

Your expedition cruise in ANTARCTICA



Dear guest

Thank you for choosing to travel with us. We are as excited as you are about your expedition to the majestic seventh continent of Antarctica. This will be a grand adventure to a place like no other.

In this document, you will find important information about things you need to do before you go, what we recommend you pack, the experience when on board, and what to expect with wildlife and landings.

Clicking on the underlined links in the document will take you to our website, where you can find further details. Please make sure that you have an internet connection to do this.

You will receive one more mail from us approximately 2-4 weeks before your departure. This will contain your tickets for your itinerary and flights.

We very much look forward to welcoming you on board. Please feel free to contact us if you have any questions:

Reservations: 020 8846 2666
Email: uk.sales@hurtigruten.com
Web: hurtigruten.co.uk/expeditions/

Kind regards
Your Hurtigruten team

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[Frequently asked questions »](#)

FOLLOW US



BEFORE YOU GO

There are a few mandatory steps to complete before your expedition cruise in Antarctica.

- 1 Fill in and return the Ship Manifest Information Form to Hurtigruten**
- 2 Check your passport**
Please ensure your passport has a minimum of 6 months remaining validity at the end of your cruise.*
- 3 Entry requirements (visa)**
Please make sure that you have the correct visa travel document that is required at the time of your expedition.
- 4 Check your travel insurance**
A comprehensive travel/health insurance policy that also covers medical evacuation is obligatory.
- 5 Complete the Medical Screening form**
Our expeditions to Antarctica require a Medical Screening form for boarding.

For your convenience, we have gathered all required forms and important information about entry requirements on one web page.

[Entry requirements »](#)

[Weather and packing »](#)

Checking the weather forecast for your destination before you leave is essential to ensuring you are packing appropriate clothes. Make sure you pack suitable clothes for the weather you're returning home to as well.



Help protect the pristine Antarctic environment from the threat of non-native species and follow the [IAATO biosecurity guidelines »](#) before packing.

We recommend you pack:

- Woolen underlayers and second layers
- Thin woolen socks, and thick top layer socks
- Polarized sunglasses and sunscreen
- A camera (in a waterproof bag)
- A memory card with a large capacity
- Underlayer gloves, top layer gloves
- A warm hat that covers your ears
- Moisturizer and lip balm
- A face mask to prevent windburn
- A water bottle that's insulated against cold
- A pair of casual shoes for use onboard

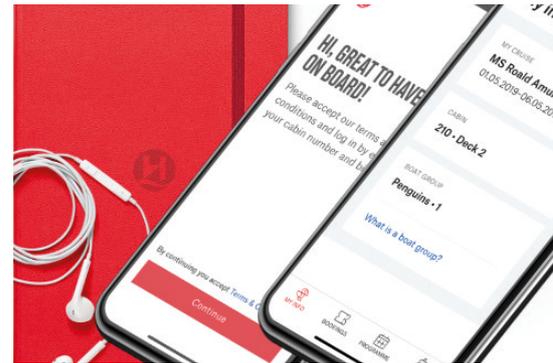
What to bring on your trip to Antarctica »

You will receive a complimentary Helly Hansen expedition jacket and a re-usable aluminum water bottle.



You can borrow boots, trekking poles, and all equipment needed for activities free of charge.

PRACTICAL INFORMATION



Hurtigruten App

is your digital travel companion on our expedition ships.

Everything you need to know about your cruise, including your bookings, daily programme, restaurants and services on board, essential information about available excursions is at hand at any time.

It will be possible to log in once you are on board with your date of birth and your cabin number.

[Download the app »](#)

Your adventure is safe with us



Wish to be more prepared?

From laundry and onboard Wi-Fi to prohibited items not allowed on board - here's everything you need to know before your expedition with us.

[Practical information »](#)

Hurtigruten ships have been a fixture on the Norwegian coast since 1893. Today, our ships sail to the Arctic and Antarctica, and many destinations in between. On each ship you will find modern facilities carefully blended with true character.

[Discover our fleet »](#)

We care deeply about your safety, health and wellbeing. This is as true now as it has always been ever since we first began sailing in 1893, perhaps even more so. We've introduced several new procedures throughout all our ships, designed to keep you safe.

[Our safety policy »](#)

YOUR HAVEN TO THE HORIZON

Your expedition ship is your home away from home; casual, comfortable, and complete with everything you need for your adventure and more.

If you pictured an expedition as being on a rusty old frigate with faded décor, prepare to have your expectations blown away. From the get-go, you'll see that life on the ship is relaxed and the atmosphere calm and informal. Each public area of the ship has been designed with your viewing pleasure in mind. As you set foot on exotic shores together, you'll naturally grow closer with your fellow explorers. Enjoy swapping stories in the various seating areas dotted around the ship which usually have great views.



© AGURTXANE CONCELLON

LOVING LOCAL FOOD

Prepare your tastebuds for mouth-watering meals on board.

These will often be inspired by the region's unique flavours and cooking styles. Then add in Signature Seafood Evenings and tastings that really showcase specialties of the local cuisine. Wherever possible, ingredients are sourced at local businesses in the ports we visit, reducing food miles and supporting coastal communities.

You'll also be spoilt for choice with sophisticated plant-based menus of gorgeous 'green' food, potentially healthier for you and for the planet too.



© ANDREAS KALVIG ANDERSON

YOUR ACTIVE ADVENTURE



Landings

Whenever weather and sea conditions allow, we'll attempt landings via small explorer boat. Once ashore, the Expedition Team will guide you on where to go and what to see.

Small boat cruising

Even though your expedition ship is specially designed for sailing in Antarctica, there are limits on where it can go. This is where our small explorer boats come in. Enjoy gliding through the water as you take in the views.

Lectures and talks

Your expert Expedition Team will be delivering lectures on a range of topics. This will be in the ship's onboard Science Center, out on deck, ashore during a landing, or when cruising in small boats.

[Science Center »](#)

You'll have access to the ship's Science Center, a treasure trove of

information on Antarctica and other destinations. There are advanced microscopes and other science equipment available. You can also get involved in various Citizen Science projects.

Hiking*

Join the Expedition Team on long hikes handpicked by them and based on their extensive knowledge of exploring the Antarctic Peninsula.

Kayaking*

Enjoy the feeling of gliding through Antarctic waters in serene silence and admiring the sights around you.

Snowshoeing*

This activity is only possible when snow conditions are right, which is usually late spring or early in the Antarctic summer. Equipped with modern snowshoes, you'll reach places that are normally difficult to get to just on foot.

Camping*

Who wouldn't want to spend a magical night ashore on Antarctica? Best in late spring and early summer, camping is a popular activity and numbers are limited. Who gets to go is usually decided by a lottery system. Feeling lucky?

Experts in exploration

Your Expedition Team are your passionate and knowledgeable hosts. They'll ensure you enjoy exciting and informative experiences safely and sustainably. Experts in their fields and adventurers in their own right, they deliver engaging lectures and talks, organise a variety of onboard activities, accompany you on landings, and take the lead on handpicked hikes.

EXPECT THE UNEXPECTED



An adventure can be summed up into two things: journeying somewhere exciting and being adaptable to whatever comes our way. Both apply on your expedition cruise with us.

© DOMINIC BARRINGTON

When you embark on an expedition with us, you'll be travelling to some of the most remote and pristine places on our planet. It's an adventure to beautiful coastal areas where nature is at its most raw, wildlife roam free, and where the elements rule. And we wouldn't have it any other way.

Open exploration

Itineraries on our expedition cruises are therefore not completely set in stone. This gives us the flexibility of responding to challenging elements and to grasp new opportunities for exploration as they arise. Whether wind or waves block our way or we see whales we want to observe for a while, the option to divert from our

course is an essential and exciting aspect of expedition cruises.

Our plans may sometimes need to be altered slightly or even changed completely, bringing us to places and surprises not originally on our route, but which will still be just as impressive. Certain days on several of our itineraries even have multiple possible sites we can visit. You can trust the ship Captain together with the Expedition Team to pick the best option, based on the conditions on the day.

It is this unpredictability and adaptability that are at the core of any expedition, and what makes it an adventure so different from

a standard cruise. Embark on a journey with us; a journey where you'll embrace pure adventure, become real explorers, and expect the unexpected. Together, we'll create unique and unforgettable experiences, working with nature, never against it.

EXPLORE ANTARCTICA

Discover some of the highlights and possible sites you might see on your expedition cruise in Antarctica.*



© STEFAN DALL/HURTIGRUTEN/DOMINIC BARRINGTON/ANDREA KLAUSSNER/GENNA ROLAND/CAMILLE SEAMAN



South Georgia

In addition to amazing landscapes and polar history, the spectacular wildlife here has earned the island nicknames like 'Serengeti of the Southern Ocean' and 'Galápagos of the Poles'.



Antarctic Sound

The huge ice shelves of Antarctica give birth to mile-long tubular icebergs that are brought here by the strong currents of the Weddell Sea.



Falkland Islands

Comprised of 778 islands, the scenery varies from the charming capital Stanley to grassy hills, stunning white-sand beaches and turquoise waters, inhabited by wildlife like seals, albatross and penguins.



Lemaire Channel

The protected waters in this narrow channel are usually as still as a lake, making it one of the most scenic and beautiful passages in Antarctica.



Deception Island

This distinctive ring-shaped volcanic caldera has a navigable opening leading into a safe natural harbour in the flooded interior.

Did you know?

98% of Antarctica is covered in ice, leaving only 2% of the continent's rock base visible

70% of the world's fresh water is locked in Antarctica's vast ice sheet

0 is the number trees or shrubs in Antarctica, and there are only two flowering plants

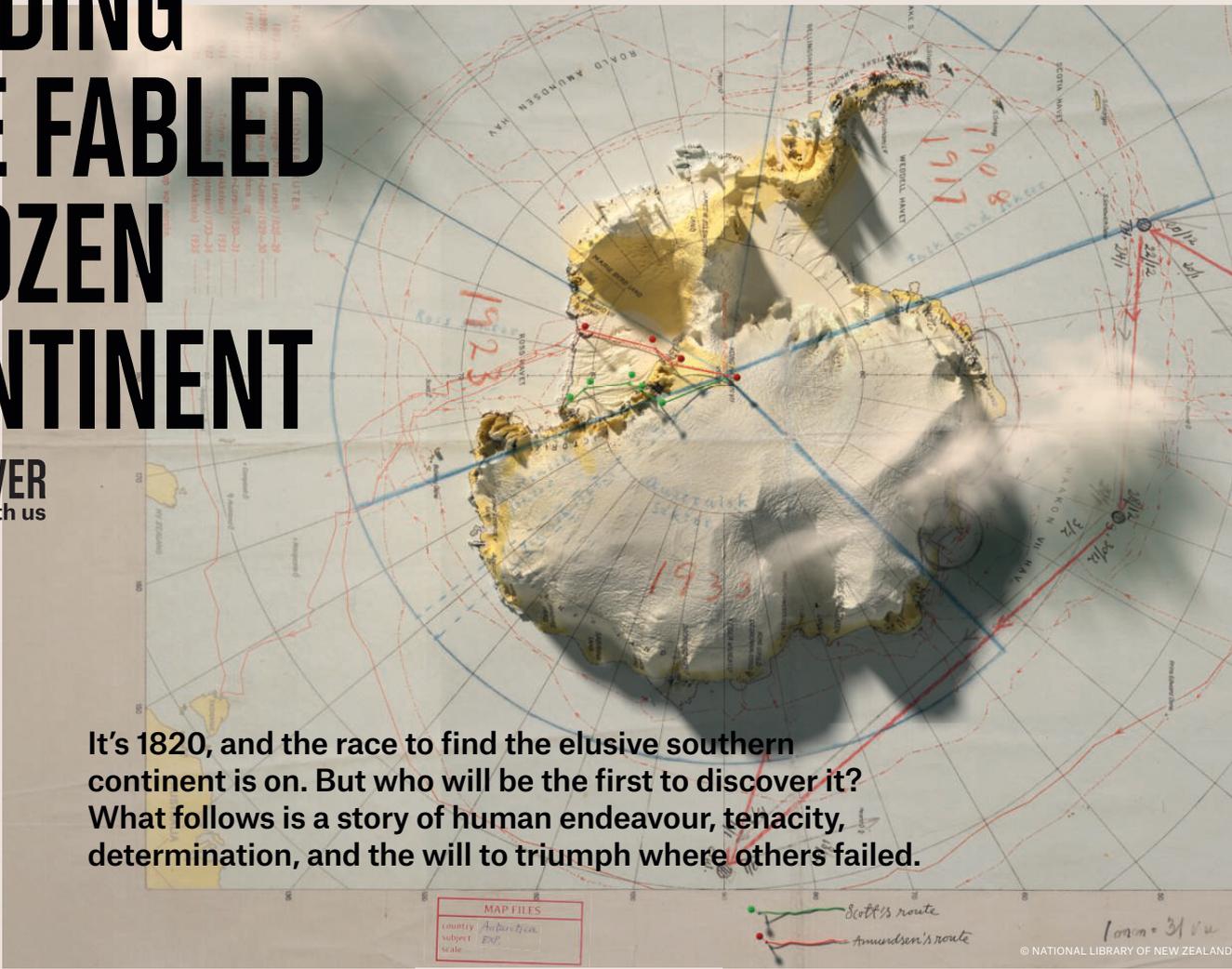
During one of Earth's warmest cycles, **200** million years ago, Antarctica was covered in rich green forests and inhabited by dinosaurs.

1st person to reach the South Pole was the Norwegian explorer Roald Amundsen in 1911.

*Please check your itinerary for all stops and highlights, as they vary for our different expeditions. 7

FINDING THE FABLED FROZEN CONTINENT

DISCOVER
with us



It's 1820, and the race to find the elusive southern continent is on. But who will be the first to discover it? What follows is a story of human endeavour, tenacity, determination, and the will to triumph where others failed.

To truly tell the tale, we need to start earlier than 1820, going all the way back to ancient Greece. The Greek scholars were among the first to suggest that a sizeable southern continent could even exist. Aristotle stated that the symmetry of a sphere meant that the Earth's northern region had to be balanced by an equal southern region. This theoretical land was given the vague name Antarktos, or 'opposite Arktos'.

Fast-forward to the age of European exploration of the globe in the 15th century. The imaginary land was widely printed in maps and labelled 'Terra Australis Incognita' - Unknown Southern Land. For a time, Antarctica continued to be dismissed as reality, even if the thought of it fired the imagination of many an explorer. But sure enough, fantasy would soon pass into fact.

Crossing the Circle

In 1773, James Cook and his crew crossed the Antarctic Circle for the first time. He discovered isolated islands but found no continent. Little did he know that he had been just 128 kilometres from the Antarctic coast at one point in his journey.

Land ahoy!

On 27 January 1820, a Russian expedition led by Bellingshausen crossed the Antarctic Circle, for only the second time in history till then. The following day, he became the first explorer to ever lay eyes on the unknown continent - an honour denied him due to incorrect translation of his journal. Just a year later, explorer and sealer John Davis became the first person to set foot on Antarctica. The seventh continent had finally been proven without a doubt at last.

Now it's your turn!

Explorer history in Antarctica is a story of courage, adventure, and an unwavering desire to go where no one has gone before. Fortunately, getting to Antarctica is a much safer endeavour nowadays. We have explored some of the world's most challenging waters since 1893 and started sailings to Antarctica 20 years ago. Join us on an unforgettable journey, so that you too can be part of the history of the frozen continent.

History of Antarctica »

DISCOVER WILDLIFE



Even in the extreme environment of Antarctica, life not only survives but thrives. Its icy seas, isolated icebergs and snow-driven deserts are home to wildlife that surprise and charm all who visit them.

© SHUTTERSTOCK

Cute alert

The continent's signature animal is the penguin. The most common penguin species are Adélie, chin-strap, gentoos and emperor. With our Expedition Team guiding the way during your landings ashore, you are more than likely to meet these adorable, tuxedoed creatures.

Certain colonies may also be near families of seals. With their bulbous body and head, short snout, and deep, expressive, soulful eyes, there are few animals that will capture your heart like the Weddell seal. A Weddell seal pup just multiplies that cuteness factor by ten.

Birds up high, giants below

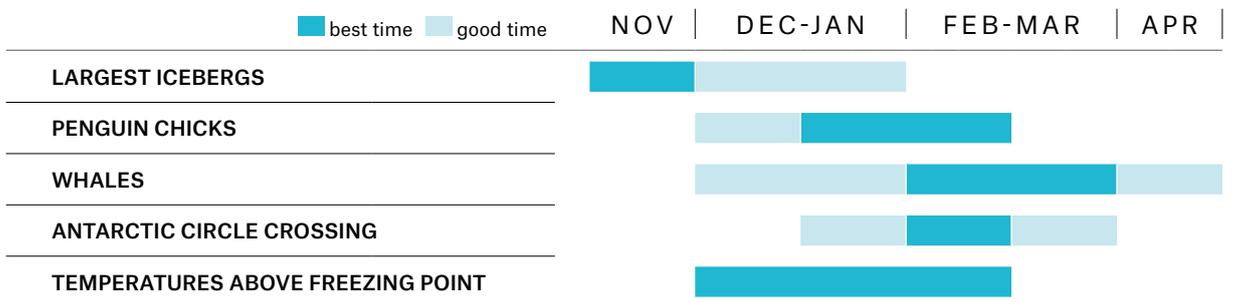
The Antarctic Ocean is a feeding ground for several whale species: blue, fin, humpback, minke, orcas, southern right and sperm whales. You might see these magnificent giants surfacing near the ship and even breaching acrobatically and dramatically out of the water.

There are vast amounts of seabirds breeding along the coast and off-shore islands of Antarctica. From the deck, you might spot albatrosses, petrels, cormorants, fulmars, gulls, terns and skuas, among others.

Remember that these are natural habitats, so we can't guarantee that certain animals will appear during your expedition. Mother Nature will do as she pleases, and no sightings can be set in stone.

Not sure when exactly to make your trip to Antarctica? This calendar might help you decide.

Wildlife in Antarctica »



SUSTAINABILITY

Exploring our blue planet for more than a century has taught us the importance of being green.

Over decades, our Captains and crew, Expedition Teams and returning guests have witnessed the impact of climate change on vulnerable polar areas with their own eyes. We want the Arctic, Antarctica, and everywhere in between to remain places of pristine nature, pure water and clean air.

Sustainability is therefore at the heart of who we are and what we do. From the beautiful natural world to remote communities, we want to ensure our expedition cruises protect them both. In line with the UN's Sustainable Development Goals, we're able to offer you greener and more sustainable expedition cruises on and for the planet.

Want to know more?

Visit [our sustainability web page](#) »



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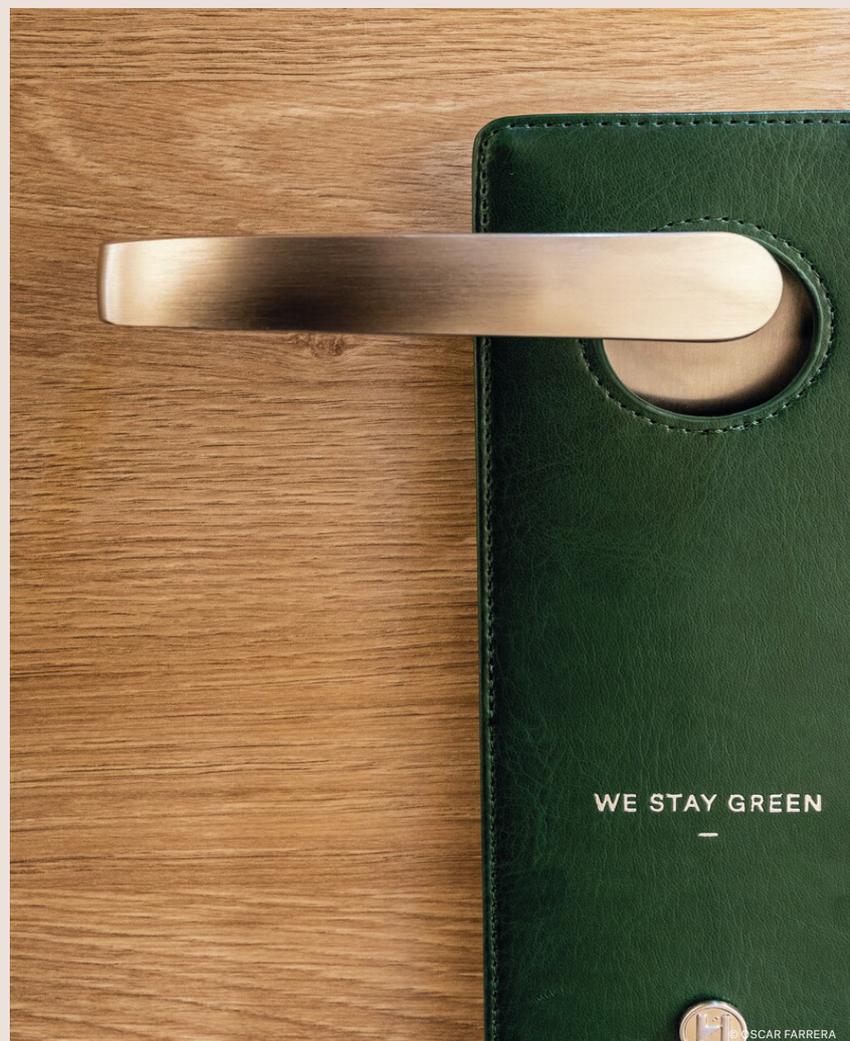
HURTIGRUTEN FOUNDATION

**Collaborating for change:
Creating a footprint we can be proud of.**

Hurtigruten Foundation is a platform for taking a stance and volunteering in worthwhile causes – together. Working closely with guests, partners and organizations, Hurtigruten believes we make a genuine difference, by minimizing our operational impact and maximizing the positive contribution we make to local communities. Since the Hurtigruten Foundation was established at the end of 2015, a total of 3,200 000 NOK has been donated to date for 34 projects in eight countries.

Hurtigruten Foundation is funded by direct donations and several onboard initiatives, including auctions, fund-raisers, and primarily the "Green stay" programme, where a donation is made for every day you ask us not to clean your cabin, thereby saving energy, detergents and water. We invite you to join us and leave a footprint we can be proud of!

Visit [the Hurtigruten Foundation web page](#) »



WE STAY GREEN

SCAR FARRERA