



Photo Credit: David Merron

ANTARCTICA

The 7th Continent



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5 ANTARCTIC HIGHLIGHTS

A truly epic adventure awaits you in the extraordinary landscape of Antarctica. You'll be mesmerized by the rich diversity and contrasts that make this region so captivating and unique.



DISCOVERING THE 7TH CONTINENT

Diverse and mystifying, Antarctica is one of the last great frontiers on the planet, a place of stark contrast and indescribable beauty. The pristine glaciers, glistening icebergs, arresting inlets and beguiling wildlife are staggering. Ticking the 7th continent off your bucket list is an immersive experience you'll savor for a lifetime.



CROSSING THE DRAKE PASSAGE

Most Antarctic cruises begin and end with the crossing of the Drake Passage, a notoriously rough stretch of sea between South America and the seventh continent. For many people, it's actually a rite of passage and contributes a great deal to the authentic expedition experience.

Photo Credit (left to right): Acacia Johnson, David Merron



Photo Credit: David Merron



ENGAGING WITH WILDLIFE

Antarctica teems with wildlife. Keep an eye out for breaching whales, abundant birdlife, lazy seals and playful penguins. They really are the stars of the show, as they waddle about their lives, practically oblivious to you and your camera. Observe their antics first-hand, as they steal pebbles from one another's nests, puff up for mating rituals or huddle quietly in their colonies.



PARTICIPATING IN ACTIVITIES

Zodiac excursions whisk you through iceberg-dotted waters and remote landing sites to experience nature at extremely close range. In addition to hiking up glaciated hills, you also have the opportunity to kayak across icy bays, go mountaineering high above vast beaches, paddleboard over frigid waters, or even camp out on the seventh continent itself.



LEARNING THE HISTORY

The Antarctic Peninsula is a dream destination for the history buff. Brown Station at Paradise Harbour was an Argentinian naval base and an important meteorological observatory established in the 1950s. South Georgia, known as a wildlife paradise, was once a popular stop for early Antarctic expeditions and a busy spot for whaling and sealing. The Falkland Islands is an archipelago rich with history, wildlife, and white sand beaches.

Photo Credit: (first) Unknown, (second & third) David Merron



THE ANTARCTIC PENINSULA

The main aspiration of all visitors to Antarctica is the Antarctic Peninsula, made up of bedrock islands spanning 800 miles, joined together by the grounded ice sheet that covers it. This is where you will spend the bulk of your expedition time. And because the climate is milder here than it is further south, the highest density of research stations are located on the peninsula.

From the deck of the ship and on Zodiac cruises, you may see minke and humpback whales at close range. The landscape here is stunning, with snow and ice-covered mountain peaks up to 9,200 feet in height. Icebergs of every imaginable shape and size litter the bays and inlets.

Exploring landing sites and participating in optional kayaking and stand-up paddleboarding programs

with an experienced guide promises a personalized adventure. Hiking trips are lead by our qualified staff and will always be an invigorating experience. And some expeditions even offer the opportunity to camp out overnight on the Antarctic peninsula!



THE ANTARCTIC CONVERGENCE

For the science-minded, a hydrological curiosity involves the meeting of the oceans in this most southern part of the world. En route to Antarctica, you'll cross the Antarctic Convergence, an invisible biological boundary unique to Antarctica, curving around it. This is the point in which colder north-flowing polar waters meet the warm subtropical waters. This creates the abundance of krill and marine life that attracts large cetaceans, such as humpback whales, to the area. The Convergence is also the prime reason the Drake Passage is so notoriously rough.



Photo Credit: (left) David Merron, (top right) Samantha Crimmin, (bottom right) Acacia Johnson



ALONG THE WAY

A popular pit stop en route to the seventh continent includes the Falkland Islands (Islas Malvinas) and its capital Port Stanley. It was settled in the 1840s, and was a busy ship repair port before the creation of the Panama Canal. The islands have 63 breeding species of birds, including five breeding penguin species—gentoo, king, rockhopper, macaroni and Magellanic—as well as whales, dolphins, sea lions, and elephant seals.

The island of South Georgia is steeped in history, its claim to fame being the final resting place of early Antarctic explorer Sir Ernest Shackleton. South Georgia is also where you can visit Salisbury Plain, home to half a million breeding king penguins. Its beaches the playground of elephant seals and Antarctic fur seals, too.





Photo Credit: (left) Acacia Johnson, (top right & main) David Merron, (bottom right) Nicky Sauness





ABUNDANT WILDLIFE

ANTARCTIC PENINSULA, SOUTH GEORGIA AND FALKLAND ISLANDS

Watch a wild, isolated and extreme world come to life as scores of penguins dive for food, herds of elephant seals bathe in the sun, and pods of orcas pass you by. You'll be transported to your own wildlife documentary, staged in a magnificent setting of mountains, sea and ice.



ANTARCTIC WILDLIFE CHECKLIST:

- 7 penguin species—gentoo, king, rockhopper, macaroni, Adélie, chinstrap and Magellanic
- Whales
- Dolphins
- Elephant seals
- Sea lions
- Dozens of species of birds

Photo Credit: (top) David Merron (bottom) Acacia Johnson



"You can see their commitment to preserving the wildlife and making sure we're responsible by educating us, so we can go back and have an appreciation for everything we've seen."

Angela Forsyth, Antarctic Explorer passenger



WHEN TO VISIT ANTARCTICA

One of Antarctica's greatest draws is that no two trips to the area are ever the same. In fact, visiting at different points in the austral summer offers entirely new and unique experiences each time.

EARLY SEASON



WHAT TO EXPECT

- Visitors in November and December experience the reawakening of Antarctica after the long winter.
- Icebergs are at their greatest mass and range from snow white to aquamarine.
- Pack ice is beginning to melt and the 18 million square kilometers of the Southern Ocean that had frozen over opens up.
- Landscape photography is at its best, as the days grow longer and the natural light illuminates glaciers and snow scapes not yet marred by animal activity.

WILDLIFE TO SPOT

- Southern elephant seals and Weddell seals emerge onto sea ice to molt and bask under the Austral skies.
- Penguins partake in their courtship rituals and begin to nest.
- Orcas return to the waters surrounding Antarctica for the summer feeding season and can be seen near landing sites.

MID-SEASON



WHAT TO EXPECT

- The days stretch on seemingly forever, with up to 20 hours of daily sunlight from late December into January.
- Sunlight and salt water begin to melt and erode icebergs, turning each one into an ever-changing work of art.
- Glaciers actively calve as temperatures rise.



WILDLIFE TO SPOT

- The first penguin chicks begin to hatch late in December, making this a great time to see adult penguins hunting for fish and krill just offshore or playing with their young.
- Whale-watching is tremendous, especially in places like Wilhelmina Bay, often referred to as Whale-aminna Bay.

LATE SEASON



WHAT TO EXPECT

- From mid-February to the end of the Antarctic season, exploration further south is possible as the pack ice recedes allowing you to see more of the region.
- The days begin to get shorter and the sunsets are incredible.
- Glaciers, icebergs, beaches and landing sites are all weathered, each a fascinating study in the toll taken by the sun and heat — even in a climate where the temperature remains below freezing most of the time.



WILDLIFE TO SPOT

- The sightings of humpback, minke and killer whales are more plentiful. As well, you may also encounter blue, fin, sei, southern right and sperm whales.
- By this time, the penguin chicks are quickly becoming “teenagers,” and starting to grow adult feathers, while their parents begin their molting season.

HOME AWAY FROM HOME

Everyone's visit to Antarctica is unique: It all depends on what you want to do and see, and how you get there, including which vessel you decide to sail on.

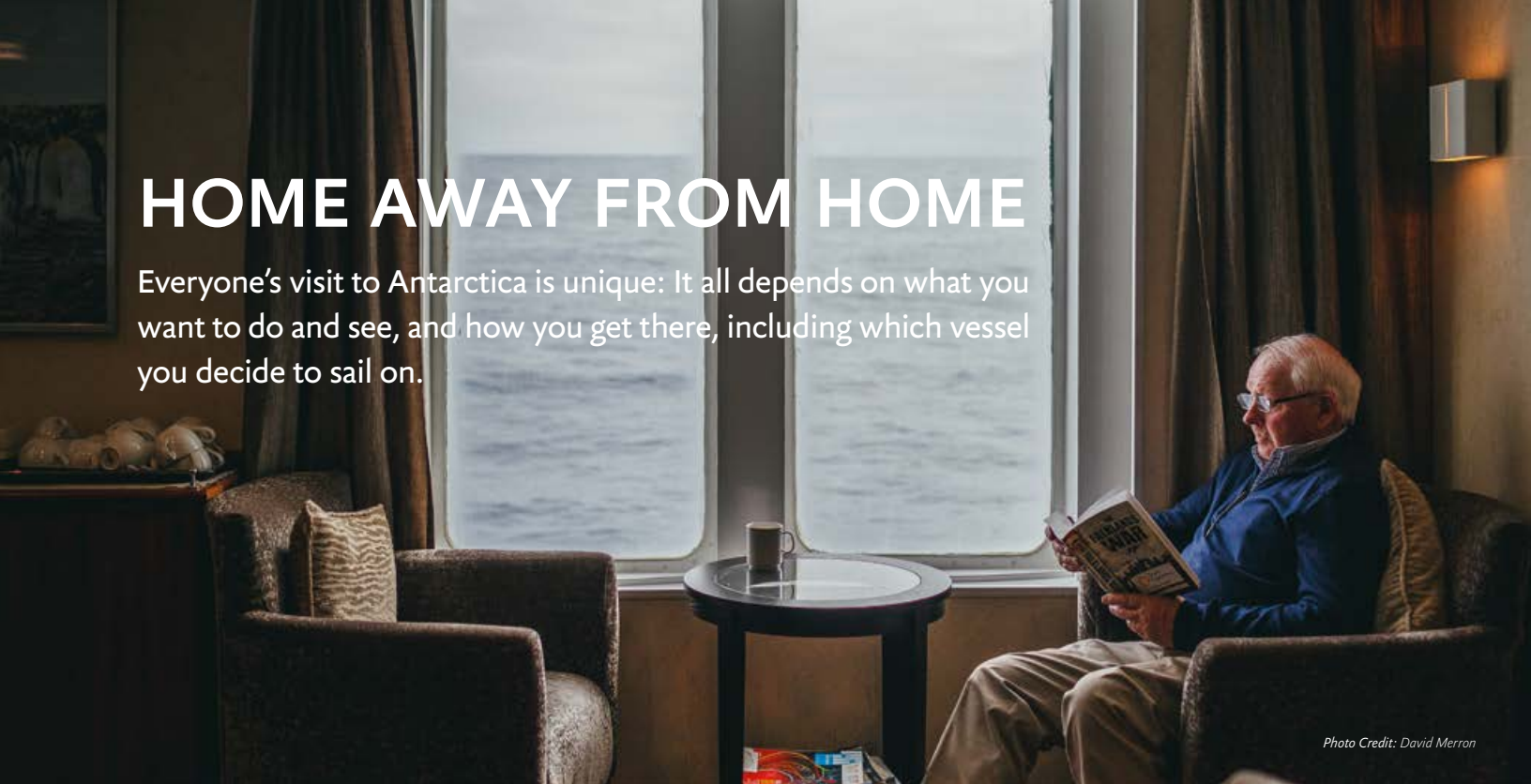


Photo Credit: David Merron

OCEAN ENDEAVOUR

The newly renovated Ocean Endeavor enjoys the distinction of being one of the only health- and wellness-focused adventure vessels in the Polar Regions, with the Quark Spa featuring a full treatment menu.

SHIP FEATURES:

- No single supplement for solo travelers
- VOYA spa treatments and beauty products
- Yoga classes, gym, heated saltwater pool, two saunas and a juice bar
- Largest selection of adventure activities



OCEAN ADVENTURER

Our popular ship Sea Adventurer has been relaunched as Ocean Adventurer after a multi-million-dollar renovation. A team of marine architects, engineers, interior designers and polar expedition specialists worked together to enhance this nimble and intimate fleet favorite.

SHIP FEATURES:

- All cabins have new soft furnishings and brand new bathrooms
- Remodeled lounge, dining room and bar
- Brand new Rolls-Royce engines minimize carbon footprint
- High Ice class (1A) gets you further into ice for better wildlife observation

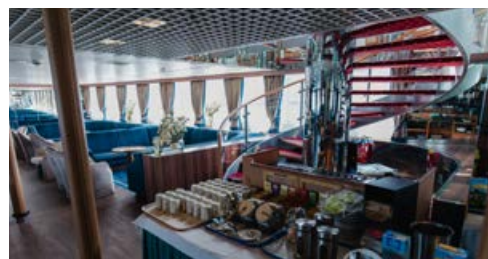
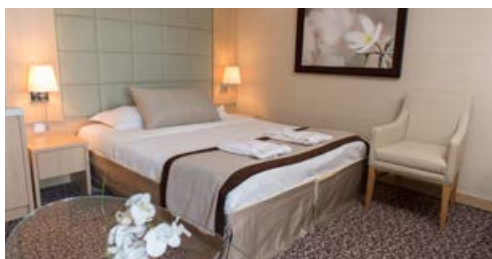


OCEAN DIAMOND

One of the largest of our small ships, Ocean Diamond offers a truly authentic and intimate expedition experience with every room featuring an exterior view. For the 2019.20 season, renovations will have been completed throughout the ship.

SHIP FEATURES:

- One of the fastest ships in Antarctica gets to the action quicker
- Marina deck facilitates faster zodiac disembarkation
- Polar library, gym, bar, and panoramic observation lounge





ADVENTURE OPTIONS

INCLUDED ACTIVITIES

Many recreational pastimes are offered free on all voyages. Morning and afternoon excursions to cruise the waters via Zodiac or explore on shore are part of the regular daily schedule. Hiking and snowshoeing activities are guided by experienced staff, and groups are organized by fitness level. Be sure to take your camera with you—photography is very much a part of the big picture. Presentations and lectures are slotted into the late afternoon and after dinner, when everyone is back on board.





HIKING

WHAT TO EXPECT

Imagine standing on a hill, overlooking a stunning vista filled with brilliant white and blue icebergs. On every Antarctic voyage, there is a range of excursions to suit all fitness levels. Those looking for an active experience can participate in the more challenging hikes to the tops of the lookouts, and those just wanting a slower pace can stick to flatter ground and enjoy a leisurely Antarctic stroll.



BOOKING & EQUIPMENT

No advance booking is necessary. Hiking participation is optional and your Expedition Team will advise you of what you can expect prior to each excursion. No hiking boots or other equipment is required. Walking sticks are provided, but guests may bring their own if they wish.



Photo Credit: (top & bottom) Acacia Johnson



SNOWSHOEING

WHAT TO EXPECT

Experience the 7th continent the way early explorers did—by snowshoe. Walking on top of fresh snow lets you visit places that might be difficult to access by foot. Snowshoeing is offered when conditions are optimal for the activity.



BOOKING & EQUIPMENT

This is a free activity, and spaces are available on a first-come first-serve basis. Equipment is provided, and your group will be guided by a qualified Quark Expedition staff member.





Check out our Photography Series expeditions featuring experienced photography guides to make sure you capture the perfect moment!

Photo Credit: Acacia Johnson

PHOTOGRAPHY

A picture usually is worth a thousand words, but in Antarctica, it's absolutely priceless! Regardless of the type of camera you have, you'll want to capture every minute of your voyage so you can brag to your friends and family. Here's a photography checklist:

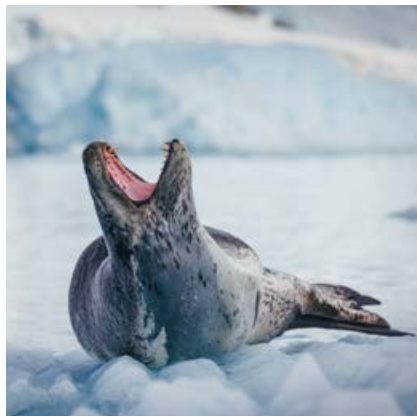
PHOTOGRAPHY CHECKLIST:

- DSLR
- Point-and-shoot
- Telephoto lens and a wide-angle lens (see details opposite)
- Batteries
- Polarizing filter to help with reflections on the water
- Tripod
- Waterproof camera bag
- Zip-top bags to protect the camera from condensation
- Laptop



FOR PORTRAITS

A wide-angle lens (around 18 mm) lens captures a wider angle of view, so more of your subject’s surroundings will be included. A telephoto lens (over 70 mm) or fixed portrait lens (50 mm) will capture a more close-up view of your subject for a sharper focus and slightly blurred background.



FOR WILDLIFE

Be quiet and ready with your camera to take a series of photos to capture the animals’ natural behavior and quick movement. A fast zoom lens is also useful for those animals that remain at a safe distance.

YOUR MIND’S EYE

Always remember to put your camera down and absorb the incredible beauty of the polar regions before you start.

Photo Credit: (top left, bottom left & right) David Merron, (top right) Acacia Johnson





ADVENTURE OPTIONS

PAID ACTIVITIES

Ready for a little adventure? The choices you have to fine-tune your Antarctic trip are plentiful and stimulating in the extreme. The list of things to entice the more active traveler on select itineraries includes a variety of recreational fun—sea kayaking, skiing, camping and more. These activities are all guided by experienced staff members and worth adding to your checklist. Take your expedition to the next level.

Photo Credit: Nicky Souness





SEA KAYAKING

WHAT TO EXPECT

Kayaking in Antarctica is one of the most intimate and inspiring ways to explore this incredible region. Glide through the quiet waters and take in the beauty of the surrounding scenery. Paddle around astounding icebergs, and watch penguins, seals and possibly whales swim around your kayak. Kayaking in the polar regions is highly weather-dependent, but your kayak guides will always attempt to take you out as many times as possible throughout the voyage.



BOOKING & EQUIPMENT

Offered on most Antarctic voyages, kayaking requires some experience. Spaces are limited, so booking well in advance is recommended, preferably at the time of your expedition booking. Equipment, guides and instruction are provided.





PADDLING EXCURSION

WHAT TO EXPECT

In addition to our multi-day sea kayak programs for experienced paddlers, our new Paddling Excursion gives passengers with little or no kayaking experience the opportunity to paddle among the ice, seals and whales. You'll tour in a guided group for an hour or more using specially designed "sit-on-top" kayaks that offer greater stability.



BOOKING & EQUIPMENT

Offered on most Antarctic voyages, paddling excursions do not require any experience. Spaces are limited, so booking well in advance is recommended, preferably at the time of your expedition booking. Equipment, guides and instruction are provided.





CAMPING

WHAT TO EXPECT

Not very many people have the opportunity to say they've camped on the 7th Continent. This is one of the best ways to experience Antarctica in an intimate manner, and take your expedition to the next level. Camping is available on most early season Antarctic voyages. A camping safety briefing onboard gets you fully prepped and ready for a night sleeping under the Antarctic sky.



BOOKING & EQUIPMENT

There's a limit to the amount of people who can camp onshore, and available spots are booked months before departure. Reserve your camping adventure when you book your trip. All equipment and instruction is provided.



Photo Credit: (top) Acacia Johnson, (bottom) David Merron



STAND-UP PADDLEBOARDING

WHAT TO EXPECT

Combining surfing with kayaking or canoeing, stand-up paddleboarding will give you a very personal and unique perspective on Antarctica. These excursions are guided by experienced staff in small groups in good weather conditions on calm bays and harbors. The group size is 7 people maximum.



BOOKING & EQUIPMENT

You make reservations for paddleboarding when you book your trip. Other paddle boarding opportunities may be offered via sign-up, onboard ship, on a first-come, first-served basis. Equipment, guides and instruction are provided. Spots fill quickly, book early!





MOUNTAINEERING

WHAT TO EXPECT

Mountaineering in Antarctica is not for the faint of heart. This adventure program is geared toward the more adventurous travelers, but it is quite the rewarding experience. Mountaineering is offered on select Antarctic voyages at the beginning of the season.



BOOKING & EQUIPMENT

Spaces are limited and require some experience. Pricing is subject to change, based on the season. Contact a Polar Travel Adviser to book. Equipment, guides and instruction are provided. Spots fill quickly, book early!





CROSS-COUNTRY SKIING

WHAT TO EXPECT

Imagine hearing the sound of your skis gliding through pristine Antarctic snow, accompanied by the hullabaloo of penguins frolicking alongside you. Cross-country skiing is available on select Antarctic voyages at the beginning of the season.



BOOKING & EQUIPMENT

Pricing is subject to change, based on the season. Contact a Polar Travel Adviser to book. Equipment, guides and instruction are provided. Spots fill quickly, book early!





THE ITINERARIES

Your voyage to the bottom of the world will be diverse and mystifying in the extreme. Setting foot on the 7th continent is one of the most incredible experiences in the entire realm of expedition travel. Antarctica thrills with pristine glaciers, glistening icebergs, arresting inlets and beguiling wildlife. Communing with penguins in their natural habitat is a memory that will last a lifetime. These Quark Expeditions® itineraries are the very essence of adventure travel—whether you're going for 8 days or 23.

Photo Credit: David Merron





ANTARCTIC EXPLORER

Discovering the 7th Continent

10, 11 or 12 days from \$5,895 per person

This expedition is perfect for first-time visitors, taking you across the famous Drake Passage to witness the wonders of Antarctica in all their profound glory. Experience the crash of calving ice and the silence of snow-capped mountaintops. Hike up glaciated hills, commune with nesting penguins, and photograph seals basking in the sun.

CROSSING THE CIRCLE

Southern Expedition

14 days from \$8,795 per person

Spouting whales, dramatic ice floes, dazzling vistas - find all this and more on this jam-packed expedition. Be one of the few to reach the Antarctic Circle, following in the footsteps of early explorers. Daily Zodiac trips to iconic landing sites reveal abundant birdlife, busy penguins, and icebergs in a thousand different shades of blue.



Photo Credit: (left) Acacia Johnson, (right) David Merron



FALKLANDS, SOUTH GEORGIA & ANTARCTICA

Explorers and Kings

20 days from \$11,395 per person

This adventure is like starring in your own travel documentary, set among mountains, sea and ice. Swing through the famed Falkland Islands, then follow in the footsteps of explorer Sir Ernest Shackleton to the wildlife paradise of South Georgia. Explore the Antarctic Peninsula and all its icy wonders by Zodiac and on foot.



EPIC ANTARCTICA

Crossing the Circle via Falklands and South Georgia

23 days from \$13,195 per person

This voyage includes everything you could want to do—all in one trip. Pods of orcas, elephant seals, massive penguin rookeries—this is an authentic wildlife adventure, rugged and spontaneous. Take the rare opportunity to observe nesting albatross, explore Antarctic research and whaling stations, and hike up glaciated hills, before celebrating your crossing of the Antarctic Circle.



Photo Credit: (this page) David Merron



ANTARCTIC EXPRESS

Fly the Drake



8 days from \$9,995 per person

Flying directly to Antarctica gets you right into the thick of the action in just three hours. At King George Island, you transfer to your ship for a thrilling adventure through iceberg-dotted waters searching for whales, seabirds, leopard seals and penguins.

ANTARCTIC EXPRESS

Crossing the Circle



11 days from \$15,895 per person

Flying over the Drake Passage puts you in the South Shetland Islands in next to no time, where you then embark on a raw and evocative experience. Touring the Antarctic Peninsula, not to mention crossing the Antarctic Circle, is an indescribable thrill. Experience icy plateaus, calving glaciers, breaching whales and mating penguins.





NEW!

ANTARCTIC EXPRESS

Peninsula in Depth

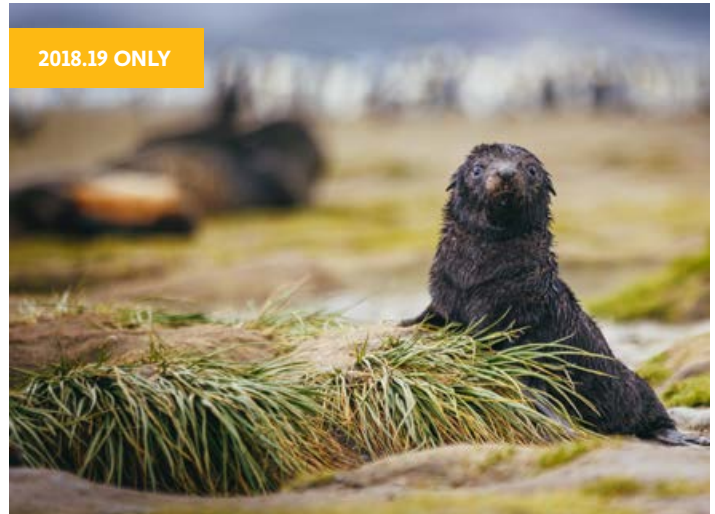
11 days from \$17,495 per person

With 7 incredible days on the Antarctic Peninsula—the most amount of time spent in the northern area—this trip takes you across the Drake Passage in a few short hours while offering the most time to push further and explore less visited regions. It also means that in addition to enjoying whale sightings, penguin colonies and seals hauled out on icebergs, you'll have more time for adventure activities like kayaking, stand-up paddleboarding and more.

Photo Credit: Jimmy MacDonald



Jimmy MacDonald



SOUTH GEORGIA & ANTARCTIC PENINSULA

Penguin Safari

16 days from \$9,395 per person

Photograph albatross and petrels as they swoop and soar, guiding you to South Georgia. Discover beaches teeming with king penguins and elephant seals before paying your respects at the grave of explorer Sir Ernest Shackleton. Antarctica awaits, with its geographic contradictions. Relax on a Zodiac cruise and share comical moments with penguins, or witness the wonders of the peninsula from the seat of a sea kayak.



FALKLANDS (MALVINAS) & SOUTH GEORGIA

Islands of the Southern Ocean

18 days from \$13,595 per person

This epic expedition gives adventurous travelers the unparalleled opportunity to explore the unspoiled and storied Falkland Islands in great depth and experience the diverse wildlife of South Georgia, nicknamed the Galapagos of the Poles. Immersed in this spectacular setting, you'll enjoy unforgettable encounters with historically significant sites and unique wildlife, including the largest king penguin rookery in the world.



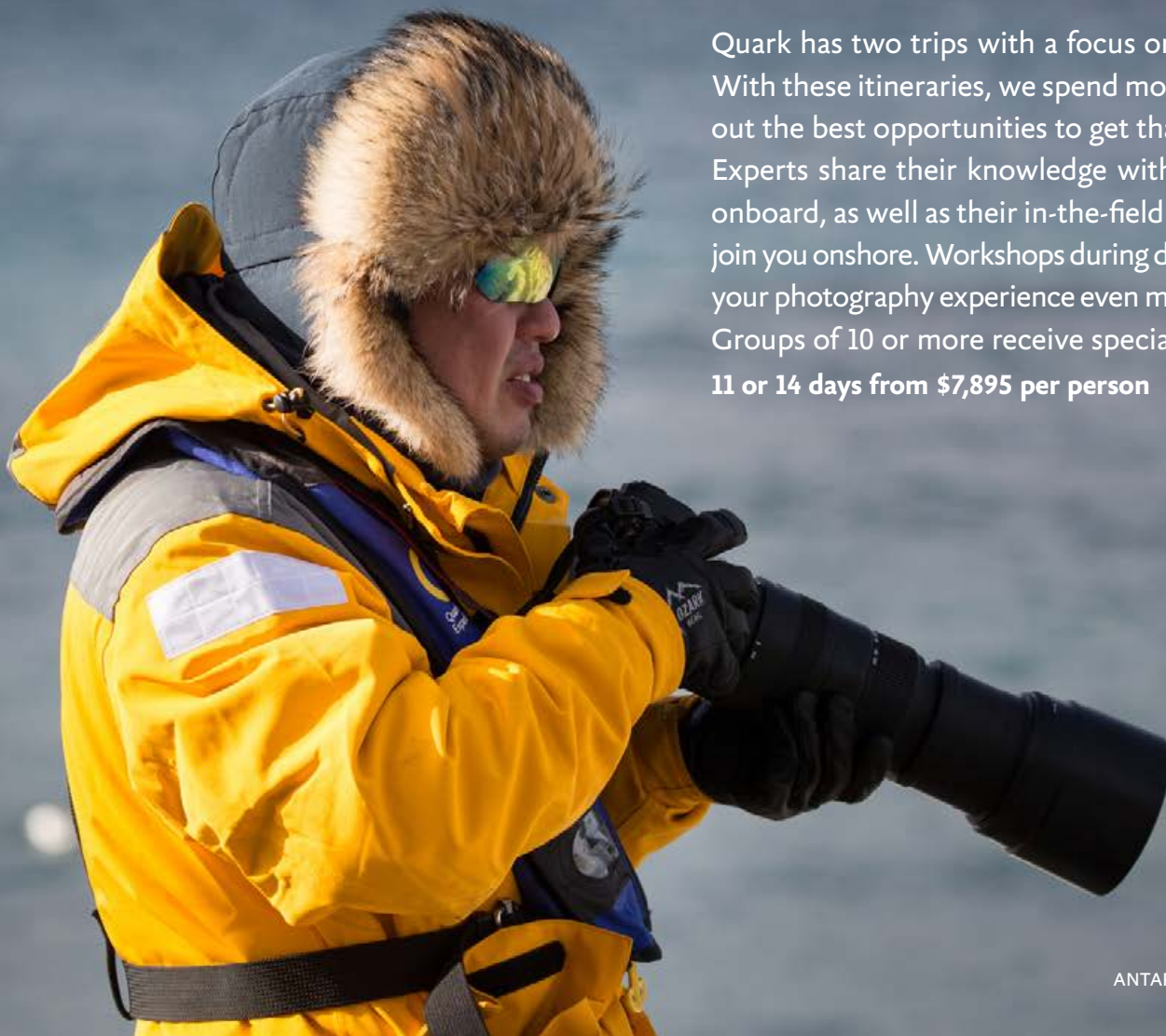
PHOTOGRAPHY SERIES

Antarctic Explorer | Crossing the Circle

NEW FOR 2018.19

Quark has two trips with a focus on photography. With these itineraries, we spend more time seeking out the best opportunities to get that perfect shot. Experts share their knowledge with presentations onboard, as well as their in-the-field tips when they join you onshore. Workshops during down-time make your photography experience even more productive. Groups of 10 or more receive special discounts.

11 or 14 days from \$7,895 per person





GETTING THERE

Antarctic expeditions depart from Ushuaia and Buenos Aires, Argentina. Our Fly/Cruise voyages depart from Punta Arenas, Chile. As you plan travel to your embarkation point, we recommend direct flights whenever possible. These are typically subject to fewer delays and cancellations, and there is no risk of missing a connecting flight and jeopardizing your departure.

Contact a Quark Polar Travel Adviser at 1.844.921.4835 to help you plan your trip to Antarctica or visit [QuarkExpeditions.com](https://www.QuarkExpeditions.com)



Consult your local embassy or consulate to determine if you need a visa. Make sure you submit any required paperwork well in advance of your trip.



MONEY MATTERS

Bank machines are readily available in Buenos Aires, Ushuaia and Punta Arenas. The currency of Argentina is the peso, but you may find that U.S. dollars are accepted in the more popular tourist areas. The Chilean currency is the Chilean peso and U.S. cash is not very widely accepted here.

The Falkland Islands and South Georgia accept the British pound, and ATMs do not exist, so bring along some cash and credit cards for making purchases. The pound is also accepted at Port Lockroy station. U.S. dollars and credit cards are accepted on board the ships.



PACKING CHECKLIST

WHAT TO BRING! Packing for the polar regions doesn't have to be daunting, and to make it easier for you, all Quark voyages include an expedition parka to keep, and a loan of appropriate polar footwear. Additional suggested items include:

FOR SHORE LANDINGS

- Base layers (wool, synthetic or a blend)
- Mid-layer warm/fleece top
- Mid-layer warm/fleece pant
- Wool and synthetic sock (3 to 4 pairs)
- Glove liners
- Neck warmer or balaclava
- Warm hat that covers ears
- Waterproof pants
- Waterproof gloves
- Sunscreen
- Sunglasses with UV protection

SUGGESTED ITEMS

- Waterproof, lightweight backpack or dry sack
- Swimsuit (for the polar plunge!)
- Binoculars
- Camera with extra batteries
- Extra memory cards
- Earplugs (in case of noisy cabinmates)
- Eye masks for sleeping
- Seasickness, indigestion, headache or other medicine
- Voltage adapters

FOR ON BOARD

- Comfortable casual clothing (pants/jeans, shirts, sweaters)
- Lighter shirts (in case the ship gets warm)
- Comfortable non-slip close-toed unheeled shoes

For more packing and gear-related info, visit the Quark Expeditions® online Polar Boutique at [Shop.QuarkExpeditions.com](https://shop.quarkexpeditions.com)





Photo Credit: David Merron

CONSERVING THE FRAGILE ENVIRONMENT

Visit the most remote places on earth and enjoy the trip in greater comfort and safety than trailblazing polar explorers could have imagined. At Quark Expeditions®, we take the conservation and protection of the natural and cultural environments we visit seriously, and we know you'll do the same when you travel with us.

Conservation is a central theme in our on-board education programs, each led by professionals in their respective fields. Many travelers return from their Antarctic adventure with an enhanced sensitivity to the issues of polar conservation.

Quark is a long-time member of the Association of Arctic Expedition Cruise Operators (AECO) and the International Association of Antarctica Tour Operators (IAATO), two organizations that share our

dedication to promoting environmentally responsible tourism. These two organizations offer guidelines and resources to help us ensure the footprints polar tourists leave behind are minimal.

We observe guidelines aimed at preventing adverse impacts from our visits by doing the following:

- Avoiding disturbing wildlife and its habitats
- Respecting archaeological and historical remains
- Respecting the sensibilities of local people
- Observing wilderness etiquette



The Leader in Polar Adventures

TO BOOK YOUR NEXT ANTARCTIC ADVENTURE

Contact your Travel Professional
or a Quark Expeditions® Polar Travel Adviser

1.888.892.0073

QuarkExpeditions.com



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September 2018

Photo Credit: David Merron