DID YOU KNOW? Icebergs are much larger under water than above water. How much they float depends on the difference in density between the salty seawater and the iceberg. Normally only 1/8th to 1/10th of an iceberg’s mass is visible above the water!

Antarctic Explorer: Discovering the 7th Continent (11-day)

Antarctica has been inspiring explorers for centuries. And this expedition offers you the chance to discover why, with an unforgettable journey through the spectacular wilderness of the South Shetland Islands and Antarctic Peninsula. You’ll encounter a world where nature creates the rules, her unpredictable temperament making each trip unique, exciting and personal.

Imagine cruising in a Zodiac through crackling sea ice like shattered glass, witnessing penguins building their nests, or navigating through a maze of icebergs, each one uniquely shaped by its journey through the sea. You’ll enjoy iconic Antarctic highlights, exhilarating adventures and be rewarded with memories to last a lifetime.

EXPEDITION IN BRIEF:
• Perfect for first time visitors to Antarctica
• Explore highlights of the Antarctic Peninsula
• Travel safely and comfortably aboard any of Quark’s three small, ice-strengthened expedition vessels
• Learn about the environment and wildlife from onboard lecturers and specialists
• Experience abundant wildlife: penguins, seals, whales and more!
Adventure Options

Booking an Adventure Option on your expedition is a great way to enhance your polar experience. These options are subject to availability and fill up quickly, so be sure to book yours early. Please note, Adventure Options are weather dependent.

KAYAKING

Imagine gliding along the surface of a bay in the presence of icebergs and glaciers! Our kayaking adventures are the best way to feel at one with the sea. Taken in small groups of 16 people, multiple times per voyage, kayaking adventures are only conducted during calm weather conditions. We recommend you have some prior kayaking experience, including the capability to do a wet exit.

The kayaking adventure option is open to all levels of experience. However, we advise that kayaking in polar waters is not an activity for first-time guests. Beginners interested in kayaking, should first take an introductory kayaking course prior to their voyage.

In addition, regardless of your experience, we recommend kayaking lessons for a minimum of three hours in preparation for your expedition. It is of the utmost importance that you be comfortable while kayaking in order to maximize your enjoyment and your overall experience.

CAMPGING

Treat yourself to an overnight camping adventure in Antarctica! Our popular camping options have limited availability, varying by ship. Dress warmly and eat a hearty meal before you head out as no meals are allowed on land. You will need to complete a waiver form before being considered for this adventure option.

More information about your Adventure Options, including necessary experience, physical requirements and cost available by contacting your Polar Travel Adviser.
DAY 1 Ushuaia, Argentina

With a population of more than 63,000 people, Ushuaia is the southernmost city in the world. The city has grown over the past few years, yet has retained an easy going and accessible feel. With the sea to the south and mountains to the north, Ushuaia is a spectacular departure point for your Antarctic cruise. If you arrive early, you can spend time in the nearby Tierra del Fuego National Park, enjoy Argentinean wines and barbecues in the city, or visit the many boutiques and cafés before you leave for your expedition to Antarctica.

DAY 2 Embarkation Day

Embarkation will occur in the late afternoon, after which your vessel will sail down the historic Beagle Channel. This famous channel transects the Tierra del Fuego archipelago in the extreme south of South America. Expect an air of anticipation as you depart—the next time you see land you’ll be in the world’s most southern continent!

DAYS 3 & 4 Crossing the Drake Passage

Prepare yourself for potentially rough water, but hope for a smooth sailing as the Drake is unpredictable and always changing. You’ll spend these first days getting to know your shipmates, while we’ll provide safety briefings and insights into what excitement lies ahead.

DAYS 5 TO 8 South Shetland Islands and Antarctic Peninsula

When the Antarctic Convergence is left in our wake, you will truly begin your Antarctic adventure. It is perhaps the first sight of land itself that is embraced as the true beginning of any Antarctic expedition. You can begin to appreciate why this region has long captivated the attention of explorers and travelers.

EXTEND YOUR STAY

Contact our Polar Travel Advisers via email, live chat or phone (1.888.892.0073) for seamless, worry-free booking of all trip extensions.
alike. Every time we visit Antarctica we witness something new or unexpected, meaning your expedition will be unlike any other—creating a unique, personal experience.

We will take Zodiac excursions from the ship to explore bays, channels and landing sites each day. With wildlife always at the forefront of our minds you will visit penguin rookeries, scout for humpback and minke whales and search for a number of southern seal species, including the cunning leopard seal.

The majesty of the Peninsula’s mountains will enchant you as you scramble up snowy pathways to vantage points offering you 360° views of your surroundings. One of these in particular, in Orne Harbour, gives the opportunity to visit a chinstrap penguin colony high up on a ridge. Here you’ll have the choice between mountain hiking or spending time sitting quietly on a pebbled beach enjoying the antics of curious penguins. If you’re feeling extra adventurous, participating in the Polar Plunge swim is about as crazy as it gets!

Amidst the serene silence of Antarctica, noisy interludes become indelible memories, such as penguins squabbling over prized pebbles, or the boom and crack of a calving glacier in Neko Harbour.

Every day will be different, having been carefully crafted by your Expedition Team so as to entertain and educate you about this wonderful part of the world.

**DAYS 9 & 10 Crossing the Drake Passage**

The journey back across the Drake Passage provides final opportunities to enjoy the crisp Antarctic air. Spend time on the deck watching for seabirds and scouting for whales, enjoy presentations by your Expedition Team or simply relax and reminisce about your experiences.

**DAY 11 Disembarkation in Ushuaia**

You will arrive in Ushuaia in the morning allowing for you to continue your adventure on land or catch your flights home.
Inclusions

THIS EXPEDITION INCLUDES
• Shipboard accommodation with daily housekeeping
• All breakfasts, lunches, dinners and snacks on board
• All shore landings per the daily program
• Leadership throughout the voyage by our experienced Expedition Leader
• All Zodiac transfers and cruising per the daily program
• Formal and informal presentations by our Expedition Team and special guests as scheduled
• Photographic journal documenting the expedition
• Waterproof expedition boots on loan for shore landings
• An official Quark Expeditions® parka to keep
• Coffee, tea and cocoa available around the clock
• Hair dryer and bathrobe in every cabin
• Comprehensive pre-departure materials, including a map and an informative Antarctic Reader
• All miscellaneous service taxes and port charges throughout the program
• All luggage handling aboard ship
• Emergency evacuation insurance to a maximum benefit of US$100,000 per person

THIS EXPEDITION EXCLUDES
• International airfare
• Passport and visa expenses
• Government arrival and departure taxes not mentioned above
• Meals ashore unless otherwise specified
• Baggage, cancellation, interruption, and medical travel insurance
• Excess baggage charges
• Waterproof pants for Zodiac cruising, or any other gear not mentioned
• Laundry, bar, beverage and other personal charges unless specified
• Phone and internet charges
• Voluntary gratuity at the end of the voyage for shipboard staff and crew
• Additional overnight accommodation
• Optional kayaking activities

EXTEND YOUR STAY
Contact our Polar Travel Advisers via email, live chat or phone (1.888.892.0073) for seamless, worry-free booking of all trip extensions.
Dates & Rates

**ANTARCTIC EXPLORER** Discovering the 7th Continent (11-day)

**Expedition Aboard the Adventure Ship SEA ADVENTURER**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Start/End</th>
<th>Triple</th>
<th>Lower Deck</th>
<th>Main Deck Porthole</th>
<th>Main Deck Window</th>
<th>Superior</th>
<th>Deluxe</th>
<th>Suite</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 18 – Nov 28, 2016</td>
<td>11</td>
<td>Ushuaia</td>
<td>$6,995</td>
<td>$8,995</td>
<td>$9,995</td>
<td>$10,995</td>
<td>$11,995</td>
<td>$12,995</td>
<td>$13,995</td>
</tr>
<tr>
<td>Nov 27 – Dec 7, 2016</td>
<td>11</td>
<td>Ushuaia</td>
<td>$6,995</td>
<td>$8,995</td>
<td>$9,995</td>
<td>$10,995</td>
<td>$11,995</td>
<td>$12,995</td>
<td>$13,995</td>
</tr>
<tr>
<td>Jan 4 – Jan 14, 2017</td>
<td>11</td>
<td>Ushuaia</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Sold Out</td>
</tr>
</tbody>
</table>

*All rates per person in USD.*

**Expedition Aboard the Adventure Ship OCEAN DIAMOND**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Start/End</th>
<th>Triple</th>
<th>Twin</th>
<th>Single</th>
<th>Suite</th>
<th>Balcony Suite</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 2 – Feb 12, 2017</td>
<td>11</td>
<td>Ushuaia</td>
<td>$6,995</td>
<td>$10,595 Obst. View</td>
<td>$13,595 Obst. View</td>
<td>$12,595</td>
<td>$14,295</td>
</tr>
</tbody>
</table>

*All rates per person in USD.*

WANT MORE ADVENTURE? Check out our 12-day departure on the next page!

---

**QUARK EXPEDITIONS**

**HOW TO BOOK YOUR EXPEDITION & ADVENTURE OPTIONS**

To book your cabin or inquire about the availability of Adventure Options, contact a Polar Travel Adviser **1.888.892.0073 (+1.203.803.2666)**.

**1.888.892.0073**
Additional Dates & Rates

**ANTARCTIC EXPLORER Discovering the 7th Continent (12-day)**

*Expedition Aboard the Adventure Ship OCEAN DIAMOND*

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Disembark</th>
<th>Triple</th>
<th>Twin</th>
<th>Single</th>
<th>Suite</th>
<th>Balcony Suite</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec 9 - Dec 20, 2016</td>
<td>12</td>
<td>Ushuaia</td>
<td>$6,395</td>
<td>$9,595 Obst. View</td>
<td>$12,295 Obst. View</td>
<td>$11,295</td>
<td>$12,995</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>$10,295 Window</td>
<td>$12,295 Porthole</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*All rates per person in USD.*

**HOW TO BOOK YOUR EXPEDITION & ADVENTURE OPTIONS**

To book your cabin or inquire about the availability of Adventure Options, contact a Polar Travel Adviser **1.888.892.0073** (+1.203.803.2666).
Antarctic Peninsula

POSSIBLE LANDINGS AND WILDLIFE SIGHTINGS

Stepping foot on Antarctica is a moment of pleasure that affects each traveler differently. Your possible landing on Antarctica will take place in the Peninsula, which is an extension of the Transantarctic Mountain chain and is the most northern stretch of Antarctic land. Formed from uplifted submarine troughs that were filled with sediment about 220 million years ago, this is a dynamic land of both desolation and diversity. To the east is the frozen, wild Weddell Sea. To the west, howling winds and warming seas from the Southern Ocean create perfect conditions for whale sightings.

CUVERVILLE ISLAND

A gentoo penguin rookery is situated on the north end of the island on a rocky beach. Depending on the time of season you arrive, you may see them building nests or attending to their chicks. Giant petrels and kelp gulls breed on the island.

DAMOY POINT

If you are lucky enough to mail a postcard in Antarctica, you’ll likely pass through Damoy Point, the northern entrance to the harbor on which Port Lockroy is located.

DANCO ISLAND

This small island, one mile (1.6 km) in length, is easy to explore and home to gentoo penguins. You can visit the marker of a former British Antarctic Survey hut and watch for a variety of seabirds such as snowy sheathbills, kelp gulls and blue-eyed shags.

ENTERPRISE ISLAND

Located in Wilhelmina Bay, the island was used by whalers. A Zodiac cruise around the island passes a wrecked whaling ship.

LEMAIRE CHANNEL

This strait runs between Booth Island and the Antarctic Peninsula; you’ll see that this is one of the most scenic locations on the western coast, especially during sunrise and sunset. The 6.8 mile-long (11 km) Channel may become impassable when ice fills the narrow passageway, so we’ll hope for clear waters.

MELCHIOR ISLANDS

A group of low islands in Dallmann Bay, on which you may see male fur seals haul-out at the end of the breeding season to recuperate from their battles for supremacy.

NEKO HARBOUR

Little evidence remains that this bay was once used by the floating whale factory ship Neko. You might see some whale vertebrae used by resident gentoo penguins as shelter from the wind. There is an unmanned refuge hut here, erected by Argentina. Climb past the hut and up a steep slope for spectacular views of the glacier-rimmed harbor.

PETERMANN ISLAND

Here, near the Lemaire Channel, you can stand ashore and see the southernmost breeding colony of gentoo penguins. The dome of the island rises 650 feet (200 meters) above the sea, offering a challenging hike for panoramic views. Adélie penguins, shags and south polar skuas also inhabit the island.

PORT LOCKROY

A ‘fun’ destination of sorts, we always strive to journey to Port Lockroy if weather permits. The harbor is on the west side of Wiencke Island. A secret base was built on the harbor during the Second World War as part of Operation Tabarin. It is now designated as a historic site, where Port Lockroy is a museum and post office. Proceeds from your purchases here support the preservation of historic sites from the Heroic Age of Exploration.
WATERBOAT POINT

Of historic interest, you may venture to this unique point, which at low tide is connected to the Antarctic mainland. Zodiacs are used to explore the area when the tide is in. Two scientists studying penguin behavior lived in a water boat on the Point from 1921-22. The remains of their camp have been designated an Antarctic historic site.

IMPORTANT REMINDER Embracing the unexpected is part of the legacy – and excitement – of expedition travel. When traveling in extremely remote regions, your expedition staff must allow the sea, the ice and the weather to guide route and itinerary details. This itinerary is a tentative outline of what you’ll experience on this voyage; please be aware that no specific itinerary can be guaranteed. A measure of flexibility is something all of us must bring to a polar expedition.
South Shetland Islands

POSSIBLE LANDINGS AND WILDLIFE SIGHTINGS

The Bransfield Strait separates the archipelago from the Antarctic Peninsula. The islands stretch for 335 miles (540 km) from northeast to southwest. In the 1820s sealers swept the islands’ beaches of seals. When the market collapsed, the sealers retreated. Over the course of time, seals have returned to the islands.

AITCHO ISLANDS

This is a group of small islands, some still unnamed, situated in the northern entrance of English Strait. You can often spot a great mix of wildlife here, with gentoo and chinstrap penguins having established rookeries. Southern elephant and fur seals are frequently hauled-out here too.

BAILY HEAD

Also known as Rancho Point, this area is a rocky headland on the southeastern shore of Deception Island. Chinstrap penguins build nests on slopes leading to a high ridge that dominates the natural amphitheater and provides a superb setting for landscape photography.

HALF MOON ISLAND

This crescent-shaped island was known to sealers as early as 1821. Unlike sealers who liked to keep their best locations secret, we’re happy to bring you ashore on this impressive island. Many Antarctic birds breed here including chinstrap penguins, shags, Wilson’s storm-petrels, kelp gulls, snowy sheathbills, Antarctic terns and skua.

HANNAH POINT

Macaroni, chinstrap and gentoo penguin rookeries are located on the point, which is on the south coast of Livingston Island. Due to the rather congested area available to the nesting penguins, you can only visit here from January 10 onwards.

PENDULUM COVE

Hot geothermal waters are found along the shoreline of this cove, named for observations made in 1829 by a British expedition. You may see yellow algae and boiled krill floating on the surface because of the scalding hot water!

PENGUIN ISLAND

Antarctica has two flowering plants, both of which you can find on Penguin Island: Deschampsia antarctica and Colobanthus quitensis. Chinstrap penguins, fur seals and southern elephant seals use the island for breeding purposes.

ROBERT POINT

A nice spot for Zodiac cruising, this point was known to sealers as early as 1820. Chinstrap penguins, kelp gulls and pintado breed here, and whales may be seen in the surrounding waters.

TELEFON BAY

Your Expedition Team will be happy to point out that it is here where the most recent evidence of volcanic eruption on Deception Island can be seen.

TURRET POINT

Chinstrap and Adélie penguin rookeries are found on this point, situated on the south coast of King George Island. The beaches here are often crowded with southern elephant, fur, and Weddell seals hauled-out on the rocks.

WHALER’S BAY

To reach Whaler’s Bay it is necessary to sail through a narrow passage called Neptune’s Bellows. The bay was used by whalers from 1906 to 1931 and is part of a protected harbor created by a circular flooded caldera, known as Deception Island. Along with waddling penguins and lounging seals, you’ll see rusting remains of whaling operations on the beach. Watch for steam that may rise from geothermally heated water springs along the shoreline.
Gentoo penguins have established a rookery on this harbor, situated on the southwest side of Greenwich Island. Here you can see an abandoned Argentine refuge hut and a large glacier that stretches along the east and north sides of the bay. An abandoned sealing try pot is all that remains of the activity that brought men thousands of miles in tall ships to seek their fortune.

**IMPORTANT REMINDER** Embracing the unexpected is part of the legacy – and excitement – of expedition travel. When traveling in extremely remote regions, your expedition staff must allow the sea, the ice and the weather to guide route and itinerary details. This itinerary is a tentative outline of what you’ll experience on this voyage; please be aware that no specific itinerary can be guaranteed. A measure of flexibility is something all of us must bring to a polar expedition.