



DESTINATION GUIDE ANTARCTICA

An unforgettable voyage awaits



Welcome to **ANTARCTICA**

Discover the final frontier

As a Viking explorer, you've probably visited countless countries, engaged with dozens of fascinating cultures, and taken home more treasured memories than you ever thought possible.

But exploring Antarctica is a journey you will never forget.

When you voyage through the Drake Passage and set eyes on this distant land for the first time, you'll witness the same ethereal sights and get a sense of what the early explorers felt when seeing Antarctica for the first time.

Few places on Earth are this vast and otherworldly, with raw, sculpted landscapes awash in blue and white. This is nature at its most flawless — an experience sure to transform you. It is almost impossible not to be completely in the moment in this unspoiled land.

Here is a land of paradoxes: the world's biggest desert that is also the world's largest ice sheet, nearly two miles thick. Virtually unexplored just 150 years ago, this continent belongs to no nation, and is protected by an international treaty for peaceful scientific pursuit.

As you journey around the "White Continent", you'll find close bonds are easily forged with your fellow travellers as you share this once-in-a-lifetime experience that is almost indescribable.



Get up close to wildlife that has no reason to fear humans. Smell the crispness of the pure, pristine air. Feel the invigorating chill of sub-zero temperatures on your skin. Hear the distant sound of sea birds circling and calling in the sky.

The unfathomable expansiveness and magnificence of the natural surroundings lends itself to vivid moments of reflection and clarity — so don't be surprised if you often feel deeply moved by what you see.

Every day brings with it new memories for you to take home and treasure, as you engage with the environment and fulfil your curiosity about this distant land.

If you've visited six continents already, you can finally set foot on the seventh continent and return home knowing you've walked in the icy footsteps of the great explorers. Within these pages you'll find insight into what a Viking expedition is like, as well as a host of helpful tips for your journey. We hope you enjoy this guide.



HUMPBACK WHALE, ANTARCTICA



EXPLORERS LOUNGE, VIKING OCTANTIS

What It's Like On Board An **ANTARCTIC VOYAGE**

*Hear from Viking guests who have journeyed to
the end of the Earth with us*

"Each and every voyage with Viking has been a wonderful experience but number one has to be the sheer beauty and magic of Antarctica."

- Diane H.

*"Viking Polaris conveys us to one
of the world's most inhospitable
places in astonishing comfort."*

- Peter L.

"Passengers prove to be very keen students indeed. A 7.15am appointment for the launch of a weather balloon is well attended; hands shoot up at question time in the theatre as Tess Hudson, a marine biologist, completes her lecture on whale identification; and throughout the sailing, attendees rave about the science-lab sessions. Meanwhile, the whale watching draws plenty of passengers on deck."

- Emma F.

"On the back of the ship, a remarkable room called the Aula functions as a lecture hall. Massive windows on three sides make it possible to steal glimpses of the very surroundings a cast of lecturers educate passengers on: Daily talks range from an 45-minute "Diversity of Penguins" seminar from on-board ornithologists, to a discussion on Antarctica's formation from a geologist." - Meagan S.

"Viking may well normalise expedition cruising and take it into the mid-budget mainstream in a further blurring of the distinctions that once defined cruise companies and cruising styles."

Brian J.



ADELIE PENGUINS, ANTARCTICA

*"Viking Octantis is an ideal
vessel for anyone with a
spirit of adventure but the
unwillingness to compromise on
comfort and amenities."*

- Susan B.

“Unexpected emotions tend to surface surrounded by such a sublime and humbling environment. Mine came as I sat in a gently rocking kayak in the aptly named Paradise Cove, an area surrounded by glaciers, mountains and ice fields. The ocean was inky and mirror-calm; the sky fading from blue to pale gold.”

- Alana P.



The Intrigue of the **WHITE CONTINENT**

The history of Antarctic exploration: from early expeditions to modern research stations



Antarctica, the southernmost continent, has long been regarded with intrigue and a sense of mystery. The final continent to be discovered, mapped and charted, its icy terrain remained little more than speculation until the 19th century.

The ancient Greeks were among the first to hypothesise the existence of a southern continent. They believed in the concept of "Terra Australis Incognita" (Unknown Southern Land), which was thought to balance the landmasses in the Northern Hemisphere. This idea was based on the principle of symmetry and balance in nature. The Greeks named this hypothetical land "Antarktikos," meaning "opposite the Arctic."

Recent studies suggest that Polynesian explorers might have reached the Antarctic waters long before Western explorers. Oral histories and traditional stories from Māori and other Polynesian cultures describe voyages to a distant, icy land, possibly as early as the 7th century.

During the Age of Exploration, from the 15th to the 18th centuries, European explorers and cartographers continued to speculate about a southern continent. But it wasn't until 1820, that explorers from Russia, Britain and the United States first started to claim to have seen the continent – all within days of each other. These early expeditions were perilous, with explorers facing extreme cold,

treacherous seas, and the ever-present threat of being trapped in ice.

In the late 19th to early 20th centuries, explorers like Ernest Shackleton, Robert Falcon Scott, and Roald Amundsen embarked on daring expeditions to reach the South Pole. Their journeys were fraught with hardship and tragedy, yet also marked the beginning of in-depth exploration and research.

Antarctica's history was then marked by its geopolitical significance. During the Cold War, the continent became a focal point for scientific research and international cooperation. The Antarctic Treaty, signed in 1959, established Antarctica as a scientific preserve, banning military activity and promoting peaceful collaboration. This treaty remains a unique example of international cooperation.

It is Antarctica's unique ecosystem that adds to global intrigue. Despite the harsh conditions, the continent is home to a variety of life forms, including penguins, seals, and microscopic organisms. The adaptations of these species to survive in such an extreme

environment continue to intrigue biologists and ecologists. Additionally, the Southern Ocean surrounding Antarctica is one of the least understood marine environments, with its complex currents and rich biodiversity.

Moreover, recent scientific discoveries have revealed that Antarctica was not always the frozen desert we see today. Fossil evidence suggests that millions of years ago, it was a lush, temperate environment teeming with life. This dramatic transformation over geological time scales continues to captivate scientists and adds to the continent's mysterious past.



Top Highlights OF YOUR EXPEDITION

From exploring the depths of the Southern Ocean to unwinding in The Nordic Spa, here are some of the highlights you can look forward to on an expedition to Antarctica.



DISCOVER THE WILDLIFE

Prepare to be captivated by majestic creatures against the backdrop of Earth's most awe-inspiring sceneries. Despite being one of the coldest, driest and darkest places on Earth, Antarctica is anything but dormant. In this isolated, otherworldly destination where the only resident humans are scientists, diverse wildlife thrives amid the extreme conditions.

The "White Continent" offers animal encounters unlike any other destination, with the likes of gentoo penguins, leopard seals, orcas and albatross regularly gracing expedition guests with their presence. See migratory birds circling overhead and humpback whales breaching in the waves. Each creature that inhabits these regions has its own story to tell, weaving a rich tapestry of life and adaptation in one of the planet's most extreme environments — a testament to the resilience of nature.



SEE THE LANDSCAPES

Encounter vast icy plains that stretch endlessly, with blue-tinged glaciers and towering mountains. Icebergs drift quietly, their crystalline forms glistening in the sun, dominate the serene polar waters. Enchanting bays, carved by ancient forces, invite exploration and unveil secrets frozen in time. These polar realms stand as testaments to the raw power and fragile harmony that exist within Earth's most extreme and mesmerising corner.

Antarctica offers a vast, white wilderness whose ethereal beauty is hard to fathom—one of the few places on Earth that truly puts into perspective the expansiveness of the planet, and the almost microscopic presence of us mere mortals. The treeless panoramas of snow, ice, water and rock in this southernmost desert are unlike any other, with few plants able to survive Antarctica's harsh conditions — the coldest on earth.



UNWIND IN THE NORDIC SPA

After a day of exploring there is nothing better than taking time out in The Nordic Spa. With floor-to-ceiling windows, this spa offers relaxation with some of the best views in the world, with glaciers, whales and pristine icy waters just on the other side of the glass. If you are feeling particularly decadent, book in with one of the massage therapists for a deep tissue massage.

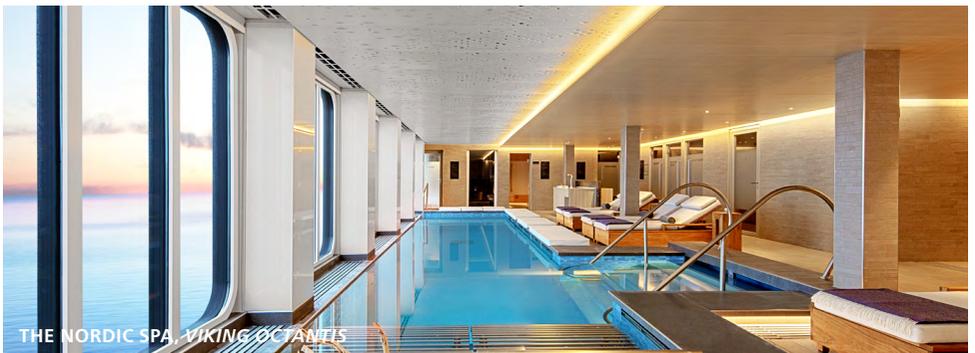
Wade in the calming hydrotherapy pool, detoxify in the steam room or meditate on the heated beds. If you feel like working up a sweat, embrace the true spirit of the vikings with the centuries-old Nordic bathing ritual of hot-cold therapy to detoxify the body, relax tired muscles and boost circulation.



DIVE UNDER THE DEPTHS OF THE OCEAN

Descend into the icy depths of the Southern Ocean on a Viking submarine, one of the optional excursions available on our Antarctica voyages. These 6-seater submarines offer the chance to explore the White Continent from a whole new perspective—an incomparable undersea experience of the most unexplored ocean on the planet. Discover sea creatures that are thriving in an environment that seems incompatible with life.

The vessel has revolving seats and nearly 270° spherical windows that offer an undistorted view in all directions for every guest. And, in ode to The Beatles and their song Yellow Submarine, the submarines on *Viking Octantis* are called Paul and John, while on *Viking Polaris*, they are named George and Ringo.



THE NORDIC SPA, VIKING OCTANTIS



ZODIAC, ANTARCTICA



TAKE AN EXCITING RIDE ON A SPECIAL OPERATIONS BOAT

A ride on one of our high-speed military-grade Special Operations Boats (SOBs) allows you to explore further from the ship and get closer to natural wonders. These oceangoing SOBs are built for exploration, agility and speed and offer a more thrilling take of Antarctica. Designed for a smooth ride even in choppy seas, the seats are equipped with shock-absorbers so you won't feel unsteady.

Each boat has a dual water jet system and when converted to a covered boat, the option to sit in an enclosed cabin. See families of whales, towering icebergs, floating ice and communities of penguins as you make your way through the water and around the continent's shores.

KAYAK THROUGH PRISTINE WATERS

There is perhaps nothing more peaceful than slowly kayaking through the still waters of Antarctica. One of the most intimate experiences of the "White Continent", the kayaks allow you to experience your surroundings up close. You will note how untouched the environment is, and as such, how quiet. Free from the noise of modern society, you can hear everything, including the distinct crackling sound glacial ice makes as air bubbles trapped inside are released.

There are nine traditional tandem paddle kayaks, each offering superb stability and a large, open cockpit for easy accessibility. You will head out with your Viking expedition expert who will lead your journey, pointing out any wildlife or landscapes of note.

EMBARK ON A ZODIAC EXCURSION

Embark on a short, off-ship zodiac ride to a pristine, snow-covered beach. Watch glaciers calve into the sea as seals nap peacefully nearby and penguins squabble while tending to their stony nests—truly a once-in-a-lifetime experience.

Designed for professional use in the harshest of environments, these Zodiac Military Pro MK5s are reinforced throughout, yet comfortable enough for a day of exploring. Departing every day the weather permits, guests will be helped in and out of the zodiac by our onboard Viking team.



ZODIAC, ANTARCTICA

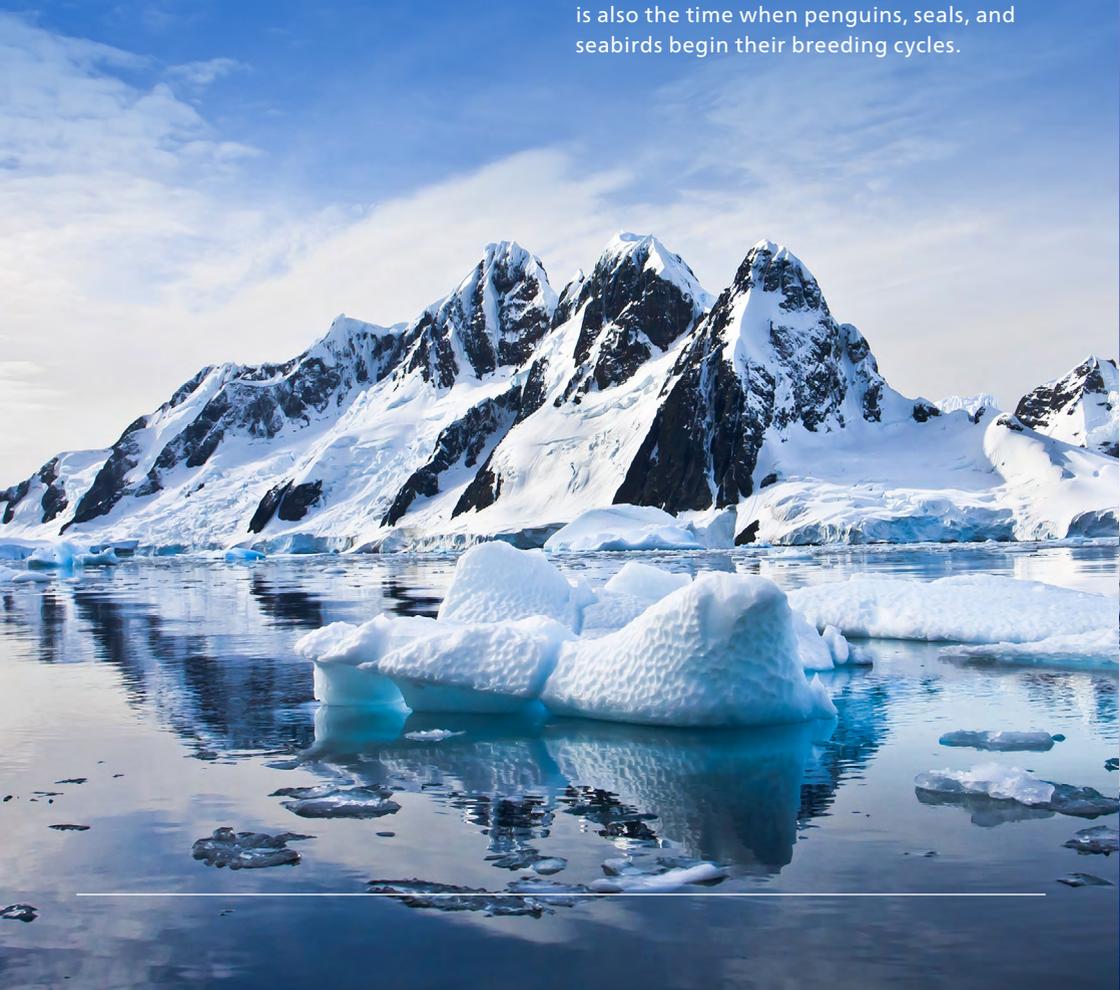
WHEN TO TRAVEL

A landscape that changes as the seasons do

Antarctica's ever-changing seasons offer a wealth of unique experiences. Whether you're a wildlife enthusiast, a photographer or simply an adventurer, there's always something to discover in this remote part of the world. Here's a guide to what you can expect during the key months:

OCTOBER AND NOVEMBER

As the Antarctic Peninsula awakens from its winter slumber, daytime temperatures rise to between -7°C and 2°C . The pristine snowscapes are breathtaking, with ice floes and icebergs perfectly preserved from the previous winter. The soft snow on the ground creates ideal conditions and you can see wildflowers blooming across the verdant hills of the Falkland Islands. This is also the time when penguins, seals, and seabirds begin their breeding cycles.

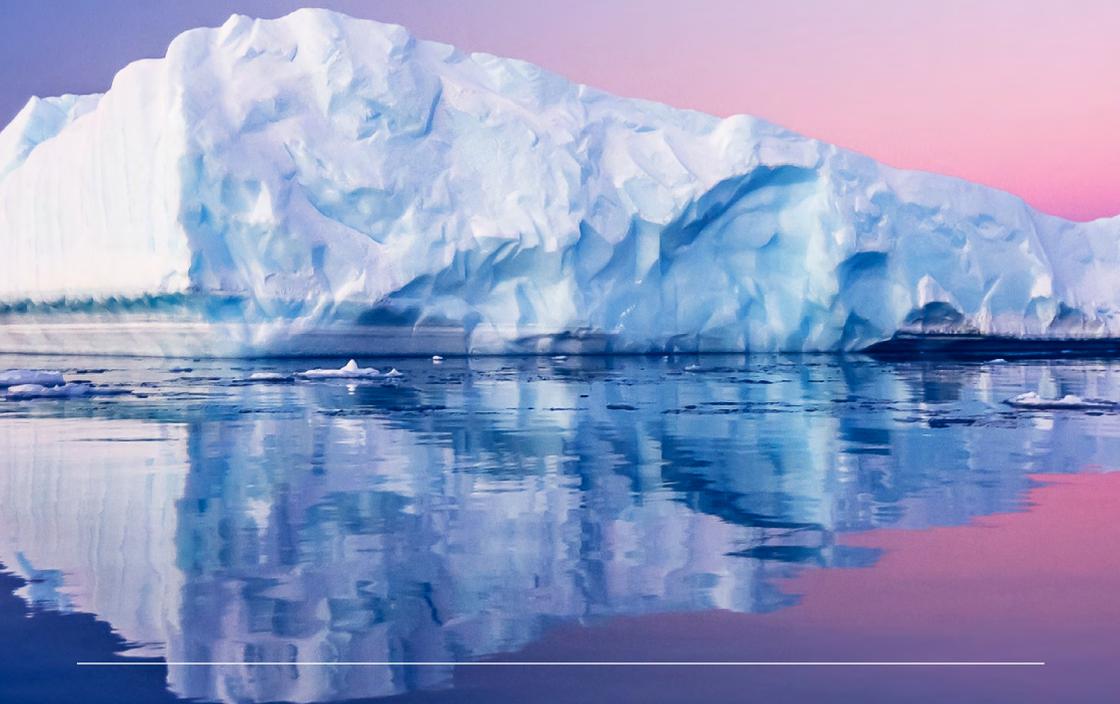


DECEMBER AND JANUARY

During Antarctica's mid-summer, the days seem endless with blue skies and glowing ice shelves. Expect up to 20 hours of daylight, with some days offering a full 24 hours of sunlight. January sees the highest temperatures, causing glaciers to calve more frequently and reducing snow on the shores and rocky cliffs. This period is ideal for observing penguin chicks hatching and seal pups. Whales also start to arrive in larger numbers.

FEBRUARY AND MARCH

The snow cover is at its lowest in late summer, which is the best time for sunrises and sunsets. You might also see bright pink and green snow algae thriving under the water's surface. With some land ice melted, this period is perfect for explorers wanting to see as much of the Antarctic landscape as possible. Late summer also offers the best whale-watching opportunities, and you can spot seals and penguins as they prepare for the colder months ahead.



Sailing The **DRAKE PASSAGE**

*What it's like navigating one of the
most infamous stretches of sea*

The Drake Passage is somewhat of a rite of passage for explorers. Sailing the infamous stretch of water between the southern tip of South America and the northern reaches of the Antarctic Peninsula is considered a feat all on its own.

This variability is part of the passage's allure, making each crossing a unique experience. One day, the waters might be relatively calm, offering you a smooth journey, while the next day could bring strong winds and rough waters.

Despite the potential for challenging conditions, the journey is necessary to reach Antarctica's pristine wilderness. The sense of accomplishment upon navigating these waters is immense, knowing you are following in the footsteps of legendary explorers like Sir Ernest Shackleton and Roald Amundsen.

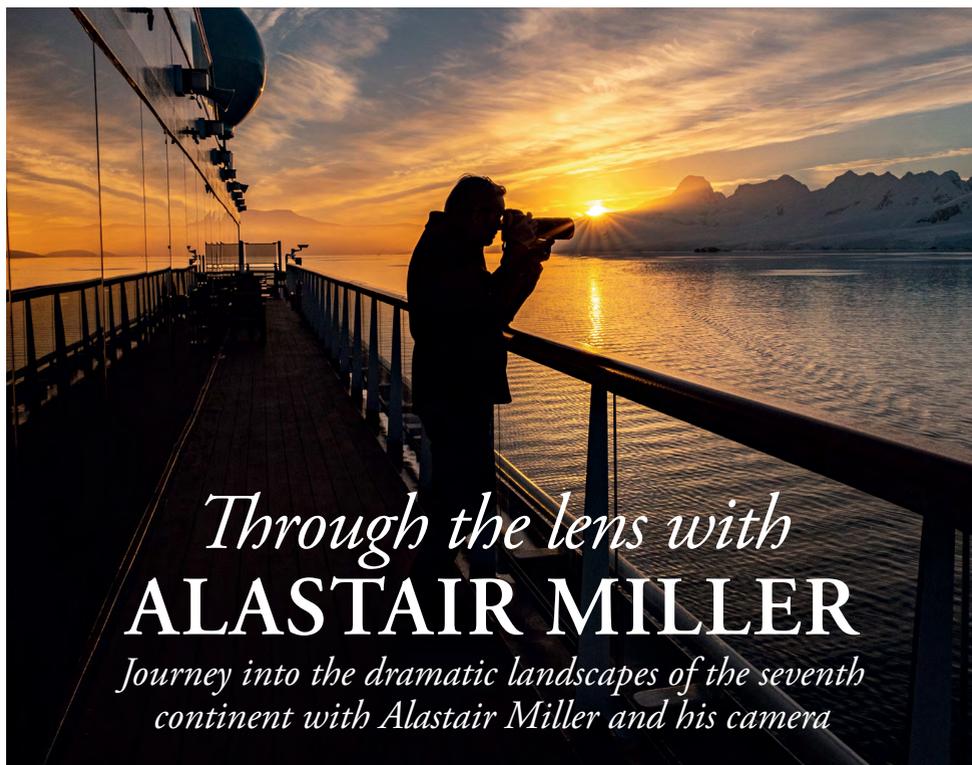
When crossing the passage, there is a sense of camaraderie among those on board—the shared experience creates a bond among passengers and crew. Viking expedition ships are designed to make this journey as smooth as possible, fitted with state-of-the-art underwater stabilisers and a U-tank stabiliser that helps reduce roll by up to 50%.

As you approach Antarctica, the first sight of icebergs and the distant "White Continent" make the journey worth it. The towering ice

formations, some as large as buildings, drift silently in the frigid waters, creating a surreal and breathtaking landscape.

Sailing the Drake Passage is more than just a journey; it's an adventure that connects you with the raw beauty and majesty of the natural world. It's a transformative experience that offers a profound sense of connection to the planet's most remote and unspoiled regions. Whether you're a seasoned adventurer or a first-time explorer, the Drake Passage promises an unforgettable experience that will leave you with memories to last a lifetime.





Through the lens with **ALASTAIR MILLER**

Journey into the dramatic landscapes of the seventh continent with Alastair Miller and his camera

WILDLIFE

The unique wildlife can be one of the main reasons for visiting the Antarctic. For me, the opportunity to capture images began on the crossing of the Drake, with possibly my favourite bird, the Albatross. It's mesmerising to spend time watching these masters of effortless flight as they ride the wind in long arcs behind the ship, their wings locked just inches above the wave tops. Then there's Gentoo penguins, as comical and ungainly on land as they are sleek and streamlined underwater. These creatures are a delight with an enchanting curiosity and no fear of humans. Up by the water's edge you may see groups of fat, sleepy Southern Elephant seals, sprawled out like tired Sumo wrestlers, rising occasionally to angrily bark and bellow at each other. Whales (probably Humpbacks)

will be readily seen, and heard – I'll never forget the uncanny sound of water, blasted out of their blowholes, breaking through the silence.

LIGHT

Light in Antarctica has a quality I have never experienced before. The air, free from pollution and combined with the reflective white landscapes, meant that on cloudy days our world was transformed into a rich shadowless palette of luminous greys. The sky welded to the horizon where the ship appeared strangely suspended, floating somewhere between heaven and earth. And when the clouds parted and the sun shone, our eyes would burn with the brightness of it all, the deep blue shadows once again giving shape to our surroundings.

PHOTOGRAPHY TIPS

1. Photography in Antarctica comes with its own set of challenges – one of which is condensation. As you move from a cold exterior into the warmth of the ship, a film of condensation will quickly fog up your lens. One solution is to bring a sealable airtight bag to put your camera and lenses in so they can slowly adjust to a warmer temperature. Each *Viking Octantis* stateroom comes with its own drying cabinet for wet clothes and I discovered that when I put my cameras in there in the time it took to have lunch, they were all nicely condensation free for the afternoon.

2. Antarctica is cold, even in summer, which means batteries drain fast. Keeping them near to your body will warm them up. Take several with you.

3. What lenses are best? I bought a big 200mm-500mm zoom lens for my trip, but the lenses I used most were a 17mm-35mm wide-angle (for landscapes) and a 70mm-200mm telephoto (for wildlife). Penguins and seals are unafraid of humans and you can get pretty close.

4. Unless you are shooting video, I wouldn't bother with a tripod. There's lots of light in Antarctica, so shutter speeds won't be an issue. I found a monopod more practical as long lenses can be heavy to hold!

5. When photographing wildlife, if you can, try and get down low to the ground so that you're on a level with your subject. Your photos will be much better for it. And keep a camera with you as you move around the ship as the Antarctic regularly throws up surprises! Whether you're using your iPhone or high-end DSLR, you'll have the possibility to create some fantastic memories of the last great remaining wilderness on the planet!

BIOGRAPHY

Award-winning British photographer Alastair Miller's first true passion was the sea. "I always search for the unexpected, the small detail in the larger landscape." His work is widely published in lifestyle magazines and newspapers, principally *The Times* and *The Sunday Times*



ALBATROSS, ANTARCTICA



CAPTURING THE UNIQUE LIGHTING

GREATEST VIEWS

Antarctica is home to some of the most magnificent landscapes we'll ever witness



ADELIE PENGUIN, ANTARCTICA

Whether you are captivated by the awe-inspiring landscapes depicted in cinematic travel documentaries or enchanted by the fascinating tales of nature, Viking is dedicated to delivering an exceptional experience.

Encounter vast icy plains that stretch endlessly, with blue-tinged glaciers and towering mountains.

Icebergs drift quietly, their crystalline forms glistening in the sun, dominate the serene polar waters. Enchanting bays, carved by ancient forces, invite exploration and unveil secrets frozen in time. The polar realms stand as testaments to the raw power and fragile harmony that exist within Earth's most extreme and mesmerising corners.

MAJESTIC ICEBERGS AND GLACIERS

One of the most iconic features of Antarctica is its icebergs. These colossal structures, sculpted by the relentless forces of wind and water, float majestically in the Southern Ocean. Each iceberg is a masterpiece of nature, with intricate shapes and, dazzling of blue hues. Some icebergs are as large as cities, while others are smaller, but no less impressive.

Glaciers, the rivers of ice that flow from the continent's interior to the sea, are another defining feature of the Antarctic landscape. These glaciers carve their way through the mountains, creating dramatic valleys and fjords. The sheer scale of these ice flows is staggering, and witnessing a glacier calving—when chunks of ice break off and plunge into the ocean—is a truly unforgettable experience.

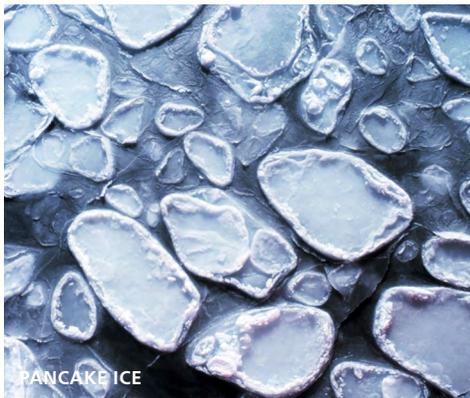
EXPANSIVE ICE SHELVES AND SEA ICE

Antarctica is home to some of the largest ice shelves in the world. These massive, floating platforms of ice extend from the continent into the ocean, creating a unique and otherworldly landscape. The Ross Ice Shelf and the Filchner-Ronne Ice Shelf are two of the most well-known, covering thousands of square kilometers. Walking on an ice shelf is like stepping into another world, where the horizon seems endless and the silence is profound.

During the winter months, the sea around Antarctica freezes, creating vast expanses of sea ice. This sea ice is a critical habitat for many of the continent's wildlife, including seals and



ICEBERG ARCH



PANCAKE ICE

penguins. The patterns and textures of the sea ice are constantly changing, offering a dynamic and ever-evolving landscape for travellers to explore.

MOUNTAIN RANGES AND VOLCANIC PEAKS

While much of Antarctica is covered in ice, the continent also boasts impressive mountain ranges and volcanic peaks. The Transantarctic Mountains, which stretch across the continent, are among the longest mountain ranges in the world. These rugged peaks rise dramatically from the ice, providing a stark contrast to the flat expanses of the ice shelves.

Mount Erebus, an active volcano on Ross Island, is one of Antarctica's most fascinating geological features. Its steaming crater and ice caves offer a glimpse into the continent's volcanic activity. The presence of such a powerful natural force in the midst of the icy landscape is a reminder of the dynamic and ever-changing nature of Antarctica.

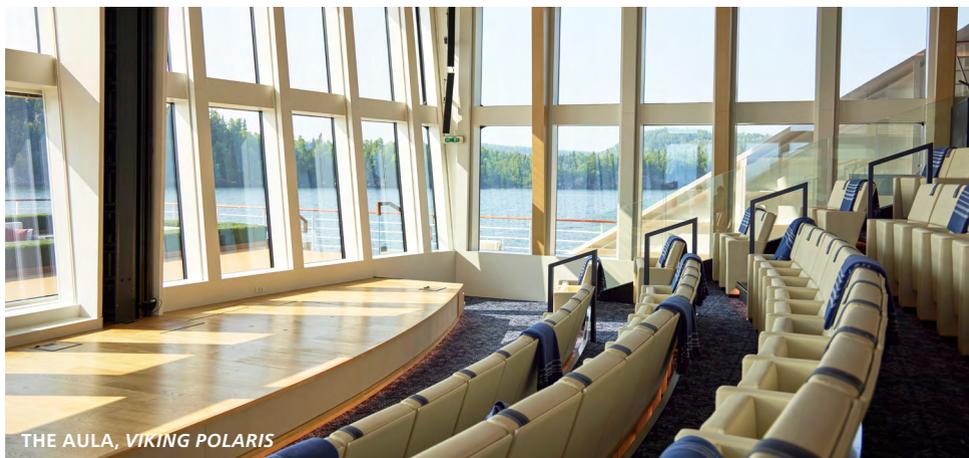
UNIQUE WILDLIFE AND PRISTINE WILDERNESS

Antarctica's landscape is not only defined by its physical features but also by its unique wildlife. The continent is home to a variety of species that have adapted to its harsh conditions, including emperor penguins, Weddell seals, and Antarctic krill. These animals thrive in the pristine wilderness, creating a vibrant and dynamic ecosystem.

The untouched beauty of Antarctica's landscape is a major draw for travellers seeking adventure and solitude. The continent's remote location and extreme conditions have preserved its natural beauty, making it one of the last true wildernesses on Earth. Exploring Antarctica is a journey into the heart of nature, where every vista is a reminder of the planet's incredible diversity and resilience.

On board **ACTIVITIES**

There is just as much to discover on board as there is on shore



THE AULA, VIKING POLARIS

From engaging lectures in the panoramic Aula to hands-on scientific research in the state-of-the-art Science Lab, every moment on board a Viking expedition ship is designed to enrich your experience. Here are some highlights:

THE AULA

This panoramic auditorium, inspired by the University of Oslo's ceremonial hall, is your central hub for intellectual enrichment. You can attend a variety of lectures, daily briefings, documentaries and films about your destination. The Aula features a state-of-the-art 4k laser-projected screen that retracts to reveal floor-to-ceiling windows, offering 270° views of the surrounding seascape. This space is perfect for absorbing the rich history and scientific knowledge shared by onboard experts.

EXPEDITION CENTRAL

Expedition Central serves as the nerve centre for all your adventure planning. Here, the expedition team is available to consult with you about your activities and share detailed knowledge about the destinations. The area is equipped with 3D printed maps, digital screens, and a cutting-edge spatial data visualisation chart table, making it easy for you to plan your upcoming excursions.

THE SCIENCE LAB

In collaboration with the University of Cambridge and Akvaplan-niva, Viking has developed a 35m² wet and dry lab that allows scientists to conduct meaningful research. You are encouraged to engage with ongoing scientific projects and interact with the experts. This hands-on experience provides a unique opportunity for you to learn about

the region's ecology and contribute to real scientific endeavours.

THE STUDIO

The Studio is a versatile space dedicated to enrichment experiences with Viking Resident Scientists. Here, you can participate in workshops and discussions on various topics, such as identifying bird species or understanding their behaviours. Collaborations with institutions like The Cornell Lab of Ornithology ensure that the content is both engaging and educational for you.

THE NORDIC SPA

After a day of exploration, The Nordic Spa is the perfect place for you to unwind. Inspired by Scandinavian wellness traditions, the spa offers a range of treatments designed to rejuvenate your body and mind. Enjoy the soothing heat of the sauna, the invigorating chill of the snow grotto, and the therapeutic benefits of the hydrotherapy pool. The spa's tranquil atmosphere ensures a relaxing and restorative experience for you.

THE FINSE TERRACE

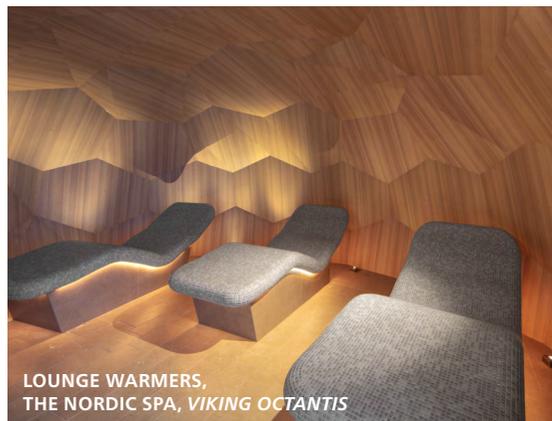
Named after the Norwegian village of Finse, this outdoor lounge area is perfect for you to take in the stunning views and fresh air. Equipped with comfortable seating and fire pits, Finse Terrace offers a cozy spot for you to relax and socialise while enjoying the awe-inspiring scenery.

THE POOLS WITH RETRACTABLE DOME

Enjoy a swim in one of the ship's pools, which feature a retractable dome to ensure a comfortable experience regardless of the weather. Whether you're swimming under the open sky or sheltered from the elements, the pools provide a refreshing way for you to unwind.



THE NORDIC SPA, VIKING POLARIS



*LOUNGE WARMERS,
THE NORDIC SPA, VIKING OCTANTIS*

SCIENCE AT SEA

You'll have the opportunity to contribute to scientific studies alongside Viking scientists



SCIENCE LAB, VIKING OCTANTIS

Our ships have been designed as working research vessels and we have created the world's leading scientific enrichment environment in an expedition setting. Exclusive partnerships with the Scott Polar Research Institute at Cambridge University, The Cornell Lab of Ornithology and the National Oceanic and Atmospheric Administration (NOAA)—as well as other prestigious scientific institutions—will match leading researchers and educators with each expedition. During each expedition, visiting researchers from partner institutions are part



of the 36-person Viking Expedition Team. This diverse group of experts lead guests through meaningful scientific work, guiding and interpreting during shore excursions or within The Science Laboratory.

SCIENCE ON BOARD AND ON SHORE

On board, guests will enjoy daily briefings and world-class lectures about their destination — and engage with working scientists from renowned academic institutions in The Science Laboratory or participate directly in citizen science programs. On shore, guests can assist in fieldwork or interact through experiential activities during landings — such as monitoring birds to help identify migratory patterns, or accompanying scientists to collect samples.

CITIZEN SCIENCE

Citizen science is a collaboration between scientists and the general public to collect data, conduct scientific research and analyse the findings with the goal of allowing everyday people to contribute to the scientific community and learn more about unique environments and the challenges they face. When we created The Thinking Person's Expedition our intention was that every expedition would provide opportunities for discovery.

During each voyage, guests can participate in real, significant science that contributes to research and ultimately to the publication of scientific papers. Our scientific approach centres on having the platform to explore with the personnel to interpret what is found. By taking part in Viking's Citizen Science Program you can gain a deeper understanding of the natural world and the importance of protecting fragile environments like Antarctica.



BALLOON LAUNCH, VIKING POLARIS



ALBATROSS, ANTARCTICA

How to prepare for your **EXPEDITION**

Everything you need to know before embarking on your voyage

Being well-prepared for your expedition will ensure you make the most of your Antarctic voyage. It is wise to understand the weather conditions and what to pack before you depart. This guide will provide you with essential information on what to expect, what to pack, and the gear that Viking supplies to make your journey as comfortable and safe as possible.

THINGS TO KNOW BEFORE YOU GO

Antarctica is known for its variable weather conditions. Temperatures can vary significantly, and you might experience sunshine, snow, and rain all in one day. Be prepared for cold, windy, and wet conditions, especially during Zodiac excursions.

Ensure you are in good health before embarking on your trip. Consult your doctor about any necessary vaccinations and bring a supply of any prescription medications. Motion sickness may be an issue during the Drake Passage crossing, so consider bringing seasickness remedies.

Make sure your passport is up to date and check if you need any visas for the countries you will transit through. Viking will provide detailed information about the necessary documentation.

Travel insurance is essential for an expedition voyage. Ensure your policy covers medical emergencies, trip cancellations, and evacuations.

WHAT TO PACK AND GEAR PROVIDED BY VIKING

Packing for an Antarctic expedition is different to other voyages, but focusing on layers and waterproof gear will keep you comfortable and protected from the elements. Viking ensures you are well-equipped for the Antarctic environment by providing several essential items:

Base Layers: Start with moisture-wicking base layers made of merino wool or synthetic materials. These will keep you warm and dry by wicking sweat away from your body.

Insulation Layers: Viking provides a waterproof light nylon jacket, which is at the centre of your expedition gear. This piece can be worn with your outer layer or alone, depending on conditions.

Outer Layers: A windproof, waterproof, hooded parka designed for Viking's expeditions will be given to you on board the ship and is yours to keep. Waterproof and windproof pants are also provided, as they



are crucial for navigating almost every single landing and protecting you from spray during Zodiac rides.

Don't worry if you chose the wrong size for your Viking clothes; the first day is all about switching out clothing if you need to. There's a drying closet in your stateroom so everything will be ready for you each time you go out. Because of this, there's no need to bring any other jackets or pants.

Footwear: Viking supplies sturdy, waterproof boots for excursions, ensuring your feet stay dry and warm. Bring a comfortable pair of slip-on shoes or sneakers for relaxing on the ship.

Accessories: Pack a warm beanie, neck gaiter, and waterproof gloves with removable finger caps for taking photos. Layered gloves are recommended for added warmth and dexterity, and you can attach them to your jacket so they're easier to take off and put on. You should also bring a cell phone lanyard to secure your phone around your

neck and make it easy to capture more of the breathtaking scenery.

Invest in high-quality, warm socks. Layering thin and thick wool socks can help keep your feet warm and dry.

Don't forget sunglasses with UV protection, sunscreen, lip balm, and a reusable water bottle. A waterproof backpack and dry bags are useful for protecting your gear during wet landings. Viking will also provide you with trekking poles and binoculars to help ensure you experience every single unique vista along your cruising journey.

FINAL TIPS

Attend the briefings and lectures provided by Viking's expedition team. They offer valuable insights into the environment, wildlife, and safety procedures.

Bring a good camera with extra batteries and memory cards. The stunning landscapes and unique wildlife provide endless photo opportunities.

13 DAYS | 2 COUNTRIES

ANTARCTIC EXPLORER

Buenos Aires to Ushuaia to Buenos Aires

TYPICAL SAILING SEASON
JANUARY, FEBRUARY & DECEMBER



ZODIAC, ANTARCTICA



DISCOVER THE “WHITE CONTINENT”

This ultimate adventure takes you to the Antarctic peninsula, where you will witness towering glaciers, snow-covered landscapes, immense icebergs and once-in-a-lifetime wildlife viewing. In the footsteps of explorers such as Amundsen, Shackleton and Scott, you will be one of the few to discover the world’s last truly wild frontier. Each day brings new surprises and the opportunity to change plans to maximise wildlife sightings and adapt to ever-changing weather.

Itinerary day by day

DAY 1 Buenos Aires, Argentina

DAY 2 Ushuaia, Argentina

DAY 3 Sail Drake Passage

DAY 4-10 Explore Antarctica

DAY 11 Sail Drake Passage

DAY 12 Sail Cape Horn

DAY 13 Ushuaia to Buenos Aires, Argentina

19 DAYS | 3 COUNTRIES

ANTARCTICA & SOUTH GEORGIA ISLAND

Buenos Aires to Ushuaia to Buenos Aires

TYPICAL SAILING SEASON

JANUARY, FEBRUARY, NOVEMBER & DECEMBER



KING PENGUINS, SOUTH GEORGIA



SAIL FROM USHUAIA TO THE FALKLAND ISLANDS, SOUTH GEORGIA AND ANTARCTICA

Renowned for its spectacular landscapes with rugged coves and white-sand beaches. Call at South Georgia, one of the least visited places on earth and the only place to see King Penguins. Witness towering glaciers and magnificent icebergs as you explore the untamed beauty of Antarctica. Experience a journey like no other to one of the world's last unexplored territories.

Itinerary day by day

DAY 1 Buenos Aires, Argentina

DAY 2 Ushuaia, Argentina

DAY 3 Sail the South Atlantic Ocean

DAY 4 West Point Island, Falkland Islands

DAY 5 Port Stanley, Falkland Islands

DAY 6-7 Sail the South Atlantic Ocean

DAY 8-10 Explore South Georgia

DAY 11 Sail the South Atlantic Ocean

DAY 12-16 Explore Antarctica

DAY 17 Sail the Drake Passage

DAY 18 Scenic Sailing: Cape Horn

DAY 19 Ushuaia to Buenos Aires, Argentina

EXPLORE MORE

See more of the world with our pre and post extension packages

MORE DAYS MEANS MORE TIME TO DISCOVER

Whether it is more time in an embarkation or disembarkation city or to visit a new destination altogether, we have designed extension programs all over the world to be the perfect complement to your itinerary.



1 NIGHT IN BUENOS AIRES

Be captivated by the vibrant culture of Buenos Aires, Argentina's cosmopolitan capital. Explore the city's colourful barrios, or neighbourhoods, admire preserved colonial buildings, or perhaps trace the life of Eva Perón, from humble beginnings to the First Lady of Argentina.

- 1 hotel night in Buenos Aires
- 1 breakfast
- Services of a Viking Host
- All transfers



5 NIGHTS GATEWAY TO PATAGONIA

Explore both the Chilean and Argentine sides of Patagonia, a region of singular beauty. Admire the rugged peaks of Torres del Paine National Park, the blue waters of Lake Argentino, the sweeping views from atop Calafate Balcony and one of the world's only advancing glaciers, the vast Perito Moreno.

- 2 hotel nights in El Calafate; 2 hotel nights in Torres del Paine National Park; 1 hotel night in Santiago
 - 5 breakfasts, 5 lunches & 5 dinners
 - 3 guided tours: El Calafate; Perito Moreno Glacier with Boat Cruise; Torres del Paine National Park
 - Fully escorted by your Viking Tour Director
 - Flights from Ushuaia to El Calafate and Punta Arenas to Santiago
 - All transfers
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5 NIGHTS THE BEST OF PERU

Immerse yourself in the ancient Incan civilisation of the Peruvian Andes as you spend 5 nights exploring their sacred sites. Discover the well-preserved structures of Machu Picchu, a UNESCO Site. Learn more about the traditions of the Andean people, and experience modern Peru in Lima and Cuzco.

- 2 hotel nights in the Sacred Valley of the Incas; 1 hotel night in Cuzco; 2 hotel nights in Lima
- 5 breakfasts, 4 lunches & 4 dinners
- 4 guided tours: The Village of Flowers; Ollantaytambo Fortress; Machu Picchu; Cuzco City Tour
- Fully escorted by your Viking Tour Director
- Flights from Buenos Aires to Lima, Lima to Cuzco and Cuzco to Lima
- First-class rail from Ollantaytambo to Machu Picchu; scenic rail journey from Machu Picchu to Cuzco
- All transfers



4 NIGHTS IGUAZÚ FALLS

Explore the Atlantic Forest and witness the majestic Iguazú Falls up close. With an expert guide, immerse yourself in nature as you discover the myths and legends of the falls. Admire vibrant and cosmopolitan Buenos Aires, home of the tango, and enjoy an enchanting performance.

- 1 hotel night in Buenos Aires; 3 hotel nights at Iguazú Falls
- 4 breakfasts, 3 lunches & 4 dinners
- 6 guided tours: Buenos Aires Panoramic Drive; Rojo Tango Show & Dinner; Jungle Bicycle Ride; Iguazú Falls; Zodiac Cruise & Jungle Truck; La Lorenza Eco Reserve Hike & Kayak
- Fully escorted by your Viking Tour Director
- Roundtrip flight from Buenos Aires to Iguazú Falls
- All transfers





MOUNTAINS ERRERA CHANNEL, ANTARCTICA