

# EXPLORE!



## Patagonia to Antarctica Expedition - M/S Fram

ARGENTINA - TRIP CODE FRPA

POLAR

### Why book this trip?

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Starting in the colourful city of Valparaiso, we sail along the Chilean Pacific coastline, filled with snow-tipped volcanoes reflected in beautiful lakes, raging rivers and lush vegetation. The vastness and untouched beauty of this rugged and mountainous landscape, will surely make a great impression.

- **We continue onto one of the most scenic national parks in the world and into the fjords of Chile. This wild and remote area seems almost untouched by humans, with mountains plunging into icy waters. The steep valleys with snow-capped mountains, make a striking contrast to an otherwise green area that is so rich in wildlife. Cape Horn is a mystical place where two oceans meet and we will attempt to go ashore if conditions allow.**
- Continuing on through the Drake Passage to the mighty frozen wastes of the south, we arrive in Antarctica. Here we will attempt to do landings at several places. Penguins, seals, whales and large flocks of sea birds give life to this surrealistic and beautiful landscape. We will bring you on shore to experience

some of the most unique wildlife viewing while setting foot on the Antarctic continent.

- This expedition takes you to the most intriguing spots along the South American coast and to Antarctica, visiting areas rich in wildlife and impeccable scenery that will not disappoint.

				
<b>INCLUDED MEALS</b> Breakfast: 19 Lunch: 18 Dinner: 18	<b>TRIP STAFF</b> Expedition Crew Naturalist(s)	<b>TRANSPORT</b> M/S Fram Zodiac	<b>ACCOMMODATION</b> 18 nights premium boat 1 nights hotel	<b>TRIP PACE:</b> Relaxed

## Itinerary

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

### DAY 1 - Buenos Aires

Enjoy an overnight hotel stay in Buenos Aires and discover its enchanting combination of European flair and Latin American charm. Your evening is at leisure.



**ACCOMMODATION:**  
Hotel in Buenos Aires (or similar)

**Grade: Hotel**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: NONE**

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## DAY 2 - Buenos Aires to Ushuaia

After your flight from Buenos Aires to Ushuaia, you will be transferred to your ship and will set sail in the early evening. The voyage from Ushuaia to the Antarctic Peninsula 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 will have the chance to experience.



ACCOMMODATION:  
M/S Fram (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 3 - Drake Passage

You will be able to enjoy fascinating presentations during our time at sea. Talks will be given about the history and wildlife of Antarctica, preparing you for your arrival into the Great White Continent.



ACCOMMODATION:  
M/S Fram (or similar)

Grade: Premium Boat

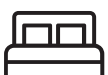


MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 4 - Antarctica

This unending, white wilderness of a continent is full of overwhelming impressions on an impressive scale. Weather, wind and ice conditions will of course have a great influence on our programme and schedule and your experienced expedition team will select possible landing sites that will provide you with the best experiences available. With long hours of daylight that we have in Antarctica this time of the year it is easy to make the most of your days. While in Antarctica, we will attempt to land on sites both on the South Shetland Islands and on the Antarctic Peninsula.





ACCOMMODATION:  
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 5 - Antarctica

Flexibility allows us to take advantage of the unexpected and wildlife will be at the forefront of our minds. We will bring you on shore to explore further and to see wildlife up-close. We might call at the Gentoo penguin rookeries on Cuverville Island and Neko Harbour and hope to sail through the incomparable Lemaire Channel. We might take on the challenging hike on Petermann Island, where you will be rewarded with panoramic views. Another fun destination if weather permits, is Port Lockroy, an old British base with a museum. Known today as the 'Penguin Post-office', you will have the opportunity to send a postcard home !



ACCOMMODATION:  
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 6 - Antarctica

Sailing through the Antarctic Sound offers spectacular views of tabular icebergs and glacial landscapes, and Brown Bluff has a distinct rock formation. Our sturdy Polarcirkel boats will enable us to go ashore almost anywhere and explore bays and channels. The expedition team will explain what you see and ensure we do as little as possible to disturb the local wildlife.



ACCOMMODATION:  
M/S Fram (or similar)



Grade: Premium Boat





MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 7 - Antarctica

Enjoy experiencing Antarctica with all your senses. Kayaking in untouched waters with icebergs floating by, guided hikes up snowy pathways to spectacular viewpoints, listening to the sounds of glaciers calving or penguins squabbling, or perhaps for the most daring, taking the polar plunge swim. Every day will be different, carefully crafted by our expedition team to educate you and create lasting memories.



ACCOMMODATION:  
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 8 - 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 Polarcirkel 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

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### DAY 9 - 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. Wherever our final itinerary takes us, you will leave Antarctica with everlasting memories of a 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

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### **DAY 10 - Drake Passage**

After magnificent days exploring Antarctica, we head north and make our way back to the South American continent.



ACCOMMODATION:  
M/S Fram (or similar)



**Grade: Premium Boat**



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### **DAY 11 - Drake Passage and Cape Horn**

As we reach the southernmost tip of South America, we will land on Cape Horn, if conditions allow. Going ashore can be very difficult because of the sometimes-extreme weather in this area. This is the southernmost point of Chile and lies almost 56 degrees south, marking the boundary between the Atlantic and Pacific Oceans and the northern end of the Drake Passage. The region is of great significance on account of its location, history, discoveries and trade routes. If we are able to anchor off Cape Horn, you will be able to go ashore to explore this deserted and yet romantic piece of land at the end of the world.



ACCOMMODATION:  
M/S Fram (or similar)



**Grade: Premium Boat**



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### **DAY 12 - Chilean Fjords**

The Chilean fjords will excite nature enthusiasts with its channels, fjords and mountains plunging into the icy waters below. This wild and remote area seems almost untouched by humans. The ice has scoured its way between the mountains, creating the isolated islands and hidden bays that form the unique fjord landscape of Chile. The snow-capped mountains and steep valleys make a striking contrast to an otherwise very green area that is rich in wildlife.



ACCOMMODATION:  
M/S Fram (or similar)

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**Grade: Premium Boat**



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### **DAY 13 - Torres del Paine National Park**

Puerto Natales is the gateway to the world-renowned Torres del Paine National Park, one of the most attractive national parks in the world. Its main attraction, which are the towers themselves, is the impressive rock formation called Torres del Paine (Towers of Paine.) The towers are made up of the Torre Central which is 9,186 feet high, Torre Sur at 9,350 feet and Torre Norte 7,375 feet. The park encompasses azure lakes, trails that meander through emerald forests, roaring rivers with rickety bridges and a huge, radiant blue glacier. Variety spans from the vast openness of the steppe, to rugged mountain terrain, topped by looming peaks.



ACCOMMODATION:  
M/S Fram (or similar)

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**Grade: Premium Boat**



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 14 - Torres del Paine National Park

The diversity of environments in the Torres del Paine, has provided an area rich in flora and fauna. Possible wildlife sightings might include llamas, pumas, chilla foxes and skunks. In addition, there are more than 100 species of birds found here, such as Andean condors and black-chested buzzard eagles, to name a few. Enjoy hiking in these incredible surroundings with its impressive and prolific wildlife.



ACCOMMODATION:  
M/S Fram (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 15 - Puerto Eden

After an unforgettable cruise through Patagonian waters, the unique village of Puerto Edén will enchant you. It is a tiny village in Bernardo O'Higgins National Park. Puerto Edén is known for its geographical isolation, situated at the end of a deep fjord and surrounded by mountains. Its population of 250 people includes the 15 remaining members of the Kawéskar people. Puerto Edén is a great place to experience the traditional indigenous culture of Patagonian tribes. The villagers sell fish, mussels and shellfish products, which are taken to markets by a weekly transport boat. For souvenirs, buy traditional Kawéskar crafts such as wicker baskets and small boats made from sea lion skins and tree bark. Enjoy a stroll among the lanes and maybe you will spot one of the many Magellan hummingbirds that you find here.



ACCOMMODATION:  
M/S Fram (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 16 - At Sea

The expedition continues north through the fabled waters of Patagonia. As we sail through iconic Andean seascapes, you have plenty of time to gaze out on the magnificent natural expanse. There might also be trivia contests covering questions about explorer history and Antarctic wildlife. We might also



hold auctions to raise money for specific causes. These on board auctions have contributed to the most ambitious habitat restoration project on Earth; South Georgia, protection of the Albatross and maintenance of research stations in Antarctica. With the help of our guests, we will continue to raise funds and awareness of opportunities and challenges in the areas we visit.



ACCOMMODATION:  
M/S Fram (or similar)

**Grade: Premium Boat**



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### **DAY 17 - Cosmopolitan Castro**

Located on Isla Grande de Chiloé, Castro is set among windswept hills and green vegetation. The city is known for its colourful palafitos, wooden houses mounted on stilts along the water's edge. Come ashore and enjoy the local Chilote character and curious energy, mixed with a dash of modern development. The Iglesia San Francisco is a UNESCO World Heritage Site. The church is a visual delight: bright yellow and orange with a lavender trim. The varnished-wood interior is stunning. On a sunny day it is illuminated by the rows of stained-glass windows. Other sights include Plazuela del Tren, a small plaza right by the waterfront, with a collection of old trains. Feria Campesina Yumbel is a bustling fruit and vegetable market and it is worth having a stroll through. There are also household goods and fish stalls here. In the shop Feria Artesanal Lillo, located just south of the port, you can buy excellent hand-knitted woollen goods and handicrafts. Most of the restaurants and cafes in Castro are concentrated along the Calle Blanco, running from the southern end of the plaza down to the waterfront, this is where you can get a taste of the renowned meat, potato and seafood stew. Join the excursion to the Chiloé National Park and go trekking in this evergreen forest. The area is largely unexplored by man and harbours flora and fauna unique to the archipelago, as well as wide deserted beaches and long stretches of rugged coastline, home to dozens of seabird species, penguins and sea lions.



ACCOMMODATION:  
M/S Fram (or similar)

**Grade: Premium Boat**



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 18 - At Sea

As we make our way along the Pacific coast to Valparaiso, we will have a recap of everything we have experienced on this expedition.



ACCOMMODATION:  
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 19 - At Sea

Whilst at sea, make sure you spend plenty of time out on deck looking out for wildlife.



ACCOMMODATION:  
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 20 - Valparaíso, Chile

This expedition ends in the colourful and poetic city of Valparaíso, Chile. Hopefully, you will have some time to explore this scenic town before your onward flight home.



MEALS PROVIDED: BREAKFAST

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## Trip information

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## 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

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## 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 generally guideline, we suggest US\$12 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.

<b>Lunch price</b>	<b>Dinner price</b>	<b>Beer price</b>	<b>Water price</b>
£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

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## 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 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.

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## 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 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](http://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.

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## **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.