

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

ANTARCTICA

Discovering the Seventh Continent



March 5 - 15, 2024



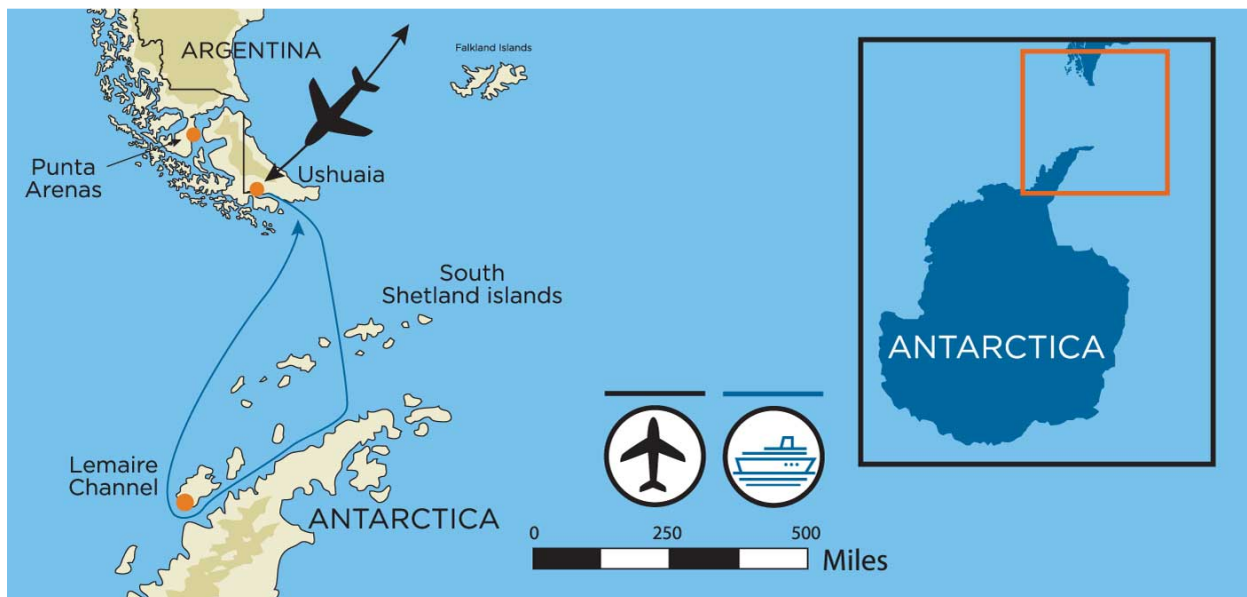
ANTARCTICA

Discovering the Seventh Continent

TRIP HIGHLIGHTS

- ▶ Experience the highlights of the world's seventh continent as you explore the Antarctic Peninsula
- ▶ Witness an abundance of wildlife such as penguins, seals, and whales
- ▶ Enjoy the comfort of an all-suite, all-balcony expedition ship
- ▶ Explore the polar landscape on foot and by Zodiac as you learn about wildlife, glaciology, and geology from expert polar guides

TRIP ROUTE



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QUICK VIEW ITINERARY

- Day 1 arrive in Ushuaia, check into the hotel
- Day 2 board the luxury expedition ship and set sail
- Day 3 begin your journey across the Drake Passage, learn about the history and wildlife of the region from onboard experts.
- Day 4 continue sailing, enjoy some time on deck looking for wildlife
- Day 5 make your first landing on the South Shetland Islands, explore the area by Zodiac
- Day 6 take in the breathtaking expanse of Antarctica by foot and by Zodiac
- Day 7 explore the Antarctic Peninsula by Zodiac with your Expedition Team
- Day 8 look for wildlife all around you as you try to spot penguins, seals, and whales
- Day 9 start your journey back across the Drake Passage to South America
- Day 10 continue traversing the Drake Passage
- Day 11 arrive in Ushuaia, disembark, depart Argentina

ACTIVITY LEVEL

Moderate

TRIP PRICE

Main Trip: \$14,995



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your adventure
in depth

DAY 1
Tuesday
3/5/24

Arrive Ushuaia

Explore the South Pole's greatest mysteries on this once-in-a-lifetime polar journey, cruising the shores of Antarctica on a small expedition vessel of comfort, elegance, and advanced polar design. The spirit of sharing sightings and scenery, storytelling, and enjoying great meals together is conducive to a fuller experience for each woman in your group and the building of friendships onboard and off!

Arrival Information Arrive at Ushuaia Airport (USH) at any time today. There will be one group transfer provided (time TBD based on flights), and private transfers can be arranged at an additional cost.

Pick-up and Transfer You will be picked up at the Ushuaia Airport and transferred to your hotel for an optional pre-departure briefing in the lobby at 6PM.

Accommodations
Hotel Albatross

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DAY 2
Wednesday
3/6/24

Ushuaia to Cruising

The term “Antarctic” describes the region surrounding the South Pole, which comprises a terrestrial and marine environment, including the continent itself and the surrounding ocean. As a frozen continent surrounded by oceans, Antarctica is a completely unique entity on our planet, completely different from its geographical opposite, the Arctic, which is a permanently frozen sea surrounded by the continents of the northern hemisphere.

Luggage Out

Your luggage will be collected from the lobby of your hotel this morning and will be transferred to the ship and stored in your cabin.

Board the Expedition Ship

Although weather dependent, embarkation is usually scheduled for around 4pm. Meet your fellow travelers at a designated location near the pier where you will board a bus that will transfer you to the ship. Information about embarkation will be posted in the hotel and will be reviewed in the optional pre-departure meeting on Day 1.

Begin Cruising

Bid farewell to South America as you start sailing down the Beagle Channel on your way to the seventh continent!

Dinner

Enjoy a lively welcome dinner this evening as you get to know your fellow travelers. Share stories and learn about why each woman is excited to explore Antarctica!

Accommodations
World Explorer

Meals Included
breakfast, lunch,
dinner

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DAY 3
Thursday
3/7/24

Cruising

The Drake Passage is the body of water that stretches from the southernmost tip of Cape Horn in Chile to the South Shetland Islands of Antarctica. Although it is named after the British explorer Sir Francis Drake, a Dutchman named Willem Schouten is the first person who is credited with crossing these famous waters.

Get to Know Your Group Spend some time getting to know your AdventureWomen group and Ambassador today as you begin crossing the Drake Passage aboard the hybrid powered, state-of-the-art World Explorer.

Take in a Presentation Join your expert Expedition Team in the theater for interesting and informative presentations about the glaciology and history of the area.

Accommodations
World Explorer

Meals Included
breakfast, lunch,
dinner

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DAY 4
Friday
3/8/24

Cruising

Charles Darwin crossed the Drake Passage in his trusty vessel, the HMS Beagle, in the 1830s, as this vast waterway that spans over 600 miles is the shortest path to Antarctica by sea. You will follow the route traveled by many famous explorers as you make your journey to the seventh continent.

Search for Wildlife Head to the outdoor observation deck or the observation lounge and see if you can spot any wildlife in the vast expanse of water.

Relax Make your way to the Explorer Lounge for a tasty beverage or to meet and talk with your fellow travelers. Or if you'd prefer some quiet time, head to the library for some reading, or enjoy the onboard fitness room and spa.

Accommodations
World Explorer

Meals Included
breakfast, lunch,
dinner

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DAY 5
Saturday
3/9/24

Cruising

The South Shetland Islands is a group of 25 islands which are located just north of the Antarctica Peninsula. King George Island is the largest of the South Shetland Islands, lying 75 miles off the coast of Antarctica in the Southern Ocean. It has three major bays, Maxwell Bay, Admiralty Bay, and King George Bay. Admiralty Bay contains three fjords, and is protected as an Antarctic Specially Managed Area (ASMA) under the Protocol on Environmental Protection to the Antarctic Treaty.

Daily Shore Excursions

Shore excursions will be published each day and outlined during pre-landing briefings and daily recaps. Weather and sea conditions permitting, two excursions per day are usually planned. Before disembarking, information about the visit and the type of landing will be provided. Excursions may include Zodiac cruises and shore landings in sites rich with wildlife, of particular scenic beauty or historical interest, or at international scientific stations. Duration of excursions usually varies between one and three hours, depending on weather and interest at each landing site. During shore landings, short walks with a medium level of difficulty are offered according to the conditions of the local terrain.

Explore the South Shetland Islands

No journey is the same, and flexibility is the key to success in Antarctica. The Expedition Team will set the route of exploration to take advantage of the ever-changing opportunities provided by nature. The order of visits and activities in this itinerary is an example of what you will do on your voyage.

Accommodations
World Explorer

Meals Included
breakfast, lunch,
dinner

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DAY 6
Sunday
3/10/24

Cruising

The enormous accumulation of ice in Antarctica is partly the result of the continent's isolation, its position on the globe, and its low solar radiation in the winter months. But the accumulation of ice is also associated with global climate changes that occurred in the past. The polar cap began to form about 33 million years ago apparently due to a decline of CO₂ in the atmosphere, reaching its maximum 5 million years ago, and then retreating to its current position.

Today the Antarctic ice sheet has a volume of approximately 6.7 million cubic miles or 90% of all ice on the planet, making it the largest body of fresh water on Earth. To give some idea of this, if the Antarctic ice melted, the level of the oceans would rise by almost 230 feet, with obviously disastrous consequences for all coastal regions of the world. The polar cap is not evenly distributed across the continent. Although its average thickness is 6,560 feet, some areas have recorded depths exceeding 15,420 feet.

Another Day of Shore Landings

Enjoy another day of excursions from your ship today. Disembark on the western coast of the Antarctic Peninsula and explore the area.

Between your excursions, relax on the ship with your group. Perhaps play some games, read a book, or take a dip in the pool!

Sea Kayaking

For those who have reserved a sea kayak in advance, you are able to go sea kayaking in tandem kayaks when the weather permits - just ask the Expedition Team. Unfortunately, the boat has limited kayaks, so if you have not confirmed this option, it will not be possible to add it or borrow someone else's kayak spot.

Accommodations
World Explorer

Meals Included
breakfast, lunch,
dinner

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DAY 7
Monday
3/11/24

Cruising

It may be strange to label as a continent what at first seems to be just a huge mass of ice without forests, rivers, or lakes, and where survival seems impossible for any living being. However, Antarctica is one of the oldest continents and has undergone major geological processes that led to its current location and, consequently, to its environmental development.

About 250 million years ago Antarctica was located in the subtropical band of the planet, covered with abundant forests and inhabited by reptiles and amphibians. At this time, it was part of the supercontinent of Gondwana, from which it permanently separated 65 million years ago and began to drift towards the South Pole. Its gradual cooling set the stage for the formation of the ice, making it the most extreme and inaccessible land in the world.

Hiking

Hiking in Antarctica is free-form and supervised by the expert staff, who set out a perimeter or paths at each landing site within which you are free to explore. While you hike, guides will be available to enhance your experience by answering questions about the wildlife, history and geography of the area.

Presentations on Board

During the Antarctic expedition you will be invited to meet for regular presentations where you will be provided with extensive information about the seventh continent. The onboard expert team of expedition guides, specialists, photography guides and other special guests will introduce you to the history, biology, ornithology, glaciology and geology of the region, along with other nuggets of information along the way.

Accommodations
World Explorer

Meals Included
breakfast, lunch,
dinner

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DAY 8
Tuesday
3/12/24

Cruising

Of all the sea birds that live in Antarctica, the largest in number and certainly the best known are the penguins, often taken as a symbol of the local fauna. Of the 17 species of penguins worldwide, seven live in the Antarctic: Emperor penguins, which are regarded as the true master of the ice; the three Pygoscelis penguins (Adelie, Gentoo, and Chinstrap), and Macaroni penguins. Rock hopper penguins and King penguins live in northern areas of the region, on islands near the Antarctic Convergence.

Penguins are seabirds that, despite having lost the ability to fly, have not lost their power. They are very streamlined at sea, and swim by “flying” in the water using their wings to reach speeds of up to 19 miles per hour and using their legs as a rudder. The evolution of penguins reflects a perfect adaptation to the temperature of the Antarctic habitat. They are warm-blooded animals with a body temperature of 98-100°F and are protected from the rigors of the weather by a thick layer of fat. This can represent up to one third of their weight and fulfills the dual role of thermal insulation and energy reserve in case of forced fasting. The penguin body is also covered with feathers, perfectly superimposed, forming a totally windproof and waterproof area.

Polar Plunge

Take part in a once-in-a-lifetime experience: an Antarctic Polar Plunge! You will have the opportunity to safely take a plunge into the Antarctic waters under the expert supervision of the onboard team. This exhilarating activity only happens once on each expedition, so don't miss out!

Try Your Hand at Photography

Let the onboard photography guide help you hone your camera skills to capture the beauty of the polar regions.

Accommodations
World Explorer

Meals Included
breakfast, lunch,
dinner

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DAY 9
Wednesday
3/13/24

Cruising

Besides penguins, each year other species of seabirds visit the continent. In general, their migrations follow the seasonal movement of ice depending on the availability of food provided by the sea. They feed mainly on plankton, crustaceans, squid and small fish.

The albatross is distinguished from other birds by its large size and majestic flight, especially the wandering albatross which has a wingspan of 6.5-11.25 feet. Albatrosses are pelagic birds that visit land - usually in islands near the Antarctic Convergence - only to breed, spending the rest of its time flying in open waters.

In addition to six species of albatross and seven species of penguin, there are twenty-six other species of birds that are considered Antarctic species. These include eighteen types of petrels, the Dominican gull, the Antarctic tern and the Antarctic pigeon. Another bird that is predatory by its very nature is the skua, which usually flies above penguin colonies in the search of eggs or chicks that are abandoned or temporarily left without protection.

The Antarctic shag is another type of coastal resident that usually nests near penguins colonies. These birds are not very good fliers but can swim to depths of 40 feet in search of algae and food.

Sail Towards South America

Begin your journey back to South America. You'll have more opportunities to attend presentations that will enhance your understanding of the beauty and history of the region.

Relax Onboard

Take some time to relax with your group in the ship's lounge as you continue sailing north.

Accommodations
World Explorer

Meals Included
breakfast, lunch,
dinner

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DAY 10
Thursday
3/14/24

Cruising

Seals and whales are the two major groups of mammals that live in the Antarctic. Both are species with terrestrial ancestors that have adapted to the marine environment. But seals have not completely abandoned the land, where some complete their reproductive cycle.

The six species of seals living in Antarctica are spread across the continent. Some drift in the pack ice with no fixed habitat or rookery. The diet of seals consists mainly of krill, fish, crustaceans and squid. Sometimes warm-blooded prey such as penguins are included on the menu in the case of the leopard seal. As with all inhabitants of Antarctica, seals are perfectly adapted to survive low temperatures due to their significant subcutaneous layer of fat. Females give birth to one offspring per year, whose growth is surprisingly fast (up to 17.6 pounds per day in the case of the elephant seals!).

The fur seal, unlike other seals belonging to the Phocidae family, is the only representative of the family of sea lions. It is easily distinguished on the ground by being able to move its hind flippers, bending and simulating the walk of a quadruped, while other seals can only crawl. The fur seal lives in relatively temperate areas of the continent, where it breeds in colonies that can be very numerous.

Continue Cruising Continue your journey towards South America on your state-of-the-art expedition vessel. Enjoy the presentations, play games, read a book, enjoy the spa, or just relax.

Accommodations
World Explorer

Meals Included
breakfast, lunch,
dinner

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DAY 11
Friday
3/15/24

Depart

Enjoy one last morning on the ship before you disembark and start your journey home.

Arrive in Ushuaia You will arrive in Ushuaia today. Timing is not confirmed, as it is weather dependent.

Transfer to Airport Transfer to the airport in Ushuaia for your flights home. Do not book a flight until after 4:00PM.

It may be safer to spend an extra night in Ushuaia, just in case of delays on the ship. Let AdventureWomen know if you would like to book an extra overnight after your cruise ends.

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the

Meals Included
breakfast

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Accommodation Details

Hotel Albatross

A comfortable hotel located right in the port in the center of Ushuaia.

Amenities: soap, shampoo, conditioner, hair dryer, WiFi

World Explorer

The World Explorer is a new, state-of-the-art, hybrid-fueled expedition ship that was built in 2019. With all suites that feature a balcony, you can take in everything Antarctica has to offer in style. Spend some time on the observation deck taking in the outdoor views, or take in the panoramic scene from the observation lounge. You can also stop by the library to read and relax or visit the Explorer Lounge to have a drink and socialize. Enjoy the informative presentations about the history and wildlife of Antarctica in the lecture theater. Health and wellness facilities onboard include an outdoor running track and swimming pool as well as a small gym and spa. This environmentally sustainable vessel consumes reduced amounts of fuel and emits reduced carbon dioxide levels.

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Included:

- ▶ One group transfer from the airport to the hotel on arrival (time TBD)
- ▶ One group transfer from the hotel in Ushuaia to the ship
- ▶ One group transfer from the ship to the airport
- ▶ Accommodations as per itinerary based on double occupancy
- ▶ Cruise along the Antarctic peninsula as noted in the itinerary
- ▶ One night hotel in Ushuaia with breakfast
- ▶ Breakfast, lunch, and dinner daily while on the ship
- ▶ All guided shore excursions as noted in the itinerary
- ▶ Daily presentations by experts onboard the ship
- ▶ Snacks, soft drinks, and juices available onboard throughout the sailing
- ▶ Select beer and wine with dinner
- ▶ Coffee, tea, and cocoa available 24 hours a day on the ship
- ▶ Photographic journal documenting the expedition
- ▶ Waterproof boots on loan for landings in Antarctica
- ▶ An official expedition parka to keep
- ▶ Emergency evacuation insurance coverage up to a maximum of \$500,000

Not Included:

- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Airfare to and from Argentina
- ▶ Mandatory waterproof pants for zodiac landings
- ▶ Laundry, spa, bar, internet, and phone charges
- ▶ Gratuities for expedition staff and shipboard crew

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Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

In this spirit, the successful adventure traveler should be a

good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

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Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

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