



Antarctic Peninsula and Weddell Sea - M/V Sylvia Earle

ANTARCTICA, ARGENTINA, CHILE - TRIP CODE SEWA

POLAR

Why book this trip?

Famed for its tremendous tabular icebergs, year-round sea ice, fascinating fossils and the pivotal role it played in Shackleton's Endurance expedition, the Weddell Sea offers unsurpassed opportunities for exploration. Embark on a true Antarctic expedition as we not only explore the west Antarctic Peninsula, but also attempt to venture east towards the icy perimeter of the Weddell Sea, often guarded by impenetrable pack ice and home to awe-inspiring tabular icebergs.

- **Sail & Fly expedition** - only one crossing of the Drake Passage
- **Enjoy the freedom of Antarctica** - being in the vast, ice-sculpted Antarctic wilderness
- **Search for feeding whales** - as well as hunting seals

- **Marvel at enormous tabular icebergs** - in the Weddell Sea

				
INCLUDED MEALS Breakfast: 11 Lunch: 9 Dinner: 10	TRIP STAFF Expedition Crew Naturalist(s)	TRANSPORT M/V Sylvia Earle Zodiac	ACCOMMODATION 9 nights premium boat 2 nights comfortable hotel	TRIP PACE: Relaxed

Itinerary

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

DAY 1 - Join trip in Punta Arenas

Arrive in Punta Arenas. You will be met by a representative and transferred to your downtown hotel. Upon arrival into Punta Arenas Airport (PUQ) please collect your luggage and look for a representative in the Arrivals Hall, holding a sign with your name on it. If you have booked your flights independently and are on the preferred flights, please make sure that you have advised us of your arrival flight details into Punta Arenas, so that a transfer is booked for you. Be sure to keep all of your important documents - i.e. passport and travel insurance, and also your medication in your hand luggage, as your main luggage will be transferred separately to the hotel.

There are no activities planned today. If your flight arrives earlier in the day, perhaps you might choose to explore the city. Overlooking the Magellan Straights, the city sits astride one of the world's most historic trade routes. Today, Punta Arenas reflects a great mix of cultures, from English sheep ranchers to Portuguese sailors and it remains an utterly fascinating testament to Chile's rich history. At approximately 6 p.m in the evening, there will be a voyage briefing at the hotel and a chance to meet fellow expeditioners. The evening is at leisure, where you can enjoy the local cuisine at one of Punta Arenas' many restaurants.



ACCOMMODATION:
Hotel in Ushuaia to be confirmed (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Fly from Punta Arenas to King George Island

This morning, you will be transferred to Punta Arenas airport for your charter flight to King George Island. The flight will take approximately, 1.5 hours. On arrival into King Geroge Island, our expedition team are on hand to greet you for your Zodiac transfer to the ship. You will have time to settle into your cabin before the important safety briefings.



ACCOMMODATION:
M/V Sylvia Earle (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST & DINNER

DAY 3 - Weddell Sea and Antarctic Peninsula

It's almost impossible to describe the feeling of arriving in Antarctica. Spotting your first iceberg and taking a deep breath of some of the most fresh, crisp air on earth is an experience that will stay with you forever.



ACCOMMODATION:
M/V Sylvia Earle (or similar)

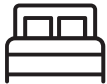
Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 4 - Weddell Sea and Antarctic Peninsula

Once we arrive, the western side of the Antarctic Peninsula and the South Shetland Islands are ours to explore, and we have a host of choices available to us. Because we are so far south, we will experience approximately 18-24 hours of daylight and the days can be as busy as you wish. Days will be spent cruising along spectacular ice cliffs, following whales that are feeding near the surface, and landing on the continent and its off-shore islands to visit penguin rookies, seal haul outs, historic huts, and a few other favourite spots along the peninsula. Your experienced expedition team, who have made countless journeys to this area, will use their expertise to design your voyage from day to day, choosing the best options based on the prevailing weather, ice conditions and wildlife opportunities.



ACCOMMODATION:
M/V Sylvia Earle (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 5 - Weddell Sea and Antarctic Peninsula

Because we are so far south, you will experience approximately 18-20 hours of daylight and the days can be as busy as you wish. We will generally make landings or Zodiac excursions two times a day; cruising along spectacular ice cliffs, following whales that are feeding near the surface, and landing on the continent and its off-shore islands to visit penguin rookeries, seal haul outs, historic huts, and a few other favourite spots along the peninsula. There will be plenty of time for sleep when you get home!



ACCOMMODATION:
M/V Sylvia Earle (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 6 - Weddell Sea and Antarctic Peninsula

Aboard robust Zodiacs, we explore penguin rookeries, historic sites and scientific stations and cruise up close to intricately shaped icebergs. We will see seals basking on ice floes and stepping ashore on the continent itself, will no doubt create an everlasting memory. A curious leopard seal cruising amongst

spectacular icebergs, may mean postponing lunch, or seeing Bubble-netting humpbacks will deserve a wake-up call, even at midnight! Such wildlife opportunities may present themselves and your crew will ensure that these fortunate sightings are not wasted.



ACCOMMODATION:
M/V Sylvia Earle (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 7 - Weddell Sea and Antarctic Peninsula

Central to the story of where Sir Ernest Shackleton's ship, the Endurance became trapped in formidable sea ice, the Weddell Sea certainly is high on the list for most polar adventurers. A small set of islands standing off to the east of the Antarctic Peninsula collectively form the Antarctic Sound - the gateway to the Weddell Sea. With a well deserved reputation as being an iceberg alley, many large tabular bergs escape the Weddell Sea through the Antarctic Sound, often making navigation difficult. However, the rewards can be great. Fossils are a reminder of a more temperate era - gastropods, large clams, and spiral-shaped ammonites, all turned to stone. Be spoiled for wildlife encounters as the Weddell boasts a large Adélie penguin colony just outside of the Antarctic Sound, some of which breed on the rocky slopes of a small volcanic island, where a large colony of Antarctic blueeyed shags jostle for space with nest-building Wilson's storm petrels. On thrilling Zodiac cruises or slicing a path through the maze of sea ice in your kayak, keep watch for chinstrap and gentoo penguins in and out of the water, where you're likely to spot humpback, minke and orca whales. With good ice and plenty of luck, you may even get close to a well-known emperor penguin colony. Your camera is sure to get a solid workout during your time in the Weddell Sea.



ACCOMMODATION:
M/V Sylvia Earle (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 8 - Weddell Sea and Antarctic Peninsula

There will be plenty of time to enjoy the sheer beauty and breathtaking scenery of this magical land, with

it's impressive glaciers and rugged snow-capped mountains. You will have plenty of time to walk on shore amongst the hundreds of penguins, or to enjoy a Zodiac cruise and simply soak up this wonderful landscape. The peninsula has a remarkable history and during the voyage, you will learn more about the incredible expeditions to these remote areas and hopefully, enjoy the same sense of excitement as many of those early Explorers. There is no doubt that wherever your final itinerary takes you, you will leave Antarctica rich in memories and with a feeling of gratitude, having visited somewhere so beautiful and remote where only a privileged few have set foot.



ACCOMMODATION:
M/V Sylvia Earle (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 9 - Weddell Sea and Antarctic Peninsula

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Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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ACCOMMODATION:
M/V Sylvia Earle (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 10 - Crossing the Drake Passage

As we approach the tip of South America, our captain may sail close to legendary Cape Horn, weather and time permitting.



ACCOMMODATION:
M/V Sylvia Earle (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 11 - Crossing the Drake Passage

During the early morning, we cruise up the Beagle Channel and dock in the port of Ushuaia. Disembarkation will take place from 8 a.m, after breakfast on board. A transfer to the airport or to your hotel is included, depending on your onward arrangements.



ACCOMMODATION:
Hotel in Punta Arenas to be confirmed (or similar)



Grade: Comfortable Hotel





SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 12 - Trip ends in Ushuaia



MEALS PROVIDED: BREAKFAST

Trip information

Climate and country information

Antarctica

Climate

Polar Temperatures during Antarctic season: Min.: -15°C; Max. 12°C; Average 0°C.

Time difference to GMT **Plugs**

-3 2 Pin Round

Argentina

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 **Plugs** **Religion**
-3 3 Pin Flat Predominantly Roman Catholic.

Language

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

Chile

Climate

The best time to visit is spring (Sept-Nov) and autumn (March- April). Between June and September the heat in the northern part of the country is less intense. Remember rain can fall at any time of the year and the weather is changeable in the mountains. Easter Island has a tropical climate so is likely to be quite hot and humid. It can also rain there in the evenings and become chilly.

Time difference to GMT

-4

Plugs

2 Pin Round

Religion

Predominantly Roman Catholic.

Language

Spanish, Aymara, Rapanui.

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Whilst landings are included in the cost of your trip as per the outline itinerary, some departures aboard the MV Greg Mortimer have additional optional excursions which can be pre-booked with the ship operator directly. These will be charged at an additional fee, depending on the excursion and we recommend booking these in advance to ensure availability. Please speak to a member of our Polar team who will advise you on the booking process.

Clothing

Parkas

You should look for a lightweight, roomy, wind and water-resistant parka with some insulation. Bright colors are more visible - and thus safer - in polar environments.

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

Complimentary waterproof boots will be supplied on-board. However, if you have extra small or large feet, you are advised to bring your own.

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

Insect repellent

Personal toiletries

A refillable water bottle

Books/reading material

Camera and memory cards

Seasickness remedy

Walking poles

Tipping

Local crew

Gratuities are included in the cost of your voyage.

Antarctica

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.

Foreign Exchange

Recommended Currency For Exchange

A combination of US dollars cash and cards is best. It is advisable to take a minimum of US\$200-500 of your total spending money in cash, in mixed denominations (notes should be in good condition).

Where To Exchange

Banks or Forex offices in major cities.

ATM Availability

Cash can be drawn on credit or debit cards from ATMs in major cities

Credit Card Acceptance

Credit cards are useful and can be used in many places, but may be subject to a service charge. The ship accepts Visa and Mastercard.

Travellers Cheques

Travellers Cheques can be difficult to exchange and are not accepted aboard.

Argentina

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	Dinner price	Beer price	Water price
£11	£20	£3-4	£2

Foreign Exchange

Local currency

Argentine Peso (ARS)

Recommended Currency For Exchange

You can choose to either change your money in advance or on arrival at the airport. Here you will find both ATMs and Bureau de Change. The exchange rate with the ARS is approximately ARS 57 to the British Pound, but do check for the most up to date rate prior to your trip. You may wish to take additional USD cash in order to pay for optional excursions, which is not dispensed by ATMs in Argentina.

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 card are widely accepted in many shops and restaurants but some may be subject to a service charge

Travellers Cheques

We do not recommend Travellers Cheques

Chile

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	Dinner price	Beer price	Water price
£13	£20	£3.00 - 4.00	£2

Foreign Exchange

Local currency

Chilean Peso (CLP)

Recommended Currency For Exchange

You can choose to either change your money in advance or on arrival at the airport. Here you will find both ATMs and Bureau de Change. The exchange rate with the CLP is approximately CLP 880 to the British Pound. We recommend you take some emergency cash in USD as the GBP exchange isn't very good. Notes should be in good condition otherwise they may not be accepted. Please check on line for up to date information

Where To Exchange

Tour Leader will advise on arrival

ATM Availability

ATMs can be found in the major towns and cities for cash withdrawals in CLP. Always have some cash back up as they are not always reliable

Credit Card Acceptance

Credit card are widely accepted in many shops and restaurants but some may be subject to a service charge

Travellers Cheques

We do not recommend Travellers Cheques

Transport Information

M/V Sylvia Earle, Zodiac

Ship description

The Sylvia Earle is a purpose-built expedition vessel and is the sister ship to the M/V Greg Mortimer. Built with the same revolutionary Ulstein X-Bow design, which allows the ship to comfortably navigate the ice, the Sylvia Earle features a distinctive glass atrium lounge at the bow of the vessel which offers stunning panoramic views. Other features include a swimming pool and Jacuzzi, from which you can soak up the passing scenery. With just 120 passengers, guests can enjoy spacious stateroom cabins and suites, a large mud room and easy boarding access at water level. The ship also has a library and multimedia room, gym, sauna and spa.

Cabins

The lead-in prices on our website are based on triple outward facing, Stateroom cabins. All staterooms have private bathrooms, ample storage, with twin beds. Many of the stateroom categories, have floor to ceiling windows that offer prime observation opportunities around the clock. Additionally, there are private balconies in most of the staterooms, allowing you to watch the world float past and take in the salty air of the open ocean. A full layout of the deck plan can be found under the Polar Ships section on our website. Your confirmed cabin type will appear on your Booking Confirmation, which will be sent on receipt of your deposit payment.

Ship dining

Meals are served in the large, spacious dining room with an open seating arrangement, perfect for swapping stories with your extended expedition family. A range of courses is offered at each meal time and you can enjoy a variety of house wines, beers and soft drinks which are included with your evening meal. Complimentary coffee, tea and snacks are available throughout the day and any additional drinks can be purchased at the fully-stocked bar.

On the last day of your trip, the team on the MV Greg Mortimer will provide a special farewell four-course

Essential Information

Government Travel Safety 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 citizens, check the latest Foreign, Commonwealth & Development Office advice.

Please refer to our COVID-19 entry requirements page for any country-specific conditions of entry. Whilst we strive to update this on a regular basis we recommend you also check the FCDO website for the latest advice on entry requirements in this fast-evolving situation. Information can change at any

time.

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.

Price Guarantee

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 and Passport 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 on line - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely 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 be able to apply 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.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

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 receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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.

Antarctica

Vaccinations

Nothing compulsory, we recommend protection against typhoid, tetanus, diphtheria, polio and hepatitis A. Please check the latest requirements with your travel clinic or doctor prior to departure. 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 Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Argentina

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. Yellow fever is only recommended for those travelling to Iguazu falls. Please check the latest requirements with your travel clinic or doctor prior to departure. 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 Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Chile

Vaccinations

Nothing compulsory, we recommend protection against typhoid, tetanus, diphtheria, polio and hepatitis A. Please consult your travel clinic for the latest advice on Malaria, Dengue Fever 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. Please check the latest requirements with your travel clinic or doctor prior to departure. 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 Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Polar information

Ship information

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Reviews
