



CHEESEMAN'S ECOLOGY SAFARIS

2059 Camden Ave. #419
San Jose, CA 95124 USA
(800) 527-5330 (408) 741-5330
info@cheesemans.com
cheesemans.com

Antarctic Peninsula *Whales, Penguins, and Golden Landscapes* February 20 to March 9, 2023



Quintessential Antarctic Landscape
© Scott Davis

SAFARI OVERVIEW

Since the first explorers discovered the great southern continent, stories of incredible vistas and abundant animals have captured the imagination of the adventurous. February and early March are the best times to delight in the most incredible densities of whale aggregations gorging on swarms of krill, take full advantage of warm, golden light for landscape photography, and watch penguin chicks chase parents for food and cautiously learn how to swim. Icebergs, in their many shades of blue and carved into fascinating shapes by weather and water, are prime photography subjects. Time with humpbacks, Antarctic minke whales, and orcas and visits to penguin colonies will surpass your wildest expectations. Our priority on this expedition is to give you the maximum time in nature during a unique period on the Peninsula and to share our passion and experience in the Antarctic. Come share this adventure with us!

HIGHLIGHTS

- Zodiac cruise Antarctic waters during the peak season for an abundance of whales.
- Experience beautiful sunrises and sunsets bathing the landscapes in warm hues.
- Watch gentoo, chinstrap, and Adélie penguin chicks interact with each other and their parents.
- With only 100 participants, everyone can land and/or Zodiac cruise at once, rather than in separate groups.
- Our 15 leaders are marine scientists, polar specialists, photographers, and naturalists that will provide lectures, workshops, and guided excursions.

LEADERS: Ted Cheeseman assisted by 14 other leaders.

DAYS: 18, including estimated travel time. 14 nights aboard the *Plancius*.

GROUP SIZE: 100. With only 100 participants, everyone can land and/or Zodiac cruise at once, rather than in separate groups, giving you more time off ship.

SHIP: The *Plancius*. See the *Ship* section on page 5.

COST: \$13,450 to \$21,450 per person, depending on cabin type and occupancy, not including airfare, singles extra. See the *Costs* section on page 11.

Date	Description	Accommodation	Meals
Feb 20	Travel to Ushuaia, Argentina.		
Feb 21	Arrive in Ushuaia and join welcome reception.	Hotel in Ushuaia	
Feb 22	Morning in Tierra del Fuego National Park. Embark on the <i>Plancius</i> .	Aboard the <i>Plancius</i>	B, L, D
Feb 23–24	Sail across the infamous Drake Passage.		
Feb 25–Mar 5	Nine full days of landings and Zodiac cruising along the western Antarctic Peninsula and South Shetland Islands.		
Mar 6–7	Cruise northward across the Drake Passage.		
Mar 8	Disembark and fly homeward.		B
Mar 9	Arrive home.		



Iceberg
© Cheesemans' Ecology Safaris

LEADERS (TOTAL OF 15)

Cheesemans' Ecology Safaris carefully selects leaders who are experts in their field to ensure that your experience is the best it can be.

Ted Cheeseman ~ Expedition Leader, Ecologist, Photographer, and Zodiac Driver
Ted grew up traveling extensively and began studying and photographing wildlife as a child. After completing a master's degree in Tropical Conservation Biology at Duke University, Ted returned to California to lead and organize expeditions full time with Cheesemans' Ecology Safaris. Ted currently leads expeditions to Antarctica, the Arctic, and the Caribbean and obsesses over humpback whales identified around the world through the citizen science project www.happywhale.com. Ted is working on a Ph.D. on humpback whales at Southern Cross University, New South Wales, Australia.



Hugh Rose ~ Assistant Expedition Leader, Naturalist, Geologist, Photographer, and Zodiac Driver

Hugh has over 20 years of professional guiding experience and has been a key member of the Cheesemans' Antarctica staff since 1998. The vast landscapes and incredible wildlife of Alaska and the Polar Regions are his subject and passion, evident in his inspired leadership and stunning professional photos. Hugh receives unending praise for his amazing knowledge, delightful and accommodating personality, and attention to every trip detail.

Brent Pikolas ~ Naturalist and Zodiac Driver

Brent currently calls Seward, Alaska home, where he is the Lead Captain on a fleet of passenger vessels focused on wildlife and glacier tours. He has a degree in Environmental Education from Prescott College which led him to countless days in the field all throughout the Western US, Mexico, Canada, and Nepal. In recent years, he's also taken those explorations to Antarctica, South Georgia, and the Falkland Islands. Brent is extremely passionate about the natural world and loves to share his in-depth knowledge whenever he can.



Emily Burke ~ Naturalist and Zodiac Driver

Emily is an assistant scientist at Sea Education Association, teaching marine science to university students aboard sailing ships in New Zealand and the South Pacific Islands. Since graduating from Harvard with a degree in evolutionary biology and ecology, she has studied seabird and fisheries in the San Juan Islands, lived with Adélie penguins in a remote field research camp in Antarctica, and guided sea kayaking expeditions in Alaska's Kenai Fjords. Emily loves sharing her enthusiasm for adventure and the natural world with those around her.

Katlyn Taylor ~ Marine Biologist and Zodiac Driver

Katlyn is a captain and guide on whale-watching boats all over the US. She has worked in the North Atlantic and North Pacific for over 8 years. Her passions include facilitating wildlife experiences, educating people about marine life, and inspiring conservation actions. She earned her bachelor's degree from Oregon State in Marine Biology and International Studies. She is a Junior Fellow with the Safina Center of Stonybrook University. Currently, her biggest project is co-hosting The Whalenerd's Podcast, a communication project about whales and other ocean-related topics.



Dr. Lynne Hoole, MBChB ~ Doctor

Dr. Hoole is a self-described jack-of-all-trades with an interest in many aspects of medical care. She combines a knowledge of old-school, can-do methods with a keen interest in new information, ideas, and equipment to create the best blend available, particularly in remote environments where resources vary in reliability and up to date. She believes in borrowing a little bit of knowledge from every encounter she has, whether it be a tiny remote clinic in the middle of the Southern Ocean or a European military field hospital in the Sahara Desert.

Mark Carwardine ~ Naturalist and Photographer

Mark is a zoologist, BBC presenter, wildlife photographer, bestselling author and environmental activist. He co-presented the BBC-TV series 'Last Chance to See', with actor Stephen Fry, and for years hosted the weekly half-hour program 'Nature' on BBC Radio 4. He has written 55 wildlife books (most recently, the 'Handbook of Whales, Dolphins and Porpoises') and writes a provocative conservation column in BBC Wildlife magazine. Voted one of the 'World's 40 Most Influential Nature Photographers', he was Chairman of the prestigious 'Wildlife Photographer of the Year Competition'.



Dr. Merel Dalebout ~ Naturalist and Zodiac Driver

A scientist with many interests, Merel studied botany, then earned her PhD specializing in the evolutionary genetics of rare "beaked whales." She spent several years studying Southern Ocean cetaceans and realized she had a true passion for reconnecting people with nature. After training as a wilderness guide, she now travels extensively throughout the world as a trekking guide and a naturalist on small expedition ships while continuing to do scientific research as time allows. Merel combines her enthusiasm and passion for the world's wild places with a burning curiosity to know all she can about them.

Scott Davis ~ Photographer, Naturalist, and Zodiac Driver

Scott is a professional photographer specializing in wildlife, nature, and travel. Originally trained as a wildlife and marine biologist, his research and photo assignments took him to the far corners of the globe. National Geographic, BBC, Animal Planet, and renowned magazines have used his photography. His patience for teaching and love of capturing the essence of his subjects make him one of our most popular tour leaders.



SHIP

The *Plancius*

The *Plancius* was built specifically for oceanographic voyages and is modern, comfortable, and ice-strengthened. She has large open deck spaces, providing excellent opportunities to enjoy the scenery and wildlife. While inside, you will enjoy views from the restaurant/lecture room, and a spacious observation lounge (with bar) with large windows, offering full panoramic views. She carries a maximum of 116 guests (we are taking a maximum of 100 guests), allowing true, small-ship expedition cruising. This is particularly important in South Georgia and Antarctica where restrictions limit the number of passengers landing simultaneously to 100, thus maximizing your time on shore since we don't need timed landing shifts. All cabins feature windows or portholes for ample natural light, lower berths (except quadruple and triple shared cabins have upper/lower berths), desk with chair, flatscreen TV, telephone, and hair dryer.

The *Plancius* is equipped with 10 Mark V Zodiacs with 60 HP 4-stroke outboard engines, and has two gangways on the starboard side, guaranteeing a swift Zodiac operation. She travels 10–12 knots and is equipped with a diesel-electric propulsion system which reduces the noise and vibration of the vessel considerably. See the *Deck Plan* on page 16.



DETAILED ITINERARY

Feb 20 ~ Travel to Ushuaia, Argentina

Feb 21 ~ Arrive in Ushuaia

Arrive in Ushuaia (pronounced "oo-SHWY-ah") in time for our welcome reception. Our local agent will transfer you from the airport to the hotel, and if you would like to arrive earlier, we can arrange extra nights. Ushuaia, the world's southernmost port town, has grown from 8,000 to more than 62,000 inhabitants in the last 30 years. Although quickly becoming the largest town in Tierra del Fuego has resulted in some growing pains, it is a charming town, especially on a sunny day.

Feb 22 ~ Tierra del Fuego National Park and board ship

You will have the option of joining an included group field trip or spend the day exploring Ushuaia on your own. Our leaders will collect anything you don't need for the day at the hotel and send it ahead to the ship for you, so you are not burdened with your luggage. Ushuaia is often graced with all four seasons in one day, so be prepared for any conditions and hope for beautiful blue skies! Lunch is included for those on the group field trip only.

By early afternoon, you'll transfer to board the *Plancius*. The ship crew will direct you to your cabin where your luggage awaits, and you can prepare for embarkation in the early evening. As Ushuaia fades in the distance, you will find yourself cruising by the spectacular scenery of the Beagle Channel where the Hshgans

(Tierra del Fuegos) once lived. Look for terns, kelp and dolphin gulls, and imperial cormorants, plus swimming Magellanic penguins. The shallow waters at the mouth of the Drake Passage are rich with sea life, and birds are usually present in huge numbers, especially sooty shearwaters and black-browed albatross. Schools of dolphins may also entertain you with bow riding and staff will always be on lookout from the bridge, in search of whales. After sunset, phytoplankton phosphorescing on the water and a brilliant, starry sky may be the rewards as you sail south into the open waters to Antarctica.



Chinstrap Penguins Swimming
© Scott Davis

Feb 23–24 ~ Cross the Drake Passage

Spend two days at sea familiarizing yourself with all aspects of ship life and preparing yourself for what to expect on land while. Listen for interruptions from the bridge announcing wildlife sightings. If you stand watch, you may sight several species of albatross and petrel following the ship; this is a particularly good area for southern and northern royal albatross and blue petrel. Keep an eye out for sperm whale and other species of marine mammals.

Named for the 16th Century English seaman Sir Francis Drake, the Drake Passage separates the southernmost tip of South

America from Antarctica and is about 600mi across. You will cross the Polar Front approximately halfway across Drake Passage, where surface water temperatures drop to around 34°F (1°C). The Antarctic Convergence, better known as the Antarctic Polar Frontal Zone (or Polar Front), is a boundary encircling Antarctica where cold, northward-flowing Antarctic waters meet the warmer waters of the sub-Antarctic. The mixing and upwelling generated where these waters meet creates a zone very high in marine productivity, especially for Antarctic Krill. The location of the front varies seasonally; in traveling south, it is made evident by the sudden drop in surface water temperature. The Arctic has no equivalent, due to the amount of land surrounding the northern polar region. This boundary not only separates two hydrological regions, but also separates areas of different climates and distinctive marine life associations. If conditions allow you to make good time across the Drake, you will celebrate our arrival to the Antarctic with an evening landing in the South Shetland Islands on our last evening.

Feb 25–Mar 5 ~ Nine full landing days along the Antarctic Peninsula and South Shetland Islands

Due to the expeditionary nature of our voyage, specific stops cannot be guaranteed, and we will always seize the moment, adapting plans to experience wildlife and environmental conditions as opportunity comes our way. For great wildlife experience, luck favors the prepared! Flexibility is paramount in expedition travel; our itinerary depends on the conditions. We strive to land often and stay as long as



Humpback Whale Fluke
© Scott Davis

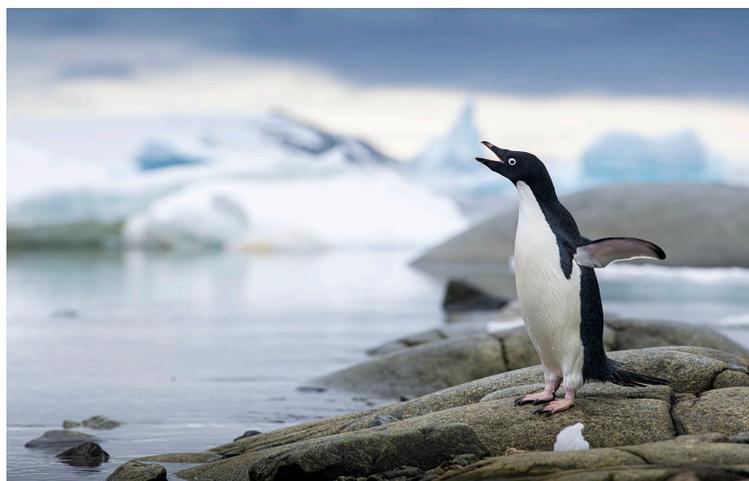
possible, abiding by the *Guidelines for Responsible Ecotourism from the International Association of Antarctica Tour Operators (IAATO)*.

February and early March are the best times to delight in the most incredible densities of whale aggregations gorging on swarms of krill, take full advantage of warm, golden light for landscape photography, and watch penguin chicks chase parents begging for food and learning how to swim. Photograph and observe gigantic icebergs with many hues of blue carved into mesmerizing shapes by weather and water. The solitude amid these stunning landscapes will leave you coming back for more.

The South Shetland Islands

These are a string of volcanic islands, some still active, that run parallel to the Antarctic Peninsula across the **Bransfield Strait**. Fondly known as the “Banana Belt of Antarctica,” these islands boast the richest concentrations of terrestrial and marine wildlife in the Antarctic because of their proximity to the rich upwelling waters from the great Circumpolar Current. Even with our luxuriously in-depth itinerary, we will have to choose between many very compelling sites. Weather in the Shetlands can be quite variable but good sea conditions may give us the chance to find great whales in the vicinity. Blue, fin, southern right, and humpback whales all frequent these waters, with populations appearing to be in the midst of dramatic recoveries from desperate lows at the hands of 20th century industrial whaling.

Deception Island can be one of the most exciting islands on our voyage. This horseshoe-shaped, volcanic island is still active, as its hot thermal pools demonstrate. Deception Island also offers one the most unique experiences of the voyage – soaking alongside the beach in the thermal pools surrounded by clouds of steam. Depending on the tide, the water temperature can be fairly comfortable, although it can get so hot that it’s necessary to mix in colder water! Hopefully, you will experience the outer caldera, and then venture inside the caldera via a



Adélie Penguin
© Scott Davis

narrow gap called Neptune’s Bellows. **Bailey Head** is home to about 100,000 chinstrap penguins, but the sea can make landings tricky with steep swells crashing on an exposed beach. Inside Deception’s huge caldera, your fascinating landing may include a short hike up the mountainside among the lichen-draped cliffs to the scenic overlook. On the beach at **Whaler’s Bay**, you may find Weddell seals basking.

On a clear day, the chinstrap penguins of **Half Moon Island** make a delightful foreground to the breathtaking coastline of nearby **Livingston Island**. At this end of the Earth, the vast scale of nature will open our senses and we ask you to give great respect to the fragile vegetation and the wildlife colonies.

Chinstrap and gentoo penguins breed on **Aitcho Island**, an island covered in mossy green carpets, a surprisingly bright contrast to Antarctica’s intensely achromatic landscapes. Conditions permitting,



Gentoo Penguin
© Cheesemans' Ecology Safaris

walk across the island past the southern elephant seal wallows, offering a terrific chance to see (and smell!) the world's largest species of seal, also perhaps hauled out Weddell seals and southern fur seals.

From the South Shetlands, we sail southwest across the **Bransfield Strait** into the fabled **Gerlache Strait**. Here you can expect whale sightings to ring out from the bridge as the Antarctic Peninsula landscape rises up into a glacier-draped view of mountainous proportion. You'll sail the waters around **Anvers Island**, **Dallmann Bay** to the north, and the Gerlache to the east. Hope for magnificent sunsets, sculpted blue icebergs, and close penguin and whale

encounters, each with the potential for an experience that you will never forget.

Over the last few decades, the Southern Ocean has experienced a significant warming trend, showing clear evidence of climate change. The Antarctic Peninsula has been feeling climate change the most with a massive 9°F (5°C) warming in average winter temperatures over the last 50 years. Although this has dramatically changed and reduced ice distributions, you will still be among a world of spectacular icebergs!

Western Antarctic Peninsula ~ The Danco Coast, Neumeyer Channel, and Lemaire Channel

Weather and ice distributions will determine whether we travel south down the west coast or sail east through the Antarctic Sound into the **Weddell Sea**; happily, you have ample time for a thorough exploration of the Antarctic Peninsula. When heading south, travel along the picturesque **Danco Coast** on the west coast of **Graham Land**. This area has awe-inspiring scenery with coastlines deeply indented with bays and scattered with islands. Impressive mountains rise sharply from the coast to the central Graham Land Plateau and glaciers descend to narrow piedmont ice shelves.



Zodiac Cruising Among Icebergs
© Cheesemans' Ecology Safaris

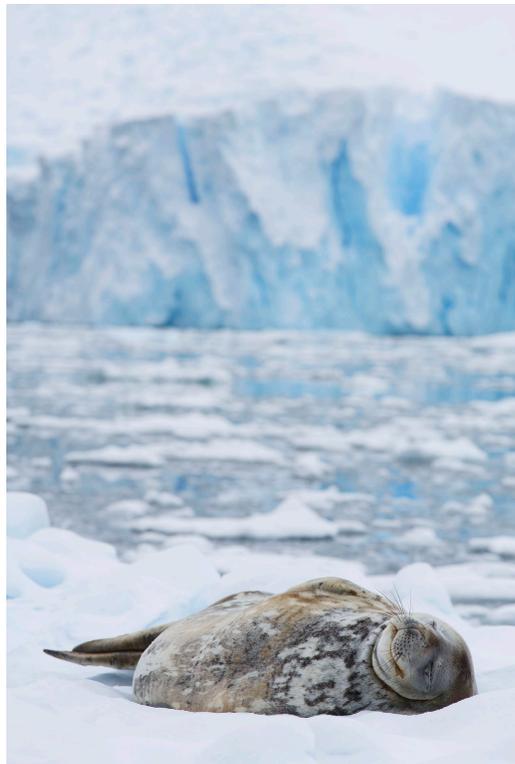
Extensive Zodiac cruising and landings during the best light will allow you to soak in the serenity of this majestic place.

As you travel along the coast, you'll wander into **Wilhemina Bay, Neko Harbour, and Paradise Bay**, among the most beautiful areas in Antarctica. These waters rank high on our list of favorite places for Zodiac cruising. Enjoy views of sculpted icebergs and surfacing whales as we cruise the inner bays near spectacular glaciers and ethereal mountains. You can expect wonderful whale behavior in these plentiful summer feeding grounds. The krill swarms are enormous, sometimes even visible on the ship's depth sounder. Gentoo and chinstrap penguin colonies reside here, sometimes side-by-side, along with their attendant scavengers: snowy sheathbills, brown skuas, south polar skuas, and kelp gulls. Our potential landing in Neko Harbour on the Antarctic continent will treat you with a walk to an incredible view.

Every day will bring new opportunities, with time among whales, time ashore, or a combination of activities. The main whale species on the Peninsula are humpbacks and minke, though chance may bring three ecotypes of killer whales, rare Arnoux's beaked whales, or an unexpected find of a great whale recolonizing habitat they formerly occupied before a century of industrial whaling. Actively contribute to Antarctic research by collecting humpback whale fluke images, and (internet connection permitting) get immediate feedback to learn the sighting histories of some of the whales we see among over 5,000 known individuals gathered in Happywhale.com.

Enjoy the scenery from the ship as it navigates through stunning **Neumeyer and Lemaire Channels** or around the south end of **Anvers Island** into **Biscoe Bay** where you will be completely surrounded by ice-draped peaks soaring dramatically out of the water. Crabeater, Weddell, and leopard seals are often hauled out on the ice floes and whales may even surface between the floes, so keep your cameras ready! Tall, hanging ice cliffs, the fronts of highly fractured tidewater glaciers, decorate most of the shoreline for unforgettable scenery. At the southern part of the Lemaire Channel you'll arrive at **Petermann Island**. Located at 65°S, Petermann is outstanding for seeing gentoo and Adélie penguins making feeding trips in large groups along a snow-filled penguin highway to and from their nests. The clear water is beautiful for observing and photographing penguin activities. Petermann has seen a reversal in abundance between the two species, with a small fraction of the numbers of Adélie penguins found here twenty years ago, but dramatically more gentoos as climate change pushes more open water further south each year.

Additional landing sites along the western Peninsula are expected, but which ones will depend on conditions (as is the case with any landing). **Port Lockroy**, located at the end of the very narrow and



Weddell Seal
© Ron Niebrugge



Compilation of Humpback Whale Flukes
© Cheesemans' Ecology Safaris

beautiful **Peltier Channel** close to Neumeyer Channel, has a British Antarctica Survey maritime museum and a sprawling gentoo penguin colony. Tiny **Cuerville Island** is also a treat with gentoo penguins walking amid the snow and entering and exiting the beach.

As you return, you will likely pass through the South Shetland Islands again, possibly for a landing at **Hannah Point** on Livingston Island. Look for macaroni penguins among the chinstrap and gentoo colonies and keep an eye out for the usual rookery scavengers (skuas, gulls, giant-petrels, and sheathbills). Here you will find excellent examples of Antarctica's only two flowering plants, the Antarctic hair grass and Antarctic pearlwort, the continent's complete flora at one site!

Mar 6–7 ~ Return through the Drake Passage and Beagle Channel

Even with our in-depth voyage along the Antarctic Peninsula, it will no doubt still feel too soon to leave the continent behind. As you sail north on the homeward leg, you will share delightful memories of your experiences, enjoy a group slide show of images captured, and talk of plans for future travels. The wildlife, however, is not all behind you. Almost 500mi north of the South Shetlands, near Cape Horn, the waters here at the tip of the South American continental shelf are as rich as seawaters can be and seabirds are sometimes present in large flocks. Once in the lee of Cape Horn, any ocean swell will disappear, and you will enter the Beagle Channel for a final scenic cruise to Ushuaia.

Mar 8 ~ Disembark and fly homeward

We will dock in Ushuaia, Argentina, by early morning. After breakfast, bid farewell to your shipmates, leaders, and the ship crew and disembark early for morning flights. If you wish to extend your stay in Ushuaia, we are happy to assist you with the arrangements.

Mar 9 ~ Arrive home

COSTS AND CABIN OPTIONS

Type	Description (see <i>Deck Plan</i> on page 16)	Cost per Person
Quadruple	Quadruple occupancy, two upper and two lower twin-sized beds, one porthole, and private bath. Deck 2.	\$13,450
Triple	Triple occupancy, one upper and two lower twin-sized beds, one porthole, and private bath. Deck 2.	\$15,450
Twin Porthole	Double occupancy, two lower twin-sized beds, one porthole, and private bath. Deck 3.	\$16,895
Twin Window	Double occupancy, two lower twin-sized beds, one window, and private bath. Deck 4.	\$17,895
Twin Deluxe	Double occupancy, two lower twin-sized beds, two windows, and private bath. Deck 4.	\$19,450
Superior	Double occupancy, one double-sized bed, two windows, sofa bed, refrigerator, and private bath. Decks 4, 5, and 6.	\$21,450

Costs are per person depending on cabin type and occupancy, not including airfare, singles extra. See *Included* and *Not Included* sections for more details.

If you are a single traveler, we will find a roommate for you, but if we cannot find you a roommate, we will not charge you a single supplement. If space is available, some cabins can be booked as a single by adding **70%** over the listed cabin cost.

We cannot guarantee a specific cabin number, but if changes occur, we will assign a cabin of equal or greater value.

Payment Schedule

Payment	Due Date	Amount per Person
Deposit	Due now to reserve your space	\$2,000
Second	October 15, 2021	\$4,000
Third	May 15, 2022	\$4,000
Final	September 15, 2022	Remaining Balance

Payments are due based on the schedule above. All reservations require a deposit to confirm reservation of your space.

Cancellations

Refunds are given depending on the time left before departure according to the following table. The cancellation fee of \$300 per person can be applied toward another trip if reserved within six months of the cancelled trip's departure date. Cancellations are non-transferrable.

Dates	Forfeited Amount per Person
On or before July 14, 2022	\$300
July 15 to August 14, 2022	10% of trip cost
August 15 to September 14, 2022	40% of trip cost
On or after September 15, 2022	100% of trip cost

Included

- All leaders, transport, landing fees, permits, port taxes, and passenger fees, including the IAATO (International Association of Antarctic Tour Operators) passenger fee, for all activities unless described as optional.
- Accommodations (double occupancy, unless booked cabin as a single) for the night of February 21.
- Fourteen nights aboard the *Plancius*.
- Meals from breakfast on February 22 through breakfast on March 8.
- Transfers from Ushuaia Airport to Hotel in Ushuaia, regardless of arrival day; and from the ship to the Ushuaia Airport or your hotel on March 8.
- Tips for local guides and drivers for Tierra del Fuego National Park day trip.
- Coffee and tea throughout the voyage.
- Trip Materials – information about flights, packing, entry and departure requirements, airport transfers, gratuities, etc.
- Expedition Log – after your voyage, you'll receive a color booklet of the expedition.
- Rubber boots on loan while on board.
- Onboard lectures during sea days.
- USB drive with daily schedules.

Not Included

- All airfare, airport and departure taxes, and excess baggage fees. Round-trip airfare is approximately \$1,700 to \$2,100 between the US and Ushuaia, Argentina, depending on origin.
- Passport and visa fees.
- We can arrange extra hotel nights for an extra cost.
- Gratuities – tipping is always discretionary. However, we suggest budgeting about \$10 to \$15 per participant per day for February 22 to March 8 with our ship crew (about \$150 to \$225 total per participant).
- Mandatory emergency medical and evacuation insurance. For more information see www.cheesemans.com/travel-insurance.
- Optional trip cancellation insurance. For more information see www.cheesemans.com/travel-insurance.
- Items of a personal nature such as laundry, telephone calls, medical costs or hospitalization, room service, alcoholic and other beverages, items not on the regular menu, etc. If you have special dietary needs, please indicate them on your Reservation Form.

SIGN UP

Please contact us first to check availability, reserve your space, and obtain a Reservation Form. To confirm your reservation, we require a deposit and signed form from each participant.

Cheesemans' Ecology Safaris

Email: info@cheesemans.com

Website: www.cheesemans.com

WhatsApp: (408) 741-5330 | Skype: CheesemansEcologySafaris

Phone: (800) 527-5330 or (408) 741-5330

OTHER DETAILS

Climate

Antarctica has a cold, dry, sometimes windy climate even in the summer. Normal late summer temperatures are -5 to 5°C (25 to 40°F) on the Peninsula, known as the 'Banana Belt'. Penetrating cold is not usually a problem. Wind chill and wetness while riding in Zodiacs are the primary conditions to insulate against. It is also possible to get wet weather, but often it is with wind, so an umbrella is not usually practical. Waterproof gloves, warm cap, layers of light, loose, warm clothing, and water repellent outer garments are necessary. Sunscreen is critical. The temperature on the ship is comfortably warm, but you may still wish to dress in layers and keep a warm layer handy in case there is exciting wildlife (such as an Emperor Penguin!) to watch from the ship's deck.

Fitness Level

Although participating in this voyage does not require a high level of physical fitness, you should know your limitations to manage the potential for very rough seas and slippery, rocky walks.

Make sure you can maintain balance while walking with the ship in motion and while getting in and out of moving Zodiacs. Staff and crew will assist you to keep you safe but set yourself up for success by working those balance muscles while you're at home. If you know your balance is not what it used to be, and if the seas are rough, do not be afraid to crawl on the floor in your cabin to and from the bathroom as this will keep you safe from bigger falls and potentially banging your head.

You should also be able to walk on unstable, rocky, and slippery terrain. The gangway and Zodiacs can be slippery as well as many landing sites and areas you traverse during your landing. If you know you may need assistance, plan to bring collapsible trekking poles for use while on shore and make sure they easily fit inside your dry bag.

Once on shore, you can choose to walk for short or long distances (within the specified guidelines), and we typically give you a debrief the night before of what to expect. Make sure you practice carrying the gear you plan to carry with you on shore. While you can typically stash gear at the landing site during the landing, which you can return to if needed, it's important that you can manage carrying it all together for the safety of yourself and our staff and crew.

While on shore you will, at times, be surrounded with wildlife, so it's important that while you may get easily enamored with the beauty of it all, you must remain vigilant as to which animals you are getting too close to

or that may be approaching you. Larger animals like seals can easily cause you harm if you don't pay attention.

Balancing against the waves is not always possible without holding on to something. Your upper body and hands should be strong enough that you can hold your own weight while leaning backwards or sideways as far as possible.

In summary, when you fill in your Reservation Form, please answer the following:

1. What activities requiring balance do you currently participate in?
2. How do you rate your balance – poor, average, or excellent?
3. What activities do you currently participate in that require walking on unstable, rocky, and slippery terrain?
4. Do you use trekking poles regularly?
5. What distances have you walked recently with the same amount of gear you plan to carry on shore?
6. Can you hold your own body weight while gripping a rail during rough seas?

Please contact us if you have any health concerns that may make this trip challenging.

Seasickness

Don't let a fear of seasickness scare you away! Over the years many who have dreamed of experiencing Antarctica with us have stayed home for fear of seasickness, but of all those who have joined, we know of only one passenger who said that seasickness really affected the enjoyment of the trip. Still, that same passenger talked about repeating the trip, because the rest of the experiences more than made up for it. For all but the most sensitive, motion sickness is only a problem during open ocean passages. Days and nights when we are landing or cruising between landings are quite calm because we are very close to land. The Southern Ocean has a reputation for the worst seas in the world, not because they are always rough (on the average day, the seas are actually quite calm!) but because their extremes are large. If we are hit by a storm during a crossing, the experience will be memorable. For this reason, unless you know you are immovable by the heavy seas, bring a good supply of medication. Many of our frequent travelers are quite susceptible to seasickness, yet they come back year after year because they love Antarctica! Read our suggestions for coping with seasickness at www.cheesemans.com/seasickness and contact us if you have any concerns.

Flights

Airfare is not included in trip costs. Detailed logistical information and the contact information for our recommended flight-ticketing agent are included in the Trip Materials we will send you. Please let us know if you are arriving earlier or staying later as we are happy to assist you with any extra overnights that you might want to arrange.

Flights you (or a travel agent) book: Arrive in Ushuaia, Argentina (USH) by 4:00pm on February 21. Depart from Ushuaia, Argentina (USH) any time after 12:00pm on March 8. Most flights homeward route through Buenos Aires, Argentina. **Allow at least six hours to transfer between the domestic and international airports in Buenos Aires.**

Terms and Conditions

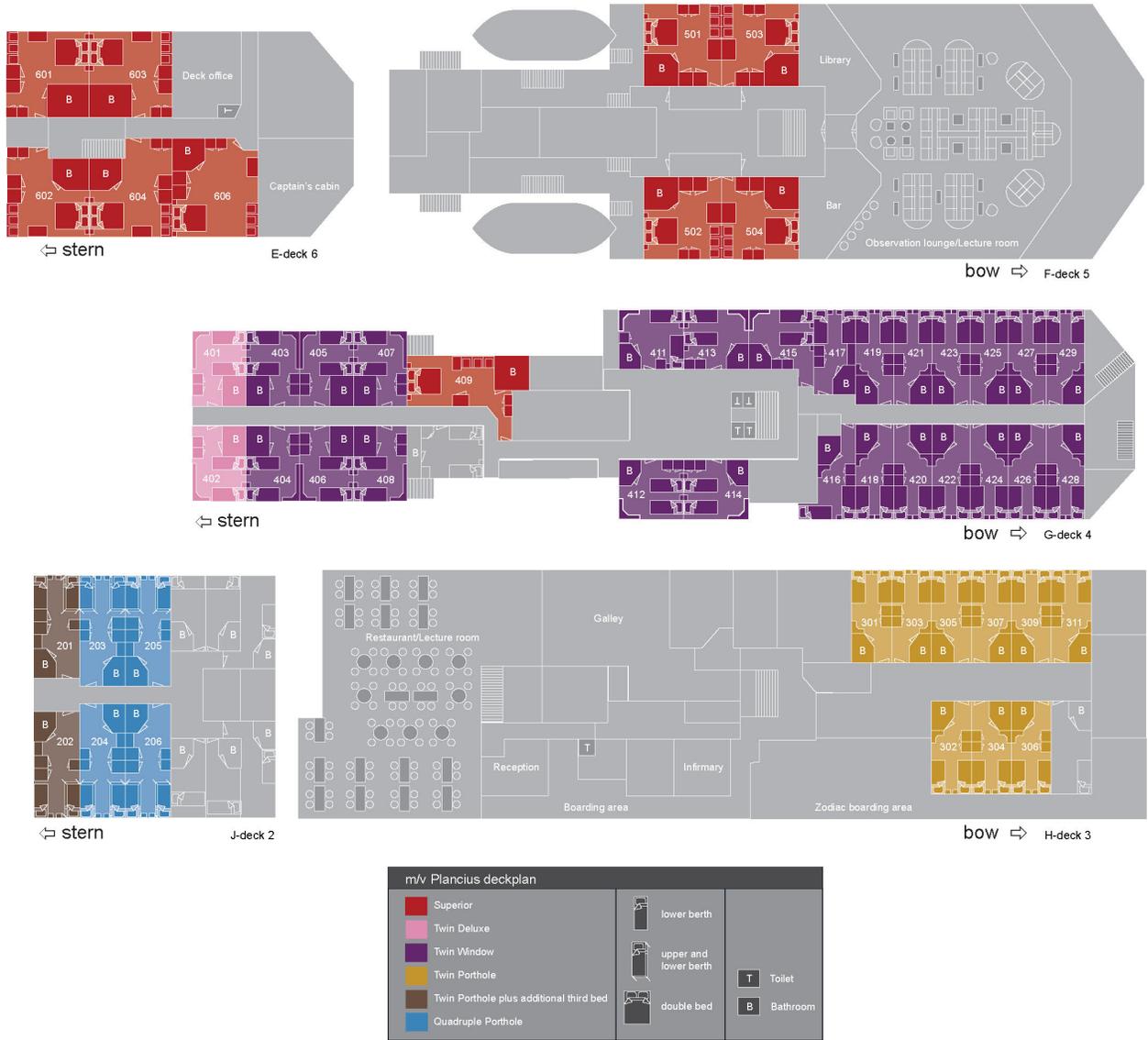
Read our current Terms and Conditions at <https://cheesemans.com/terms-and-conditions>.

Conservation

Our company ethos has always regarded conservation as inseparable from responsible tourism. We struggle with the dilemma that traveling worldwide expends climate-changing carbon. However, we wholeheartedly believe that traveling with us will cultivate your passion for conserving our beautiful world while stimulating each destination's local economy. We encourage you to explore the various ways in which Cheesemans' operates within this context:

- **Ecotourism and Conservation for the Antarctic** (<https://cheesemans.com/ecotourism-and-conservation-in-the-antarctic>).
- **Cheesemans' Trips are Carbon Neutral:** As of June 1, 2022, our trips are carbon neutral (<https://cheesemans.com/carbon-neutral>).
- **Offsetting your Travel to/from our Trip:** We ask you to pledge to offset the carbon emissions for your travel to and from our trips. Use this tool to calculate your emissions and purchase your carbon offset today through Sustainable Travel International, or through your favorite carbon offsetting organization (<https://cheesemans.com/carbon-calculator>).

PLANCIUS DECK PLAN



Deck plan and cabin sizes are not to scale.
See cabin descriptions under the Costs section on page 11.