



PENGUINS OF THE FAR SOUTH: FALKLANDS, SOUTH GEORGIA AND ANTARCTICA

The Antarctic region offers so many extraordinary things to see and do, and traveling with Quark Expeditions offers multiple options to personalize your experience. We've designed this guide to help you identify what interests you most, so that you can start planning your version of the perfect Antarctic expedition. The 20-day Penguins of the Far South: Falklands, South Georgia & Antarctica itinerary is a fantastic way to get to the rarely visited Falkland Islands and South Georgia before setting foot on the 7th Continent. Stroll the quaint English village of Stanley in the Falklands, wander the islands' sandy dunes, and birdwatch at rugged seabird cliffs. In South Georgia, discover the beaches where king penguins breed—one of the highest densities of animal life on Earth, and learn about the rich historical legacy of the places you visit. Both islands are known as meccas for wildlife with epic displays of animals congregating by the thousands. Then, explore the stunning Antarctic Peninsula and enter a world of ice, snow and natural wonders. Pursue your personal passions with a choice of rewarding activities and our extensive educational program. Antarctica has been inspiring explorers for centuries and our expeditions offer the chance for you to discover why. We're excited to host you on your unforgettable adventure. Feel free to reach out to our team of Polar Travel Advisers who can answer your questions and provide assistance at any time.





Day 1 - Arrive in Ushuaia, Argentina

Your gateway for this expedition is Ushuaia, Argentina. Located within the Tierra del Fuego archipelago, Ushuaia has a small-town feel yet boasts many shops, museums, cafes and restaurants that you can enjoy before your voyage. If you're feeling adventurous, the nearby Tierra del Fuego National Park and Martial Glacier offer plenty of outdoor activities, such as hiking.

Day 2 - Embark

As you embark, the anticipation grows. Trade your land legs for sea legs, meet and greet your fellow travelers and get acquainted with your ship. Since every Antarctic adventure presents new opportunities and experiences, embarkation day is just as exciting for your Expedition Team as it is for you. On board your team will be there both to ensure your comfort and safety as well as help make your wildlife dreams come true.

Day 3 - At Sea

Your days at sea are filled with presentations led by your Expedition Team on photography, wildlife, glaciology, and history. In between presentations, spend time on deck looking for wildlife or chatting with your shipmates over a drink at the bar.

Days 4 and 5 - Falkland Islands (Islas Malvinas)

Upon your arrival in the Falklands (Malvinas), your camera will get its first real workout capturing the abundant wildlife and rugged feel of this sub- Antarctic region. The archipelago contains two main islands, East Falkland and West Falkland, which you will explore during daily excursions. Stanley, also known as Port Stanley, is often a favored landing site, as the town offers a unique British outpost feel, complete with eclectic charm. You'll be free to explore, grab a pint at the local pub or visit the cathedral and museum. In terms of wildlife, the archipelago is home to Magellanic, gentoo and southern rockhopper penguins. If you're lucky, you may even spot king penguins here as well! You can expect to see black-browed albatross, plus two endemic bird species--the flightless Falkland steamer duck and, possibly, the elusive Cobb's wren. Your expert education team will enrich your understanding of the local flora and fauna, making the most out of your time in the Falklands.

Days 6 and 7 - At Sea

Sailing southeast to South Georgia, you'll officially enter Antarctic waters once you cross the Antarctic Convergence, an invisible biological boundary encircling the continent. This meeting of oceans, where the cold Antarctic waters mix and mingle with the warmer waters of the Indian, Pacific and Atlantic Oceans, helps nourish the abundance of krill that attracts whales, seals, and birdlife to this part of the world. Your Expedition Team will notify you when you cross this invisible yet important line, and also look out for the seabirds and marine life that frequent this nutrient-rich area.



Days 8 to 11 - South Georgia

This remote, mountainous island was a popular stop for many historic Antarctic expeditions and was once known for whale- and seal-hunting. Today, island wildlife populations are rebounding, but you'll still see remnants of old whaling stations and other abandoned outposts. One significant and historic site is the grave of the great explorer Sir Ernest Shackleton. You can visit his grave at the settlement of Grytviken, which is also home to an old whaling station, plus a museum, gift shop, church and small research station. Although South Georgia's history is an important attraction to the island, its incredible densities of wildlife make it truly memorable. Each landing you make on South Georgia, often referred to as the Galapagos of the Southern Sea, will open your eyes to the wondrous lives of new, enthralling creatures. One day you may see colonies with hundreds of thousands of pairs of king penguins waddling on shore, and the next, you may visit another beach inhabited by hundreds of fur or elephant seals. The grasses, mountains and beaches of South Georgia all play an important role in the breeding and survival of different species on the island. This fragile and interwoven relationship is something your Expedition Team will instill in you during your time here.

Days 12 and 13 - At Sea

Say goodbye to the king penguins as you leave for your next destination: Antarctica! Your days at sea are filled with presentations, workshops, and social activities led by your Expedition Team. If conditions allow, we may attempt landfall on the South Orkney Islands, our first official stop in Antarctica.

Days 14 to 17 - South Shetland Islands and Antarctic Peninsula

The most common reaction upon reaching the Antarctic Continent is a sense of reverence and awe. The experience is beyond words, since few places are as untouched and enduring as Antarctica. You will discover that Antarctica is a land of extremes. At one moment you'll be overcome with a feeling of complete isolation and silence, and at the next moment you'll be inspired by nature as a calving glacier crashes into a brilliant blue sea or a curious penguin waddles by to observe the human. Your Expedition Team will take care of you at each excursion, whether you are Zodiac cruising, visiting a historical site or consorting with penguin colonies. Chinstrap, Adelie and gentoo penguins are found here, along with Weddell, fur, crabeater and leopard seals. During Zodiac cruises, keep an eye out for Antarctic whales such as minke, as you may get a chance for an intimate experience with these majestic animals. Each day and each excursion will present a new collection of creatures to entertain you and keep your camera busy. As exciting as the Zodiac excursions and landings are, perhaps you'll treat yourself to an extra-special Antarctic experience by partaking in an optional paddling excursion (at an extra cost) or cast reason aside and jump into Antarctic waters for the Polar Plunge!

Days 18 and 19 - Crossing the Drake Passage

After more than two weeks of endless wildlife encounters, your journey home begins. Crossing the Drake is your unofficial rite of passage, completing your Antarctic adventure. Enjoy your final moments celebrating with your fellow shipmates and savor the



silence of the sea as long as you can.

Day 20 - Disembarkation in Ushuaia

After breakfast aboard the ship, it is time to part ways and say goodbye to your Expedition Team. Airport transfers will be provided for those departing on the first homeward flights. Other guests will be transferred to town.

Please note:

Itineraries are subject to change.



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YOUR SHIP: OCEAN EXPLORER

YOUR SHIP:

Ocean Explorer

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

Ocean Explorer is a modern ship, elegant and purpose-built for polar exploration. The 138-passenger vessel has been designed with the latest in expedition ship technology. One of the ship's key features is the ULSTEIN X-BOW®, a marine engineering innovation that ensures a comfortable and smooth sailing experience thanks to the inverted bow. Located at the bow is the two-story, light-filled library, which introduces a welcome airiness to the expedition ship. Spacious cabins feature a modern, bespoke Scandinavian design and almost all have verandas. Guests can relax and find comfort in the spacious gym, sauna with large windows, and two outdoor Jacuzzis. Ocean Explorer features ample outdoor viewing areas and multi-height outer decks, which are ideal for long-view photography and wildlife viewing. The vessel is equipped with a fleet of 15 Zodiacs that enable guests to get off the ship quickly and safely for off-ship adventures. In addition to the well-appointed and spacious public areas, Ocean Explorer has an industry-leading mix of sustainability systems, including fuel-efficient Rolls Royce engines. Two Story Library Light-filled interior library--at the bow of the ship-- allows guests to sit and relax indoors while taking in the surrounding polar landscapes

from their choice of two levels. Leading Edge Sustainability With the latest sustainability technology in polar expedition, the ship features fuel-efficient Rolls-Royce engines and the ground-breaking MAGS gasification system that converts waste into energy, eliminating the environmental impact of waste transportation. ULSTEIN X-Bow In addition to forming the double-story library, the innovative X-Bow design ensures calm, energy-efficient sailing in rough waters. High Observation Outdoor Decks Observation areas on Decks 7 and 8 allow for higher, longer-view landscape photography while contending with less sea spray. Quiet and Comfortable Spacious and luxurious cabins ensure your quiet ambience with no sound disturbance from adjoining cabins--and almost all cabins feature a balcony for outdoor viewing. Stunning Interior Design Each interior element was carefully hand-picked by designers for you to enjoy, from the dramatic two-story forward lounge, the floor-to-ceiling glass refuge in the library, to the grand fixtures and luxe furnishings throughout the ship. Main Dining Room Contemporary meets cozy in this modern dining room with its stylish lighting and contemporary art. Located on Deck 5, the Main Dining Room seats 144 guests, and features expansive floor-to-ceiling windows that open onto the spectacular polar wilderness. Private Dining Room Tasteful and intimate. This stylish, private dining room on deck 5 provides a relaxed dining experience--with views of the polar landscape--for up to 36 guests. The Latitude Bar A popular social hub on Deck 5, the beautifully-lit Latitude Bar--with its lush sofas and faux marble-topped end tables--is large enough to seat 46 and is ideal for enjoying a quiet drink on your own or hanging out with

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friends. Library Located on Deck 6 at the top of the gorgeous atrium staircase, this beautiful Library with floor-to-ceiling glass, accommodates up to 47 people Dry Sauna After a day of exciting off-ship adventure, guests can relax on the sauna's traditional wood benches while gazing at the polar wilderness just outside the large sauna windows. Accommodates 15 people on Deck 7. Fitness Center Stay fit with the latest work-out equipment in the Fitness Center on Deck 7. Jacuzzis Two outdoor Jacuzzis on deck 7, at the ship's stern, mean you can relax alfresco while soaking up the breath-taking polar views. Observation Lounge This stylish lounge at the top of the ship guarantees incredible views. Guests also frequent this spacious lookout on Deck 8 to enjoy cocktails and conversation with fellow



travelers.

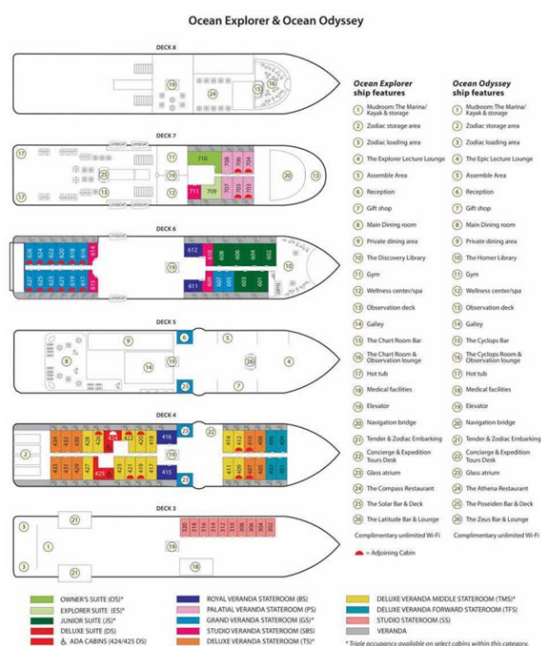
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