

EXPLORE!



Classic Antarctica - M/S Fram

14 days

Argentina - Trip code FRCA

Classic Antarctica - M/S Fram

Antarctica awaits The South Shetland Islands and Antarctic Peninsula form one of the most spectacular wildernesses on earth. A remarkable collection of wildlife lives in the shadow of snow-capped mountains and blue icebergs; penguins, whales and a rich diversity of birdlife await you on an exploratory journey of the Great White Continent.

Trip highlights

ACCOMMODATION GRADE:

Premium

Our premium accommodation is hand-picked and chosen for its character, location or local importance. These properties have excellent facilities and a higher level of comfort and service. They provide the perfect wind down after an active day.

TRIP PACE:

Relaxed

You can enjoy easy-going activities and experiences on these Relaxed pace tours, with opportunities to absorb the sights and immerse yourself in the local surroundings, but still come home feeling relaxed and refreshed.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Buenos Aires

Make your own way to your start hotel in Buenos Aires. Your evening is at leisure to enjoy the delights of this vibrant city.



Accommodation: Hotel in Buenos Aires (or similar)



Meals Provided: None

DAY 2 - Buenos Aires / Ushuaia

Our voyage departs from the Island of Tierra del Fuego and the southernmost city in the world - Ushuaia. Our flight leaves Buenos Aires in the morning which gives us a few hours for leisure in Ushuaia, the southernmost town in the world before boarding your ship. You will be met on arrival at the airport and transferred to the pier after a brief orientation tour of Ushuaia. You will have a chance to explore Ushuaia on your own before embarkation commences at 16:00. In the evening, we set course through the scenic Beagle Channel for the Drake Passage and Antarctica - your adventure begins!



Accommodation: M/S Fram (or similar)



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

DAY 3 - Drake Passage

Named after Sir Francis Drake this stretch of water between South America and the Antarctic Peninsula has numerous myths and legends connected to it. The extraordinary seaworthiness of MS Fram ensures you a safe and comfortable passage and we encourage you to join our educational lectures en route.



Accommodation: M/S Fram (or similar)



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

DAY 4 - Drake Passage


We will be on course for the Antarctic Peninsula and the South Shetland Islands, where we hope to arrive in the afternoon.




Accommodation: M/S Fram (or similar)



Premium Boat

 Single room available

 Meals Provided: Breakfast, Lunch & Dinner

DAY 5 - Antarctica

Once we have crossed the Antarctic Convergence you will start feeling the air getting crisper and colder. Words simply cannot describe the feeling of being on the Great White Continent. The ice, wind and weather dictate life in Antarctica, as well as our route. You will begin to see Antarctic penguins in the water and don't forget to be on the lookout for the first iceberg. There are no permanent human inhabitants but it is home to millions of penguins and the feeding area for thousands of whales.

 **Accommodation: M/S Fram** (or similar)

 Premium Boat

 Single room available


 Meals Provided: Breakfast, Lunch & Dinner

DAY 6 - Antarctica

The continent is an endless white wilderness, full of fantastic vistas of nature. We will have plenty of time to enjoy the magnificent scenery and wildlife, either from the comfort of our inflatable boats or on shore landings. We will learn the history of the great explorers as we travel in their footsteps and see the landscape as they saw it - unchanged, remote, and awe-inspiring.

 **Accommodation: M/S Fram** (or similar)

 Premium Boat

 Single room available


 Meals Provided: Breakfast, Lunch & Dinner

DAY 7 - Antarctica

Whilst in Antarctica, we will attempt to land on several sites :- Deception Island and Half Moon Island in the South Shetlands, will allow us to visit the resident colonies of Chinstrap penguins. The main attraction for visitors on Yankee Harbour is the terraced Gentoo penguin colony with an estimated 4,000 breeding pairs. Predatory Skua also nest here and visitors often witness the struggle between a penguin protecting its young and a Skua trying to feed theirs. Cuverville Island possesses the largest known colony of Gentoo penguins in the Antarctic Peninsula. Majestic mountains and high glacier walls surround the Gentoo penguin colony in Neko Harbour and this is one of the rare places on the Antarctic Peninsula where we may land on the mainland itself.

 **Accommodation: M/S Fram** (or similar)

 Premium Boat

 Single room available

DAY 8 - Antarctica

The aptly named Paradise Harbour and thousand-strong Adelie rookery on Petermann island are also amongst the list of landing sites. We also hope to make a stop at the British base in Port Lockroy, a former research station which is now a museum and post office where you can send a postcard home! The final choice of landings will be made in the course of the voyage - every voyage is unique and our experienced crew will ensure that you have an experience of a lifetime.



Accommodation: M/S Fram (or similar)



Premium Boat



Single room available

DAY 9 - Antarctica

Onboard lectures will accompany our landings and you will learn much about the wildlife and history of the Antarctic region.



Accommodation: M/S Fram (or similar)



Premium Boat



Single room available

DAY 10 - Antarctica

You will have plenty of time to explore the rookeries and will soon become familiar with the variety of breeds that inhabit this region.



Accommodation: M/S Fram (or similar)



Premium Boat



Single room available

DAY 11 - Antarctica

Our final day in this glacial paradise, with more landings in store.



Accommodation: M/S Fram (or similar)



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

DAY 12 - The Drake Passage

As the bow points North - we head back across the Drake Passage towards Ushuaia.



Accommodation: M/S Fram (or similar)



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

DAY 13 - The Drake Passage

You will have time to reflect and reminisce with fellow travellers about your unforgettable, Antarctic experience.



Accommodation: M/S Fram (or similar)



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

DAY 14 - Ushuaia / Buenos Aires

We arrive into Ushuaia in the morning and disembark after breakfast. If times allows, we include a stop at the city centre on our way to the airport, before catching your flight back to Buenos Aires in the early afternoon.



Meals Provided: Breakfast

Polar information

Ship information

The M Fram is a comfortable vessel for your polar exploration with modern amenities such as a fitness room, Jacuzzi and sauna. The ample indoor and outdoor public spaces are designed to ensure you enjoy the passing scenery and wildlife sightings; each table in the restaurant has scenic views and the observation lounge has panoramic windows. There's also a selection of shore excursions to choose from, allowing you to experience as much of the polar wilderness as possible.

What's included?



Included meals

Breakfast: 13
Lunch: 12
Dinner: 12



Transport

MS Fram
Zodiac



Trip staff

Expedition Crew
Naturalist(s)



Accommodation

12 nights premium boat
1 nights hotel

Trip information

Country information

Argentina Holidays & Tours

Climate

Argentina has a climate that ranges from subtropical in the north to cold in the temperate south. The Andes has erratic rainfall and flash floods from December to May. From June to September spring like sunny days temper the cold nights.

Time difference to GMT

-3

Plugs

3 Pin Flat

Religion

Predominantly Roman Catholic.

Language

Spanish is the main language throughout this region, along with a number of indigenous dialects, of

Budgeting and packing

Clothing

Pack comfortable, casual clothing for all activities. Wind and waterproof outer layers are essential, and a jacket is provided in the cost of the cruise. Beware of tight clothing that leaves no room for trapped air, which is an excellent insulator. Wool, silk and some of the new synthetic fibres, like polar fleece, retain heat better than cotton. Parkas A wind and waterproof jacket is provided as part of the cost of your holiday. Gloves Keeping your hands warm and dry can be a challenge. Thin polypropylene gloves can be worn underneath warm outergloves. This allows you some protection from the cold when removing your gloves to operate your camera etc. We strongly recommend that you bring more than one pair of gloves, in case one gets wet (or lost). Hat/Cap Warm, woollen hat/cap to protect your ears, as well as a scarf, neck gaiter or other face protection, such as a balaclava. Trousers Water-resistant trousers of coated nylon or, even better, Gore-Tex® are essential for your comfort. They can be worn over your regular clothes to keep you warm and dry. We suggest that you purchase trousers a few sizes larger than you normally wear as you will be wearing them over other clothing. Gore-Tex® or similar fabrics are excellent for keeping out wind and water without trapping excess heat. Rain gear and Gore-Tex® products can be found in any outdoor sport clothing store. In addition to your waterproof trousers, warm ski pants are suggested if you have them. Warm trousers such as jeans, corduroys etc are also good. Socks Warm wool socks worn over a thin pair of silk, polypropylene socks should provide enough warmth and insulation for your feet. Bring several pairs of socks, since you will inevitably get your feet wet. Outer Clothing Woollen, knit or cotton sweaters/tops, polar fleece tops (medium weight), several cotton turtlenecks and T-shirts for layering on and off the ship. Underclothing Thermal underwear is highly recommended as it will keep you warm without adding bulk. Most polar travellers prefer a lightweight version.

Footwear

Waterproof boots are available on-board for a small charge. Also ensure you take good walking boots and trainers for relaxing.

Luggage

15Kg

Luggage: On tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself. Please note that a 15kgs luggage weight limit is sporadically enforced on the internal flight to Ushuaia, occasionally charges may be levied against passengers taking luggage in excess of 15kgs.

Equipment

Sunglasses and sun cream Personal toiletries A refillable water bottle Books/reading material Camera and memory cards (and something to protect the camera when out in the elements) Seasickness remedy Walking poles

Tipping

Local crew

Tipping is collected at the end of the voyage and is divided among the crew. Tipping is a very personal matter and the amount you wish to give is at your discretion, but as a generally guideline, we suggest US\$12 per person per day.

Country Information

Argentina Holidays & Tours

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price

£10

Dinner price

£17

Beer price

£2

Water price

£1.3

Foreign Exchange

Local currency

Peso

Recommended Currency For Exchange

Carry all your funds in US cash NOT Sterling or Travellers Cheques which are more difficult to exchange. We recommend to take a minimum of US\$400-\$500 of your total spending money in cash, in mixed denominations. Notes should be in good condition otherwise they might be difficult to exchange.

Where To Exchange

Your Tour Leader will advise you on arrival.

ATM Availability

Available in Buenos Aires. In Patagonia some cards with Chip and Pin do not work in the ATM machines. Always have some cash as back-up as they are not always reliable

Credit Card Acceptance

Credit cards are useful and can be used in some places, but may be subject to a 10% service charge

Travellers Cheques

Travellers Cheques can be awkward or expensive to change

Transport, Accommodation & Meals

Transport Information

MS Fram, Zodiac

Ship description

The M Fram is a comfortable vessel for your polar exploration with modern amenities such as a fitness room, Jacuzzi and sauna. The ample indoor and outdoor public spaces are designed to ensure you enjoy the passing scenery and wildlife sightings; each table in the restaurant has scenic views and the observation lounge has panoramic windows. There's also a selection of shore excursions to choose from, allowing you to experience as much of the polar wilderness as possible.

Cabins

Prices are based on the use of inside, category one cabins on decks 3, 5 and 6. Category one cabins are based on twin share, with one bed and one sofa bed. They are comfortable with a private toilet and shower, fridge and TV. The MS Fram has a number of different cabin categories, many of which are outside facing, with two beds (apart from superior cabins and suites, which have double beds). Some cabins have portholes and others, larger windows and sitting areas. All cabins are twin share, but we can also offer single occupancy at a supplement, if you are travelling alone. Call us for details on the cabin choice to fit your requirements.

Ship dining

On-board the ship all meals are included in the price of your expedition; a buffet breakfast and lunch, and set menu dinner; it's free seating for breakfast and lunch, and assigned for dinner. Vegetarians and some special dietary requirements can be accommodated with advance notice, please advise us at time of confirmation. Coffee and tea are provided free of charge. All other beverages, alcoholic and non-alcoholic, are not included and can be purchased in the bar.

Essential information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa Information

All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure. USA (If flights transit): you will need to apply for an ESTA if you are transiting the USA as you will have to disembark and clear immigration before re-boarding for the onward flight. Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done online - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely to be refused boarding. When completing an application for transit you should enter the words 'In Transit' with your final destination location in the address line. You must have an electronic passport with a digital chip containing biometric information about the passport owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover. If you have visited Iraq, Syria, Iran or Sudan in the past five years or are dual nationals of these countries, you cannot travel under the Visa Waiver Programme. Instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel. For further information please check out the US embassy website. Visa applications - <http://london.usembassy.gov/niv/apply.html>

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Argentina Holidays & Tours

Vaccinations

Nothing compulsory, we recommend protection against typhoid, tetanus, polio and hepatitis A. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended.. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.
