



ATLAS

OCEAN VOYAGES®



cruise**NORWAY**
Worldwide Expeditions

ATLAS ASHORE™ 2024 – 2026 ANTARCTICA

EXPEDITION EXPERIENCES

INTIMATE YACHTING EXPEDITIONS™





POLAR
EXPEDITIONS
BY ATLAS™

2024 – 2026 ANTARCTICA EXPEDITIONS

The words you have heard to describe this vast continent aren't enough. Only those who have been and dared to take the icy plunge into these remote waters can add their names to a century of exploration where few have gone. Embark on a journey to the Seventh Continent, a truly awe-inspiring experience.

To deliver in-depth destination explorations, we're pleased to offer included expedition experiences throughout our Antarctica voyages, as well as optional ones you may want to purchase.

ACTIVITY LEVEL



Activity Level
MILD



Activity Level
MODERATE



Activity Level
ACTIVE



Activity Level
STRENUOUS

MILD: Little to no physical engagement

MODERATE: Walking on pebbled surfaces or slight inclines and paddling

ACTIVE: Walking on uneven and/or slippery surfaces, riding on a Zodiac or being in motion for long periods of time

STRENUOUS: Hiking, sea kayaking, standup paddling and other physically demanding activities

INCLUDED EXPEDITION EXPERIENCES

FREE CULTURAL IMMERSIONS

EXPLORING TIERRA DEL FUEGO NATIONAL PARK

On All Expeditions Beginning In Ushuaia



Before embarking on your exhilarating expedition to Antarctica, marvel upon scenes of subantarctic Patagonia at the southernmost national park, also a UNESCO World Heritage Site and International Union for Conservation of Nature (IUCN) park. It is one of many national parks that protects these famous regions.

- A panoramic coach tour takes you through scenic landscapes featuring spectacular lakes, glaciers, mountains, waterfalls and forests that inspire a sense of awe and wonder.
- 90 species of birds call Patagonia home, including the majestic Andean condors and eagles soaring over the Beagle Channel and the penguin colony of Martillo Island.
- 20 species of mammals have made the area their home, including the guanaco, muskrat, red foxes, and small South American camel.

TO BOOK, CALL US +1 888 538 8652 or email info@cruisenorway.com

INCLUDED EXPEDITION EXPERIENCES

FREE CULTURAL IMMERSIONS

A TRUE TASTE OF CHILE

On All Expeditions Beginning in King George Island

Activity Level
ACTIVE



Experience authentic Chilean and Patagonia culture in Punta Arenas with a three-course dinner at the local restaurant El Arriero. Embark on a comfortable coach that will take you through picturesque scenes of Punta Arenas to your culinary adventure at a ranch-style restaurant. Surrounded by a genuinely friendly ambiance, a feeling of celebration abounds as you and your fellow explorers become immersed in the country's culinary tradition of asado (barbecue).

- **AUTHENTIC ASADO** — Savor the flavors of a mix of typical barbecue dishes, including lamb al asador, a traditional Patagonian cuisine of lamb roasted over a fire.
- **FOLK TRADITIONS** — Enjoy a special performance of regional folk songs and dances that beautifully combine indigenous and European cultures.

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INCLUDED EXPEDITION EXPERIENCES

ZODIAC SAFARIS

DEPARTURES: AM and PM whenever weather permits; as often as possible per voyage

AVAILABILITY: Captain's Choice, weather permitting

PRICE: Included

Atlas Ocean Voyages takes you closer to your environment as you embark on one of the custom-made Zodiacs made for *World Voyager™*, *World Traveller™* and *World Navigator®*. Cruising Antarctic coasts, your knowledgeable experts guide you through the continent's many wonders. As your Zodiac driver navigates the waters, stop and listen to the natural sounds that surround you. At first, you might think it's all silence, but if you focus, the cries of snow petrels echo in the distance. You may encounter marine wildlife while out on the water, so focus on the soft but distinct rush of water and watch for the bubbles just before a breach. This is an essential excursion that truly gives you a pure feeling of triumphant exploration.



EXPEDITION LANDINGS

DEPARTURES: AM or PM depending on landing site and weather

AVAILABILITY: Captain's Choice, weather permitting

PRICE: Included

There's a feeling of connection that swells as you land on the shores of the Seventh Continent. Make your way across the snow, walking paths few explorers who came before you have and feel a sense of kinship with them. Your expedition guide may lead you to dedicated high points and sightseeing locations for some of the best views. Our polar expedition guides know the terrain almost as well as the wildlife and will enhance your experience as they point out the flora (yes, plants in Antarctica!) and fauna. You may come across some of Antarctica's renowned wildlife, like a penguin colony filled with the whimsical birds as they go about their natural lives. Your guide will instruct you on how to properly interact at a safe distance so that you have the opportunity to make the most of your expedition and capture the moment.



POLAR PLUNGE

DEPARTURES: Once per voyage, Expedition Leader decides on date according to schedule and weather.

AVAILABILITY: Captain's Choice, weather permitting

PRICE: Included

Connect with your wild side as you plunge into the icy waters of Antarctica, much like the seals and penguins of the continent. The moment of truth comes as you approach the edge of the platform and prepare to make the jump. But with your fellow explorers cheering you on, it's easy to take on the challenge. And feel free to be a spectator as you cheer on your new friends while they take the plunge.

NOTE: Safety harness is used. Guests should not carry any loose items on them at the time of the dive. All cameras, GoPros and similar devices need to be attached to the body.



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OPTIONAL EXPEDITION EXPERIENCES

KAYAKING (ANT301)

DEPARTURES: AM and PM whenever weather permits

AVAILABILITY: Captain's Choice, weather permitting

PRICE: \$200 PER GUEST, PER OUTING.



Alongside a kayak master, experienced kayakers have the opportunity to set off through Antarctica's unspoiled waters. Our kayak masters help you navigate the ice floes as you make your way through the water channels that bring you close to nature. With their guidance, you can safely cruise through the waters, perhaps even coming close to penguins as they dive from the ice floes into the sea. Kayaking offers a unique point of view of The White Continent as each paddle stroke takes you further from the ship and deeper into the heart of Antarctica. As you rush through the waters with your kayak, the astonishing blues and whites of the icebergs take your breath away. But take a few minutes to be still as well, because that's when incredible moments can take place, like the possibility of a whale breaching the water's surface mere feet away from your kayak.

NOTE: The onboard crew will provide a brief tutorial for proper use of the equipment that will also help determine your physical ability to operate it safely and properly.



CAMPING (ANT304)

DEPARTURES: After dinner until breakfast the next morning. When weather permits.

AVAILABILITY: Captain's Choice, weather permitting

PRICE: \$750 PER GUEST.



You could spend a night camping in Antarctica for a once-in-a-lifetime experience that you will never forget. This is one of the few encounters that truly brings you as close to the continent and its raw beauty as possible. Expedition guides build the camp in the afternoon as you spend a day exploring the grounds. Before settling in for a night in the camp, you have one last chance to grab a hot meal and shower on board. Once the Zodiac brings you back to shore, it's a truly wild experience as you and your fellow adventurers are left with required gear, drinking water, and a few extra layers of clothing for warmth.

NOTE: Excursion is charged per guest.



CANCELLATION POLICY: All expedition experiences have limited occupancy and are subject to cancellation if minimum participation is not met. Excursions operate if weather permits. If you need to cancel your reservation, you may do so up to 72 hours prior to voyage departure to receive a full refund.

REQUESTS FOR RESERVATIONS MAY BE MADE IN ADVANCE, HOWEVER, PAYMENTS AND RESERVATION CONFIRMATIONS WILL BE PROCESSED ONCE YOU ARE ON BOARD THE YACHT.

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**TO BOOK, CONTACT
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Expedition Experiences are guided by nature and operate based on favorable weather and ice conditions. U.S. and Canadian travelers may require visas for travel. Supplements for third guests may be available upon request at an additional cost. Pricing is subject to change at any time without notice. All images are representative and may not exactly depict every expedition experience. Fares and program descriptions are accurate as of the latest publication; all information is subject to change. Atlas Ocean Voyages reserves the right to correct any errors or omissions at any time. © 2024 Atlas Ocean Voyages. Ships' Registry: Portugal | 3387_MKT_04.29.24