



## **Antarctic Adventure: Actively Exploring the Peninsula**



OCEAN NOVA

# Antarctic Adventure: Actively Exploring the Peninsula

This expedition is for people who enjoy active adventures. Every sailing offers an average of two activities off the ship per day while in the Antarctic Peninsula and South Shetland Islands. The education program covers a wide range of topics from identifying seabirds to the future of Antarctica. Optional adventures - camping, kayaking, mountaineering and cross-country skiing - are available on selected departures.

## Itinerary

### Day 1: Ushuaia, Argentina

This expedition is perfect for travelers eager to push the envelope while acquainting themselves with the Antarctic Peninsula. Overnight in Ushuaia.

### Day 2: Embarkation Day

After embarkation in the late afternoon, you will sail down the Beagle Channel. Keep watch on deck for seabirds, penguins and rainbows.



### Day 3-4: Crossing the Drake Passage

Prepare for rough water, but do not be disappointed if your crossing is smooth sailing. The Drake is always changing.

### Day 5-9: South Shetland Islands and Antarctic Peninsula

Many factors play a role in shaping the expedition's progress. We attempt to leave the ship to explore at least twice a day. Perhaps, you'll feel salt spray on your face as the Zodiac weaves in and around grounded icebergs in Pleneau Bay. You could scramble to the top of a craggy hill for an unforgettable view of an icy chasm near Port Lockroy. Strap on a harness for a polar plunge into the frigid waters of Neko Harbour.

Over the course of the austral spring and summer, the sun lingers longer and longer, melting snow and ice. Wildlife abounds: chicks hatch and fledge, and pods of whales breach in a deep bay where a calving iceberg has churned up krill, the local delicacy. The natural cycle of life ensures that every expedition is different. And that every expedition is different. And that every expedition is full of surprises!

In Antarctica, silence is so complete that interruptions become indelible memories: noisy penguins squabbling over prized pebbles, the boom and crack of a calving glacier near Petermann Island. Then there is the sound of breathing as your arms pump and your legs power you up an incline on cross-country skis. As you sail from island to shore to bay during four days in the Peninsula, the Expedition Team provides opportunities to test your endurance and engage your curiosity.

### Day 10-12: Drake Passage to Ushuaia

Activities during the return voyage depend on the conditions of the Drake. A smooth crossing is a busy crossing.

This expedition is offered on our Adventure Ships *Akademik Shokalskiy*, *Akademik Sergey Vavilov* and *Ocean Nova*. The specifications for the ships are below. The departure information is available on the dates and rates page.



of

## Ocean Nova

This ship delivers clean, crisp Scandinavian styling and a reputation as an excellent ship in the Antarctic. Built to sail the ice-choked waters of Greenland, *Ocean Nova's* ice-strengthened hull has enabled the ship to park in the ice of the Weddell Sea!

68 Guests.



### Cabins and Amenities

- 37 outside cabins, all featuring private facilities.
- Spacious dining room with unreserved seating: buffet-style breakfast with table service; table-service lunch and dinner with main course choices from a changing daily menu; cakes served in mid-afternoon.
- Glass-enclosed observation lounge and presentation room.
- Lounge and bar, open late morning, afternoon and evening with a wide selection of wines and spirits; coffee, tea available all day.
- Library with collection of polar-themed books.
- Ship-to-shore communications via satellite.
- Clinic with licensed doctor.
- Exercise room.
- Dedicated single cabins.
- Please note: there is no passenger elevator between decks.

### Ship Specifications

**Staff & Crew:** 38  
**Passengers:** 68  
**Lifeboats:** 2, fully enclosed, capacity of 90  
**Length:** 73.0 m  
**Breadth:** 11.0 m  
**Draft:** 3.7 m  
**Propulsion:** Diesel engines - 2,000-horsepower  
**Ice Class:** 1B, EO (Hull Ice 1A)  
**Cruising Speed:** 12 knots in open water  
**Registered:** Bahamas

### Deck Plans

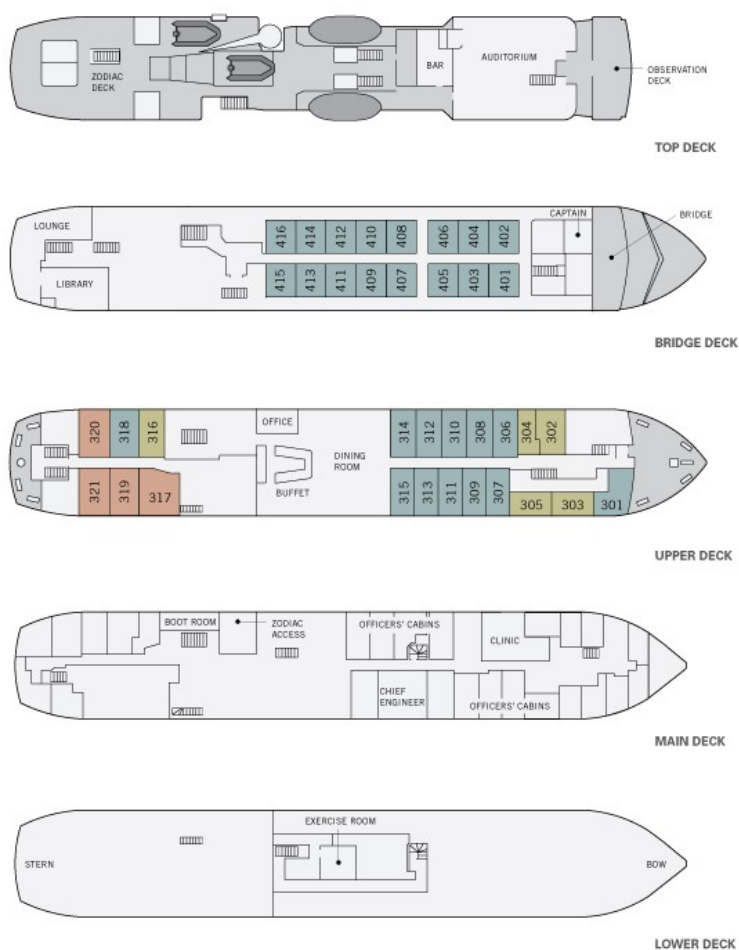
**Triple** 2 lower / 1 upper berth, private facilities  
**Twin Lower Lower** 2 lower berths, private facilities  
**Dedicated Single** 1 lower berth, private facilities

### Rates Include

#### Inclusions for departures between November 2009 and March 2010:

- One night pre-expedition hotel accommodation with breakfast as indicated in the itinerary. (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.)
- Shipboard accommodation with daily housekeeping.
- All breakfasts, lunches and dinners on board throughout your voyage. (Please inform us of any dietary requirements as far in advance as possible. Unfortunately, the ships' galleys cannot prepare kosher meals.)

- All shore landings and Zodiac excursions per the daily program.
- Leadership throughout the voyage by our experienced Expedition Leader, including shore landings and other activities.
- Formal and informal presentations by our Expedition Team and guest speakers as scheduled.
- Photographic Album on DVD.
- A pair of waterproof expedition boots on loan for shore landings
- Hair dryer in every cabin.
- A Quark Expeditions parka
- Coffee, tea, cocoa and bottled water available around the clock.
- Comprehensive pre-departure materials, including a map and an informative Antarctic Reader.
- Group transfers from the hotel to the ship at the embarkation port, and from the ship to the local airport on disembarkation – plus all baggage handling aboard ship.
- All miscellaneous service taxes and port charges throughout the program.
- Emergency Evacuation Insurance for all passengers to a maximum of \$100,000 per person.



**If I book this expedition, what additional major expenses will I incur?**

1. Transportation to and from the embarkation point is not included in the cost of the expedition.
2. Wearing the right clothes is essential. Mean coastal temperatures are seldom far below freezing. However sunny conditions may swiftly shift to storms with very cold winds and

snow flurries. A complimentary parka is provided and we loan you a pair of boots for the duration of the expedition. Once you have booked, we will provide you with a complete list of what to pack.

3. Of course gratuities are always at your discretion, but we recommend \$10-15 per person day if you were pleased with the service level on board. This will be anonymously collected at the end of the voyage and distributed amongst staff and crew. You can make this payment in cash or charge to your shipboard account.

### **What is the average age and nationalities of travelers on this expedition?**

Adventure Ship travelers range in age from 20 to 80 - with the majority between 35 and 55. Most members of Adventure Ship expeditions are active, independent-minded travelers from around the world.

### **Must I understand English to participate?**

Our voyages appeal to an international audience. About 40% of the travelers who join our voyages come from countries where English is not the first language. English is the language used for all documents, communications, shipboard announcements and education program presentations. While most of our travelers have a working knowledge of English, their level of proficiency with the language varies greatly. If you have questions on how your knowledge of English may impact your experience, please contact our office and one of our Sales Representatives will be happy to discuss this with you.

### **Do I have to be fit to join one of these expeditions?**

Adventure Ship expeditions are for active travelers. Travelers must be able to make their way down a steep, narrow gangway, on the side of the ship to the Zodiac for shore landings. You should be able to walk steadily about the ship, keeping one hand free for the railing, and be able to negotiate through a heavy steel sea door. This expedition is not appropriate for people with restricted mobility as none of our ships offer handicap facilities. Shore landings usually offer a choice of a shorter hike and longer hikes. Of course, if you wish to remain back at the landing site with some of the staff, you are welcome!

### **May my children accompany me on the expedition?**

On this expedition we welcome children that are at least 12 years of age. All children must be accompanied by at least one adult willing to supervise them at all times. Note that the shipboard education programs are designed for adults.

### **How long will it be light during my trip?**

The time of year you travel to Antarctica will determine the amount of daylight. October, November are typically the month where the night falls around 9 or 10pm with sunrise in the early morning. This is the beginning of the Summer Season. Peak daylight is Mid December through early February with nearly 24 hours of sunlight, depending on how far south your voyage travels.

### **What about seasickness?**

In general, the roughest seas encountered are during the open ocean crossings to and from Ushuaia through the Drake Passage; it takes roughly 2 and one half days to get to/from the peninsula and 2 days to/from the Falkland Islands. Everyone reacts differently to the seas, so our Medical Director suggests you consult your physician for a recommendation for your specific circumstances.

### **Do your ships have stabilizers?**

Yes, all our ships have stabilizers.

### **What is the food like on your ships?**

Our passengers rave about the food and the food service offered on our ships. We have standardized our Catering operations on all our ships, so regardless of which ship you travel on, you will receive the same variety of food and excellent service. We offer breakfast, lunch and dinner, and can accommodate most dietary requests and restrictions provided you notify us at time of booking. Afternoon tea with desserts is served each afternoon, and coffee/tea/water service is available in the lounge areas around the clock.



### **Adventure Options**

#### **Optional Activities available on Adventure Ships**

Kayaking, camping, mountaineering, and cross-country skiing are offered in a number of combinations on every departure of Antarctic Adventure.

*What is it like to camp in the Antarctic?*

Past campers tell us that they spent most of the night outside their tents absorbing the silence. They reluctantly communicated in whispers, as they found speaking intrusive. During the few hours of darkness that fall they are tempted to reach overhead, because the stars seem near enough to touch. Campers from the Northern Hemisphere find the constellations unfamiliar, adding to the other-worldliness of the experience. All participants report that camping deepens their understanding of Antarctica in countless ways. The cost of camping for expeditions between November 2009 and March 2010 is \$195 per person.

*What is it like to cross-country ski the Peninsula?*

Antarctic cross-country skiers often talk about the anticipation that builds as they gear up for the trail, and the anticipation - the twisting of the upper torso into the direction of a turn when skiing - that will soon follow. Skiers tell us that the moment that feeling and action coincide is sublime, pure and intense, like the landscape they are exploring. *Cross-country skiing costs \$550 between November 2009 and March 2010.*

*What is it like to climb an Antarctic mountain?*

The elemental nature of the activity lingers with Antarctic climbers: heart beats, stretched muscles, and wind whistling through the lines. They speak of hand holds formed by ancient rocks, and steep ice-covered slopes overhead, forcing a scramble, before the advance continues. And finally, with humor, they tell of the glissade, that last descent on the return that turns each of them in to children for one brief moment as they slide. *Mountaineering costs \$550 between November 2009 and March 2010.*

*What is it like to kayak in the Antarctic?*

There is a lot to do within the first few moments of entering a kayak. Once you are settled and have a feel for the paddle in your hands, you will turn your attention to the surroundings. That is the moment, so our kayakers tell us, when you will truly understand that the experience of paddling in Antarctica is like no other. Crystal clear water supports the hull. Elemental sounds of water lapping and the drip of resting paddles are a counterpoint to the cry of penguins and the

cracking of ancient ice. Dwarfed by the immensity of the landscape, for a short while you drift in awe. *Kayaking costs \$795 between November 2009 and March 2010.*