

TAKE YOUR ADVENTURE TO THE NEXT LEVEL

EXPLORE YOUR ADVENTURE OPTIONS



Quark
Expeditions®

The Leader in Polar Adventures

KAYAKING

Imagine gliding along the surface of a bay, gazing at colossal icebergs from a safe distance while playful penguins and seals swim past your kayak.

You'll navigate these beautiful, clear polar waters, and explore areas out of our ship's reach. Take advantage of this rare chance to see Antarctica or the Arctic from the same perspective as most of the wildlife - at the surface of the sea.

The kayak Adventure Option is open to all levels of experience. However, kayaking in polar waters is not an activity for guests who have never been in a kayak before.

**SPACE
IS LIMITED!**

Contact a Polar
Travel Adviser
today!

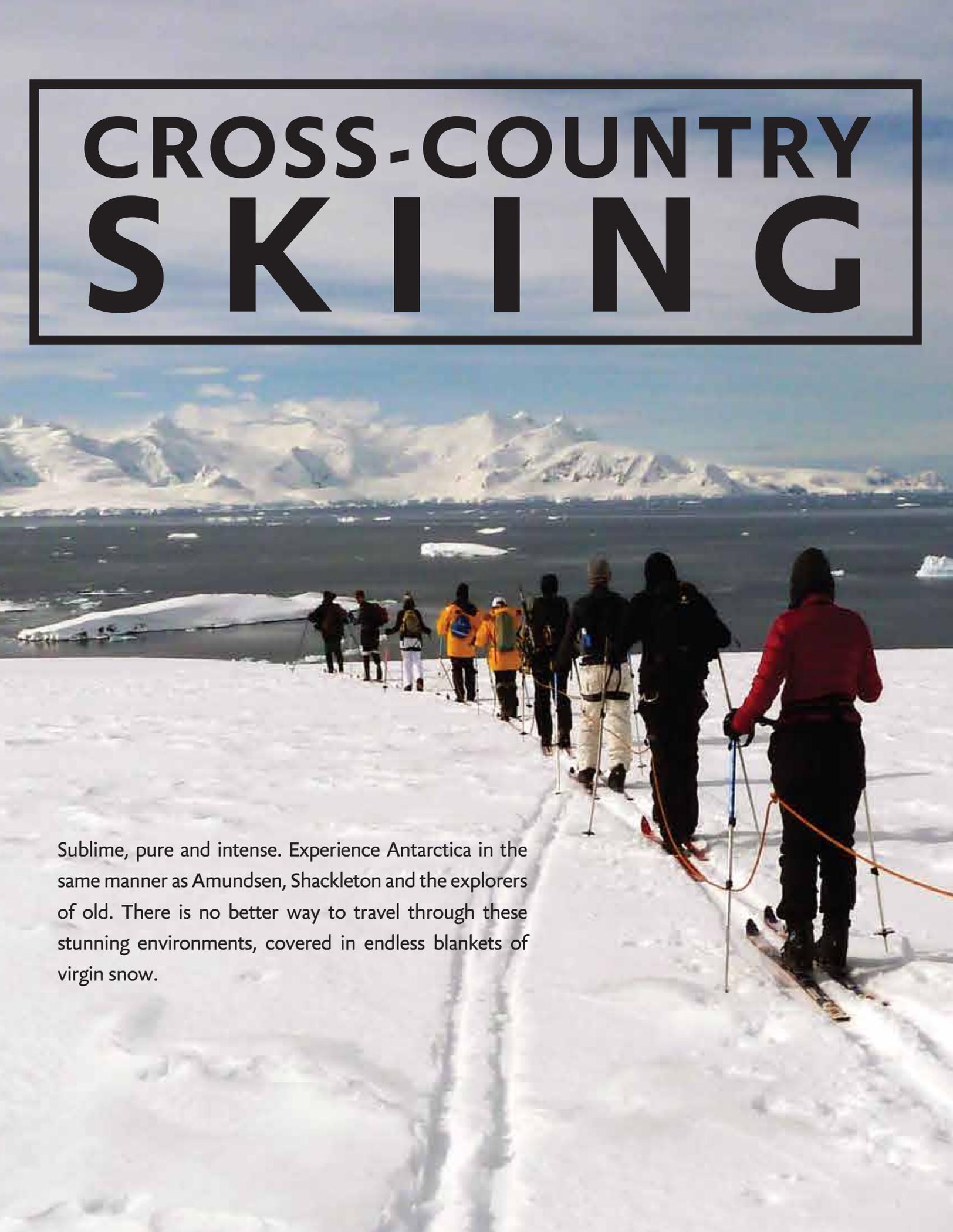
CAMPING

Looking for an intimate and personal way to connect with the Antarctic on your expedition? Treat yourself to an overnight camping adventure and seize the opportunity to sleep under the stars and revel in the silence of the 7th continent.

You'll never have a camping experience like this anywhere else on Earth, so savor every moment.



CROSS-COUNTRY SKIING

A group of about ten cross-country skiers is seen from behind, moving in a line across a vast, flat, snow-covered landscape. They are wearing various winter gear, including jackets in yellow, orange, and red, and dark pants. The terrain is covered in deep snow with tracks from their skis. In the background, a dark sea is visible with several icebergs, and further back, snow-capped mountains rise under a clear blue sky. The overall scene is one of a remote, high-altitude environment.

Sublime, pure and intense. Experience Antarctica in the same manner as Amundsen, Shackleton and the explorers of old. There is no better way to travel through these stunning environments, covered in endless blankets of virgin snow.

MOUNTAINEERING

A person wearing a blue and orange jacket, a yellow helmet, and goggles is climbing a snow-covered mountain peak. The climber is using a rope and ice axes. The background shows a vast, snowy mountain range under a clear blue sky.

Offered for our more adventurous, fitness-conscious passengers, climbing on the White Continent will push your limits and offer a truly unmatched experience.

Geared up with ice axes and crampons, our mountaineering adventures are led by certified mountain guides and each activity can last several hours.

PHOTOGRAPHY

Antarctica is one of the most abundantly photogenic destinations in the world. Penguins amble across pebbled beaches, whales spy-hop from the crystal blue sea, and sparkling icebergs tower in this serene, yet dramatic environment.

Whether you own a serious SLR or a simple point-and-shoot, our on-board photography experts provide you with hands-on instruction and technical tips to ensure you capture the best of your Antarctic experience.



**INCLUDED
ON SELECT
VOYAGES**

SNOWSHOEING

A novel way to experience the beauty of the polar landscape, and discover remote alcoves and hidden valleys. The rewards of walking atop the snow are well worth the effort, as you'll visit new places inaccessible on foot.

While this traditional means of transport across the deep snow comes from the indigenous people of North America, the snowshoes we use today are much lighter and more forgiving than the old wood-weave snowshoes used in the past.



**INCLUDED
ON SELECT
VOYAGES**

HIKING

Hiking is a great way to appreciate the immense windswept and magical landscapes of the Polar Regions. You'll find each hike is different - exploring communities, shorelines or glaciated landscapes, often on the lookout for wildlife. Hiking participation is optional and your expedition team will advise you of what you can expect prior to each excursion .

**INCLUDED
ON SELECT
VOYAGES**

STAND-UP PADDLEBOARDING

This unique activity will provide you with a very different perspective on Antarctica, from a different vantage point from that of a kayak. Imagine penguins and seals swimming beneath you as you glide around floating ice, with majestic views of sprawling glaciers and icebergs. On these small but sturdy boards, powered by your own momentum, you can truly become one with the Antarctic.

Guided by experienced staff in small groups in safe weather conditions on calm bays and harbors, this is one of the most surreal experiences you will ever enjoy.



HOT AIR BALLOONING

If reaching the North Pole isn't a big enough thrill, soar above the sea-ice in a hot air balloon, with a 360° view to all points south. Exclusive to Quark, this option brings you a whole new perspective on the North Pole!

Rising as high as 30 meters, your birds-eye view of the ship and Arctic will be something you'll remember forever.



POLAR PLUNGE

The polar plunge is almost a rite of passage for polar travelers. Take "the plunge" into crisp, crystal-clear polar waters, for exhilaration like you've likely never felt before. Trained staff are there to assist you to get in and out of the water - quickly!



ADVENTURES AT ARCTIC WATCH LODGE



KAYAKING

Led by experienced kayak guides, guests will paddle among icebergs, on the watch for ring and bearded seals and beluga whales. Sightings of sea birds, including arctic terns and eider ducks, can be expected. All equipment and basic instructions are provided.



FAT BIKING

Fat tire bikes are specialized mountain bikes that offer a smooth ride over tough arctic terrain. You'll have loads of fun riding on sea ice and along rocky ridges. Your bike's stable fat tires will carry you over the mostly smooth surface and across shallow creeks with ease.



ATV

A great way to better explore the terrain of Somerset Island is by all-terrain vehicle (ATV). Guests receive a hands-on introduction to driving ATVs, which are easy and fun to operate. Helmets are provided.



FISHING

Fishing for arctic char at the top of the world is a once in a lifetime experience. Guests are welcome to try their hand at "catch and release" conservation fishing using the equipment and gear provided. Or, bring your preferred gear and fly fish beautiful Innuksuk Lake. A permit is required and available at an additional charge.



RAFTING

Typically lasting two to three hours, guests have the choice of paddling their own kayaks or traveling by raft during the river excursion. The Cunningham River is swift-flowing, crystal-clear water with no difficult sections or rapids. Guests are given a hands-on introduction to rafting prior to departing, and no previous experience is required.

ADVENTURE OPTIONS DETAILS

KAYAKING

Surcharge

- Available on most expeditions
- Limited to 10-26 people (depending on the ship)
- All equipment, guides and instruction provided
- We recommend having some sea-kayaking experience, including capability to wet exit
- A special waiver must be completed
- Special headgear, gloves and socks are highly recommended (gear list provided)
- Heavily weather-dependent; minimum of one outing per expedition, but as many times as possible on each expedition

CAMPING

Surcharge

- Available on most Antarctic expeditions
- Limited to 30-60 people (depending on expedition)
- All equipment, guides and instruction provided
- Sleep in a bivy bag or tent
- No special training or experience required
- Dress warmly and eat a hearty meal prior as no meals are allowed on land
- A special waiver must be completed

CROSS-COUNTRY SKIING

Surcharge

- Available on select Antarctic expeditions only
- All equipment, guides and instructions are provided
- Some experience required
- A fitness waiver must be completed

MOUNTAINEERING

Surcharge

- Available on Antarctic expeditions only
- All equipment, guides and instruction are provided
- No special training or experience required
- A fitness waiver must be completed
- Please ensure your medical coverage includes this type of activity in your insurance policy

PHOTOGRAPHY

Included

- Available on select expeditions in Antarctica only (but many expedition staff on other expeditions can provide photography tips)
- No special experience required
- Bring your own photography equipment

SNOWSHOEING

Included

- Available on select Arctic and Antarctic expeditions
- All equipment, guides and instructions provided
- No special experience required; expert guides will provide pointers on how to most effectively 'walk' in snowshoes
- Moderate fitness level required, but snowshoeing is easy to learn for those capable of moderate to long hikes
- Bring warm clothes as you will be outside for extended period

HIKING

Included

- Available on most expeditions
- All guides and instructions provided
- No experience required; optional lengths and levels of hiking offered
- Bring warm clothes, as you will be outside for extended period

STANDUP PADDLEBOARDING

Surcharge

- Available on select Antarctic expeditions only
- Only 10 spots bookable in advance; remaining spots available on the ship via first come basis
- All equipment, dry suit, guides and instructions are provided
- No special training or experience required
- A fitness waiver must be completed
- Heavily weather-dependent
- Please ensure your medical coverage includes this type of activity in your insurance policy

HOT AIR BALLOONING

Surcharge

- Available on North Pole expeditions only
- No special training or experience required
- Please ensure that your medical coverage includes this type of activity in your insurance policy
- Highly weather-dependant
- Sign up and payment takes place on board *50 Years of Victory*

Consult your Polar Travel Adviser for Adventure Option additional details and surcharge information.



FOR MORE DETAILS CONTACT A POLAR TRAVEL ADVISER

1.888.892.0073 or +1.203.803.2666

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