



## Antarctica: Discovering the Seventh Continent

**DURATION** | 11 Days

**TRIP LEVEL** | Moderate

# Trip Overview

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Embark on a once-in-a-lifetime polar journey to Antarctica aboard an expedition vessel designed for comfort and elegance. This unique adventure showcases nature's untouched beauty, including spectacular wildlife encounters and exhilarating polar activities. Traverse the notorious Drake Passage in a polar-class vessel, explore the pristine landscapes by Zodiac and on foot, and get close to penguins, whales, and other wildlife. Your daily activities will be shaped by weather and opportunity, with options for kayaking, hiking, and educational talks by polar experts. Enjoy Zodiac excursions, observe seals and whales, and hike through the Antarctic terrain. Your return journey offers a final chance to savor the Antarctic air and celebrate your adventure before returning to Ushuaia. Note that some activities like sea kayaking have limited availability.

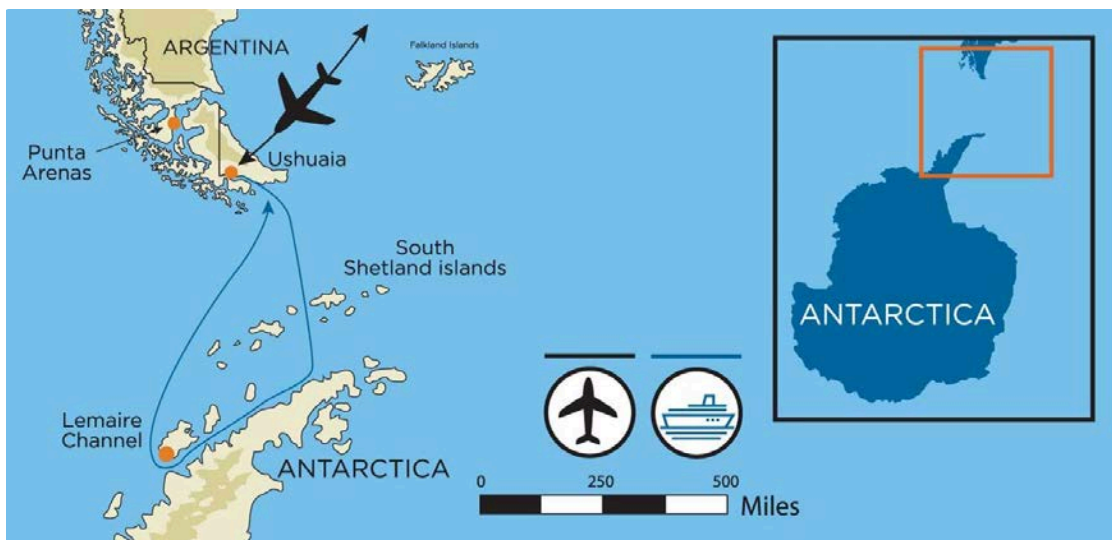
# Trip Highlights

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- Explore the Antarctic Peninsula and experience the highlights of the world's seventh continent.
- Witness a diverse range of wildlife, including penguins, seals, and whales.
- Enjoy the luxury of an all-suite, all-balcony expedition ship while exploring the polar landscape on foot and by Zodiac, with insights from expert polar guides on wildlife, glaciology, and geology.

# Map View

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# Trip Itinerary

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## Day 1

### Arrive in Ushuaia

Arrive at Ushuaia Airport (USH) at your convenience. You will be picked up and transferred to your hotel. Enjoy some free time to explore or relax before the optional pre-departure briefing at 6 PM in the hotel lobby. This meeting will provide important information about your upcoming journey.



### Hotel Albatros, subject to change

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

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

**\*\*Disclaimer:\*\***

Please be aware that the selected hotel reservation is subject to change. We appreciate your understanding and flexibility in this matter.





# Trip Itinerary

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## Day 2

### Set Sail for Antarctica

This morning, your luggage will be collected from your hotel and transferred to the ship. Embarkation usually begins around 4 PM. You will be transported to the ship by bus from a designated location near the pier. As you depart Ushuaia, sail through the Beagle Channel and bid farewell to South America. Enjoy a lively welcome dinner onboard, where you'll have the chance to meet fellow travelers and share your excitement for the adventure ahead.

Meals: breakfast, lunch, dinner | Overnight: World Explorer



### World Explorer

Every suite on this expedition ship has a balcony for stunning Antarctic views. Relax on the observation deck, in the panoramic lounge, or at the library. Socialize in the Explorer Lounge and enjoy lectures on Antarctic history and wildlife. Health facilities include a running track, swimming pool, gym, and spa.

AMENITIES: complimentary toiletries, hair dryer, Wi-Fi (for an additional charge)



# Trip Itinerary

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## Day 3

### Crossing the Drake Passage

Today marks the beginning of your crossing of the Drake Passage aboard the state-of-the-art World Explorer. Use this time to get acquainted with your AdventureWomen group and Expedition Team. Attend informative presentations in the theater, focusing on the glaciology and history of Antarctica. This day is dedicated to familiarizing yourself with the ship and preparing for the exciting journey ahead.

Meals: breakfast, lunch, dinner | Overnight: World Explorer



# Trip Itinerary

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## Day 4

### Continue Crossing the Drake Passage

Continue your journey across the Drake Passage. Spend time on the outdoor observation deck or in the observation lounge, where you might spot wildlife in the expansive waters. Enjoy various onboard amenities such as the library, fitness room, or spa. The day is yours to relax, socialize, or take part in leisurely activities while you sail towards the Antarctic Peninsula.

Meals: breakfast, lunch, dinner | Overnight: World Explorer



# Trip Itinerary

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## Day 5

### South Shetland Islands and Shore Excursions

Upon reaching the South Shetland Islands, participate in shore excursions based on daily weather and sea conditions. These excursions typically include Zodiac cruises and shore landings at sites of wildlife interest, scenic beauty, or historical significance. Detailed information about each visit will be provided before disembarking. Flexibility is essential, as the Expedition Team will adjust plans according to nature's offerings.

Meals: breakfast, lunch, dinner | Overnight: World Explorer



# Trip Itinerary

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## Day 6

### Explore the Antarctic Peninsula

Spend another day exploring the Antarctic Peninsula. Disembark to explore the western coast and engage in various excursions. Between activities, relax on the ship with your group, play games, read, or take a dip in the pool. For those who pre-booked, sea kayaking opportunities are available when weather permits. Enjoy the unique Antarctic environment and onboard amenities

Meals: breakfast, lunch, dinner | Overnight: World Explorer





# Trip Itinerary

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## Day 7

### Hiking the Antarctic Landscape

Embark on hikes across the Antarctic landscape, where expert staff will guide you through designated trails. Staff guides will be on hand to answer questions about local wildlife, history, and geography. Attend regular onboard presentations by specialists covering a range of topics from biology to geology, enhancing your understanding of this remote region.

Meals: breakfast, lunch, dinner | Overnight: World Explorer



# Trip Itinerary

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## Day 8

### Wildlife Observation and Antarctic Polar Plunge

Today offers a thrilling opportunity to take the Antarctic Polar Plunge, a unique and exhilarating experience under expert supervision. Capture the stunning polar scenery with help from the onboard photography guide. This memorable day includes a mix of adventure and relaxation, allowing you to fully immerse yourself in the Antarctic environment.

Meals: breakfast, lunch, dinner | Overnight: World Explorer



# Trip Itinerary

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## Day 9

### Your Return Journey Across the Drake Passage

Begin your return journey across the Drake Passage. Attend presentations designed to deepen your understanding of Antarctica's beauty and history. Spend time relaxing with your fellow travelers in the ship's lounge, reflecting on your adventure as you head back to South America. Enjoy the final days of your expedition with a mix of education and relaxation.

Meals: breakfast, lunch, dinner | Overnight: World Explorer



# Trip Itinerary

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## Day 10

### Continue Sailing

Continue sailing towards South America. Enjoy the onboard amenities and leisure activities, such as reading, playing games, or visiting the spa. This day is a time to unwind and enjoy the company of your fellow travelers as you complete your crossing of the Drake Passage.

Meals: breakfast, lunch, dinner | Overnight: World Explorer



# Trip Itinerary

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## Day 11

### Departure

Arrive in Ushuaia (timing depends on weather conditions). After disembarking, transfer to the airport for your flight home. To avoid potential travel disruptions, schedule your flight for as late in the day as possible, and consider booking an extra night in Ushuaia. If you wish, AdventureWomen can assist with additional accommodation arrangements.

# What's Included

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## What's 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

*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 responsibility of the participants.*

