

EXPLORE!



Falklands, South Georgia and Antarctic Peninsula

ARGENTINA - TRIP CODE FRFS

POLAR

Why book this trip?

This is the ultimate Antarctic adventure, on the trail of explorer Ernest Shackleton. Your wildlife journey encompasses the extraordinary bird-life of the Falkland Islands, iconic king penguins of South Georgia, and glaciers and snow-capped peaks of the Antarctic Peninsula. Abundant marine life, including several species of whales and dolphins, will accompany you between landings. You can look forward to an expedition of a lifetime, exploring the endless white scenery and hearing nothing but nature's silence in the surreal and haunting landscape of Antarctica.

- **Falkland Islands** - Sail to the Falklands and explore this magnificent archipelago
- **South Georgia** - Follow in the footsteps of Shackleton
- **Antarctica** - Explore the Antarctic Peninsula with its Adelie, gentoo and chinstrap penguins



INCLUDED MEALS
 Breakfast: 22
 Lunch: 21
 Dinner: 21



TRIP STAFF
 Expedition Crew
 Naturalist(s)



TRANSPORT
 M/S Fram
 Zodiac



ACCOMMODATION
 21 nights premium boat
 1 nights hotel



TRIP PACE:
 Relaxed

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 pre-tour hotel in Buenos Aires. Discover the Paris of South America for yourself and get a taste of what the birthplace of Tango has to offer. Your evening is at leisure to enjoy the delights offered by this vibrant city. The next day you will fly down to Ushuaia, where you will begin your voyage.



ACCOMMODATION:
 Hotel in Buenos Aires (or similar)

Grade: Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Buenos Aires to Ushuaia

Our flight leaves Buenos Aires in the morning, allowing you a few hours to explore Ushuaia before embarking the MS Fram. Once onboard, there will be a welcome meeting and safety briefing, where the Captain will present his officers and expedition staff. They will outline the program for the coming days, however, weather and ice conditions will determine our final itinerary. In the evening, we set sail along the scenic Beagle Channel.



ACCOMMODATION:
M/S Fram (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 3 - At Sea

We cross the open sea on our way towards the Falkland Islands. On the way, you will be able to enjoy fascinating and informative briefings into the history and biology found in the region.



ACCOMMODATION:
M/S Fram (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 4 - Falkland Islands

The Falklands consist of two large islands and around 700 smaller ones. After a day at sea, we reach the westernmost settled outposts of the Falklands. Some of these remote farms have been family owned for six or seven generations. The sheep graze alongside immense colonies of albatross and rockhopper, king, and macaroni penguins, while predatory striated caracaras patrol overhead and upland geese forage at the water's edge.



ACCOMMODATION:
M/S Fram (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 5 - Falkland Islands

Fearless penguins waddle close, then continue on their way, giving you some great photo opportunities. Stanley, the islands\ capital, makes a wonderful starting point for the excursions we offer. We will be docked the whole day, giving you enough time to discover the town on foot.



ACCOMMODATION:
M/S Fram (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 6 - At Sea

We spend two days cruising southward toward beautiful South Georgia and our fascinating presentations en route, will help you prepare for the experience.



ACCOMMODATION:
M/S Fram (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 7 - At Sea

Our on-board presentations will talk about the areas we shall visit and its wildlife, as well as some fascinating stories about Shackleton's expeditions. The lecturers will also tell us about the significance of the whaling station found here.



ACCOMMODATION:
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 8 - South Georgia

We arrive into beautiful South Georgia, which is ringed by ice-covered mountains and cool emerald-green bays. We will have the next three days to explore some of the many historic places that can be found in these parts. South Georgia's unique position inside the Antarctic ecosystem - yet outside the yearly sea ice - makes it a perfect home to tens of millions of breeding penguins, seals and seabirds, and our activities are designed to bring you close, without disturbing the wildlife.



ACCOMMODATION:
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 9 - South Georgia

We hope to visit Grytviken whaling station, its museum, Shackleton's grave and the whalers' church dating from 1913. The wildlife on South Georgia is different to what we will see in Antarctica, including many different bird and animal species. We hope to see albatross, southern giant petrels, king penguins, fur seals and elephant seals, amongst others.



ACCOMMODATION:
M/S Fram (or similar)



Grade: Premium Boat





MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 10 - South Georgia

During our stay here, you will see Elephant seals lounge on the sand, fur seal pups race in and out of the water, albatross soaring overhead and King penguins in their thousands. There will be plenty of time to immerse yourself in the magnificent wildlife that is found here and to enjoy the abundance of birdlife in the various rookeries and landing sites.



ACCOMMODATION:
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 11 - At Sea

In addition to spotting the magnificent wandering albatross and other seabirds, we continue our lecture series focusing on the history, the environment and the wildlife of Antarctica. Our series includes a thorough introduction to the Antarctic visitor guidelines from the Antarctic Treaty and International Association of Antarctica Tour Operators (IAATO).



ACCOMMODATION:
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 12 - Antarctica

Antarctica is a continent dedicated to peace and science. We are visiting a place that has evolved through millennia without human interference, a place where wildlife remains fearless of man. When opportunities arise, we will launch our Polar Circle boats and take you on unforgettable hikes to explore the most beautiful, untouched places on the planet. Weather, wind and ice conditions have a great influence on our final itinerary. Safety is always the first priority and the final sailing schedule will be

decided by the ship's captain during the voyage.



ACCOMMODATION:
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 13 - Antarctica

While in Antarctica, we will attempt to land on several sites. On land, our expedition team will guide you on what there is to see and help you to avoid disturbing the nature and wildlife. When conditions allow, hikes or other activities on land and at sea may be offered. Participation on any hike requires a good level of fitness, and you must be accustomed to hiking in uneven terrain.



ACCOMMODATION:
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 14 - Antarctica

We will take in several landing sites on our journey into the deep South. On Deception Island a portion of the caldera wall has collapsed and created a navigable opening into the flooded interior. As we reach the natural harbour inside the island, we will also visit Whalers Bay. Staggeringly photogenic and blessed with some of the most spectacular Antarctic scenery imaginable, Half Moon Island is a glittering gem amongst these island treasures. The strong currents of the Weddell Sea conspire to bring massive flat-topped bergs north into the Antarctic Sound.



ACCOMMODATION:
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 15 - Antarctica

On this special voyage, we hope to cross the Polar Circle at 66°33' south, far beyond the limit of most cruises in Antarctica, venturing far into the areas that are permanently iced down and unnavigable during the winter months.



ACCOMMODATION:
M/S Fram (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 16 - Antarctica

Whenever opportunities arise, our Expedition Team will take you for landings and ice cruising to get close to the powerful beauty of Antarctica. In addition, you will be able to take unforgettable hikes to explore some of the most beautiful and remote places on the planet.



ACCOMMODATION:
M/S Fram (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 17 - Antarctica

In between landings, our lecture series will continue and the expedition crew will give more informative talks on the wildlife and history of the region, helping you to prepare for your landings at the various penguin rookeries along the peninsula.



ACCOMMODATION:
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 18 - Antarctica

Brown Bluff has, as the name suggests, a landscape dominated by a towering, rust-coloured bluff of volcanic origin and is home to a beach sprinkled with lava bombs. Governed by the weather and ice conditions, no two trips are ever the same. Wherever our final itinerary takes us, you will leave Antarctica with everlasting memories of this beautiful and pristine wilderness, where only a fortunate few have ever set foot.



ACCOMMODATION:
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 19 - Antarctica

Port Lockroy is a British station from the Second World War that was turned into a museum in 1996. It is one of the most popular sites in Antarctica and offers a peek into life on an Antarctic base in the 1950s.



ACCOMMODATION:
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 20 - Antarctica

We have one final day to explore this glacial wilderness - the last untouched place on Earth; with its crisp air, icebergs and endless, white mountain ranges.



ACCOMMODATION:
M/S Fram (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 21 - Drake Passage

After exploring this magnificent continent, we leave Antarctica and set course for Ushuaia, across the Drake Passage.



ACCOMMODATION:
M/S Fram (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 22 - Drake Passage

The voyage from the Antarctic Peninsula to Ushuaia is about 950 kilometres - approximately 40 sailing hours in good weather. This sea passage was notorious amongst the early Polar explorers and is a unique voyage, which only a few have had the chance to experience.



ACCOMMODATION:
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 23 - Ushuaia to Buenos Aires

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



MEALS PROVIDED: BREAKFAST

Trip information

Country information

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

-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

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, there are many optional excursions available on your voyage that 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

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, free of charge. Ensure that you take good walking boots with you and comfortable trainers or grip-type shoes, for relaxing on the ship and for when out on deck.

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 general guideline, we suggest US\$15 per person per day.

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

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. You may wish to take extra cash as most optional excursions need to be paid in USD cash (not dispensed by ATMs in Argentina or Chile).

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

M/S Fram, Zodiac

Ship description

The MS 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 M 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.

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 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.

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 now 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.

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.

Polar information

Ship information

The MS 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.

