South Georgia and Antarctic Peninsula

Epic Wildlife Encounters with a Smooth Fly-Back

November 10 to 30, 2027



King Penguins

SAFARI OVERVIEW

Embark on a once-in-a-lifetime **South Georgia and Antarctic Peninsula wildlife expedition**, an unforgettable journey into the heart of the Southern Ocean. This immersive polar safari delivers unrivaled opportunities to witness **massive colonies of King Penguins, battling elephant seals, and four other penguin species—Gentoo, Chinstrap, Macaroni, and Adélie**—set against jaw-dropping glaciers, snow-draped peaks, and dramatic coastlines. Travel with expert polar naturalists and wildlife photographers, exploring remote shores on guided Zodiac cruises and hikes for up-close encounters in Earth's most pristine ecosystem.

Timed for **peak breeding season**, you'll witness up to 300,000 King Penguins nesting and hear the thunderous calls of elephant seal bulls defending their harems. Spot majestic seabirds like Gray-headed Albatrosses, and **whales returning to feed** in rich Antarctic waters. With **ten full days of exploration**, this expedition offers extended access to rarely visited sites, maximizing intimate wildlife viewing in Antarctica and South Georgia. To cap off the journey in comfort, skip the return cruise across the Drake Passage with a **charter flight from Antarctica to Punta Arenas, Chile**.

Enjoy **small-group landings** and Zodiac rides among cathedral-sized icebergs. Each day is expertly guided, with enriching lectures designed to deepen your connection to this wild world. Ideal for adventure travelers,

photographers, and nature lovers, this voyage offers a deeply immersive, conservation-focused journey through the raw beauty of the Antarctic wilderness.

WHY CHOOSE THIS EXPEDITION?

- **10 Full Days Exploring South Georgia & the Antarctic Peninsula.** Maximize your time on shore with extended landings and immersive Zodiac cruises.
- **Incredible Wildlife Diversity.** Observe five penguin species—possibly six—alongside whales, seals, albatross, and seabirds in their natural habitats.
- **King Penguin Spectacle.** Experience the awe-inspiring sight and sound of King Penguin colonies with up to 300,000 birds.
- **Penguin Breeding Season.** Witness Gentoo, Macaroni, Chinstrap, and Adélie Penguins as they begin their breeding cycles in the early Antarctic Spring.
- **Breathtaking Landscapes.** Marvel at snow-capped mountains, glacier-fed rivers, and dramatic valleys, creating an unforgettable polar backdrop.
- **Elephant Seal Battles.** Watch massive southern elephant seal bulls fiercely defend their territories while females nurse their pups at peak breeding season.
- **Shorter Transit Times.** Our state-of-the-art expedition ship and included return flight from Antarctica to South America dramatically shortens travel times.
- **Expert-Led Small-Ship Experience.** With only 74 passengers, enjoy personalized guidance, lectures, workshops, and guided excursions from seasoned polar specialists, photographers, and naturalists.

LEADERS: Led by seasoned polar field experts.

DAYS: 21, including estimated travel time. 16 nights aboard the *Magellan Discoverer*.

GROUP SIZE: 84. With only 84 participants, everyone can land and/or Zodiac cruise at once, giving you more time off the ship.

SHIP: The *Magellan Discoverer*. See the *Ship* section on page 3.

COST: $20,595 to $30,895 per person, depending on cabin type and occupancy, not including airfare, singles extra. See the *Costs* section on page 10.

Date	Description	Accommodation	Meals
Nov 10	**Travel to Ushuaia, Argentina.**		
Nov 11	**Arrive in Ushuaia, Argentina.** Transfer to hotel and prepare for your voyage.	Hotel Albatros	
Nov 12	**At Sea and Beagle Channel.** Board your ship and start your journey to South Georgia.	On board the *Magellan Discoverer*	D
Nov 13–15	**Cruise to South Georgia Island.** Attend expert-led lectures and watch seabirds from deck.		B, L, D
Nov 16–21	**Six Days in South Georgia.** Spend six days exploring the untamed wilderness of South Georgia Island, experiencing one of the world's most spectacular wildlife destinations. Navigate glacier-carved fjords and remote beaches teeming with King Penguins, albatrosses, and marine mammals, experiencing		

	one of the world's most spectacular wildlife destinations. With planned landings at legendary sites like St. Andrews Bay and Salisbury Plain, this journey offers an intimate look at South Georgia's raw beauty and thriving ecosystems.		
Nov 22–23	**Cruise from South Georgia to Antarctica.** Cross the Antarctic Convergence, spotting whales and seabirds.		
Nov 24–27	**Four Days Exploring the Antarctic Peninsula.** Four full days of exploration in the Antarctic Peninsula will provide ample opportunity to experience the magic of the early season. The receding ice will allow access to breathtaking landing sites, where penguin colonies are re-forming, courting, and nesting. Discover the wildlife-rich South Shetland Islands, volcanic Deception Island, and the glacier-draped Gerlache Strait, all while encountering whales, seals, and massive icebergs. With a flexible itinerary adapting to weather, these days offer an unforgettable adventure into one of the world's most remote and pristine environments.		
Nov 28	**Flight to Punta Arenas, Chile.** Fly to Punta Arenas, Chile from King George Island, Antarctica.	Hotel Cabo de Hornos	B, L
Nov 29	**Return Home.** Fly home.		
Nov 30	**Arrive Home.** End of expedition and reflect on your polar adventure.		

ENHANCE YOUR TRIP

- Continue on our Pumas trip from November 27 to December 5, 2027.
- Add the group sea kayaking option to your reservation.

LEADERS

Led by seasoned experts in their field, this expedition is designed to deliver the highest-quality experience, with deep insights and personalized guidance throughout your journey.

SHIP

Magellan Discoverer
The *Magellan Discoverer* is the first sub-100-passenger ship purpose-built for Antarctic expedition cruising

since its sister vessel, the *Magellan Explorer*, was launched in 2019. Limited to just 76 guests per fly-cruise voyage, she offers small-ship expedition cruising and the most intimate way to experience the White Continent. This is particularly important in South Georgia and Antarctica, where restrictions limit the number of passengers landing simultaneously to 100, thereby maximizing your time on shore, as we don't require a timed landing shift. Designed by the pioneers of Antarctic fly-cruising, the ship features an easy-access bow for closer encounters with awe-inspiring scenery. At the same time, every spacious suite includes a private balcony for sweeping polar views. There is also a library, a sauna, and a walking track on the top deck. A hybrid diesel-electric propulsion system ensures quieter, more fuel-efficient journeys, complemented by state-of-the-art stabilizers and a PC6 ice-class rating, providing safe and smooth navigation in icy waters. Built with sustainability at her core, the vessel incorporates heat recovery systems, meets strict Tier III emission standards, and even includes a wet science lab to support vital polar research. See the *Deck Plan* on page 16.



Magellan Discoverer

DETAILED ITINERARY

Nov 10 ~ Travel to Ushuaia, Argentina

Nov 11 ~ Arrive in Ushuaia, Argentina
Arrive in Ushuaia, Argentina, from home. Upon arrival, it's an easy and quick taxi ride from the airport to the hotel. If you would like to arrive earlier, we can arrange extra hotel nights.



Ushuaia

Nov 12 ~ Board your Ship
Board your ship and like the great explorers before you, depart South America, heading to South Georgia Island. Take in the beauty of Tierra del Fuego and Navarino Island as you make your way southeast.

Nov 13–15 ~ Cruising toward South Georgia
You will be exploring as you cruise, looking for various seabird species and being provided informative lectures in preparation for South Georgia Island.

Nov 16–21 ~ Explore South Georgia
Arrival time at South Georgia will depend on weather conditions and currents. We aim to spend six days exploring sites on South Georgia, one of the most remote islands in the world. There is much to explore in this wild landscape of penguins, albatrosses, and seals. The mountainous rugged interior, a geologic continuation

of the Andes chain, is carved by more than 150 glaciers into spectacular fjords and ringed by islands. Our timing in this voyage is carefully chosen to experience South Georgia in a seldom seen but extremely vibrant time. You'll arrive at an ideal time to catch the height of fur seal breeding (usually in November and December), when males stake out territories at densities so high that travel ashore becomes both dangerous and disruptive. In addition, you arrive during the peak of southern elephant seal breeding. Many large male 'beachmasters' seek to own a stretch of beach and are willing to fight in great tonnages of seal jousting because here lie their best hopes for breeding. The male elephant seal puts so much into his territorial defense that his life expectancy is less than half of a female's. If he is a successful 'beachmaster', however, this short life is one of great glory!



King Penguins
© Scott Davis

In the northeast of the island, you'll land or zodiac cruise at some of the special sites that become very difficult to impossible to land on once fur seals are in the height of their breeding, and then you will travel south to experience the scale and density of penguin breeding colonies at St. Andrews Bay and Salisbury Plain, absorbing the great richness and variety offered by South Georgia to voyagers so fortunate as ourselves. Here are some of the landing sites we hope to reach, though we will not be able to visit them all.

Due to the expeditionary nature of our voyage, specific stops cannot be guaranteed. Flexibility is paramount in expedition travel; our itinerary depends on the conditions. In addition, itineraries adapt as necessary to adhere to current or updated biosecurity protocols and environmental factors. We strive to land often and stay as long as possible, abiding by the Guidelines for Responsible Ecotourism from the International Association of Antarctica Tour Operators (IAATO) and the Government of South Georgia & the South Sandwich Islands. Below is an overview of various potential landing or cruising sites.

Elsehul

Nestled on the northwestern tip of South Georgia along the rugged Paryadin Peninsula, Elsehul is a sheltered cove with 400-meter walls of folded sedimentary rock that buffer it from Southern Ocean winds. Visit early in the season, before fur seals overwhelm the beaches, and you'll find Gray-headed Albatrosses nesting on steep tussock slopes—they are often the first to lay eggs here. Also watch for Black-browed Albatrosses, Macaroni, Gentoo, and King Penguins, and Southern Giant-Petrels quietly incubating nearby.



Black-browed Albatross
© Scott Davis

Right Whale Bay
Fur seals begin establishing territories on this dramatic, walled beach. At the eastern end, a King Penguin colony gathers near a cascading waterfall flowing from the island's interior.



King Penguins
© Scott Davis

Salisbury Plain
A glacial plain in the Bay of Isles, Salisbury hosts around 60,000 pairs of King Penguins. With staggered breeding cycles, you'll see courting pairs, molting adults, and chicks in various stages of development. South Georgia Pipits, the world's southernmost perching birds, sing from nearby grasses. Fur and elephant seals share the shore, while Southern Giant-Petrels circle overhead, scavenging the edges of the colony.

Prion Island
If open for visitation, this is your rare chance to observe Wandering Albatross chicks preparing to fledge. Each pair commands at least 30 square meters around its nest—a dramatic contrast to the tight clusters of King Penguins. Sadly, Wandering Albatross numbers are declining due to longline bycatch and illegal fishing for Chilean Seabass, also known as "white gold."

Grytviken and King Edward Point
Once a hub of industrial whaling, Grytviken is now silent. Visit the South Georgia Museum for history and natural science exhibits, and walk to Shackleton's grave. Hear how Sir Ernest Shackleton crossed South Georgia's rugged interior to rescue his stranded crew, a legendary tale of Antarctic endurance and leadership.



Shackleton's Grave
© Norman Myers

Fortuna Bay
Sheltered by South Georgia's spine, Fortuna often enjoys calm skies. A King Penguin colony thrives on the grass-covered glacial plain. Above, scan the tussock slopes for Light-mantled Albatrosses performing graceful aerial displays.

Shackleton Walk to Stromness
Retrace the final steps of Shackleton, Crean, and Worsley's heroic overland crossing from Fortuna Bay to Stromness Harbor. A three-mile trek over a 300-meter ridge offers sweeping glacier views before descending to the rusting remnants of a bygone whaling station.

Godthul
Now home to Gentoo Penguins, this former whaling site features lakes fed by twin waterfalls and framed by jagged peaks. Overhead, the haunting calls of Light-mantled Albatrosses echo as pairs court in synchronized flight.



Southern Elephant Seals
© Scott Davis

St. Andrews Bay
One of the planet's most awe-inspiring wildlife spectacles, St. Andrews Bay hosts over 150,000 pairs of King Penguins stretching across the glacial moraine. The scene is alive with sound, color, and scent. Thousands of southern elephant seals gather here during pupping season—watch for beachmaster battles and tender nursing pups. Weather can turn rapidly with katabatic winds flowing off surrounding glaciers, so heed your expedition leaders.

Gold Harbour
One of South Georgia's most protected sites, Gold Harbour is home to dense groups of southern elephant seals, roughly 25,000 King Penguins, a Gentoo Penguin colony, and Light-mantled Albatrosses nesting on cliffs. A striking icefall at the harbor's edge adds dynamic beauty to this rich wildlife haven.

Royal Bay
Access is weather-dependent, but landings here reveal a booming King Penguin colony of over 30,000 pairs at Brisbane Point. The cobbled beach is alive with activity, while a glacially carved valley at Moltke Harbour often shelters up to 1,000 elephant seals.



Chinstrap Penguin
© Scott Davis

Cooper Bay
A bit of a South Georgia hotspot featuring South Georgia's only Chinstrap Penguin colony and a thriving group of Macaroni Penguins. Climb through tussock grass to watch breeding activity up close. Though land access to Chinstrap Penguin colonies may still be restricted due to past avian cholera outbreaks, Cooper Island—rat-free and designated a Site of Special Scientific Interest—remains critical for South Georgia Pipits and burrow-nesting seabirds.

Drygalski Fjord and Larsen Harbour
South Georgia's southern coast showcases unique geology. As your ship cruises the sheer-sided fjord, look starboard to see granite and metamorphic rocks, and port to see the Larsen Harbor Complex, formed from uplifted seafloor basalt. Watch for ice calving from Risting Glacier and flocks of Antarctic Terns and Snow Petrels. Weddell Seals often pup in nearby Larsen Harbor.

Cape Disappointment
Named by Captain Cook when he realized South Georgia wasn't a continent, this point is now home to large colonies of Black-browed Albatrosses nesting on steep slopes. Though longline fishing has reduced their numbers, these elegant seabirds still thrive on South Georgia's wild coastlines.

Nov 22–23 ~ Cruise to the Antarctic Peninsula
As we cruise to Antarctica, you'll spend time wildlife watching from the ship's deck and learning from the guides as you attend informative lectures and workshops. Whale numbers are rebounding, so this is a good opportunity to look for various species, including fin whales. And the bird species to look for include Antarctic Petrel, Kerguelen Petrel, and the Snow Petrel.

Due to the expeditionary nature of our voyage, our passage length may vary depending on ice, weather, and wildlife conditions. Cruising time may exceed two days between South Georgia Island and the Antarctic Peninsula and South Shetland Islands.



Snow Petrel
© Scott Davis

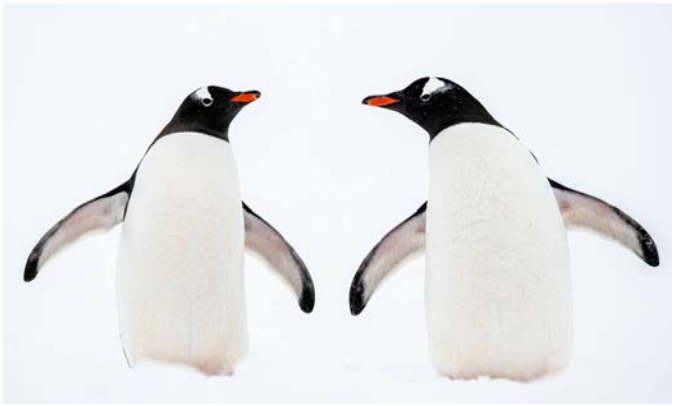
Nov 24–27 ~ Explore the Antarctic Peninsula and South Shetland Islands
We hope to make good time on the navigation from South Georgia to the Antarctic Peninsula giving us four days to explore the Antarctic. The early season is an exciting time as ice begins to recede, allowing passage to some of our favorite landing sites. During the spring season, penguin colonies are re-forming with penguins courting, setting up nests, and some laying eggs. We're very excited to share the Antarctic's early season with you. These are some of our favorite sites and routes we choose from, although we will not be able to visit them all!

Due to the expeditionary nature of our voyage, specific stops cannot be guaranteed. Flexibility is paramount in expedition travel; our itinerary depends on the conditions. We strive to land often and stay as long as possible, abiding by the Guidelines for Responsible Ecotourism from the International Association of Antarctica Tour Operators (IAATO) and the Government of South Georgia & the South Sandwich Islands.

The South Shetland Islands
Stretching across the Bransfield Strait and paralleling the Antarctic Peninsula, the South Shetland Islands are a chain of volcanic islands—some still active—that offer the richest concentrations of terrestrial wildlife in Antarctica. Nicknamed the "Banana Belt of Antarctica", they benefit from productive upwelling waters of the Circumpolar Current. Even with our immersive itinerary, you'll need to choose from many spectacular landing sites.

Deception Island
It is an active volcanic caldera and offers a surreal landscape of black-sand beaches, steaming hot springs, and icy cliffs. Enter through Neptune's Bellows and explore Whaler's Bay, where Weddell seals haul out onshore and a short hike to Neptune's Window reveals panoramic views. If seas allow land at Bailey Head, home to 60,000 Chinstrap Penguins.

Half Moon Island & Aitcho Island
At Half Moon Island, Chinstrap Penguins nest against the dramatic backdrop of Livingston Island. Nearby Aitcho Island—blanketed in lush moss and lichen—hosts colonies of both Gentoo and Chinstrap Penguins, along with excellent opportunities to see southern elephant seals, Weddell seals, and South American fur seals.



Gentoo Penguins
© Scott Davis

On Aitcho Island, conditions permitting, you may walk across the mossy green terrain—an unexpectedly vibrant contrast to Antarctica's stark, monochrome landscapes. The route often passes southern elephant seal wallows, offering a memorable chance to observe (and smell!) the world's largest species of seal, as well as hauled-out Weddell and southern fur seals.

From the South Shetlands, cross the Bransfield Strait into the Gerlache Strait, a prime area for whale sightings and sculpted icebergs. Explore waters around Anvers Island, Dallmann Bay, and the Gerlache proper—home to dramatic peaks, towering glaciers, and rich marine life.

Climate change has profoundly impacted the Peninsula, with average winter temperatures rising by 9°F (5°C) over the past 50 years. Even so, shifting ice conditions still reveal breathtaking ice formations and an incredible diversity of wildlife.



Humpback Whale
© Scott Davis

Western Antarctic Peninsula ~ The Danco Coast, Neumeyer Channel, and Lemaire Channel
Weather and ice dictate whether we explore the Danco Coast or navigate east into the Weddell Sea. On the western side, the Danco Coast dazzles with deep fjords, towering peaks, and tidewater glaciers. Zodiac cruises and landings at sites like Wilhelmina Bay, Neko Harbor, and Paradise Bay offer excellent whale encounters—humpback, minke, and orca—and close-ups of Gentoo and Chinstrap

Penguins. Look for Snowy Sheathbills, South Polar Skuas, Brown Skuas, and Kelp Gulls scavenging the colonies.

Cruising through Neumeyer and Lemaire Channels, or around Anvers Island to Biscoe Bay, you'll find crabeater, Weddell, and leopard seals hauled out on ice floes, with whales surfacing nearby. Towering ice cliffs and fractured glaciers line the coast for epic photography.
At Petermann Island (65°S), observe Gentoo and Adélie Penguins using well-worn snow highways between nests and the sea. The species composition has shifted here—Adélie numbers have halved in 20 years, while Gentoo numbers have doubled, reflecting regional climate changes.
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 beautiful Peltier Channel close to Neumeyer Channel, has a British Antarctica Survey maritime museum and a sprawling Gentoo Penguin colony. Tiny Cuverville 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 Yankee Harbor on Greenwich 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!

Nov 28 ~ Flight from King George Island to Punta Arenas, Chile
A smooth two-hour flight carries you from King George Island in the South Shetland Islands back to Punta Arenas, Chile, marking the final leg of your Antarctic adventure. As you board the plane, take one last look at the icy expanse stretching to the horizon—its pristine silence and crisp Antarctic air lingering in your memory. Upon landing in Punta Arenas, you'll feel the shift from polar wilderness to civilization, carrying with you the profound stillness and wonder of the White Continent. Depending on your flight schedule, you will have accommodation that night in Punta Arenas.

Nov 29 ~ Fly homeward
After breakfast, transfer to the airport and your flight home.

Nov 30 ~ Arrive home

COSTS (ALL COSTS ARE IN US DOLLARS)

Costs and Cabin Options

Type	Description (see *Deck Plan* on page 16)	Cost per Person
Triple Veranda	Triple occupancy, two room suite, king bed convertible and a twin bed, with sitting area, balcony, and private bath. Deck 4.	$20,595
Deluxe Veranda	Double occupancy, cabin with a king bed convertible to two twin beds, with sitting area, balcony, and private bath. Deck 4.	$25,795
Family Veranda	Quadruple occupancy, two room suite with two king beds convertible to four twin beds, with sitting area, balcony, and private bath. Deck 4.	$25,795

Grand Veranda	Double occupancy, suite with king bed convertible to two twin beds, sitting area, balcony, and private bath. Deck 4 & 5.	$30,895
Single Veranda	Single occupancy, cabin with king bed, sitting area, balcony, and private bath. Deck 3.	$30,895

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

Single travelers can choose between:

- Booking a dedicated Single Veranda Cabin: no supplement is applied for single use of dedicated Single Veranda Cabins.
- Booking a Deluxe Veranda Cabin for single use: an 85% supplement will be added to the rate per person when booking a limited number of Deluxe Veranda Cabins on the ship.
- Booking a Triple, Family, or Grand Veranda Cabin for single use: a 100% supplement will be added to the per-person rate.
- Sharing a cabin with another passenger of the same gender in Deluxe Veranda Cabins. If you are a single traveler, we will find a roommate for you.

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	$5,000
Second	June 15, 2026	$5,000
Third	December 31, 2026	$5,000
Final	May 15, 2027	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 based on the time remaining before departure, as shown in the following table. Through March 14, 2027, the $300 per person cancellation fee can be applied toward another trip if the new trip is reserved within 6 months of the cancelled trip's departure date. Cancellations are non-transferrable.

Dates	Forfeited Amount per Person
On or before March 14, 2027	$300 (see terms above)
March 15 to April 14, 2027	10% of trip cost
April 15 to May 14, 2027	40% of trip cost
On or after May 15, 2027	100% of trip cost

Included

- Carbon offsets for the duration of this trip.
- All leaders, transport, landing fees, permits (except as indicated in *Not Included*), 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) for the night of November 11 in Ushuaia, Argentina.
- One night at Hotel Cabo de Hornos in Punta Arenas or similar with breakfast on November 28.
- Sixteen nights on board the *Magellan Discoverer.*
- Your flight from King George Island to Punta Arenas, Chile on November 28.
- Meals from dinner on November 12 through lunch on November 28.
- Group transfer from the Punta Arenas dock to our hotel on November 28.
- Transfer from Hotel Cabo de Hornos to airport on November 29.
- 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.
- Waterproof boots while on board.
- Onboard lectures during sea days.

Not Included

- Accommodation, meals, excursions, and transfers other than those included in the itinerary and as listed under Included.
- Carbon offsets for your flights to/from this trip.
- All airfare, airport and departure taxes, and excess baggage fees.
- Visa fees for Chile, Argentina, and/or United Kingdom (for South Georgia), passport expenses, and any arrival and/or departure tax, if applicable.
- Application fee for required entry permit to South Georgia.
- We can arrange divergent airport transfers and extra hotel nights for an extra cost.
- Gratuities.
- Optional day trips in Ushuaia or Punta Arenas.
- Optional sea kayaking program.
- Mandatory emergency evacuation insurance.
- Optional trip cancellation 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 Traveler Form.

SIGN UP

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

Cheesemans' Ecology Safaris
Email: info@cheesemans.com

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

OTHER DETAILS

Climate
In Punta Arenas, Chile and Ushuaia, Argentina the temperatures are about 37 to 50°F (3 to 10°C). On South Georgia the temperatures are about 32 to 50°F (0 to 10°C), while in the Antarctic Peninsula, temperatures are about 16 to 25°F (-9 to -4°C). Wet, penetrating cold is not usually a problem, but you will need to protect against wind and splash, especially when riding in the Zodiacs. Mittens, warm cap, layers of light, loose, warm clothing, a parka, and waterproof outer garments are necessary.

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 in a specified location, which you can return to if needed, it's important that you can manage to carry it all together for the safety of yourself, our staff, and crew.

While on shore you will, at times, be surrounded by 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, and minimum distances from wildlife must be maintained.

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 backward or sideways as far as possible.

Due to the strong likelihood that you will experience rough seas and other conditions that increase fall risk, anyone taking anticoagulants should reach out to us in advance before booking this trip.

Ultimately, it is important to know that no sophisticated medical facilities are available in the Antarctic, and you will be required to fill out a Medical Form that will be reviewed and vetted by the Ship Doctor before departure.

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?
7. Are you taking any anticoagulants currently that put you at increased risk should you lose balance or fall?

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

Motion Sickness

Don't let a fear of motion sickness keep you away! Even those who have experienced seasickness reported that the incredible wildlife and overall experience were well worth the temporary discomfort. 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 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 and come prepared! The key to avoiding seasickness is to act before you experience nausea. Do your own research and consult your doctor before taking any medications. A good night of sleep, eating well, limiting alcohol, and using your favorite seasickness remedy is sufficient for most travelers. Find more information on our Coping with Seasickness webpage (this information is applicable to any form of motion sickness) and contact us if you have any questions.

Flights

Detailed logistical information is included in the Trip Planning Materials we will send you.

Please wait to book your flights until you receive confirmation from your Coordinator that the minimum number of participants has been met to operate the trip. If you choose to book flights before receiving this confirmation, we strongly recommend purchasing flight cancellation insurance to protect your investment.

Flights you book

- Arrive in Ushuaia, Argentina (USH) by 4:00pm on November 11.
- Depart from Punta Arenas, Chile (PUQ) after 11:00am on November 29.

Flights we book

- The one-way flight from King George Island to Punta Arenas, Chile on November 28 and is included in your package price.

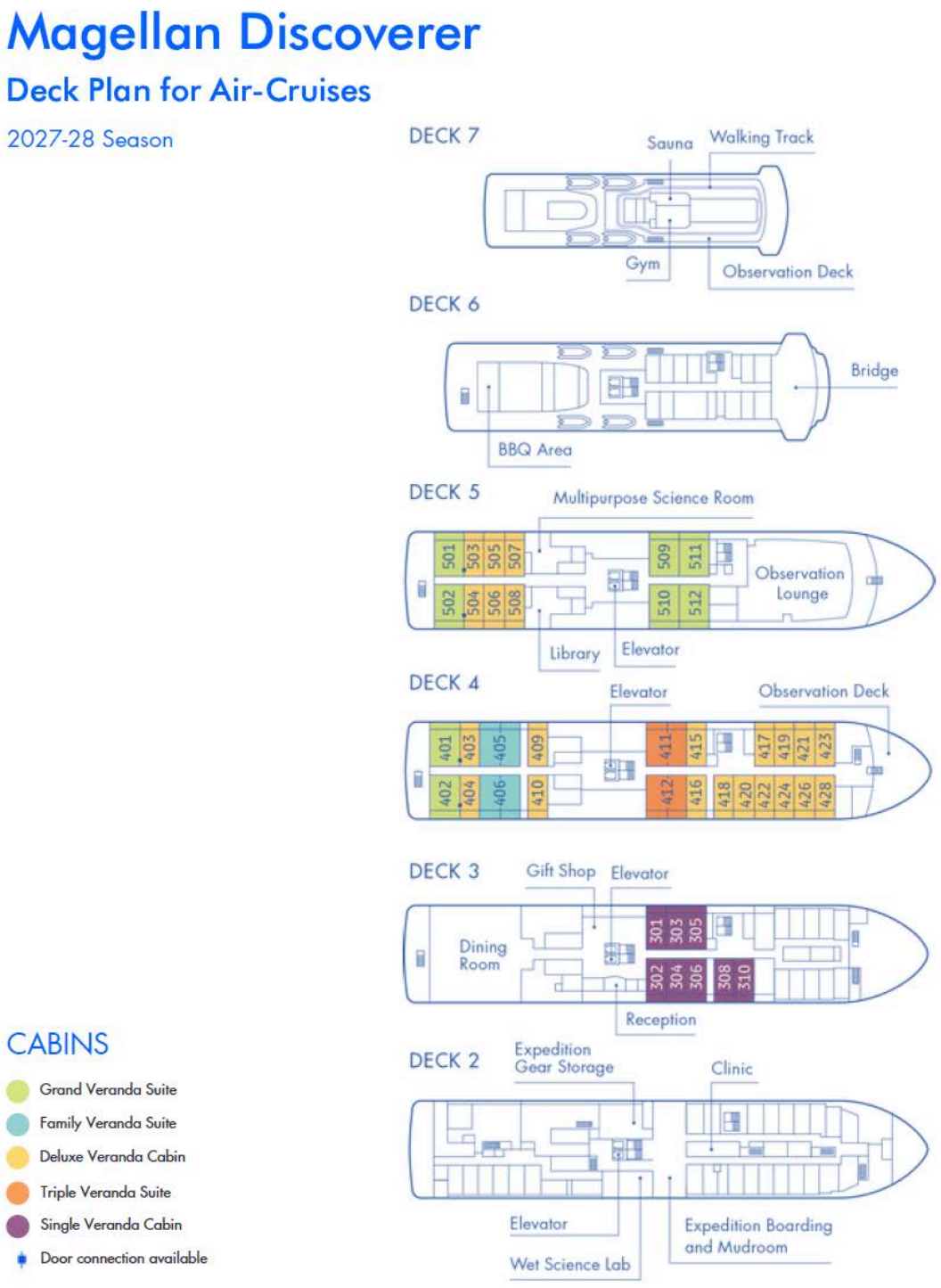
Terms and Conditions

Read our current 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 Antarctica.**
- **Cheesemans' Trips are 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. You can purchase offsets with most airlines (Delta includes them automatically), use our handy carbon calculator and donate to Sustainable Travel International, or contribute to your favorite offsetting organization.



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