

Quest for the Antarctic Circle

An adventure of a lifetime sailing through the icy waters of Antarctica aboard the superbly equipped M/S Expedition polar cruise ship.



Group departures

See overleaf for departure dates

Holiday overview

Style	Polar Cruising
Accommodation	Hotels, Expedition Ship
Grade	Tour
Duration	19 days from London to London
Min/Max group size	1 / 128 (maximum capacity of the M/S Expedition). Guaranteed to run for 1
Trip Leader	Local Leader Antarctica
Land only	Joining in Buenos Aires, Argentina

Private Departures & Tailor Made itineraries available



Watch related videos online: [Antarctica Classic](#)

tel: +44 (0)1453 844400 info@mountainkingdoms.com www.mountainkingdoms.com

Mountain Kingdoms Ltd, 20 Long Street, Wotton-under-Edge, Gloucestershire GL12 7BT UK
Managing Director: Steven Berry. Registered in England No. 2118433. VAT No. 496 6511 08

Departures

Group departures

2025 Dates:

Wed 05 Feb - Sun 23 Feb

Mon 17 Feb - Fri 07 Mar

Thu 18 Dec - Mon 05 Jan 2026

2026 Dates:

Thu 05 Feb - Mon 23 Feb

Tue 17 Feb - Sat 07 Mar

Will the trip run?

This trip is guaranteed to run for 1 person and for a maximum of 128 (maximum capacity of the M/S Expedition). In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly - we advise you to book early if you want to secure a place(s) on the dates of your choice.

Deposit and payments

A higher deposit is required to secure your booking on this holiday and your final balance is due 120 days before departure. For full details please refer to our terms and conditions on our website <http://www.mountainkingdoms.com/essential-information> or contact us for a postal copy.

Single cabins

If you are travelling on your own and are willing to share, we will attempt to pair you up with another solo, same sex traveller. If you would prefer a single cabin a supplement applies, price is available on application.

Cabin categories - there are 8 cabin categories on the M/S Expedition. Our price is based on twin share in a Lower Deck Twin cabin. Prices will vary according to departure date and grade of available cabin. Please contact us for details and availability.

Group prices and optional supplements

Please contact us on +44 (0)1453 844400 or visit our website for our land only and flight inclusive prices and single supplement options.

No Surcharge Guarantee

The flight inclusive or land only price will be confirmed to you at the time you make your booking. There will be no surcharges after your booking has been confirmed.

Insurance

We offer a travel insurance scheme - please contact us for details.

Private Departures

We can also offer this trip as a private holiday. A Private Departure follows exactly the same itinerary as the group departure but at dates to suit you (subject to availability) - please contact us with your preferred dates.

Tailor Made service

We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled experts, who will have first-hand experience of the destination/s you want to visit. They will be able to advise on the accommodation best suited to your needs, the sights you should visit (and those to avoid!) and the best walks and activities matched to your ability. If you would like to explore the idea of a Tailor Made holiday with Mountain Kingdoms then please call us on +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

Your guide



On board are expert, English-speaking guides who have an intimate knowledge of the area and an infectious passion for nature. They are very hard-working, attentive and helpful. The M/S Expedition has one of the highest ratios of expedition team members to guests - with one expert for every 10 guests there is always someone on hand to answer your questions and provide greater insight and appreciation of the world at its extremes. Along with a resident photographer, the expedition team is comprised of professional and highly skilled historians, marine biologists, and naturalists who offer keen insight and a unique personal perspective to each and every adventure. On your Expedition cruise, shore excursions and on board lectures will be provided by knowledgeable, expert members of the crew. For example Terence (Scobie) Pye, pictured.

Terence (Scobie) Pye is a research scientist with a Master of Science degree and decades of research time in the Antarctic. His main scientific interests are focused on the conservation and management of the sub-Antarctic islands, the impact of introduced mammals on these fragile ecosystems, sustainable tourism in the Antarctic and the history of the region. Scobie brings his years of professional experience in the logistical support and safety of polar operations in Antarctica and the Arctic. In 1978, Scobie was awarded the Fuchs Medal for outstanding service to the British Antarctic Survey.

Your route



Your trip highlights

- Exceptional value - our price includes Includes internal flights as well as additional nights in quality hotels in Buenos Aires & Ushuaia
- Spend 12 days on board the M/S Expedition polar cruise ship with international cuisine, comfortable en suite cabins and excellent facilities
- Enjoy the breathtaking and ever-changing scenery of icebergs, glaciers and snow-capped mountains
- Encounter enormous colonies of penguins and keep lookout for whales, dolphins and seals
- Travel further south than most people have ever gone and walk on the least visited continent
- Explore the Southern Ocean on regular Zodiac excursions and make landings on the Antarctic ice
- Learn about the history, geology and wildlife of Antarctica from the expert Expedition team
- Optional camping and kayaking excursions from the M/S Expedition during February sailings

At a glance itinerary

Days 1-2	Fly London to Buenos Aires. Transfer to hotel.
Days 3-4	Fly Buenos Aires to Ushuaia. Day at leisure.
Day 5	Embark on the M/S Expedition and sail through the Beagle Channel.
Days 6-7	Crossing of The Drake Passage.
Day 8-9	South Shetland Islands & the Antarctic Peninsula.
Days 10-11	Antarctic Peninsula & the Antarctic Circle.
Days 12-14	Antarctic Circle & the Drake Passage.
Days 15-16	Sail north across The Drake Passage to reach Ushuaia.
Day 17	Disembark the M/S Expedition. Fly back to Buenos Aires for last night.
Days 18-19	Transfer to airport. Fly to London.

Trip summary

Your adventure begins in Buenos Aires, where you have a night in the vibrant capital City of Argentina, before you fly down to Ushuaia the southernmost city in the world and starting point for the rarest of adventures. We include two nights in Ushuaia to give you ample time to recover from your long journey south and to explore this small city, with its beautiful mountain backdrop, in the southerly reaches of Tierra del Fuego. There is plenty to see and do here before you board the superbly equipped M/S Expedition cruise ship and begin your voyage of discovery to the 'Great White Continent'. The ship is ideally suited to cruising this icy wilderness, and her expert staff are on hand to ensure you'll fully appreciate all the grandeur you encounter.

After sailing through the Beagle Channel, the adventure really begins with a 800km (497 mi) crossing of the passage named in honour of 16th-century English sea captain and privateer Sir Francis Drake. As you sail serenely through the waters of The Drake Passage you'll keep watch for marine life and birds from the observation decks and enjoy informative presentations and lectures by the Expedition team. Having reached the South Shetland Islands and Antarctic Peninsula you'll make regular shore landings from Zodiac boats so that you can encounter some of the region's unique wildlife at close quarters - particularly the vast penguin colonies. Travelling southwards along the western coast of the Antarctic Peninsula you will eventually cross the Antarctic Polar Circle before sailing back north to Ushuaia. Few travellers have ventured this far south, but the fully equipped, ice-strengthened M/S Expedition can access many remote locations other ships just can't reach.

Throughout, you will cruise in great comfort. Well-appointed, spacious cabins have en suite facilities and sea-facing windows. Dining is first rate with a high standard of international cuisine and even the chance for an al fresco BBQ. There's a gym, jacuzzi, medical centre and library to keep body and mind active as well as a pub and lounge to relax in.

On the February departures there is also the option (at additional cost) to spend a thrilling night camping on the Antarctic ice or to enjoy a kayaking excursion. And, at the end of your cruise, you'll get to keep your premium quality expedition parka - a great souvenir of a truly amazing experience.

Special notes

Why has Mountain Kingdoms chosen the polar cruise ship the M/S Expedition?

There are many different polar cruise ships; some large, some small, some basic and some luxurious. We believe the M/S Expedition is the best choice because:-

- Smaller ships suffer in the Southern Ocean swells. M/S Expedition is fitted with powerful stabilisers to give comfortable cruising
- The larger polar ships are not so flexible. They cannot get so close to the shore and they suffer from being too impersonal. M/S Expedition carries a maximum of 128 passengers, making it a very friendly experience.
- The ship was refurbished in 2025 and offers high quality accommodation
- It offers a high staff-to-passenger ratio - 1:10

Facilities, amenities and safety features:

- 360° top observation deck and raised forward observation deck
- All cabins with private en-suite facilities and outside views
- Large fleet of Zodiacs with four stroke engines
- Free expedition parka to use and keep and complimentary wellington boots for the duration of your cruise
- Fine dining - international cuisine in one sitting
- Large aft deck with barbecue facilities
- Gift Shop and Polar Bear pub
- Medical clinic and cruise doctor
- Two jacuzzi and a gym
- Library and computer room with internet where available
- Optional kayaking - all equipment provided (contact the office for details)
- Large drying room for clothes and boots
- Designed to 'Ice Class 1A' specifications for service in sea ice
- Four covered lifeboats provide capacity for all passengers and crew, while six life-rafts boast a capacity of 150 persons. Full immersion cold weather survival suits for all passengers and crew.

Your trip itinerary

Day 1: Fly London to Buenos Aires

Fly overnight London to Buenos Aires.

Overnight: In flight

Day 2: Arrive in Buenos Aires. Group transfer to hotel.

On arrival in Buenos Aires you will be met and transferred to your hotel.

Overnight: Hotel Intersur Recoleta, Buenos Aires

Day 3: Fly to Ushuaia.

Transfer to the domestic airport for your flight to Ushuaia.

On arrival in Ushuaia, the southernmost city in the world, you will be met and transferred to your hotel. Ushuaia has plenty of bars, coffee shops and restaurants catering for all tastes and plenty of shops to get those last minute bits of extra kit you forgot to pack.

Overnight: Hotel Albatros or Similar, Ushuaia (Meals: B)

Day 4: Time at leisure in Ushuaia.

Sitting on the shores of the Beagle Channel, Ushuaia actually means 'the bay facing westward' in the language of the original Yamna inhabitants. It was once a penal colony (the presidio was disbanded in the 1940s) for political prisoners as well as hardened criminals. Ushuaia is now a major tourist attraction, particularly catering for people about to embark on a cruise to Antarctica. The town of 40,000 is also a major ski resort area for both alpine and cross-country skiers and offers magnificent hiking in Parque Nacional Tierra del Fuego, the only coastal national park in Argentina. You have a free day to explore its many attractions.



Overnight: Hotel Albatros or Similar, Ushuaia (Meals: B)

Day 5: Free morning. Embark on the M/S Expedition and sail the Beagle Channel.

After two days in Ushuaia, your sense of anticipation grows as your ship, the M/S Expedition, is positioned in the port being readied for your embarkation in the afternoon. Embarkation time is set for 1600hrs. The morning is free to do any last minute shopping, an optional excursion to Tierra Del Fuego National Park or a good hike up to the Marshall Glacier (arranged locally).

The evening is spent on board the ship watching the sunset over the Beagle Channel which is around 150 miles long and forms part of the border between Argentina and Chile. The Beagle Channel was named after the HMS Beagle from its 1820s voyage around the southern coasts of South America. On board was Captain Robert Fitzroy whose name was later given to the famous Fitzroy and Paine mountains in Chile. On a later voyage to the region he brought along a young naturalist called Charles Darwin!

Please note, that while it is our intention to adhere to the itinerary described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable, to make alterations. On the first day aboard your Expedition Leader will give you an overview of the expedition.

Overnight: M / S Expedition (Meals: B D)

Day 6: Crossing the Drake Passage.

The adventure begins with an 800km (497 mi) crossing of the passage named in honour of 16th-century English sea captain and privateer Sir Francis Drake. The M/S Expedition is at home in this part of the Southern Ocean, known for the unimpeded never ending fetch of the winds that encircle the Antarctic. Antarctica is a continent of superlatives. It is the coldest, windiest, driest, iciest and highest of all the major landmasses in the world. It is the continent with the longest nights and the longest days. The coastal areas you visit have some of the greatest concentrations of wildlife on the continent. It is also one of the last true wildernesses, the largest wilderness area left on earth - largely unchanged since the first sealers, whalers, and early explorers landed on its inhospitable shores less than two centuries ago. The lowest temperature ever recorded anywhere on earth, - 89.2°C, was recorded on July 21, 1983, at Vostok Station. Winds have been recorded at 200 mph in the interior of the continent and the average annual water precipitation in the interior is only about 50 mm. No wonder it's such a unique and special place to visit.

Overnight: M / S Expedition (Meals: BLD)

Day 7: Crossing the Drake Passage.

As the M/S Expedition crosses Drake's passage there will be time to become acquainted with the ship and frequent the common areas that include the lounge, dining hall, library and lecture hall where you will meet your guides, ship's crew and expedition staff. The ship also has two observation decks giving superb views of the ever-changing scenery. You will have ample time to lookout for some of the species of whales who visit these fertile waters as well as the many seabirds that may follow the M/S Expedition on the journey to Antarctica.

Overnight: M / S Expedition (Meals: BLD)

Day 8: Antarctic Peninsula and South Shetland Islands.

This is what you've been waiting for - a chance to step foot on the Great White Continent! Over the next few days the M/S Expedition will navigate southwards making stops at the South Shetland Islands then through the Bransfield Strait to the Antarctic Peninsula. The goal is to attempt two excursions per day on the Zodiac boats while navigating through the area, but the itinerary and daily schedule will be based on the local weather and ice conditions.

If you are travelling early in the season you will most likely be walking amongst penguins during your time on Antarctica, as they gather in vast numbers with their fast-growing chicks. 'Penguin' is the common name for all flightless, aquatic birds and they are only found south of the equator. Penguins have been grouped into 18 species and 6 genera, with most making their homes in Antarctica and the sub Antarctic islands, though others are native to the coasts of Australia, South Africa, South America, and the Galapagos Islands. Penguins are speedy and agile swimmers, but extremely slow on land. The regions you visit aboard M/S Expedition are inhabited by several species including the Adelie penguin named after French explorer Dumont d'Urville's wife, the Chinstrap penguin identified by the distinctive black line connecting the black cap to below the chin, and the Gentoo penguin with its orange bill and white flash above and behind its eyes.



Overnight: M / S Expedition (Meals: BLD)

Day 9: Antarctic Peninsula and South Shetland Islands.

During your Zodiac excursions you will encounter some of the region's unique wildlife and awe-inspiring scenery. Alongside the raucous rookeries of gentoo, chinstrap, and Adélie penguin you will see seals on land and in the ocean, together with orca, humpback, and minke whales which patrol the cold Antarctic waters.

The peninsula also has a remarkable human history and during the voyage you will also learn about some of the most important and dramatic expeditions to this remote corner of the world. Some of the bravest and best known explorers have sailed south in search of adventure and recognition. James Cook, the most travelled explorer of his time, was the first to circumnavigate Antarctica and the first to cross the Antarctic Circle. There was Roald Amundsen, who led the first expedition to reach the South Pole and reached the pole on 14th December 1911, followed by Captain Robert Falcon Scott, famous for being 35 days late, who arrived at the South Pole on 17th January 1912 only to find the dark green tent and a note left by Amundsen.

All 5 men in the Scott expedition perished on their way back from the pole. The best-known adventurer would have to be Sir Ernest Shackleton. On his attempt at the South Pole his ship, Endurance, was captured by pack ice in the Weddell Sea on 19th January 1915. The ship was destroyed by heavy ice, forcing him and his men to travel over the ice and sea to Elephant Island. However, because the island was uninhabited, Shackleton and 5 others made the 1300 km voyage for help to South Georgia, amazingly arriving at Stromness Harbour whaling station on 20th May 1916.

Overnight: M / S Expedition (Meals: BLD)

Day 10: Antarctic Peninsula and Antarctic Circle.

With a close eye on weather conditions, the M/S Expedition turns southward along the western coast of the Antarctic Peninsula towards the Antarctic Polar Circle; a place where very few travellers have reached.

Throughout the cruise you can attend lectures hosted during the day as well as in the evening, on everything from local wildlife to geology to history. The M/S Expedition has one of the highest ratios of expedition team members to guests and, with one expert for every ten guests, there is always someone on hand to answer questions and provide greater insight and appreciation of the world at its extremes.



The expedition team is comprised of professional and highly skilled historians, marine biologists, and naturalists who offer keen insight and a unique personal perspective to each and every adventure. There is also a resident photographer to help you make the most of the wonderfully photogenic landscape and wildlife.

Overnight: M / S Expedition (Meals: BLD)

Day 11: Antarctic Peninsula and Antarctic Circle.

Another day of exploring as the Zodiacs deliver you to shore where you might enjoy a walk up a small peak to get a magnificent vista back across the bay and towards the shore. Your guides will accompany you and assist in picking out the best route that does not interfere with the wildlife.

However, you don't need to be on land to see the whales and other marine life that make the water south of the Antarctic Convergence their summer home. Thanks to the abundance of the small, shrimp-like krill many species of whale can be found in the frigid southern waters including: the Humpback Whale - which consumes over a ton of krill each day, the Southern Right whale - easily identified by the whitish callosities on the jaws and forehead, the Sperm whale - made famous in Moby Dick, the Sei whale - which can achieve speeds up to 55km/h over short distances, the playful Minke whale - which are very common in the peninsula area, and the Fin Whale - which can attain a length of 25 to 27m, making it the second largest of all whales.

Overnight: M / S Expedition (Meals: BLD)

Day 12: Antarctic Circle and the Drake Passage.

After seven nights on board you turn north for the first time but will continue exploring the Antarctic Peninsula and South Shetland Islands. Along with wildlife watching and shore landings there might be an opportunity for a more adventurous activity - a swim in the Southern waters!

You remembered to pack your bathing suit, right? Depending on weather conditions, you can opt to do the polar plunge and jump into the frigid waters of the Antarctic. Convince some of your fellow passengers to join you and you'll be left with an amazing group experience no one will ever forget!

Overnight: M / S Expedition (Meals: BLD)

Day 13: Antarctic Circle and the Drake Passage.

The avian stars of the Antarctic are undoubtedly the penguins but they are far from the only birds you will see on your polar cruise. Spend a little time on deck and you may see various species of albatross including Black-browed, Wandering and Light-mantled. And, along with the impressive albatrosses - gulls, petrels, shearwaters, skuas, ducks and terns will no doubt catch your eye.

With the help of the ship's ornithologist, see how many you can spot.

Overnight: M / S Expedition (Meals: BLD)

Day 14: Antarctic Circle & the Drake Passage.

Continue north up The Drake Passage, keeping a close eye on the ice floes, shoreline and ocean waters as you cruise along. You never know what you might see today.

Overnight: M / S Expedition (Meals: BLD)

Day 15: The Drake Passage.

Leave the Antarctic Circle and head north across The Drake Passage. In between wildlife watching and enjoying some final lectures by the expedition staff, there is time to relax and share the adventures of the past week with your fellow travellers and crew members.

Overnight: M / S Expedition (Meals: BLD)

Day 16: The Drake Passage to Ushuaia.

Sadly, this is your final day onboard the M/S Expedition before you reach your home port of Ushuaia.

There's still time for some last-minute whale watching and bird sightings though, so spend as much time as possible on deck keeping a lookout.

Overnight: M / S Expedition (Meals: BLD)

Day 17: Disembark the M/S Expedition. Fly from Ushuaia to Buenos Aires.

Today you will disembark the M/S Expedition between 08:00 and 09:00 hours.

Depending on the time of your flight back to Buenos Aires, you will either be transferred directly to the airport at Ushuaia or to a central location where luggage can be stored. You will then have free time. Additional transfers will be provided at 12:30 or 16:30 hours. Please note that the transfer times are subject to change according to flight schedules.

Fly to Buenos Aires for your last night.

Overnight: Hotel Intersur Recoleta, Buenos Aires (Meals: B)

Day 18: Free time and group transfer to airport. Depart Buenos Aires.

Some free time to enjoy the city before your transfer to the airport for your overnight flight from Buenos Aires to London.

Overnight: In flight (Meals: B)

Day 19: Arrive in London.

Our grading system

Quest for the Antarctic Circle is graded as a Tour, as described below.

Tours

Tours may include any of the following activities: sightseeing, visiting local villages, exploring temples, game viewing, birdwatching, husky sledding, mountain flights, city tours and dramatic journeys by road, rail, sea or river. Occasionally there will be short, gentle walks so that you can properly explore the cultural sites you are visiting.

What the price includes

Mountain Kingdoms aims to offer the best value for money. We do not charge extra for meal packages or apply local charges and try to ensure that all the key elements of your holiday are included.

What's included:

- ✓ 16 x breakfasts, 11 x lunches, 12 x dinners
- ✓ All internal flights and hotel/airport transfers in Buenos Aires and Ushuaia
- ✓ 2 nights 4* hotel accommodation, in Buenos Aires (1 each at the start and end) on a twin-share, bed and breakfast basis
- ✓ 2 nights 3/4* hotel accommodation in Ushuaia on a twin-share, bed and breakfast basis
- ✓ 12 nights aboard the M/S Expedition in twin-share cabins. Prices based on Lower Deck Twin cabins with all meals, en suite bathrooms and porthole window
- ✓ A free, high performance expedition parka
- ✓ Zodiac excursions with our expert expedition team. Lectures and educational programs
- ✓ Use of onboard gym, jacuzzi and library
- ✓ Waterproof boots supplied
- ✓ One Expedition team member per 10 guests - the highest ratio amongst Polar ships 1:10
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ Single, timed group airport transfers for international flights on arrival and departure
- ✓ Carbon offsetting with the Ecoan Tree Planting Project for clients taking our flight-inclusive option
- ✓ A free Mountain Kingdoms Water-to-Go bottle

Airport transfers

The cost of a transfer to/from the airport is included in the price of your holiday. This is a single group transfer which is arranged to coincide with the timings of the group flights. If you book your own flights which arrive/depart at different times to this, or we book flights at your request that have different timings, we will be happy to provide a quote for a separate transfer. Please contact us should you require any further information.

What's not included:

- ✗ Travel insurance
- ✗ Visa fees
- ✗ Optional kayaking and camping excursions from the M/S Expedition (must book in advance)
- ✗ Tips
- ✗ Lunch and dinner in Buenos Aires and Ushuaia

Water-to-Go Reusable Bottle Campaign

We have joined the campaign to help cut down on the use of plastics and, in particular, single-use water bottles. To do this we have teamed up with the revolutionary company, Water-to-Go who have developed a multi-use drinking bottle with a reusable filter that eliminates over 99.9% of all microbiological contaminants. This makes water from virtually any source safe to drink and significantly reduces the need for travellers to buy bottles of water wherever they are in the world. For our clients who are not given a free Mountain Kingdoms kit bag (these are required for certain treks), there is the choice of receiving either a free Water-to-Go bottle or a free Mountain Kingdoms fleece. If you are not eligible for a free bottle, you will still be able to buy a special Mountain Kingdoms Water-to-Go bottle from us at a discounted rate. For further information about our campaign visit <https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign>

Your accommodation

We will endeavour to secure the hotels named in the itinerary but if our first choice of hotel is not available we will book a suitable alternative of a similar standard.



Hotel Intersur Recoleta, Buenos Aires

The Hotel Intersur Recoleta is a comfortable, modern, 4* hotel located in the commercial and residential area La Recoleta. All rooms are en-suite with a/c, satellite TV and free Wi-Fi and there's a spa and fitness centre on the upper floors.



Hotel Albatros or Similar, Ushuaia

The Hotel Albatros is a 4* hotel. Rooms are a good size and have minibars and free Wi-Fi. The hotel is located centrally and is only 300 metres from Ushuaia's harbour and just over double that to the Maritime Museum. There is an on-site bar and restaurant as well as a wellness centre.



M / S Expedition

The M/S Expedition provides an intimate small-ship cruising experience. Completely refurbished in 2025, she boasts spacious cabins, each featuring ocean-facing windows or portholes and private en-suite facilities. Large common areas and observation decks provide panoramic views of the distinctive landscapes of some of the world's most remote regions. The Expedition's spacious confines can hold up to 128 passengers. Many expedition cruise operators offer you a choice of space, comfort or expertise; the M/S Expedition delivers all three at a price few can top. There are eight general categories of cabin aboard - our per person price is based on sharing in a Lower Deck Twin cabin (with a porthole window, private en suite and ample storage for all your kit), other cabin types are available on request:



Triple (located on the Main Deck with porthole window - approx. 13.5 m²/145 ft²)

Lower Deck Twin (located on the Lower Deck with porthole window - approx. 11m² /115 ft²)

Main Deck Twin Porthole - approx. 11m²/115 ft²

Main Deck Twin Window (has a picture book window) - approx. 11m²/115 ft²

Superior Twin (located on the Captain's Deck or Upper Deck with large view window) - approx. 12m²/132 ft²

Deluxe (located on the Captain's Deck or Upper Deck with large view window - approx. 13 m²/144 ft²)

Suite (located on the Captain's Deck, includes a couch and sitting area, and a large view window) - approx. 20 m²/215 ft²

Owner's Suite (located on the Bridge Deck, includes a couch and sitting area, and a panoramic window facing either aft or port or starboard - approx. 19 m²/208 ft²)

tel: +44 (0)1453 844400 info@mountainkingdoms.com www.mountainkingdoms.com

Mountain Kingdoms Ltd, 20 Long Street, Wotton-under-Edge, Gloucestershire GL12 7BT UK
Managing Director: Steven Berry. Registered in England No. 2118433. VAT No. 496 6511 08

Meal arrangements

16 x breakfasts, 11 x lunches, 12 x dinners. Bed & Breakfast in Buenos Aires and Ushuaia. Full board on M/S Expedition.

Flight arrangements

Flight inclusive from price

Our 'Flight inclusive from' price is based on the best fare available at the time of printing. As airfares change on a constant basis, this should be used only as a guide price. Rest assured that, at the time of booking, we will endeavour to get the best possible price for the flights you need. Remember, the earlier you book the greater your chances of securing the best fare.

Flight inclusive packages booked through Mountain Kingdoms are protected through our ATOL bonding scheme.

Flight upgrades and regional Airports

Please call us on +44 (0)1453 844400 for flight options from regional UK airports, Business Class upgrades, alternative airlines and stopovers. Please also check our website for the most up to date flight inclusive 'from' prices.

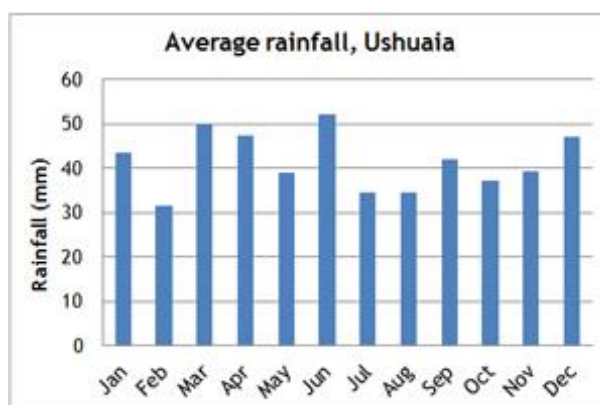
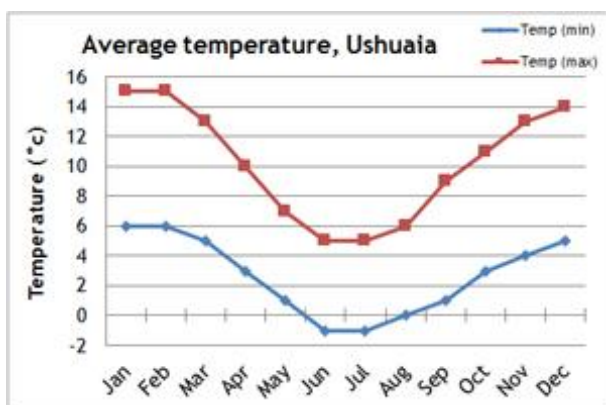
Further information

When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

The nature of adventure travel

Every effort will be made to keep to this itinerary but we cannot guarantee that things may not change, either before you travel or while you are away. By its very nature, adventure travel involves an element of the unexpected, particularly in more remote areas. A variety of factors such as adverse weather conditions, changes to local schedules and difficulties with transportation can all contribute to the need to make changes to the itinerary, often at the very last minute. Our Operations Manager and your Trip Leader will make every effort to maintain the integrity of the original itinerary and minimise the impact of any changes, but an easy-going and flexible nature is a real asset! Please note that all timings and distances given are approximate.

Climate information



Weather Information

Antarctica is synonymous with cold. From November to March, the Austral summer, as the ice recedes and coastlines become accessible, the temperatures become tolerable and conducive for your Expedition. On the coast, temperatures are considerably warmer from 5°C (41°F) to -5°C (23°F) in the austral summer.

The Antarctic Peninsula experiences the highest temperatures year round compared with the rest of the continent of Antarctica. The interior of Antarctica is the world's driest desert, since the extreme cold in winter freezes water vapour out of the air. Annual snowfall on the polar plateau is equivalent to less than 5cm (2in) of rain.

You will need warm and waterproof clothing for the zodiac landings. Dress onboard is informal. We will send you details of what to pack in our trip dossier.

Extension information

Extending your holiday

If you would like additional inspiration on how or where to extend your holiday please call us on 01453 844400.



Iguazú Falls, Argentina

Visit one of nature's most awe-inspiring sights on a 2 or 3 night extension to Iguazú Falls. Fly from Buenos Aires to Puerto Iguazú and visit both the Argentine and Brazilian sides of the Iguazú National Park in the company of an expert guide. Walk along the park's many trails that wind through rainforest, and feel the raw power of the falls from numerous viewing points. The extension includes accommodation in a good quality hotel in Puerto Iguazú, flights and all airport transfers.

Why book this holiday with Mountain Kingdoms?

- We offer exceptional value as we include additional nights in Buenos Aires and Ushuaia in good quality hotels as well as all internal flights and transfers.
- By adding a night in Buenos Aires at the start of your trip we break up the long flight from the UK to the far south. The 2 nights we include in Ushuaia give you time to explore the southernmost city in the world.
- At the end of your cruise you return to Buenos Aires for a night with the option to extend your stay in this vibrant Latin city.
- Your trip is guaranteed to run - Antarctic cruises are extremely popular, please book early!
- This superb Antarctic cruise includes 12 nights on board the M/S Expedition which is among the most comfortable and spacious ships in its class and has an excellent guide to passenger ratio of 1:10.
- The M/S Expedition boasts generous cabins, each featuring ocean-view windows or portholes and private, en suite facilities. It also has a library, gym and jacuzzi as well as offering international fine dining.
- There are large common areas and observation decks which provide superior views to enjoy the sweeping panoramas.
- Your expert, English-speaking expedition team have excellent knowledge and experience of the geology, flora and fauna in this unique geographical region. You will enjoy regular presentations and on-site briefings to enhance your experience.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights team for flight options, quotes and further information.

If we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: www.mountainkingdoms.com or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.

What our clients say



Nothing quite prepares you for a trip to the Great White Continent. It was the most breath taking, jaw dropping, tears in the eyes, and lump in the throat experience of my life to have had the privilege to visit Antarctica.

- Mr S, Wiltshire

Antarctica is beyond words, a calming, incomparable continent which claimed my silence.

- Kerry Robins, Mountain Kingdoms



I loved every minute from start to finish, even the slightly bumpy crossing of the Drake Passage, but especially walking through the penguins. I would have stayed watching their hilarious antics for hours.

- Mr T, Gloucestershire

Mountain Kingdoms - distinctly different

Truly independent

In an age where many so-called 'independent' travel companies have in fact been bought out by multi-national giants, we remain fiercely independent with all the benefits this offers our clients.

Value for money prices with an emphasis on quality

We are not in the business of cutting our itineraries and services to the bone to offer eye-catching cheap prices. We use some of the best airlines, and typically 3 or 4 star hotels in cities. We include the majority of meals and private transport for road travel. We use excellent equipment and appoint well-trained staff and leaders. Last year, over 98% of our clients rated their Mountain Kingdoms holiday as 'excellent' or 'good'. We are members of AITO and bound by their quality charter.

Complete financial security

You can book with us confident that your holiday has full financial protection. Flight inclusive holidays are financially protected by the Civil Aviation Authority under ATOL licence number 2973 and 'Land Only' holidays are covered by a bond secured with ABTOT.

No Surcharge Guarantee

Your peace of mind is important to us so we have a No Surcharge Guarantee on all Land Only and Flight Inclusive bookings. This means that there will be no change to the price of your holiday once we have confirmed your booking, regardless of fluctuations in exchange rates or fuel prices.

Award winning Responsible Tourism

We feel strongly that all our holidays should benefit local communities, protect the environment and respect local traditions, religion and heritage. You can read more about the charities we support and our Responsible Tourism commitments and initiatives on the following page or at www.mountainkingdoms.com.

Genuine small group travel

Almost all of our holidays have a maximum group size of just 12, plus leader. This provides more contact with your leader, readier access to off-the-beaten-path areas, greater interaction with local communities and a reduced environmental impact.

Loyalty Discount

If you have previously travelled with us we recognise your loyalty with a discount on future trips.

Booking your holiday - it couldn't be easier

Once you've chosen your Mountain Kingdoms holiday you can book online, call the office or complete and post a booking form which can be found in our brochure or downloaded from our website. If you would like to hold a place on one of our trips, whilst you make up your mind, please give us a call to make a provisional booking. This is a no-obligation, no-cost booking and we will hold your place until space comes under pressure or we need your decision.

Comprehensive information

When we receive your booking we send you a full trip dossier which contains details of visas and vaccinations required, a suggested gear and clothing list and lots of useful information. In fact, everything you need to know to give you peace of mind and allow you to prepare for your trip of a lifetime.



RESPONSIBLE TOURISM STATEMENT CLIMATE EMERGENCY PLAN



For over 33 years, Mountain Kingdoms has been offering people the chance to visit amazing places on this extraordinary planet. We now offer trips to all corners of the world, but we are conscious that inevitably our holidays have a detrimental impact on the world around us, and we want to do all we can to reduce our carbon emissions. We are a signatory to Tourism Declares a Climate Emergency, along with a growing number of like-minded, reputable tour operators. For more information, please visit www.tourismdeclares.com

From 2020 onwards, we will be focusing on how we can reduce the carbon emissions that our holidays produce, and how to counterbalance this carbon by supporting carbon offset measures. Here are some of our current and future plans to minimise the impact of our business as a whole:

Carbon Offsetting

Already doing:

- ✓ We have been offsetting carbon since 2007, but will be increasing our donations to the [Ecoan tree planting project](#) in Peru this year. This is with a trusted partner where the funds go directly to a project where the community plants trees on its own land.

Will do:

- ✓ We are working on making our carbon offsetting more accurate and targeted.
- ✓ In future, we will add to that a further estimate for carbon produced by hotels, local road travel, trains and internal flights to arrive at a carbon offset sum for each trip we operate.
- ✓ Carbon offsetting will be included in our holiday prices. For our Flight Inclusive holidays it will include the international flight and any emissions produced by inland travel and accommodation. Our Land Only prices will include the cost of offsetting emissions caused by inland travel and accommodation.

Reducing Carbon Emissions

Already doing:

- ✓ We already offer the majority of our customers a free filtered water bottle which means they can instantly cut down on their single-use plastic consumption. This will be an ongoing project.
- ✓ We already predominantly use locally owned hotels, but will continue to ensure that, where possible, we use these rather than multinational chains.
- ✓ We have joined the Tourism Declares a Climate Emergency initiative to stand alongside like-minded travel companies, to work together to initiate best practices to make tourism as sustainable as possible.

Will do:

- ✓ We will re-evaluate our flights to make sure we are using the most fuel efficient airlines with the youngest fleets and, where possible, direct flights for each trip.
- ✓ We will stop offering unnecessary optional flights – for example our Everest sightseeing trip.
- ✓ We will eliminate unnecessary staff flights wherever possible.
- ✓ We will look at minimising internal flights.
- ✓ We will be asking all our worldwide agents and suppliers to look at their own carbon footprint and encourage them to reduce it.
- ✓ We will promote our more low impact trips to give customers an informed choice.

As part of our wider commitment to Responsible Tourism, we will continue to support a number of charities with whom we have had a long standing relationship over many years. These include: Shiva Charity in Nepal (Ginette Harrison School), Simien Mountains Mobile Medical Service and Porter Welfare, as well as setting aside a sum for emergency disaster relief should the need arise.

