



ANTARCTIC PENINSULA ADVENTURE



MV MARINA SVETAEVA

2011

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After spending 10 nights on board our vessel exploring this wonderful part of the world, we are certain our guests will leave Antarctica with a completely different perspective than when they arrived. After all, it would be impossible to feel quite the same after gazing upon an unimaginable profusion of penguins tobogganing and waddling their way across the snow - or watching yet another species of whale crest the waves in close proximity. And then there is the awe you will feel when you first glimpse the sweeping ice sheet that spans an entire continent. Antarctica gets under your skin unlike any other place on earth.

Overview

Sailing in comfort aboard the comfortable and well-appointed M/V Marina Svetaeva, we begin this 10 night expedition at the tip of South America. We chart a course through the Drake Passage and make visits along the way through the South Shetland Islands. When we arrive at the Antarctic Peninsula, be prepared to be dazzled. Even our experienced crew members many of whom have visited the southern region a hundred times or more are still astonished by its pristine beauty. The abundance of wildlife here is truly extraordinary including five seal species, massive penguin rookeries of gentoo, Adélie and chinstraps as well as a profusion of seabirds from albatross to skuas. It is nature you will experience up close and personal on frequent excursions inland.

Our journey will take us to Petermann Island or Wilhelmina Bay where we encounter colossal icebergs and, of course, the ice landscapes that stretch as far as the eye can see. Hardy adventurers or those with a yen for history have the chance to camp out on the ice overnight and feel the thrill and audacity of early explorers who attempted to conquer this continent.

As with all our expeditions, safety is our top priority. For that reason weather, ice or other conditions may require us to change our itinerary and shore excursions as we go but that is half the fun of Polar exploring. Predictability is a word that has no relevance in this environment.



Itinerary

Day 1 Ushuaia

Today is the first day of our adventure. As we board the M/V Marina Svetaeva in Ushuaia, the world's southernmost city at the tip of Argentina, and start to become familiar with 'our home' for the next 11 days we cannot help but wonder about the exciting journey ahead of us. In the early evening, we set sail and begin our voyage leaving behind Ushuaia and charting a course through the Beagle Channel.

Days 2 - 3 Drake Passage

Crossing the Drake Passage, there is so much excitement in the air as we make our way ever closer to the white continent. Guests eagerly soak up the friendly atmosphere onboard as our numerous Polar experts prepare us for our adventures with presentations on everything Antarctic, from wildlife to history. Eventually, we will cross the Antarctic Convergence where we will notice a distinct drop in temperature as we enter the waters of the Antarctic Ocean. Along the way, we will witness many spectacular sights from icebergs to an array of seabirds and even several whale species some of which are known on occasion to fully breach from the sea.

Days 4 - 8 Antarctic Peninsula

In the waterways of the Antarctic Peninsula, we will hope to make as much time as possible to explore by inflatable Zodiac boats and marvel up close at nature's glory. Planned excursions might include Neko Harbour, Wilhelmina Bay and even the southerly Petermann Island, where we will observe Weddell, crabeater and elephant seals, skuas and other seabirds as well as a shocking abundance of penguins including some very large colonies of the comical Adelie penguin. At Half Moon Island we will observe a breeding colony of chinstrap penguins that share their territory with fur seals and blue-eyed shags. We also hope to see the gentle humpback whale dining on krill in its feeding grounds and possibly have an opportunity to observe orcas and Minke whales as we go.

We finally arrive on the continent of Antarctica at Paradise Harbour or Neko Harbour. Prepare to be dazzled by your first glimpse of the continent. The scenery here is amazing. In particular we will be struck by the oddly-shaped icebergs that look like sculptures, as well as the colossal 'tabular' icebergs that break away from the continent's ice shelf. We hope the weather will be mild enough to allow us all to step foot on the White Continent itself. Some may wish to camp on shore overnight. Whatever your vantage point, whether it is onboard or onshore expect to feel transformed as you experience twilight from the very bottom of the planet.

Days 9 - 10 Drake Passage

As we leave this magical place and make our way north, heading again across the Antarctic Convergence and the Drake Passage before rounding Cape Horn, we have no doubt that time will be spent sharing and reflecting on the wonderful experiences of the last few days. Sailing down the Beagle Channel, we celebrate the conclusion of our Polar expedition at a special dinner.

Day 11 Ushuaia

In the early morning, we will arrive back in Ushuaia. It is time to say farewell to your crew and fellow travellers. Guests will be transported to their hotels or to the airport

for return flights home.

MV Marina Svetaeva

Ship Specifications and Cabin Descriptions

Registered name:	M/V Marina Svetaeva
Built:	1989, Poland
Refurbished	2004/05
GRT	4595
Length:	92 m
Breadth:	17.6 m
Draft:	5.8 m
Power:	5300 Hp diesel
Maximum speed:	14.5 knots
Crew and staff:	59
Passengers:	89
Ice Class	100 1A Super

Designed specifically for polar exploration, the *M/V Marina Svetaeva* is a modern, comfortable, safe, ice-strengthened vessel. She can comfortably accommodate up to 100 passengers although we will carry a maximum of just 89 passengers on our voyages.

From small group sessions to briefings for all passengers, we have public spaces onboard the ship ideally suited for each and every need. A separate bar and lounge, as well as a library provide ideal places to sit and relax or catch up on some reading. A selection of movies and documentaries can also be watched in the lounge.

Enjoy the sumptuous meals prepared for you by our culinary team in our dining room, keep active in our wellness centre, or join us up top in our adventurers lounge for fantastic polar views as you enjoy an evening cocktail.

Other facilities include the presentation room, gift shop, fitness room, sauna and plunge pool.

Comfort and Stability

Designed and built as a scientific polar exploration vessel in Poland in 1989 and with an extensive refurbishment in 2004/5, *M/V Marina Svetaeva* is very stable, quiet and comfortable. Refitting and refurbishment over the last five years oriented towards her role as an expedition cruise vessel has improved the comfort and calibre of the facilities aboard the ship.

There is little if any ambient noise from engines or machinery and, with most of the public spaces on a separate deck from the majority of the cabins, there is little issue with passenger-generated noise. Vessel stabilization is gained through the vessel's deep draft and wide hull. Coupled with a modern hull design this gives us a stable platform for very comfortable exploration and cruising.

Marine Safety

M/V Marina Svetaeva is a Russian-flagged vessel and carries all current certifications required by Russian and international maritime law for ensuring passenger safety and

wellbeing. An extremely experienced captain and crew and an ice-strengthened hull (Lloyds Register 1A Super) provides an exceptionally safe combination for polar expedition cruising.

Safety and emergency equipment onboard the vessel is inspected and tested on a regular basis. A passenger lifeboat briefing and drill will be conducted on the first day of each voyage to ensure that passengers are familiar with onboard emergency procedures. The emergency equipment onboard the vessel includes two fully enclosed lifeboats and four life rafts with a total capacity in excess of our passenger numbers.

M/V Marina Svetaeva has more than ample engine horsepower, producing in excess of 5300 to propel the vessel's 4600 ton displacement through polar waters quite comfortably at up to 14.5 knots. Coupled with a powerful bow-thruster and a stern multi-directional propulsion unit, the *M/V Marina Svetaeva* is extremely manoeuvrable and has built-in propulsion back up.

Bar

Located forward on Deck 3 and with seating for our full complement of passengers, the bar is one of the activity hubs on the ship. The bar is a comfortable place to enjoy a cocktail before dinner while reminiscing on the activities of the day. A stereo with MP3 player dock and a monitor showing live video footage of the view forward from the bridge can also be found in the bar.

Bridge

The ship's bridge is located on Deck 6 and is open to passengers virtually 24-hours a day. The officer on watch and a helmsman can always be found on duty on the bridge; it is also the best place to meet the master of the vessel. The chart room is a fascinating place to visit and expedition staff or ship's crew are often available to answer questions about the equipment and instruments found here.

In addition, the bridge is an excellent place for sightseeing and wildlife watching. Binoculars and wildlife identification guidebooks can be found here and, during much of the day, an expedition guide will also be watching for wildlife from the bridge. So come up here with your tea or coffee and watch the ice go by through the eyes of our officers. With ample space the bridge provides not only a spacious and protected viewing platform, but also a wonderful gathering area for small groups wanting the best forward looking vantage point on the ship.

Communications

The ship carries all required modern communications and navigation facilities and equipment with many systems outfitted to redundancy. An Iridium satellite communication system is in place for both voice and personal email use. Equipped with Inmarsat telephone and fax as well as a variety of shortwave, SSB and VHF radio systems, she also carries fully current GMDSS (Global Marine Distress and Safety System) equipment.

Dining Room

During your voyage there will be select breakfasts where you can join us in the dining room for an omelette bar. With buffet breakfasts, buffet and/or plated lunches and plated dinners, we make sure there is always an interesting variety of dining choices available. Attractively lit and comfortably furnished, the dining room is served by our ship's stewards and hosted by our Adventure

Concierges. Our culinary team includes three chefs as well as three culinary students joining each journey as part of a cooperative educational program we've developed with several cooking schools in Canada. To keep up to date with the view from the bridge, live streaming video can be viewed on a television screen in the dining room during meals. A small lounge can be found in the forward part of the dining room along with a small bar used during meal service.

Gift Shop

The gift shop carries a supply of souvenirs and sundries and is open most days of the voyage and can be opened anytime on demand. From warm hats and gloves to polar books and t-shirts, the gift shop has something for everyone. In addition, a small selection of toiletries and sundries can be purchased here.

Fitness Room

The fitness room has a variety of free weights, exercise bikes, treadmills and a rowing machine. Exercise mats and balls are also available and there is a stereo with an MP3 player dock. We'll always have a supply of fresh towels on hand as well.

Infirmary

Located on Deck 4, the infirmary caters to basic medical needs. Although containing an impressive quantity of medical supplies, including a portable automatic defibrillator, passengers with pre-existing medical conditions requiring medication or supplies should arrive onboard self-reliant.

We will have an emergency physician on every voyage. If there is a need to consult the ship's doctor and to receive medications from the infirmary, passengers will be invoiced for the cost of any items supplied.

Library

The library is located on Deck 6 with viewing windows over both the port and starboard sides of the ship. A quiet part of the ship containing several comfortable armchairs and sofas with seating for around 18 and numerous polar reference books, the library is a great place to relax and learn about the region being visited. The library has a slide screen and whiteboard and is often used for small group focus sessions and discussions.

Lounge

Adjacent to the reception area on the main deck the lounge has a television as well as a good selection of board games and puzzles. With plenty of room for everyone it has convenient access to the outer deck, where a small seating area is located. Be sure to take a blanket from the lounge on your way out to sit and enjoy the view from the ship's starboard side.

A 24-hour coffee and tea station can be found in the lounge, which also serves as an overflow area for the bar during Happy Hour and for after dinner card games. Of course, what lounge would be complete without a fireplace?

Presentation Room

Our well-equipped presentation room can be found on Deck 3. With seating for all passengers and convenient access the presentation room is equipped with a fully modern multi-media presentation system.

Sauna and Polar Plunge Pool

Following a day of excursions, a sauna with complimentary aromatic oils can be a wonderful way to unwind. Located on Deck 1, the sauna and adjacent indoor plunge pool is open each afternoon and evening. The sauna seats about six people and the indoor plunge pool is always filled with water.

There is a changing room with towels and a shower room located between the sauna and the plunge pool.

Helo Deck and Adventurers Lounge

The top deck enjoys 360-degree views around the ship. Formerly a helicopter deck this is a wonderful place to enjoy calm sea days and spectacular Antarctic scenery. The top deck also has a small observatory where a spotting scope is stored, as well as warm blankets and a comfortable bench.

Take your travel mug up to the top deck on pleasant afternoons and our Adventure Concierges will bring carafes of steaming hot chocolate or other hot beverages to you. Refill your travel mug as often as you like.

Multimedia Room

Our multimedia room contains several Macintosh computers with the latest software for photo management and manipulation. External hard drives, a battery recharging station (110 V and 220 V powerbars for plugging in your charger), multi-card readers and a selection of cables for connecting various cameras to the computer can be found here. Manage your rapidly expanding polar image library, burn DVDs or prepare slide shows to entertain fellow passengers or family at home. In addition we have a portable 4"x6" photo printer for you to print copies of a few of your favourite photos.

We recommend that you bring your own recharger and download cables, as well as spare memory cards for your camera.

Cabin Categories

Triple Shared Cabin – Located on Deck 3 these cabins have two lower berths and an upper berth. Facilities are shared. There is a washbasin with hot/cold water in the cabin, a writing desk and a wardrobe.

Additional features and amenities:

Bathrobes

Twin Shared Cabin - Located on Decks 3 and 4 these cabins have two lower berths. Facilities are shared. There is a washbasin with hot/cold water in the cabin, a writing desk and a wardrobe.

Additional features and amenities:

Bathrobes

Twin Private Cabin - Located on Decks 4 and 5 these cabins have two lower berths, a writing desk and a wardrobe. Facilities are private.

Additional features and amenities:

Toiletry kit

Hairdryer

Coffee/tea maker

Bathrobes

Shackleton Suite – These cabins are located on Deck 5 (one cabin on Deck 4). These cabins have either a double bed or two twin beds in the sleeping quarters. The lounge

has a desk, a sofa, a TV/DVD player, a fridge and tea/coffee making facilities. Facilities are private.

Additional features and amenities:

Upgraded bed linen/duvets
CD player/mini stereo system with connection for Ipod™/mp3 player
Use of our CD selection
Mini bar/ice bucket
Hairdryer
Coffee/tea maker
Toiletry kit
Vanity kit
Organic cotton luxury logoed bathrobes
Arrival gift basket with healthy snacks
Binoculars and wildlife reference book

One Ocean Suite – Located on Deck 5 this cabin has a double berth and a single bed in the sleeping quarters. The lounge has a desk, a sofa, TV/DVD player, a fridge and tea/coffee making facilities. Facilities are private.

Additional features and amenities:

Upgraded bed linen/duvets
CD player/mini stereo system with connection for Ipod™/mp3 player
Use of our CD selection
Mini bar/refrigerator
Hairdryer
Coffee/tea maker
Toiletry kit
Vanity kit
Organic cotton luxury logoed bathrobes
Arrival gift basket with healthy snacks and a bottle of wine
Binoculars and wildlife reference book

Proof of our Polar Commitment

When traveling with One Ocean Expeditions, you will discover how much we care about the places and people we visit. We demonstrate this by finding ways to give back as well as taking away so many incredible memories. For more information on our commitment to responsible tourism, please review our document entitled, "Our Environmental Commitment".

Before you Book – Important Voyage Details

Itinerary Changes – We put safety first and that means weather, ice, wildlife, political or other conditions may require us to modify the itinerary as we go. We consider this half the intrigue of Polar exploring. Every expedition we undertake is a little different. It may mean we have to cancel certain shore excursions including polar camping if conditions are not suitable but we always find other fun things to do. Polar exploring is not predictable, which is one of the many reasons we think it is so special.

Medical Documentation - Once you have booked your voyage to the Polar Regions, you will be required to complete a Medical Information Form. This form must be completed, signed and returned to One Ocean Expeditions no later than 90 days prior to departure.

Passport - Well before traveling, please ensure you have a current passport with an accurate photo, valid for at least six months after your scheduled return flight home. Also check that your airline tickets are in exactly the same name as your passport.

Some countries may require you to have a return air ticket or sufficient funds to purchase such a ticket.

Budgeting – It is a good idea to bring along some \$US cash. There are some onboard expenses such as those incurred at the bar, in our gift shop, and for satellite communication, as well as several souvenir shopping opportunities throughout the voyage including at some of the research stations in the Antarctic Peninsula. Mail can sometimes be posted from these stations as well.

Clothes – We do not need to tell you it is cold in Antarctica. So make sure you come prepared with clothes that will adequately protect you from the weather and wet conditions (sea spray is common onboard Zodiacs). Expensive specialty gear is not required, but you should have warm, waterproof clothing available upon your arrival in Ushuaia. Please read the One Ocean Expeditions Pre-departure Information for more details about what to bring on the journey. We also have foul weather gear for rent or purchase on board the ship. You should prearrange the rental of this gear should you require it.

Onboard – Like the weather, sea conditions can also be unpredictable. Rough waters are not uncommon particularly through the Drake Passage. You will be safe and comfortable aboard with your experienced crew in control of our ship, but you may suffer the effects of motion sickness, unless you have taken precautions. We recommend visiting your doctor prior to departure for medication that can help you avoid this easily treated condition.

Gratuities - We suggest you allow the equivalent of \$US10 a day for gratuities for the crew and expedition staff. This is usually collected just prior to the end of the cruise. If you wish, the amount can be paid by Visa or MasterCard.

Sea Kayaking – If you have some experience sea kayaking and are interested in doing this activity during the expedition, you will need to book this option prior to departure from home. We cannot book this activity once onboard. There is a separate document for sea kayakers that you will need to review beforehand.

Embarkation Protocol - Due to new International Security Regulations, you will not be able to come to the ship on your own. Guests arrive with the rest of the group accompanied by the One Ocean Expeditions' Representative. Full details of embarkation/disembarkation procedures will be supplied with your final documentation. Once onboard, you will be participating in an obligatory lifeboat drill. We will also conduct important briefings on landing procedures and Zodiac operations.

Polar Camping - If conditions are suitable and you choose to camp on the continent, we will provide all the required gear such as tents, bivy sacs and sleeping bags. This excursion is managed with strict environmental regulations. A portable toilet is used and absolutely everything is transported back to the ship afterwards

Insurance - On all One Ocean Expeditions' voyages, you must have comprehensive travel insurance. Your own domestic government medical insurance and private health care plans will not cover you in most overseas countries. Your travel agent can recommend a policy designed to cover participants on these cruises. Your policy must provide coverage for your medical costs in case of hospitalization, emergency travel and repatriation.

We require that you obtain adequate insurance before joining the voyage. Cancellation

insurance is also recommended.

Please check the terms of your policy carefully, particularly with regard to limits of cover (i.e. replacement of photographic equipment, baggage loss, claims procedure, costs due to airline delays etc). Also ensure you are familiar with the procedure for making claims (for example, most policies stipulate that claims must be made within a certain time after completion of your journey).

Once you have paid your deposit or full payment, certain fees will apply if you have to cancel your holiday (see the cancellation provisions in our terms and conditions).

For this reason you should take out insurance at the time of paying your deposit, which should then protect you in such a situation.

Visas - No visas are required to visit the Antarctic continent or its offshore islands, however, you will need a valid passport with you throughout the journey. For most voyages, our ship departs for the Antarctic continent from the port of Ushuaia, Argentina. At the time of printing, no visas for Argentina are required by holders of Australian, New Zealand, British, Canadian, U.S.A. or European passports. Passengers holding passports issued by other countries should carefully check with their travel agent or Argentinean consular authorities. If your flight to Ushuaia is via Santiago, tourist visas are required for Chile for some nationalities. If you plan any side trips to other countries you will need to investigate visa requirements as it is your responsibility to ensure you have all required visas for your trip.

Rules and regulations governing the issuance of visas are constantly changing and vary for different nationalities. You should check visa requirements with your travel agent or relevant consular authority well before traveling.

The information provided here is given in good faith and has been compiled with all reasonable care. However, some of the information may become out of date. Please keep this in mind and check with us if you want to be sure about anything. The document was correct at time of printing but you can check online for the most up to date version. If you have any queries, please contact your travel agent or our staff. We are here to help you!

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