ship activities to enhance your polar experience.

FLIGHTSEEING

While polar landscapes are spectacular from the sea, they are even more striking from the air. On board *Ultramarine* you will experience remarkable aerial perspectives on a 10- to 15-minute flightseeing excursion included in the cost of your voyage.

ZODIAC CRUISING

Zodiacs—rugged inflatable watercraft—are the workhorses of polar expeditions, taking you to places the ships can't access, allowing you to reach remote shorelines, explore shallow inlets and search for unique wildlife. Expedition staff make stepping in and out of them safe and comfortable, and your Zodiac drivers will provide active interpretation, making the landscape come even more alive.

HIKING

Hiking in Antarctica is free-form and supervised by our expert staff, who set out a perimeter or paths at each landing site within which you are free to explore. While you hike, staff will be available to enhance your experience by answering questions about the wildlife, history and geography of the area.

PRESENTATIONS

Enjoy daily chats with and presentations by our world-class onboard polar experts—expedition guides, specialists, photography guides and other special guests who will introduce you to the fascinating history, biology, ornithology, glaciology and geology of the region, and much, much more.

POLAR PLUNGE

This rite of passage, scheduled only once per expedition, gives you the chance to jump safely into the bracing Antarctic waters under the watchful eye of our staff—and just about every single camera on board!

PHOTOGRAPHY

Documenting your voyage so you can take the memories home is a rewarding experience. Our photography guide will help you hone your skills to capture the beauty of the polar regions.

More information about your Included Activities and Adventure Options, including the necessary experience, physical requirements and cost, is available by contacting your Polar Travel Adviser or travel professional.





Adventure Options

These activities cost extra and must be booked in advance of your trip.



PLEASE NOTE

Pre-booking is required for all paid activities. We recommend booking early, as spaces fill quickly. Please see your pre-departure guide for a list of provided gear for each Adventure Option.

✪ SEA KAYAKING

Imagine gliding across the surface of a bay in the presence of icebergs and glaciers. Our Sea Kayaking program is a great way to intimately explore your surroundings. A small group of kayakers will plan to go out multiple times per voyage as an alternative to shore landings or Zodiac cruises.

The number of opportunities to kayak is weather dependent, and will be conducted only during calm conditions. Prior kayaking experience is required, and you must be able to do a wet exit to participate. Beginners interested in kayaking should consider participating in the Paddling Excursion.

✪ PADDLING EXCURSION

If you're interested in kayaking but would like to try something a bit less demanding than Sea Kayaking, you're the perfect candidate to sign up for a one-time paddle on our stable sit-on-top kayaks—perfect for anyone with minimal or no kayaking experience. Small groups of paddlers will be taken out on calm days, with our expert guides always present to provide instruction and help you connect with the polar sea. Pre-book into one of two priority groups. Any subsequent excursions can be booked on board, and groups will be assigned via a lottery as spaces are limited.



PLEASE NOTE

Pre-booking is required for all paid activities. We recommend booking early, as spaces fill quickly. Please see your pre-departure guide for a list of provided gear for each Adventure Option.

STAND-UP PADDLEBOARDING

Combining a surfboard with a kayak, stand-up paddleboarding will give you a very personal and unique perspective on Antarctica. Conducted in small groups—in calm bays and harbors, in good weather conditions—and accompanied by a safety Zodiac, one-time stand-up paddleboarding excursions can be pre-booked into one of two priority groups. Any subsequent excursions can be booked on board, and groups will be assigned via a lottery.

EXCLUSIVE HELI-LANDING

Imagine setting foot in an area of the Antarctic that can only be safely accessed by helicopter. With a small group of fellow passengers and expert guides, you'll board one of *Ultramarine's* two twin-engine helicopters to soar off to an exclusive polar site where no ships can navigate. Expect stunning bird's-eye views during your flight, and then, upon arrival, simply sit back, relax and take in the splendor of the Antarctic from "the best seat in the house": glacial amphitheaters, breath-taking summits, and more. At your landing, you'll have time to relax and quietly reflect on the beauty of your polar surroundings, after which you'll be picked up by the helicopters in the same location and returned to *Ultramarine*.

Each heli-landing experience is uniquely curated by our expedition team, taking conditions, regulations and location capacity into consideration.

Raise a Glass and Stay Connected!

See below for specifics on our complimentary Wi-Fi and bar service, which takes effect November 2024.



Inclusions and Exclusions

Inclusions

RATES INCLUDE:

For all voyages:

- An official Quark Expeditions parka to keep
- Leadership throughout the voyage by our experienced Expedition Team, including shore landings and other activities
- All Zodiac transfers and cruising as per the daily program
- All shore landings as per the daily program
- Shipboard accommodation with daily housekeeping
- All meals, snacks, soft drinks and juices on board throughout your voyage.
- **NEW** Free beer, standard wines, spirits, and cocktails during bar service hours and dinner
- Complimentary coffee, tea and cocoa available around the clock
- Formal and informal presentations by our Expedition Team and guest speakers as scheduled

This expedition will have a separate (and mandatory) Transfer Package charge.

Mandatory Transfer Package Includes:

- One night's pre-expedition hotel accommodation in Buenos Aires with breakfast (Note: The number of guests per room is the same as cabin occupancy on the ship. Due to limited availability, travelers who reserve a suite on board are accommodated in standard rooms at the hotel. Triple rooms may not be available.)
- Group flight departing from Buenos Aires' domestic airport (Aeroparque/AEP) to Ushuaia, and returning to Buenos Aires' international airport (Ezeiza/EZE)

- A photographic journal documenting your expedition
- A pair of waterproof expedition boots on loan for landings and Zodiac cruising excursions
- Hair dryer and bathrobes in every cabin
- **NEW** Complimentary Wi-Fi service on one device permitting basic Internet browsing, email, posting on social media and voice applications. (Premium packages are available for more data-intensive applications.)
- All miscellaneous service taxes and port charges throughout the program
- All luggage handling aboard the ship
- Emergency Evacuation insurance for all passengers to a maximum benefit of USD \$500,000 per person
- One 10- to 15-minute helicopter flightseeing excursion (weather and logistics permitting).

- Group transfer from hotel to airport in Buenos Aires
- Group transfer from Ushuaia airport to the ship, and return (Note: Transfer on arrival in Buenos Aires from airport to hotel at the beginning of the journey is not included. Please make your way to the included hotel.)
- Combined airport transfer and express bus tour of Tierra del Fuego National Park after disembarkation in Ushuaia

Exclusions

RATES SPECIFICALLY DO NOT INCLUDE:

For all voyages:

- International airfare
- Passport and applicable visa expenses
- Government arrival and departure taxes not mentioned
- Meals unless otherwise specified
- Baggage, cancellation, interruption and medical travel insurance—strongly recommended
- Excess-baggage fees on international and domestic flights
- Mandatory waterproof pants for Zodiac landing and cruising excursions, or any other gear not mentioned
- Laundry, spa services and other personal charges, unless specified
- Phone charges may vary by location
- Our basic complimentary Wi-Fi service does not include Premium packages which enable more data-intensive applications
- Voluntary gratuity at the end of the voyage for expedition staff and shipboard crew
- Additional overnight accommodation
- Arrival and departure transfers, except where explicitly stated
- Adventure Options not listed in Included Activities.

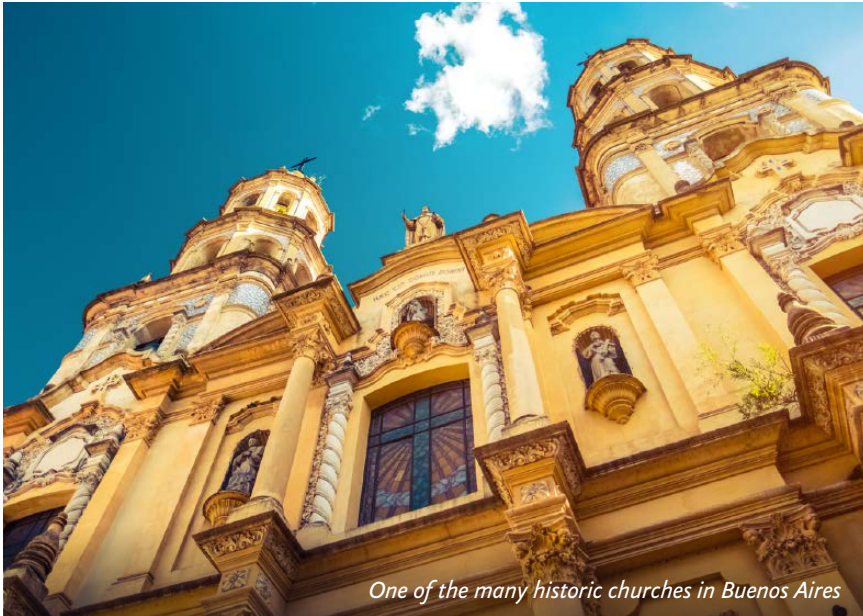


Your Expedition Team

Our Expedition Leaders—the best in the industry—and their teams share their diverse expertise in subjects as varied as polar history, marine biology, glaciology, ornithology and photography. Their knowledge and enthusiasm will greatly enhance your immersion into the polar environment and further deepen your connection to the Antarctic.

With 33 years of experience bringing passengers to remote Polar Regions and an industry-leading staff-to-guest ratio, we know how to safely handle the unexpected. Ensuring this hard-earned experience is passed on, all our expedition staff undergo comprehensive training at Quark Academy, which provides hands-on polar expedition training prior to any staff member's first voyage, as well as ongoing training for experienced staff.





One of the many historic churches in Buenos Aires

Extend Your Trip

PRE- AND POST-EXPEDITION TRIP EXTENSIONS

Since you're traveling such a long way, you may want to spend extra time in Buenos Aires. We have a variety of pre- and post-expedition packages in this captivating city, known as the tango capital of the world. Enjoy an extensive city tour, take in a tango show and explore the unique neighborhoods of Recoleta, Palermo and San Telmo. Savor Argentine barbecue at a steakhouse (*parrilla*), then stroll the tree-lined boulevards and marvel at the historic architecture.

Take an extended tour from Buenos Aires to Iguazú Falls, and, if you're daring, walk the catwalks over the falls.

Upon arrival in Ushuaia, you can take in its unique museums, incredible hiking, and Patagonian cuisine. Spend a day in nearby Tierra del Fuego National Park, marvelling at the mountains, birdlife, waterfalls and forests.



Iguazú Falls



Ushuaia Maritime Museum

To discover the best options for extending your adventure, get in touch with your Travel Professional or a Polar Travel Adviser for seamless, worry-free booking of all trip extensions.

Raise a Glass and Stay Connected!

See below for specifics on our complimentary Wi-Fi and bar service, which takes effect November 2024.



Meals on Board

If there is one constant on board, it is that you'll enjoy delicious meals daily. While meal times may change due to landings and wildlife encounters, you'll always be served three well-prepared meals per day. Most dietary restrictions can be accommodated by letting us know prior to your expedition.

Balena Restaurant, the main diningroom on Deck 7 of *Ultramarine*, features tables that accommodate 2 to 10. Guests can enjoy a quiet dinner with a loved one or join a larger table of new friends. Guests will enjoy views from every seat in addition to direct access to the wraparound deck. Guests can also enjoy a meal in Bistro 487, which offers an indoor/outdoor dining experience—perfect for enjoying the polar landscapes.

Breakfasts and lunches are normally served buffet style, while dinners are served plated. À la carte meals are made at the time of your order, allowing our chefs to prepare each dish to your individual needs, ensuring you receive top-quality meals during the course of your expedition.

Complimentary coffee, tea, cocoa and water stations are available around the clock, while soft drinks and juices are available during meals and when the bar is open—all included in the cost of your package.

NEW Enjoy free beer, standard wines, spirits, and cocktails during bar service hours and dinner as part of our new “Raise a Glass and Stay Connected Free” program. Premium wines and champagne are available at extra cost and can be billed to your shipboard account. The well-stocked bars on the ship are open late morning, afternoon and evening, though hours may occasionally change to accommodate the expedition schedule.





Possible Excursions

When traveling in extremely remote regions, your Expedition Team must consider the sea, ice and weather to guide the route and itinerary details. The following sites are a sample of what you may experience on your expedition, whether by ship, Zodiac cruise, or shore landing.

Antarctic Peninsula

CIERVA COVE

Cierva Cove boasts jaw dropping icebergs and a glaciated backdrop. A massive glacial face regularly calves into the bay, leaving often spectacular floating ice. Seals can be spotted on ice floes, and later in the season, humpback whales occasionally feed in the icy waters.

CUVERVILLE ISLAND

Rising out of the mouth of the Errera Channel, this tall, steep island is covered by a colorful spectrum of lichens and mosses. A large gentoo penguin rookery is situated on a rocky beach at the north end of the island. Depending on when in the season you arrive, you may see the penguins building nests, incubating eggs, or attending to their chicks.

DAMOY POINT

Damoy Point is the site of a historical ice runway used by the British Antarctic Survey for their flights further south since 1975. The well-maintained hut was used as a staging-post to store supplies and for accommodation while awaiting ideal flying conditions. The point is also home to a penguin rookery and allows for spectacular views of the mountains of Anvers Island.

DANCO ISLAND

Home to gentoo penguins, this small dome-shaped island provides you with a stunning view of the Errera Channel and excellent Zodiac cruising opportunities.

ENTERPRISE ISLAND

Located in Wilhelmina Bay, this island's protected coves were once used by whalers. A Zodiac cruise exploring the island passes the rusting remains of a wrecked whaling ship, and provides opportunities to search for humpback whales.



LEMAIRE CHANNEL

One of the most scenic locations on the peninsula's west coast, this dramatic strait runs between the towering cliffs of Booth Island and the Antarctic Peninsula. The channel may become impassable when ice fills the narrow, 6.8-mile (11 km)-long passageway, so we'll hope for clear waters.

MELCHIOR ISLANDS

This group of low, glaciated islands in Dallmann Bay is where you may see hauled-out male fur seals as they recuperate from their battles for supremacy at the end of their breeding season.

MIKKELSEN HARBOR

Located on the south side of Trinity Island and surrounded by stunning ice cliffs and several reefs, Mikkelsen Harbor is a 1.86-mile (3 km)-wide bay, discovered by a Swedish Antarctic expedition in 1901-04. Enjoy a Zodiac cruise of the beautiful waters, or if conditions allow, land at D'Hainaut Island, home to an Argentine refuge hut and whaling remains in the form of a wooden boat

and whale skeletons. Weddell seals are often seen in the area and a gentoo penguin rookery is situated on the island.

NEKO HARBOUR

Little evidence remains that this bay was once used by the floating whale factory ship *Neko*. You might see whale vertebrae being used by resident gentoo penguins as shelter from the wind.

PARADISE HARBOR

Paradise Harbor is a wide bay and natural harbor on the West Antarctic Peninsula. Mountains, glaciers and ice cliffs offer spectacular views. Icebergs occasionally calve from the glaciers, providing a place for seals, penguins and seabirds to rest and play. An Argentine base, Almirante Brown Station—named after Admiral Guillermo Brown, father of the Argentine Navy—is also located in Paradise Harbor, and was operated from 1951 until a large section of it burned down in 1984. It has since been partially rebuilt and today is used during summer months for scientific research.

PETERMANN ISLAND

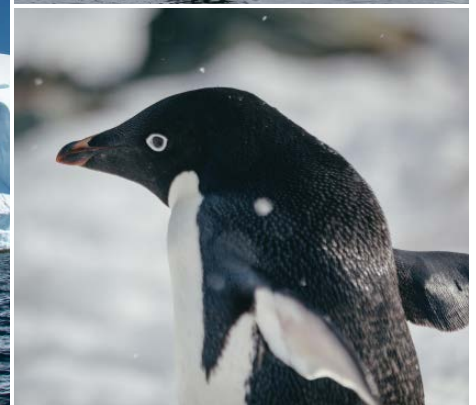
Here, near the Lemaire Channel, you can stand on shore and see the southernmost breeding colony of gentoo penguins. Adélie penguins, shags and south polar skuas also inhabit the island.

PORT LOCKROY

As part of Operation Tabarin during the Second World War, a secret British base was built in this sheltered harbor, located on the west side of Wiencke Island. Now a designated historic site, the base is a museum and post office. Proceeds from your purchases in Port Lockroy support the UK Antarctic Heritage Trust, which preserves British and other historic sites dating to the Heroic Age of Exploration. A large gentoo penguin population resides here.

WILHELMINA BAY

Humpback whales abound in "Whale-mina Bay," as it's nicknamed, and the scenery is spectacular. Sheer cliffs and glaciers surround the calm waters of the protected bay, named after



Wilhelmina, queen of the Netherlands from 1890 to 1948. If you're lucky, you may see the humpbacks bubble-net feeding: they exhale while swimming in a wide circle below the surface, trapping krill in a "net" of bubbles, and then swim straight up from below, mouths open, to engulf their prey. A truly astounding sight!

WATERBOAT POINT

A surveyor and a geologist lived in a makeshift shelter utilizing an up-turned water boat on this point from 1921 to 1922. The remains of their camp have been designated an Antarctic historic site. The aptly named Waterboat Point is also home to a Chilean Antarctic research station, named González Videla Base after the first sitting head of state to visit the Antarctic continent. When the base is manned, you may be welcomed inside for a visit by the base personnel, or you may visit the resident nesting gentoo rookery if the base is inactive.

South Shetland Islands

AITCHO ISLANDS

This group of small islands is situated in the northern entrance of the English Strait. You can often spot a great mix of wildlife in the area, with gentoo and chinstrap penguins having established rookeries on the islands. Southern elephant, fur and Weddell seals frequently haul out here, too.

DECEPTION ISLAND

Deception Island is a flooded circular caldera formed by the collapse of an active volcano. To reach this protected harbor, it is necessary to sail through a narrow passage called Neptune's Bellows. Inside are several bays used at various times for whaling and scientific research. Along with waddling penguins and lounging seals, you'll see the rusting remains of whaling operations on the beach in some locations. The landscape of Deception Island often presents opportunities for longer walks to striking vistas. The stark contrast between snow

and dark volcanic sand and the steam along the shoreline from geothermic activity when the tide is right, gives this location an atmospheric feel.

HALF MOON ISLAND

This crescent-shaped island was known to sealers as early as 1821. While they tried to keep this productive location secret, we're happy to bring you ashore on this impressive island. Many Antarctic birds breed here, including chinstrap penguins, shags, Wilson's storm petrels, kelp gulls, snowy sheathbills, Antarctic terns and skuas.

HANNAH POINT

On the southern coast of Livingston Island at Hannah Point, you may see chinstrap and gentoo penguin rookeries, along with the occasional breeding macaroni penguin. Due to the rather congested area available to the nesting penguins, we are able to visit here only after January 10.



PENGUIN ISLAND

The entire continent of Antarctica has only two species of flowering plants, both of which you can find on Penguin Island: Antarctic hair grass (*Deschampsia antarctica*) and Antarctic pearlwort (*Colobanthis quitensis*). Chinstrap penguins, fur seals and southern elephant seals can also be spotted here.

ROBERT POINT

A beautiful spot for Zodiac cruising, this point was known to sealers as early as 1820. Chinstrap penguins, kelp gulls and pintado petrels breed here, and whales may be seen in the surrounding waters.

TURRET POINT

Chinstrap and Adélie penguin rookeries are found on this point, situated on the

northeast coast of King George Island.

The beaches here are often crowded with southern elephant, fur and Weddell seals hauled out on the rocks.

YANKEE HARBOUR

Gentoo penguins have established a rookery at this harbor, situated on the southwest side of Greenwich Island. Here, you can see an abandoned Argentine refuge hut and a large glacier that stretches along the east and north sides of the bay. An abandoned sealing try pot is all that remains of the activity that brought men thousands of miles in tall ships to seek their fortune. Enjoy a rare chance for a longer walk along the expansive beach, dotted with historical artifacts and wildlife.

EXPEDITION SPIRIT

Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your Expedition Team must consider the sea, the ice and the weather to guide the route and itinerary details. This itinerary is a tentative outline of what you may experience on this voyage; please be aware that no specific itinerary can be guaranteed. By the same token, wildlife encounters as described are expected, but not guaranteed. Your Expedition Team will use their considerable experience to seek out wildlife in known habitats, but the presence of any particular species of bird or marine wildlife is not guaranteed.



What to pack on your Antarctic expedition

WHAT TO BRING! Packing for the Polar Regions doesn't have to be daunting, and to make it easier for you, all Quark Expeditions voyages include a Quark parka to keep, and a loan of insulated waterproof boots. Additional suggested items include:

BY SEA AND AIR

All transfers ship to shore, helicopter flights and Zodiac/ship cruising.

- Waterproof pants (mandatory for every Zodiac and helicopter ride)
- Base-layer wool or synthetic top*
- Base-layer wool or synthetic bottom*
- Mid-layer warm or fleece top*
- Mid-layer warm or fleece bottom*
- Warm wool or synthetic socks (keep a dry pair in your bag, and bring extras for layering)
- Glove liners * Hand and feet warmers* Binoculars
- Waterproof gloves or mitts (bring an extra pair)
- Scarf, buff, or other face protection
- Warm hat that covers ears (bring an extra)
- Waterproof, lightweight backpack or dry sack and/or rain sleeve for camera or a waterproof phone case (to keep camera and gear dry)
- Polarized sunglasses with UV protection (consider bringing an eyewear retainer: string/clip etc.)
- Ski goggles (for Zodiac cruising on snowy or windy days)

*recommended layering depending on the conditions of the day and reflecting your personal thermo-regulation comfort levels.

BY LAND (Shore Excursions and Hiking)

In addition to the gear requirements (as above) mandatory for the transit from ship to shore, it is recommended to bring:

- Hat, buff or scarf (for wind and weather protection)
- UV protection (sun hat, polarized sun glasses, sun block, lip balm etc.)
- Collapsible walking sticks for hikes (if required)
Quantities are available to borrow on every vessel
- Additional reusable (thermos-regulating) water bottle (in addition to the reusable collapsible water bottle provided)

TO WEAR ON BOARD

- The complimentary Quark 3-in-1 Parka provided on board is designed with a waterproof shell that can be worn out on deck, and a removable liner that you can wear to stay comfortable indoors)
- Comfortable casual clothing like lighter shirts, pants or jeans, etc. (in case the ship gets warm)
- Comfortable non-slip closed-toed, heelless shoes (flip flops, sandals or slip-on shoes should not be worn on board due to safety concerns)
- Workout attire (for the fitness center!)
- Swimsuit (for the Polar Plunge! Some vessels may also have a pool, hot tub, sauna and/or steam room. See your ship book for details.)

Just a reminder: No formal evening wear required on our voyages but if you would like to bring something a little more dressy for the Captain's welcome and farewell cocktails you may certainly do so!

ADDITIONAL ITEMS

- Passport, visas, immunization records, travel documents, etc. as required
- Camera gear—complete with charger, storage medium, transport and cleaning kit (lens cloth etc.) and extra batteries
- Reusable waterproof bags or plastic bags with zippers (to keep small items organized and cameras dry)
- Voltage converters and plug adapters (see ship book for details)
- Seasickness, indigestion, headache, or other medications
- Earplugs and eye masks for sleeping
- Moisturizer for face and hands (skin dryness due to wind and temperature changes)
- Credit card and small amount of local currency (see pre-departure book for more details)

- › To view our packing checklist online, visit: [QuarkExpeditions.com/What-to-Pack/Antarctica](https://www.quarkexpeditions.com/What-to-Pack/Antarctica)
- › Related topics are covered on our Frequently Asked Questions page: [QuarkExpeditions.com/Frequently-Asked-Questions](https://www.quarkexpeditions.com/Frequently-Asked-Questions)



Scan this QR code or [click here](#) to watch our video on what to pack before you go!

WEATHER CONDITIONS AND TEMPERATURES

Polar weather is extremely variable; temperatures may hover around the freezing mark and winds can be strong. The extended daylight warms sheltered areas so that you may sometimes find it warm enough for t-shirts. However, you may encounter rain, snow squalls, fog and white-outs during an expedition and should be ready for any conditions.



TO BOOK YOUR NEXT ADVENTURE

Contact your Travel Professional

PHOTO CREDITS (over all Expedition Brochures for the Antarctic 2025/26 season):

Acacia Johnson; David Merron; Michelle Sole; Nicky Souness; Samantha Crimmin; Hugo Perrin; Taylor Cranney;
Sam Edmonds; Abbey Weisbrot; Hans Lagerweij; Rogelio Espinosa; Cindy Miller Hopkins; Grange Productions;
Adobe Stock

EXPEDITION BROCHURE
August 29, 2024