



# 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

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EXPLORERS LOUNGE, VIKING OCTANTIS

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# *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 Polarix 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

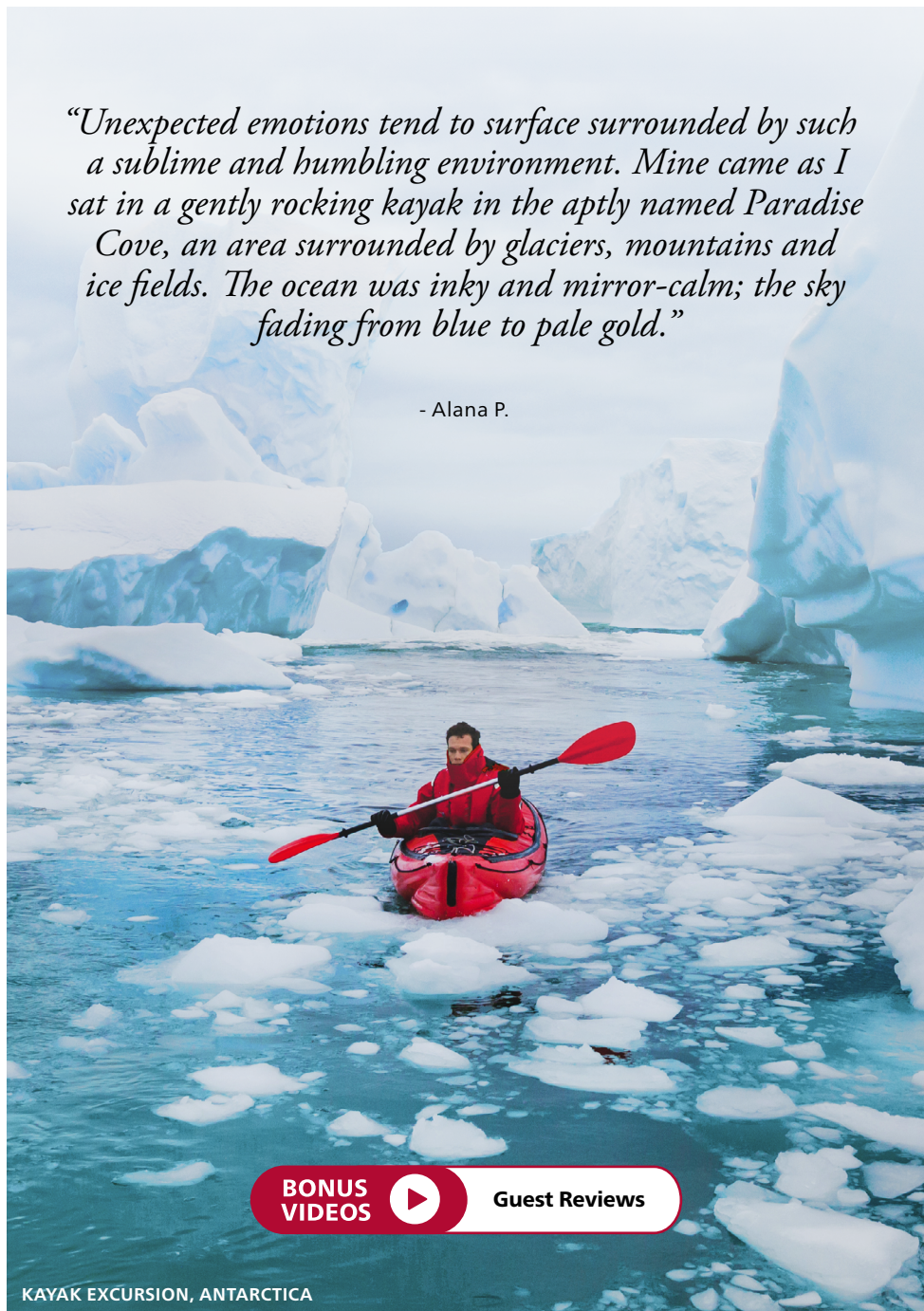
*"Viking Octantis is an ideal  
vessel for anyone with a  
spirit of adventure but the  
unwillingness to compromise on  
comfort and amenities."*

- 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.



**BONUS  
VIDEOS**



**Guest Reviews**

KAYAK EXCURSION, ANTARCTICA

# *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.



**BONUS  
VIDEOS**



**History & science of Antarctica**



# 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.

**BONUS  
VIDEOS**



**Top experiences in Antarctica**





### 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.





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.

**BONUS  
VIDEOS**



**Our state-of-the-art equipment**

**ZODIAC, ANTARCTICA**



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# 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  $-7^{\circ}\text{C}$  and  $2^{\circ}\text{C}$ . 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.

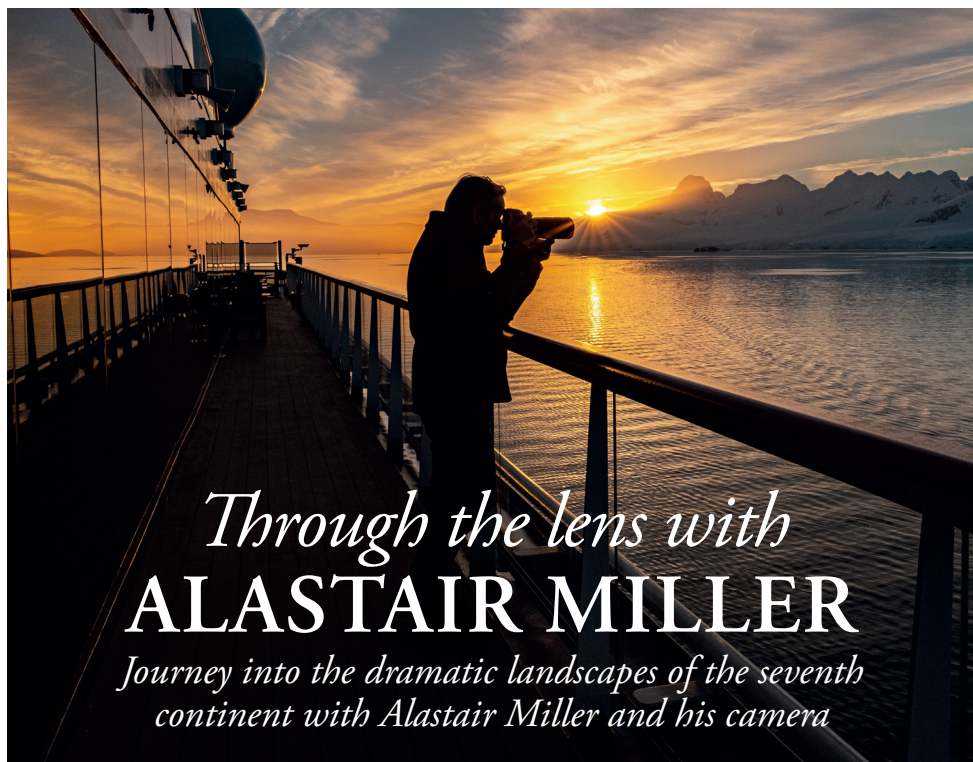




*“The sense of accomplishment upon navigating these waters is immense, knowing you are following in the footsteps of legendary explorers like Sir Ernest Shackleton and Roald Amundsen.”*



GUESTS ON BOARD VIKING POLARIS



## *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*

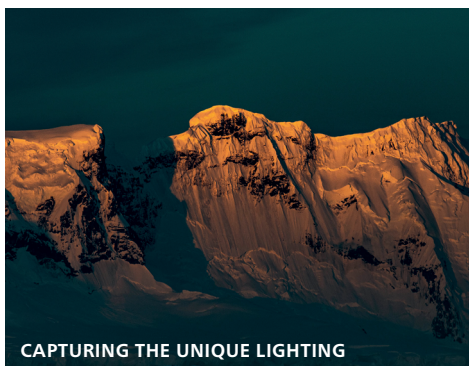
BONUS  
VIDEOS



Viking Chairman  
discusses trip  
to Antarctica



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

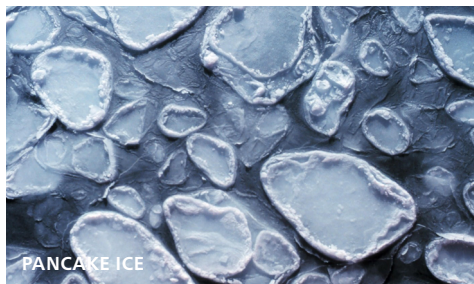
One of the most iconic features of Antarctica is its icebergs. These colossal structures, sculpted by the relentless forces of wind and water, float majestically in the Southern Ocean. Each iceberg is a masterpiece of nature, with intricate shapes and, dazzling of blue hues. Some icebergs are as large 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



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.

**BONUS  
VIDEOS**



**Joost Ouendag  
discusses trip  
to Antarctica**



# *On board* **ACTIVITIES**

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



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 35m<sup>2</sup> 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.

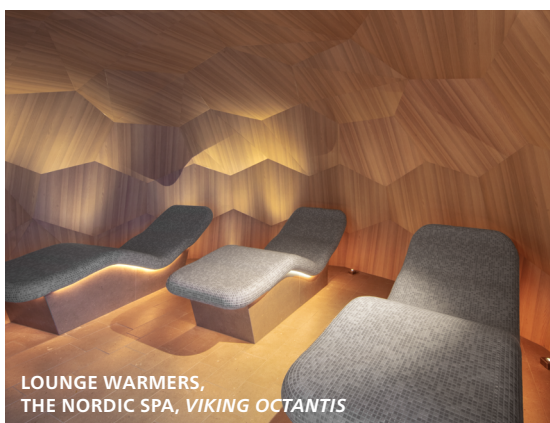
### THE POOLS WITH RETRACTABLE DOME

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.

360° SHIP TOUR



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*



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**

# *The trip* OF A LIFETIME

*Michael McHugh, Editor-in-Chief of MiNDFOOD  
sets sail to Antarctica with Viking and shares his experience*

We are currently sailing in conditions that our captain refers to as the Drake Lake. It is a lovely smooth crossing on the notorious Drake Passage. For us it has been shiny grey seas that disappear into the soft grey sky; everything is light and bright. Life onboard feels full of expectation and there is much excitable chatter. In the far distance if I squint my eyes I think I can see a white shape of what in my head must surely be an iceberg. Everyone onboard is so excited about reaching Antarctica, the woman next to me at breakfast in the World Café thought perhaps she had already seen a whale: we had only just left Ushuaia, Viking's leaving port at the very southern tip of Argentina, for the great "White Continent".

There is much planning to get this far as we have just crossed the 60 degree latitude mark on our way to one of the most pristine and untouched parts of our globe. Many passengers have said this is the last of the seven continents to tick off their bucket list.

For me, after our briefing and our mandatory biosecurity check, which is an inspection of all outer layers of clothing and backpacks that will be taken onto the ice, I am rethinking what to wear onshore. Viking provides each guest a custom expedition jacket which we can keep. It is waterproof, windproof with a breathable outer layer with hood and a cosy insulator. We are also provided boots and waterproof pants.

Our ship, the innovative *Viking Polaris*, features a number of industry firsts. Just over 200m long with a 23m beam (the widest part of a ship), it is able to host 378 guests. For Viking's fiercely loyal base of repeat passengers in search of education and enrichment as opposed to entertainment — remember Viking's policy of no children or casinos — this expedition ship is their everything, delivering immersive destination focused trips experiencing nature.

Viking's exacting implementation around conservation protocols is impressive. Everything is well executed and much thought has gone into the continued preservation of Antarctica while visiting. Invasive animal and plant species pose a real indoor threat to Antarctica's vulnerable environment, so by complying with simple measures, you make a tangible contribution to the conservation of the continent. There currently is an avian influenza outbreak in Antarctica — some bird areas have been completely wiped out due to this — so we are reminded and warned to keep our distance from birds during the briefing session on the first day on board.

When going onshore, our boots are washed and disinfected before and after each landing, and we are shown how to do the 'sailor's grip' when boarding Zodiacs and the Special Operations Boat from the ship. So when boarding and leaving each vessel, you feel very safe.



EXPLORERS' LOUNGE

Daily updates and communication is through the Viking Voyager app on your phone, which includes your shore excursions, dining reservations, details about each art work onboard, weather and itinerary updates, making this the easiest link to what is happening in real time. What you learn very quickly is to be resilient as Antarctica and its weather control the narrative and what you will be doing each day.

There are lectures, daily briefings, films and documentaries held in the Aula, a beautiful large lecture hall lined with floor-to-ceiling windows. It has a retractable projected screen and when open, a 270-degree view. The lectures offer more discussion and thinking around Antarctica from past explorers' adventures, offering details about the wildlife, the environment, climate changes and bird migration. The lectures are also streamed live directly to your stateroom on Viking Today Live.

The Explorers' Lounge was our go-to spot each afternoon for a cocktail or pre-dinner drink, with the sound of live piano making for a great start to a fun night on board.

The Lounges are styled much like a Scandinavian luxury boutique hotel throughout the ship. They feature muted natural tones of greys, blues and browns, faux fireplaces, throw rugs, leather sofas, designer reading chairs, puzzles and a wonderful library of books throughout the ship selected and curated by London's Heywood Hill. The book range is exceptional and you can lose yourself for hours book hopping from anything from Antarctic explorers to Italian gardens ... it's just heaven.

The Nordic Spa has saunas, a snow grotto, hydrotherapy pool and massage rooms, fitness centre, and heated indoor-outdoor swimming area. It also has a full-service beauty salon. ►





SNOWY SHEATHBILL BIRDS, ANTARCTICA

To have a swim after spending time outside on the ice feels refreshing and just what your body is asking for. The thermal spa is an open-air hot tub that allows you to relax while enjoying the moving outdoor view. I realise no matter what window I'm standing at I am constantly looking at the changing landscape while seeing if there is any sign of wildlife.

We are told to be aware of our surroundings when leaving the ship. We should never run or shout near wildlife and should maintain a distance of at least 5m from birds and mammals, as well as walk slowly and quietly and give animals the right of way.

### **ICEBERGS LIKE MARSHMALLOWS**

The ship comes to a halt before we head into Fournier Bay on the Antarctica Peninsula as Irish Coffees are served on the bow. As a crowd grows we enjoy the sight of a giant tabular iceberg that has broken off from an ice shelf. Many shades of blue, it is 200m high and apparently at least 1,000m below sea level, with nearly perfect vertical sides and a flat top, resembling something like a giant floating marshmallow. Waves crash into the bottom of it, scouring cloister-like shapes down one side. It is spectacular.

Blue is the colour of pure glacier ice, compact with few air bubbles, since the air is squeezed out from the weight of the ice, and they may also appear blue due to light refraction and age. Older icebergs reveal a range of blue hues resulting from a high concentration of colour, microorganisms and compacted ice.

A snowy sheathbill bird, a cute white ball of feather fluff which breeds in Antarctica, walks slowly along the railing of the bow. It seems very tame, leaning into the wind ready for its photography session. Against the giant icebergs in the distance it could be a film set the bird has flown into as it walks up and down ready for its close-up.

### **WHALE ENCOUNTERS**

That evening before dinner we are sitting in the Explorers' Lounge having a drink when there is a whale blowhole spray spotted just out from the port side of the ship.

A humpback whale surfaces to breathe, then another whale and another. Before we know it they are breaching up into the air and are putting on quite a show for us. The larger of the whales flaps its fin as though waving to us. As the *Viking Polaris* sails past, the whales slowly disappear and before you know it another set of whales appears, this time showing us their tails and again looking to be waving to us before slapping their fins and tails back into the ocean. This is quite a spectacular welcome to Antarctica.

We overnight in the Melchior Islands. The ship has dynamic positioning technology allowing the ship to port without dropping anchor. Controlled by a button in the bridge, the system uses global dynamic positioning to operate the movement of the forward thrusters and stern Azipods. Such technology means the ship is one of the most agile in the industry. It reduces the

*“The sense of celebration and community is very apparent.”*

- Michael Mchugh

vibration and noise levels. Unlike older ships where you hear the engine and the turning of the turbines, the *Viking Polaris*, having launched in 2022, is quiet as a mouse.

You cannot help but be impressed about the small details across the ship. These include the black-and-white photos of explorers and landscapes throughout; the quotes in the elevators and beautiful wood panelling on the ship; the felt models of birds; and the real-time giant electronic map and staff on hand to discuss where the ship's position is and where we are heading.

When I wake up, the view has changed overnight. Icebergs, some looking like giant floating white wedding marquees, others like versions of the Sydney Opera House, float by. Others look like large stadiums in all shapes and sizes; some were a beautiful shade of blue as they bobbed up and down in the ocean. The scene is simply breathtaking.

## MEET THE LOCALS

Our first visit, arriving by Zodiac (you can also kayak), is to Cuverville Island, an important Gentoo penguin breeding colony. Navigating through smaller icebergs on the Zodiac, the Expedition Team have cut stairs into the ice. We were briefed not to walk along the 'penguin highway', sit, or crouch on the ice. We watch what looks like three drunk penguins with their wings pulled back waddle along their highway. There are three human tracks to walk along and watch groups of these truly delightful creatures. The Gentoo penguin is the world's fastest underwater bird, particularly when foraging for food. With their streamlined bodies and strong flippers, they can reach speeds of up to 36 km per hour, and are also capable of diving to 200 metres. Standing watching this extraordinary species in their habitat feels like such a privilege, you never want to forget this experience.

The 1959 Antarctic Treaty was signed to preserve Antarctica as a natural reserve dedicated to peace and science. In 1991, the Protocol on Environmental Protection to the Antarctic Treaty ensures protection of the natural environment. The International Association of Antarctica Tour Operators was also founded in 1991 and promotes safe and environmentally responsible travel. In terms of ►

**BONUS  
VIDEOS**



**Flora & fauna  
of the Arctic  
& Antarctica**

ICEBERGS, ANTARCTICA



**HUMPBACK WHALE, ANTARCTICA**

preservation, taking food ashore is not permitted, and removing anything including rocks, feathers, bones, eggs or fossils is not permitted. Disturbing wildlife may constitute harmful interference, so any disruption is strictly forbidden.

We travel along the Gerlache Strait, named in honour of Belgian expedition leader Adrien De Gerlache, who explored the region early in 1898 when his ship *Belgica* became trapped by ice floes. A main highway for whales, we saw many humpback and minke whales in the area. From our first night at the Melchior Islands in Dallmann Bay, and then cruising along the Gerlache Strait, we spend our days in different bays and harbours witnessing wildlife and the majestic surrounding scenery.

### **ONBOARD TEAM OF EXPERTS**

The 30-plus Viking expedition team includes scientists, biologists, geologists specialising in ice, field researchers, a PhD student specialising in seaweed that only grows in Antarctica, able seamen that drive the Zodiacs, submarine pilots and kayak guides. They are all experts in their field as they take part in science projects across Antarctica.

The covered in-ship marina called The Hangar holds all the toys, including my favourite, the Special Operation Boats, with a price tag of \$1.2 million each. The fleet also includes Zodiacs and two of the six-seater \$4.5 million piloted yellow submarines, with two on each expedition ship. The subs are affectionately named Ringo and George, as Viking founder and chairman Torstein Hagen loves the Beatles so much, he chose yellow for each submarine, a salute to his favourite band, and named them accordingly. We take a dive on the Ringo 200 metres below sea level, where we see a range of starfish, sponges and octopi.

Experiments like the weather balloons are all part of a working relationships with partners like the National Oceanic and Atmospheric Administration, and include the Scott Polar Research Institute at Cambridge University. A crowd of passengers gather on the top deck watching the weather balloon being released, which eventually made it to 25 kilometres above sea level, tracked and with all its data sent back to earth.

The scientists on board use drifter buoys and FerryBox sensors to monitor, research, analyse



and gain data from the surrounding environment. The onboard working science lab is where the Expedition Team familiarise guests with equipment and explain how it all works. I took part in the Citizen Science experience, learning about the onboard field work and data gathered that contribute to understanding Antarctica and the surrounding natural world.

Viking is certainly raising the bar for sustainable travel and energy efficiency, with an integrated bow system creating a longer waterline, engines with heat-recovery systems and electric propulsion designed to minimise underwater pollution. Designed particularly for expedition cruising, the ship journeys in the northern summer season through the Welland Canal, a key section of the St Lawrence Seaway to the Great Lakes, connecting with Lake Ontario and Lake Erie, making it the largest passenger ship to ever transit the canal. Viking have also just announced a new 87-day expedition, *From the Arctic to Antarctica*, for 2025: I can only image how popular this will be.

We sail past Deception Island in the South Shetland islands — the island is the caldera of an active volcano and was once a whaling station — on our way to Yankee Harbour on Greenwich Island, where we see thousands of Gentoo penguins nesting. On our return to the ship, our very last Zodiac ride and on-land experience, we stop via another Zodiac for ‘scientific reasons’ and are handed the most delicious cold glass of champagne. Bravo!

On this expedition cruise I have experienced much on my very first trip to Antarctica. Chiriguano Bay on Brabant Island, Cuverville Island in the Errera Channel, Portal Point on Reclus Peninsula, Neko Harbour in Andvord

Bay, Mikkelsen Harbour and Yankee Harbour ... there is much I have learnt about the region but also myself. I think perhaps Antarctica has that effect on you. When I look at all the different shaped icebergs and mountains of what at times look like landscapes of whipped cream, and think of the wildlife I have seen in their habitat, it makes me think how nature has its own plan and we must never alienate ourselves from her or take her for granted.

Being resilient and having the weather decide on your path and the day's activity changes the way you think, as you feel gratitude just to be experiencing such an extraordinary part of our world. We must always listen to her, respect and celebrate nature ... and having experienced Antarctica first-hand, there is a feeling and a sense that Viking knows that better than anyone.

*“We dive 200 metres below sea level, where we see starfish, sponges and octopi”*

- Michael Mchugh



# *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

**BONUS  
VIDEOS**



**What to pack for Antarctica**



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

BONUS  
VIDEOS



Voyage Overview



ZODIAC, ANTARCTICA



HUMPBACK WHALES, 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

BONUS  
VIDEOS



Voyage Overview

KING PENGUINS, SOUTH GEORGIA





HALF MOON ISLAND, ANTARCTICA

## 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

87 DAYS | 12 COUNTRIES

# FROM THE ARCTIC TO ANTARCTICA

*Nuuk to Ushuaia to Buenos Aires*

**TYPICAL SAILING SEASON**

JANUARY, FEBRUARY, SEPTEMBER & DECEMBER



**POLAR BEAR, THE ARCTIC**

Take a once-in-a-lifetime journey, setting sail from the Earth's far north to the extreme south on an 87-day voyage *From the Arctic to Antarctica*. Visiting 12 countries, including Canada, Greenland, The USA, Jamaica, Peru, Argentina, Chile and Antarctica, you'll witness some of the most striking vistas, unique wildlife and diverse cultures the world has to offer.

Admire Nuuk's rugged beauty and the icy wilderness of the Canadian High Arctic. You can try to spot a polar bear and learn about life in Inuit communities, while you admire the expansive icefields and deepblue fjords rich in marine life. Pass through the scenic Canadian Maritimes, sail along the famed

St. Lawrence Seaway and visit historic cities along the East Coast. Spend time wandering the streets of New York City, visiting iconic sites such as The Empire State Building and the Statue of Liberty.

Then sail the Atlantic Ocean to see the pristine beaches and natural beauty of the Bahamas and Jamaica. Explore the bustling metropolis of Panama City and the colonial Spanish architecture in Peru. Navigate the striking Chilean Fjords and the still beauty of Ushuaia or "the End of the World", before exploring the frozen realm of Antarctica, where penguins, whales and leopard seals reign amongst the snowcovered landscapes and towering icebergs.



- Cruise
- Chartered Flight
- Canals & Locks
- Overnight in Port
- - - - - Example expedition destinations



# DAY BY DAY ITINERARY

## *From the Arctic to Antarctica*

### **DAY 1 -2 NUUK, GREENLAND**

Discover Nuuk's open air murals and sculptures or visit the Greenland National Museum.

### **DAY 3 ITILLEQ FJORD**

Cruise Greenland's west coast and pass floating icebergs amid spectacular scenery.

### **DAY 4 ILULISSAT, GREENLAND**

Immerse yourself in Ilulissat's Arctic heritage; admire the pristine waters of its ice fjord.

### **DAY 5 UUMMANNAQ, GREENLAND**

Hike the Arctic coast, admire vistas and see rocks that are more than 1.5 billion years old.

### **DAY 6 SAIL BAFFIN BAY**

Gaze out over Arctic waters as you sail Baffin Bay, home to an array of marine life.

### **DAY 7 POND INLET, NUNAVUT, CANADA**

Admire the beautiful Arctic landscapes of Pond Inlet, one of Canada's "Jewels of the North."



TRADITIONAL INUIT WOMAN

### **DAY 8-10 EXPLORE THE CANADIAN HIGH ARCTIC, CANADA**

Set out to explore the stunning polar landscapes of the remote Canadian High Arctic.

### **DAY 11 SAIL BAFFIN BAY**

Keep watch for marine birds as you sail, including black-legged kittiwakes and guillemots.

### **DAY 12 SISIMIUT, GREENLAND**

Set out by kayak to explore the waterways of Greenland's coast or embark on a hike.

### **DAY 13 NUUK, GREENLAND**

Sample delicious cuisine from Greenland, including favorites such as Suaasat, a hearty stew.

### **DAY 14 KAPISILLIT, GREENLAND**

Learn more about Greenlandic life and enjoy nature around the quaint settlement of Kapisillit.

### **DAY 15 PAAMIUT, GREENLAND**

Explore historic buildings and keep watch for white-tailed eagles, Paamiut's town mascot.

### **DAY 16 IVITTUUT, GREENLAND**

Discover Ivittuut, now a deserted mining town, and view abandoned relics from the past.

### **DAY 17 SAIL THE LABRADOR SEA**

Trace Leif Eriksson's legendary voyage from Greenland to Canada.

### **DAY 18 BATTLE HARBOUR, NEWFOUNDLAND & LABRADOR, CANADA**

Gain insight into Battle Harbour's salt-fishing heritage and explore the island on foot.

**DAY 19 RED BAY, NEWFOUNDLAND & LABRADOR, CANADA**

Uncover the rich and intriguing whaling history of Red Bay and its surrounding waters.

**DAY 20 GROS MORNE NATIONAL PARK, NEWFOUNDLAND & LABRADOR, CANADA**

See the effects of continental drift at the Tablelands in Gros Morne National Park.

**DAY 21 HAVRE-SAINT-PIERRE, QUEBEC, CANADA**

Discover Havre-Saint-Pierre's unique "monoliths" and admire views of the Mingan Archipelago.

**DAY 22 TADOUSSAC, QUEBEC, CANADA**

Admire majestic views of the Saguenay Fjord and keep watch for migratory and resident whales.

**DAY 23 QUEBEC CITY, QUEBEC, CANADA**

Explore historic sites, including Château Frontenac, Place Royale and Parliament.

**DAY 24 TROIS-RIVIÈRES, QUEBEC, CANADA**

Discover North America's geologic heart during a hike through La Mauricie National Park.

**DAY 25 SCENIC SAILING:**

**ST. LAWRENCE SEAWAY LOCKS**

Admire the series of locks, canals and channels that comprise the St. Lawrence Seaway.

**DAY 26 TORONTO, ONTARIO, CANADA**

Savour the diversity of Toronto's food scene and explore some of the city's treasures.

**DAY 27 TORONTO, ONTARIO, CANADA**

Stroll St. Lawrence Market and admire the eclectic art scene, or kayak Lake Ontario.

**DAY 28 TORONTO, ONTARIO, CANADA**

Discover Toronto's outdoor locales and local wildlife by kayak, zodiac or on foot.



**DAY 29 SCENIC SAILING:**

**ST. LAWRENCE SEAWAY LOCKS**

Navigate the waterways of the St. Lawrence Seaway, one of the world's trade routes.

**DAY 30 TROIS-RIVIÈRES, QUEBEC, CANADA**

Learn about sustainable measures and hydropower, during a visit to La Cité de l'Énergie.

**DAY 31 QUEBEC CITY, QUEBEC, CANADA**

Visit Quebec's historic sites; see Dufferin Terrace and the picturesque Château Frontenac.

**DAY 32 SAGUENAY, QUEBEC, CANADA**

Enjoy a performance of lively storytelling, dance and song tracing Saguenay's history.

**DAY 33 SEPT-ÎLES, QUEBEC, CANADA**

Explore the archipelago by boat, go salmon fishing in the Moisie River or go whale watching.

**DAY 34 CAP-AUX-MEULES, QUEBEC, CANADA**

Admire the region's natural beauty and look for seals and birdlife on Brion Island.

**DAY 35 CHARLOTTETOWN, PRINCE EDWARD ISLAND, CANADA**

View a scenic patchwork of prolific farms; attend a traditional ceilidh, or kitchen party.

**DAY 36 SAIL THE ATLANTIC OCEAN**

Dividing the "Old World" from the "New World," sail the second-largest of the Earth's oceans.



NEW YORK CITY, USA

**DAY 37 HALIFAX, NOVA SCOTIA, CANADA**

Visit historic and iconic landmarks or travel along the Lighthouse Route to Peggy's Cove.

**DAY 38 SAIL THE ATLANTIC OCEAN**

Sail the legendary waters of the Atlantic Ocean, the route of explorers for centuries.

**DAY 39 NEW YORK CITY, NEW YORK, UNITED STATES**

See the Statue of Liberty, Empire State Building, 9/11 Memorial, Central Park and more.

**DAY 40-42 SAIL THE ATLANTIC OCEAN**

Journey across the vast Atlantic Ocean, home to many of the world's fishing grounds.

**DAY 43 SAN SALVADOR ISLAND, BAHAMAS**

Discover San Salvador's natural beauty, from its pristine beaches to its diverse marine life.

**DAY 44 MAN OF WAR BAY (GREAT INAGUA), BAHAMAS**

Keep watch for pink flamingos while exploring Man of War Bay, a bird-watcher's paradise.

**DAY 45 PORT ANTONIO, JAMAICA**

Discover Jamaica's natural attractions, such as the Blue Lagoon, or explore the charming port.

**DAY 46-47 SAIL THE CARIBBEAN SEA & PANAMA CANAL**

Sail the crystalline waters of the Caribbean Sea, a paradise of emerald islands.

**DAY 48 PANAMA CITY (FUERTE AMADOR), PANAMA**

Explore this metropolis, entwined with colonial heritage; stroll the Old Town, Casco Viejo.

**DAY 49-51 SAIL THE PACIFIC OCEAN**

Sail the Pacific Ocean, an established trade route named by explorer Ferdinand Magellan.

**DAY 52 LIMA (CALLAO), PERU**

Witness fine examples of 16th-century architecture as the capital of Spain's colonial empire.

**DAY 53-54 SAIL THE PACIFIC OCEAN**

Sail the deep waters of the Pacific Ocean, the Earth's largest body of water.

**DAY 55 IQUIQUE, CHILE**

Immerse in nature in this surfer's paradise; Iquique is Chile's premier beach resort.

**DAY 56-57 SAIL THE PACIFIC OCEAN**

Sail the Pacific Ocean, its vast expanse reaches Asia, Australia, North and South America.

**DAY 58 SANTIAGO (VALPARAÍSO), CHILE**

Explore the two scenic halves of Valparaíso or venture to Santiago, Chile's vibrant capital.

**DAY 59-60 SAIL THE PACIFIC OCEAN & CHILEAN FJORDS**

Journey across the Pacific Ocean, dubbed Mar Pacífico by explorer Ferdinand Magellan. Sail the majestic Chilean fjords and marvel at vast ice fields flowing to the water's edge.

**DAY 61 PUERTO CHACABUCO, CHILE**

Discover this tiny Patagonian enclave and gateway into a spellbinding beauty of wilderness.

**DAY 62 SCENIC SAILING: CHILEAN FJORDS**

Sail in the wake of intrepid explorers as you traverse the waters of the Chilean fjords.



### **DAY 63-64 EXPLORE CHILEAN GLACIERS**

Explore the blue-tinged glaciers of the Southern Patagonian Ice Field by Zodiac.

### **DAY 65 SCENIC SAILING: CHILEAN FJORDS**

Keep watch for local marine life as you voyage through Chile's fjords.

### **DAY 66 PUNTA ARENAS, CHILE**

Stroll the city, see the Ancud monument, Plaza de Armas and neoclassical mansions.

### **DAY 67 EXPLORE CHILEAN GLACIERS**

Admire enormous glaciers up close during an expert-led excursion by kayak.

### **DAY 68 GARIBALDI FJORD, CHILE**

Witness the majesty of mother nature as you sail past dramatic scenery of the Garibaldi Fjord.

### **DAY 69 SCENIC SAILING: CAPE HORN**

Sail the Beagle Channel and Cape Horn, where the Atlantic and Pacific Oceans meet.

### **DAY 70 USHUAIA, ARGENTINA**

Admire the tranquility of the "End of the World"; visit Tierra del Fuego National Park.

### **DAY 71 SAIL THE SOUTH ATLANTIC OCEAN**

Sail the South Atlantic Ocean, separated from the North by the Mid-Atlantic Ridge.

### **DAY 72 WEST POINT ISLAND, FALKLAND ISLANDS**

Admire magnificent coastal vistas of soaring cliffs; marvel at a variety of birdlife.

### **DAY 73 PORT STANLEY, FALKLAND ISLANDS**

Come face-to-face with penguins as you explore the rugged beauty of the Falkland Islands.

### **DAY 74-75 SAIL THE SOUTH ATLANTIC OCEAN**

Traverse the South Atlantic Ocean and follow in the wake of Captain James Cook.

### **DAY 76-78 EXPLORE SOUTH GEORGIA**

Observe the wildlife of South Georgia and keep watch for king penguins and seals.

### **DAY 79 SAIL THE SOUTH ATLANTIC OCEAN**

Learn about the exciting adventures of Antarctic explorers, including Sir Ernest Shackleton.

### **DAY 80-84 EXPLORE ANTARCTICA**

Explore the "White Continent" teeming with penguins, seals, whales and other wildlife.

### **DAY 85-86 SAIL THE DRAKE PASSAGE**

Sail the Drake Passage; its waters are among the coldest and the deepest on Earth.

### **DAY 87 USHUAIA, ARGENTINA**

Disembark your ship and transfer to the airport for your charter flight. Bid farewell to your fellow travellers and journey home from Buenos Aires.



# Continue YOUR JOURNEY

*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



#### 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



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