

Expedition Notes

ACROSS THE ANTARCTIC CIRCLE



Welcome!

Thank you for choosing Aurora Expeditions for your voyage Across the Antarctic Circle.

Antarctica is a wild and remote place with an unfamiliar environment so we have compiled these notes to help prepare you for your upcoming expedition. You will have many exciting experiences on your voyage. Our goal is to give you the best Antarctic experience possible. Of course your safety is our top priority, but there will be plenty of excitement and adventure with unparalleled wildlife experiences while visiting some of the most spectacular and pristine landscapes on Earth as we endeavor to travel south beyond the Antarctic Circle.

Our expert expedition staff have the knowledge and experience to take advantage of spontaneous opportunities or to adjust to changing ice and weather conditions to ensure the best possible trip. One of the advantages of our small ship is the flexibility it gives us to maximise the time we spend with wildlife or making landings.

Summer will be progressing on the Antarctic Peninsula the cold of winter has given away to the peak of the season. We will rely on the advanced season to reduce the possibility of ice blocking our way south. Meanwhile the penguin chicks are growing rapidly and demanding lots of food so the colonies will be buzzing with activity and whales will be spotted more frequently as they spend their summer foraging in the productive bays and channels. It's a great time to be visiting Antarctica and we have the added bonus of extending our trip right past the Antarctic Circle.

Please take the time to read this pre-departure information prior to departing for your voyage. If you have any further questions or wish to book flights, accommodation, tours and transfers not included with the voyage, please do not hesitate to contact your dedicated Reservations Consultant or your travel agent.

Aurora Expeditions
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- Voyage Code:** ANP117
Dates: 30 January to 9 February 2018
Duration: 10 nights / 11 days
Embark: Ushuaia, Argentina
Disembark: King George Island with a flight to Punta Arenas, Chile
Ship: Polar Pioneer

Important information

Terms and Conditions Please read our terms and conditions carefully to ensure you understand what is included in the voyage cost as well as any fees that may be applicable in case you are required to cancel your voyage.

Please remember that the enclosed itinerary is merely a guide. While every effort will be made to follow the itinerary provided, in the event of political problems or natural disturbances which are beyond our control and prevent our travelling to a particular area, we reserve the right to substitute an alternative activity for that section of the voyage. It is unlikely to happen, but itineraries are subject to change and this is all part of the adventure of travelling.



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Itinerary overview

Day 1	Ushuaia
Days 2-3	Drake Passage
Days 4-9	Antarctic Peninsula
Day 10	King George Island to Punta Arenas
Day 11	Punta Arenas

Voyage Highlights

- Explore the most accessible and wildlife-rich region of Antarctica
- Daily shore visits and Zodiac cruises offer close encounters with penguins, whales, seals and sea birds
- Visit historic research huts and working scientific stations
- Be surrounded by massive icebergs and cruise past ancient glaciers
- Enjoy the pristine beauty and vast landscapes
- Witness the endless sunlight of the midnight sun
- Learn about Antarctica's unique geology, history and wildlife from our expert team
- Champagne celebrations as we reach 66°33' south.
- Kayakers will glide through narrow sheltered waterways and fjords, paddle amongst ice floes and drift quietly alongside wildlife. Surcharge applies.

Complimentary Polar Jacket ★

Each passenger will receive their very own Aurora Expeditions waterproof multi-purpose jacket to use on your voyage. You will receive a link via email prior to your departure to view sizing options and to order your jacket, which will be ready and waiting for you at the start of your voyage.

Voyage Inclusions

- Luggage transfer from Ushuaia hotel to *Polar Pioneer* on day of voyage departure.
- Accommodation on board during the voyage
- Luggage transfer from *Polar Pioneer* to King George Island airstrip

- Flight from King George Island to Punta Arenas
- Transfer from Punta Arenas airport to hotel
- One night accommodation in Punta Arenas post voyage (8 Feb 2018).
- Accommodation during the voyage
- All meals, snacks, tea and coffee during the voyage
- All shore excursions and Zodiac (inflatable boat) cruises
- Educational lectures and guiding services from our expert team
- Access to our on board doctor and basic medical services
- Free gumboot hire during the voyage
- Daily cabin service
- An Aurora Expeditions' multi-purpose waterproof jacket
- Comprehensive pre-departure information
- Professionally produced voyage journal (one per booking)
- Port taxes and charges
- All entry fees to historic landings sites.

Voyage Exclusions

- International or domestic flights to or from ship, unless specified
- Transfers not mentioned in the itinerary
- Airport arrival or departure taxes
- Visa, passport, and vaccination charges
- Travel insurance or emergency evacuation charges
- Hotels and meals not included in itinerary
- Optional excursions not included in the itinerary
- Optional activity surcharge. Please contact us if you wish to book any optional activities, such as sea kayaking
- All items of a personal nature including but not limited to: alcoholic beverages and soft drinks, laundry services, personal clothing, medical expenses, gratuities, and email or phone charges.



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Getting To and From Your Voyage

Our Reservations Consultants or your travel agent can assist you with booking your flights to and from your voyage, as well as any additional pre and post touring options around South America. To discuss your options or for a quote contact your travel agent or Aurora Travel Agency Service on +61 2 9252 1033 or free call (Australia only) 1800 637 688 or email info@auroraexpeditions.com.au

Flights

For international flights please ensure you arrive at the airport at least three hours before your scheduled flight. For domestic flights please arrive at least two hours before your flight. Please check with your Reservations Consultant or travel agent regarding your airline's baggage allowance.

Arriving in Ushuaia

We strongly recommend you arrive into Ushuaia the day prior to your voyage departure date to avoid any possible flight or luggage delays. To organise any accommodation, transfers or tours in Ushuaia contact your travel agent or Aurora Travel Agency Service on +61 2 9252 1033 or free call (Australia only) 1800 637 688 or email info@auroraexpeditions.com.au.

Our preferred hotel in Ushuaia is:

Mil 810 Ushuaia Hotel
25 de Mayo 245
Ushuaia
Tierra del Fuego
Argentina
www.hotel1810.com

Please contact us for rates.

Luggage Collection

Aurora Expeditions will arrange for your luggage to be collected from your hotel in Ushuaia on the day of your voyage departure. Please ensure all luggage is dropped at your hotel reception prior to 09:00. All valuables and warm weather gear should be kept in your hand luggage.

Departing Punta Arenas

One night accommodation has been included at the conclusion of your expedition in Punta Arenas at the centrally located Cabo de Hornes Hotel. To organise any additional accommodation, transfers or tours in Chile post-voyage contact your travel agent or Aurora Travel Agency Service on +61 2 9252 1033 or free call (Australia only) 1800 637 688 or email info@auroraexpeditions.com.au.

Detailed Itinerary

Day 1 - Ushuaia

Expeditioners will gather in Ushuaia, and have time to explore the bustling community that lays claim to being the world's most southerly town. It sits beneath the spectacular mountains of Tierra del Fuego on the edge of the Beagle Channel. There are plenty of things to keep you occupied while waiting to board Polar Pioneer at 16:00 (4pm). You could take a trip to the Lapataia National Park by train or bus, or visit the small museum, which has informative displays about the original inhabitants and the current population of Tierra del Fuego.

Ushuaia is a duty free port with a reputation for its Argentine chocolates, cheap alcohol and leather goods, and is a great place to buy souvenirs and presents. There are a host of excellent restaurants available whether looking for a quick coffee, an excellent meal of king crab or an Argentine barbecue.

Our competent Russian crew will welcome us aboard *Polar Pioneer* in the afternoon. Sailing down the Beagle Channel, we will settle into shipboard life and enjoy our first meal on board.

Days 2 to 3 - Drake Passage

Cape Horn, the most southerly point of the American continent, has stimulated the imagination of mankind since Sir Francis Drake inadvertently rounded it back in 1580 and out entrance to the Drake Passage.



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Some of us will approach this historic crossing with more than a little trepidation. But despite its reputation, there are many times when the Drake Passage resembles a lake, with lazy Southern Ocean swells rolling under the keel. On the other hand, we sometimes encounter rough crossings with large waves. The size of the waves and the force of the gale will take on gigantic proportions when related around the fire back home.

The mood on board is definitely casual. At sea we are totally self-sufficient. The days flow by as we travel snugly in our cocoon. A favourite pastime on board is to stand at the stern watching the many seabirds, including majestic albatrosses and giant petrels following in our wake. They rise and fall skillfully, using air currents created by the ship to gain momentum.

During the Drake crossing, we will commence our lecture program on the wildlife, geology, history and geography of the Antarctic Peninsula. We will be given guidelines for approaching wildlife and talk about the implications of the Antarctic Treaty. Antarctica is a photographers' paradise for professionals and amateur alike. Nearing the tip of the Peninsula towards the end of day three, excitement reaches fever pitch with everyone on the bridge watching for our first iceberg. The ocean takes on a whole new perspective once we are below the Antarctic Convergence and are surrounded by the surreal presence of floating ice sculptures. The memory of your first big iceberg sighting is likely to remain with you forever.

Days 4 to 9 - Antarctic Peninsula & South of the Circle

Depending on the weather, we may first approach Antarctica near the South Shetland Islands, perhaps entering Bransfield Strait near the western extremity of Livingston Island. We may pass by historic Smith Island, which is the outer limit of the South Shetlands.

A host of choices is now open to us and depending on the ice and weather conditions the western side of the Antarctic Peninsula is ours to explore. Our experienced leaders, who have made countless journeys to this area, will use this expertise to design our voyage from day to day. This allows us to make best

use of the prevailing weather and ice conditions and wildlife opportunities. Because we are so far south, we will experience approximately 18-20 hours' daylight and the days will be as busy as you wish. There is plenty of time for sleep when you get home!

We are always keen to explore new territory, so if the opportunity arises, we will! That's why we call our cruises, "Expeditions of Exploration and Adventure" - who knows where we will go? Once we arrive in the calmer waters of the Bransfield, Gerlache and Penola Straits and Crystal Sound, we hope to make landings two to three times a day. To get ashore we will use Zodiacs (inflatable rubber boats). You will have been briefed on the workings of these sturdy craft and their use, during our Drake Passage crossing. Sometimes we will cruise along spectacular ice cliffs, or make contact with whales. In these situations we will appreciate the distinct advantage of being on a small vessel, which gives everyone the opportunity to experience these very special close encounters with wildlife.

Western chefs serve hearty meals in our cosy dining rooms. Accompanied by good conversation, they will become a focal point of our shipboard life.

Crossing the invisible line of the Antarctic Circle provides a special highlight. In Crystal Sound the mountains soar from the sea, while small islands provide havens for penguins and seals. At this time of the summer the waters are rich with krill and so we are hopeful of seeing whales, particularly humpbacks and minke. If ice conditions allow, we will try to travel south through the narrow twisting channel called The Gullet.

A sample of the many exciting places that we would like to visit follows:

Robert Point

A fine example of the South Shetland Islands – a tiny toe of land that is literally alive with wildlife. Here we will find two species of penguins breeding, chinstraps and gentoos. It is not uncommon to find wallows of elephant seals that are 40 beasts strong. Giant



petrels nest on the ridgeline. The vegetation consists of mosses, lichens and the only grass species that grows in Antarctica. All this is set against a stunning backdrop of mountains and glaciers of the surrounding islands.

Half Moon Island

A wildlife rich island tucked into a neat bay at the eastern end of Livingston Island. On a clear day the glaciers and mountains of Livingston Island dominate the scene. There is a large chinstrap penguin rookery tucked in between basaltic turrets coloured by yellow and orange lichens. Gulls nest on these turrets and there are often fur seals and elephant seals hauled out on the pebble beaches. At one extremity of the island there is a large colony of nesting blue-eyed shags. At the other end lies a small Argentine station that is sometimes occupied by scientists conducting research on the penguin colony and surrounding waterways.

Deception Island

Visiting Deception Island is like making a journey to the moon. We sail through the narrow opening of Neptune's Bellows to enter the flooded volcanic crater. Inside is an unworldly scene, virtually devoid of life. Glaciers flow down from the edge of the crater, littered by black volcanic ash.

We can explore the lifeless remains of a derelict whaling station and a vacant British base, or climb to the rim of the crater. Steam rises from the shore indicating that the water is actually warm enough for a swim, for those who dare. Outside the crater, if conditions allow, we might land at Bailey Head to explore the enormous chinstrap penguin rookery that featured in David Attenborough's *Life in the Freezer* series.

Paradise Harbour

A protected bay surrounded by magnificent peaks and spectacular glaciers, the rocky cliffs of this unforgettable piece of heaven provide perfect nesting sites for blue-eyed shags, terns and gulls. The serenity of Paradise Harbour envelops us once the sound of the dropping anchor fades from our ears. This is a haven for whales and we keep our eyes open for humpbacks, orcas and minke, as well as crabeater seals, as we explore the

bay in Zodiacs. Imagine being so close to a whale that when he surfaces to blow, the fishy spray of his exhalation momentarily blurs your vision. Words cannot describe this experience.

Lemaire Channel

If the ice conditions allow, standing on the bow of *Polar Pioneer* and quietly moving through the narrow Lemaire Channel may be one of the highlights of our voyage. Cliffs tower 700 metres directly above the ship. The water can be so still that perfect reflections are mirrored on the surface. Gigantic icebergs can clog the channel, creating navigational challenges for our captain and crew; occasionally they may even obstruct our passage.

Other places we may visit around the Antarctic Peninsula are: Petermann Island; Penola Strait; Neko Harbour; Scientific Base of Vernadsky – Ukrainian; Port Lockroy, a historic British base that is now a museum and post office; Argentine Islands; Fish Islands; Detaille Island; Crystal Sound.

Crossing the Antarctic Circle

Our exciting crossing of the Antarctic Circle at latitude 66°33' South is a highlight of this voyage. In order to accomplish the extra distance of this significantly longer voyage without compromising the quality of our Antarctic experience, the ship will motor south every night and during meal times. By the time we've crossed the Circle in Crystal Sound, we notice subtle changes in the Antarctic land and icescapes, and also in the distribution of wildlife. As we head north again, we understand more about the effect of southerly latitudes on Antarctic wildlife.

Day 10 - King George Island

As we approach Frei Base on King George Island, it is time to farewell Antarctica and our amazing adventure before boarding our flight to Punta Arenas, Chile.

Please Note: King George Island is located at the northern part of the Antarctic Peninsula. This is one of the most remote places on Earth. A clear sky with perfect visibility is required in order to take off and land safely. We apologise in advance if you experience any delays.



On arrival at the Punta Arenas airport you will be transferred from the airport to the centrally located Cabo de Hornes Hotel in Punta Arenas.

Day 11 - Punta Arenas

After breakfast at the Cabo de Hornes Hotel, bid a fond farewell to your fellow passengers as you make your journey home or continue on with your own arrangements.

Optional Activities

Sea Kayaking

Exploring by kayak is an ideal way to surround yourself in the sights and sounds of Antarctica. Paddle among icebergs and brash ice, and get up close to wildlife and observe in an unobtrusive manner. Some of our paddles may be longer and on choppier water, so sound experience is required. Up to 12 paddlers will have the option to kayak as often as possible during the voyage, conditions permitting. If you are interested in our Sea Kayaking option, please contact our team on +61 2 9252 1033 or email your Reservations Consultant.

Scuba Diving and Polar Snorkelling

Imagine exploring new dive sites, going where no one has gone before! We'll see beautiful sea stars, sea spiders, nudibranchs, soft corals and possibly penguins, seals and whales. Diver numbers are limited to ensure the highest safety standards and an experienced dive guide will oversee our program.

If you are interested in our Scuba Diving or Polar Snorkelling options, please contact our team on +61 2 9252 1033 or email your Reservations Consultant.

Documentation

You should always carry your travel insurance policy, emergency card and photocopies of your ID with you during your holiday.

Travel insurance

Aurora Expeditions require that you take out a personal travel insurance policy, including emergency evacuation, to cover

against sickness, accident, loss of baggage and personal belongings, unexpected alterations to travel arrangements and travel disruption, emergency evacuation, and cancellation.

Aurora Expeditions recommend SureSave travel insurance for Australian travellers. International travellers are required to book travel insurance via a local insurance provider in your home country. To arrange your travel insurance or for more information please contact your dedicated Reservations Consultant or your travel agent.

If you take out an alternative policy, you should check that it provides adequate coverage as above. Please advise Aurora Expeditions of your policy details on your Personal Details Form.

Personal Details Form

You are required to return your Personal Details Form to Aurora Expeditions at least 90 days prior to your voyage departure. Please ensure all information is correct and inform us of any changes that may arise.

Medical Form

Please note your Medical Form is required to be signed by your general practitioner and returned to Aurora Expeditions no later than three months, and no earlier than six months, before your voyage departure date.

If you become aware of any change in your health and fitness that may be likely to affect your participation on the trip (eg pregnancy, mental illness, heart or bronchial disorder, broken limbs, etc.), you should notify us in writing immediately.

Passport

Please ensure that your passport is valid at least 6 months after your date of your return. If you are not an Australian citizen and are returning to Australia after your trip, ensure that you have the necessary resident return visa / re-entry permit from the Department of Immigration.



Visas, Entry Fees & Taxes

Passengers are required to organise their own visas, entry fees and arrival or departure taxes if required for the country you are visiting. We have listed some information on the requirements for the countries you will be visiting, however please check with your Reservations Consultant or travel agent if you are unsure.

Argentina

For Australian, American and Canadian passengers also travelling to Argentina, you are required to pay a Reciprocity Fee. The reciprocity fee payment must be done in advance of your arrival into Argentina.

The Reciprocity rates are USD\$160 for Americans, USD\$100 for Australians and USD\$75 for Canadians. British and European Union passport holders are exempt from Reciprocity Fees.

How to pay the Reciprocity Fee on-line:

- 1) Visit the web site www.migraciones.gov.ar or www.provinciapagos.com.ar then click on "Aboná la Tasa de Reciprocidad", followed by "Pay Immigration Rates".
- 2) Register your passport number details to start the process.
- 3) Complete the form with the corresponding personal and credit card information.
- 4) Print the payment receipt.
- 5) On arrival in Argentina, this printed receipt must be presented at Immigration Control. The receipt will be scanned by the Immigration officials, the information will be checked, and your entry to the country registered.

Please note: Details and prices are correct as of March 2014 and are subject to change regularly. Please contact your local consulate before departure in case of any changes.

Chile

For Australian passengers travelling to Chile, you are required to pay a Reciprocity Fee on arrival into Santiago. The cost is

approximately US\$117. Canadian passengers are also required to pay a one-off Reciprocity Fee of approximately US\$132. Payment is to be made by exact cash in US dollars or by credit card, and is valid for 90 days for multiple entry travel. If you are a British or American passport holder visiting Chile for less than 90 days, you are exempt from any entry fees. If you enter Chile for a second time, the Reciprocity Fee will be not be charged again.

Please note: Details and prices are correct as of March 2014 and are subject to change regularly. Please contact your local consulate before departure in case of any changes.

Other destinations

If you are travelling further throughout South America additional airport taxes or visas may apply and are generally required in local currency or US dollars. Your local tour operator or representative will be able to advise of correct requirements as these vary greatly between different cities.

Fitness Requirements

This voyage is suitable for people of a wide range of ages and physical abilities. You are free to participate in whichever activity you choose. Less mobile clients are given the choice to land or not. If they decide to land, there are plenty of willing arms to lean on. If you require special assistance please discuss this with one of our Expedition Experts at time of booking. Passengers on our voyages to Antarctica should be capable of walking up and down the ships gangway – equivalent to walking up and down a steep set of stairs, at times the ship may be pitching and rolling; getting in and out of Zodiacs (inflatable rubber boats) with assistance from our staff; making their way across rock surfaces which can be wet/slippy at times; walking on snow and ice. If you have any questions or concerns please contact our team on +61 2 9252 1033.



Money Matters

Australian dollars are difficult to exchange in South America. We recommend that you take US dollars to exchange in your arrival city. The amount of money you take to spend whilst on board depends on how many non-included alcoholic beverages you expect to drink each day, if you plan to use the internet or laundry service, and if you intend to purchase any souvenirs on board or during our landings.

On board payments

On board you will be required to pay your charges such as bar bills, laundry, email and phone calls in US dollars. Your on-board bill can be converted to Australian dollars at the exchange rate advertised in the bar if requested. We accept all major credit cards including Visa, Mastercard and American Express for on-board payments. Travellers cheques, pre-paid travel cards or debit cards are not accepted. Please note for credit card payments, Aurora Expeditions will process these approximately two weeks after voyage. Please check our Expedition Essentials document for on board price guidelines.

Security

Money and valuables should always be stored safely when travelling. Keep your passport with you at all times and do not leave it in your main luggage. You will need it to change money and check into hotels. Where safety deposit boxes are available, we recommend that you use them. We also recommend you keep jewellery and valuables to a minimum when travelling.

Communication

Telephone

The charges for telephone services will be higher than at home. We do not suggest you call from your hotel as they charge their own rates on top of the phone call. You can find public telephone call centres in most major cities and tourist areas, and ask about buying a prepaid calling card when you arrive.

Email

Internet cafes are readily available. Contact your email provider before you leave home, and ask for any suggestions about accessing your emails from abroad.

Mobile phones

Before you leave home contact your mobile phone service provider for details on international roaming, access and rates. Alternatively, if your phone is not locked to a network you can purchase a pre-paid sim card when you arrive in South America.

Emergency

In the event of an emergency please have your relatives or friends contact Aurora Expeditions on +61 2 9252 1033 and we will get the message to you as soon as possible.

On Board Communication

Email access and phone connection is available on board *Polar Pioneer*, however rates are very expensive. Check our Expedition Essentials document for further details.

Track My Trip

Aurora Expeditions' complimentary 'Track My Trip' system allows you to keep your friends and family updated on your voyage progress whilst in Antarctica.

Simply subscribe to our 'Track My Trip' service and we will send daily updates of your location to your friends and family via email. They will also be able to check back and follow your map on our website.

You will receive an email with instructions on how to register for 'Track My Trip' approximately four weeks prior to your voyage departure date. If you do not receive an email invitation, please email your full name, email address and the name of your expedition to trackmytrip@auroraexpeditions.com.au.



Suggested Information Resources

Travel and Wildlife apps

If you have a smart phone or tablet device, you can download some great free and paid apps to help you with your holiday planning around South America. Search for them in the App Store for iPhones and iPads or in Google Play for Android devices.

Antarctica & South Georgia

Oceanites by Genwi LLC

The Island of South Georgia by University of Dundee

Antarctic Wildlife Guide (\$10.49) by Oren Meiri Reference.

Argentina

Argentina Guia de Viaje - Argentina Travel Guide by Inprotur

Welcome Argentina Travel Guide By Clarin Global S.A. (\$1.99).

Chile

Chile Travel by servicio Nacional de Turismo Chile

VIVA Travel Guides By Authormob

All ways OK – Punta Arenas.

Recommended Reading

This is a detailed list of reference books about Antarctica. You are not expected to read all, or indeed any of them. Some may be difficult to find, but you could ask your local library or local book shop to help and most are available on Amazon as well as in our onboard ship's library.

Biographies

Scott of the Antarctic – David Crane

This is the definitive biography of Captain Scott – the pivotal figure in pre-First World War Antarctic exploration. Crane's beautifully written and illustrated book re-examines the courage.

Captain Scott – Ranulph Fiennes

Sir Ranulph Fiennes is uniquely qualified to write a new biography of Captain Scott. This is the first biography of Scott by someone who has experienced the deprivations.

Mawson – Philip Ayres

In the heroic age of polar exploration, Sir Douglas Mawson stands in first rank. In this biography Mawson's many achievements are illuminated, which enabled us to understand the human side.

Unsung Hero - Michael Smith

Kerry-born Tom Crean ran away from home as a youth, and joined Scott's Discovery voyage in Dec 1901, not returning to England until 1904. He went back to the Antarctic with Scott on his fateful attempt on the South Pole.

History and Exploration

Shackleton – Kim Heacox

Photographs depicting the Antarctic landscape, accompanied by harrowing diary accounts from the crew, enliven this vivid retelling of Antarctic explorer Ernest Shackleton's gruelling two-year voyage.

South – Ernest Shackleton

Sir Ernest Shackleton's astonishing memoir of his 1914 Antarctic expedition explores human courage, tenacity and unflagging hope in the face of adversity. South remains one of the greatest.

Endurance – Caroline Alexander

In August 1914, Sir Ernest Shackleton and a crew of 27 set sail aboard the *Endurance* bound for the South Atlantic. Their goal was to be the first men to cross Antarctica.

Worst Journey in the World – Apsley Cherry-Garrard

One of the youngest members of Scott's team, Apsley Cherry-Garrard was later part of the rescue party that eventually found the frozen bodies of Scott and three men who had accompanied him.

Scott's Last Expedition – Robert Falcon Scott

Captain Robert Falcon Scott (1868-1912) led two expeditions to the Antarctic, the first in the Discovery (1900-04) and the second (1910-12) in the Terra Nova. These journals were written on these trips.



Antarctica, Both Heaven and Hell – Reinhold Messner & Jill Neate
Account of the author's 92 day, 1600 mile journey across Antarctica on foot.

Antarctic Eyewitness: South with Mawson / Shackleton's Argonauts – Charles F. Laseron

This volume offers accounts of two of the 19th century expeditions that took place in the so-called heroic era of Antarctic exploration.

History of Antarctica – Stephen Martin

Published in 1996 by the State Library of New South Wales Press
Macquarie Street, Sydney NSW 2000, Australia

Home of the Blizzard – Sir Douglas Mawson

First published in 1930, this very readable volume provides a detailed account of the Australasian Antarctic Expedition's endeavours.

Shackleton's Boat Journey – F. A. Worsley

F.A. Worsley was the Captain of HMS *Endurance*, the ship used by Sir Ernest Shackleton in his 1914-16 expeditions to the Antarctic – This is his account of what happened.

Nimrod – Beau Riffenburgh

On New Year's Day 1908, this ship *Nimrod* set off for the mysterious regions of the Antarctic. The leader of the small expedition was Ernest Shackleton.

Field and Wildlife Guides

Antarctica, A Guide to the Wildlife – Tony Soper & Dafila Scott

It includes concise essays on each species, range maps and masterful colour drawings by Dafila.

Birds of Southern South America & Antarctica, Princeton

Illustrated Checklists – Martin d. la Pena & Mourice Rumboll
Antarctica, including Patagonia, Chile, Argentina, Uruguay and more.

Lonely Planet Antarctica – Jeff Rubin

Good guidebook with information on planning for a trip and a concise background of Antarctic history.

Lonely Planet The Falkland & South Georgia Island – Tony Wheeler

This travel guide to the Falklands and South Georgia Island offers practical advice on getting there, special Antarctic wildlife coverage and extensive information on mountains, harbours and bays.

Complete Guide to Antarctic Wildlife – Hadoram Shirihi

Covering the Antarctic continent, the Southern Ocean and the subantarctic islands, this guide illustrates all of the region's breeding birds and marine mammals with colour photographs.

Antarctic Birds and Seals – A pocket guide – Sharon R. Chester

Library of Congress Catalogue Card Number:
93-94946 ISBN 0-9638511-2-8

Birds & Mammals of the Antarctic, Sub Antarctic & Falkland Islands – Frank Todd

A gorgeously illustrated, compact field guide, featuring excellent colour photographs of all the hard to identify seabirds and marine mammals of the Southern Ocean.

Guide to the Wildlife of the Falkland Islands and South Georgia – Ian Strange

This field guide illustrates and describes all the birds and marine mammals of the islands as well as many of the plants, invertebrates and fish.

Penguins of the World – Pauline Reilly

Covers the world's seventeen different penguin species – biology, distribution, navigation, locomotion, diet, vision, breeding etc.

Seabirds – An identification Guide –

Peter Harrison & Houghton Mifflin, Boston, 1983

A very comprehensive guidebook with excellent paintings of all species. Peter has voyaged to Antarctica many times and knows his Antarctic birds well.



DK Handbook: Whales, Dolphins and Porpoises –
Dorling Kindersley

This handbook offers an updated guide to whales, dolphins and porpoises. The easy to use format is designed to make identification of the animals as simple and accurate as possible.

A Visitors Guide to South Georgia – Sally Poncet and Kim Crosbie
This unique book provides essential information on the history, vegetation and wildlife of 24 of South Georgia's most popular visitor sites. The authors have drawn on experts in many fields to pull together facts about South Georgia's discovery, past and present, as well as information on its rich wildlife. Each of the sites described has a detailed map showing key locations for wildlife, vegetation, historic artefacts and topographical features of interest, as well as hiking routes.

Natural History

Silence Calling – Tim Bowden

This illustrated history traces the story of the Australian National Antarctic Research Expeditions ANARE from the first settlement on Heard Island in 1947 to 1999.

Antarctica: Beyond the Southern Ocean – Colin Monteath
Antarctica and the subantarctic islands in full colour.

Antarctica, An Encyclopaedia from Abbott Ice Shelf to Zooplankton – Mary Trewby

What fun. A team of contributing editors, all associated with the New Zealand Antarctic program.

Encyclopaedia of Antarctica and the Southern Oceans – Bernard Stonehouse

A roundup of the continent and surrounding ocean by the academic publisher Wiley.

The Crystal Desert – David Campbell

Antarctica, the land and its history and especially its marine life. Written with authority and love.

Travel Narrative

End of the Earth, Voyaging to Antarctica – Peter Matthiessen

A narrative on Antarctica, its abundant wildlife and the impact of global warming.

Terra Incognita, Travels in Antarctica – Sara Wheeler

A privileged anomaly on this continent of science.

Edge of the World: Ross Island, Antarctica – Charles Neider

A memorable account of adventures among the Americans at Ross Island and the South Pole.

Where the Earth Ends, A Journey Beyond Patagonia –

John Harrison

Often mixing it up with Chatwin's ghost, Harrison interweaves history, anecdote, personality and discovery.

The Unforgiving Minute – Tim Jarvis

One incredible journey to the edge of the world and to the centre of his soul. How do you lose 20kg in just 47days? Strap on a 250kg sled and haul it 1600km across Antarctica.

Ice Bird – David Lewis

This classic book, first published in 1975, recounts one of the greatest small boat journeys of all time: David Lewis's solo attempt to circumnavigate Antarctica in 1972-74 on his yacht Ice Bird.

Berserk in the Antarctic – David Mercy

Three men in a boat – as never seen before... 'This is suicide!' Manuel screamed frantically. So begins David Mercy's amazing true story of his journey to Antarctica in a 27-foot sailing boat.

Mountains of Madness, A Scientist's Odyssey in Antarctica –

John Long & Tim Bowden

As might be guessed from the lurid title taken from H.P. Lovecraft's gothic.



Science and Geography

The Two-Mile Time Machine: Ice Cores, Abrupt Climate Change, and Our Future – Richard Alley. An overview of how climate works, and his prognostication for the future.

A History of Antarctic Science – G.E. Fogg
Covering the early period, national expeditions, the politics of science, and current research.

Glaciers – Jurg Alean
Glaciers are among the most beautiful natural wonders on Earth, but for most of us the least known and understood. This book describes how glaciers grow and decay, how they move etc.

Meteorites, Ice, and Antarctica: A Personal Account – William A. Cassidy
A warmly told, anecdotal account of Antarctic fieldwork and the importance of meteorites.

Science into Policy, Global Lessons from Antarctica – Paul Arthur Berkman
Belonging to no single nation, this book aims to explain the complex policy issues in Antarctica.

These trip notes were prepared May 2016. Please re-download closer to your voyage departure in case of any updates or changes.