Antarctica - Multi-Active Expedition

Trip Code: PAB

Version:

POLAR	GUIDED GROUP	LEISURELY 3



HIGHLIGHTS

- Kayaking, snowshoeing, photo-workshops, mountaineering, camping
- Zodiac and shore excursions for activities and to go wildlife spotting
- Expert team of expedition polar leaders onboard
- An Antarctic cruise with added adventure

AT A GLANCE

- 10 or 11 days polar cruising with multi-activities: Zodiac excursions / kayaking / snowshoeing / mountaineering / camping / photo-workshop
- Join at Ushuaia

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

This is Polar cruising in Antarctica for the restless! The ship becomes our base camp on these voyages. We sail down to the 'High Antarctic' where we have numerous inlets and channels to choose from to set up base. We will have 2 or 3 different base camp locations for the duration of the voyage. Once we are in place we go out and enjoy multi-activities which go beyond the normal shore program. We can take the kayaks out, or enjoy some time on shore snowshoeing or if we are more intrepid we can do a few hours mountaineering on Antarctica, giving us a huge sense of achievement and a true feeling of the remoteness and scale of Antarctica.

We can also opt for a photo-work shop or shore excursions on the Zodiacs. Everyone will also get the chance to camp on Antarctica for a night. All these activities are included in the price of the holiday and do not require any previous experience. Of course we get extremely close to the wildlife during our activities as well, which is a totally exhilarating experience. This is the Polar cruise holiday for wildlife lovers and outdoorsy people.

Is this holiday for you?

All activities from the ship are optional, and you can choose just to participate in the zodiac excursions. However, if you are interested in the activities then you should have a reasonable level of fitness to participate. No experience is required for most activities, although basic kayaking and mountaineering experience is preferred. The snowshoeing and mountaineering on Antarctica is sessions of around 3-4 hrs, this is because no toilet visits are allowed on land and no food/snacks are allowed either for passengers of cruise vessels like ours. You must be able to get up and down the steep gangway from the ship to the water level to board the Zodiacs. Staff will assist you in and out of the boats. Ashore it can be slippery and rocky. Also consider that you are travelling in remote areas without quick access to sophisticated medical facilities.

Please see our online Polar Guide for the differences between our departures, ships and more Polar information.

Itinerary

Version:

Holiday Information

What's Included

- Expert Expedition staff
- All accommodation
- All meals whilst on board and B&B whilst in Ushuaia
- All shore excursions and Zodiac cruises with expert expedition team
- All multi-activities and equipment including: Kayaking / snowshoeing / Mountaineering / Camping / Photo-workshops
- Waterproof boots supplied (men's USA sizes 8-14 and women's USA sizes 3-9)
- Single timed airport transfer Ushuaia Airport on disembarkation
- Fuel Surcharge

What's not Included

- Travel insurance
- Tips for staff
- Airport transfers on arrival in Ushuaia
- Transfers to/from vessel other than as described
- Dinners and lunches whilst in Ushuaia (if applicable)
- Airport departure taxes
- Transfers between airports in Buenos Aires
- Hotel night in Buenos Aires (if applicable),
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

On arrival in Ushuaia you will need to take a taxi to the hotel.

We have included a night in Ushuaia for you, if you would like another additional night, just in case of major flight delays please do call us for a quote.

On return to Ushuaia after your voyage you will disembark the ship at approximately 8am. A transfer from the port to the airport is provided after disembarkation between 8-9am. No other transfers are included. You should not book flights before12 midday on this day.

If your flight is in the early hours of the morning on departure we advise that you book a hotel room in Ushuaia. You will need to take a taxi from the port to the hotel and then to the airport for your flight. Please do let us know as soon as possible if you require extra hotel nights.

Hotel and ship contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

Breakfast only is included while staying in Ushuaia. All meals while aboard are included in the holiday price. We recommend you allow about US$25 per meal in Ushuaia.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as **Water-to-Go**, which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

On board the ship a diverse range of international dishes are available. Meals are prepared and catered by professional chefs and all meals are included in the holiday price. Special dietary requirements, including vegetarianism, can be accommodated with advance notice (please advise at the time of booking). Coffee, tea and water are all provided free of charge. All other beverages, alcoholic and non-alcoholic, are not included and can be prurchased in the dining room or the lounge areas.

Accommodation

During this trip the group will spend 1 night in a hotel in Ushuaia and 10 or 11 nights on board the MV Plancius, the MV Ortelius or the MV Hondius (Depending on departure date). Standard cabins on the MV Plancius, MV Ortelius and MV Hondius are quad berth cabin with porthole. All cabins have en-suite facilities. All accommodation is on a sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. Upgrades are available to triple or twin berth with porthole, twin berth with window, and superior/ suite. Depending on availability, it is also possible to arrange a single cabin. Please contact the office for upgrade and single cabin prices. Please note that if you wish to upgrade ensure that you book early to avoid disappointment.

Group Leader & Support Staff

An international team of Polar experts and field guides is enthusiastic about sharing their in depth knowledge with lectures, briefings and field excursions. Lectures are selected and relevant to the destinations we travel to. We cover major topics such as marine biology, geography, geology, glaciology, ornithology and history. Our staff is skilled, trained and qualified in the activity they are in charge of: mountain guiding, photography, kayaking, zodiac driving. Expedition guides organize the informative ship program and actively guide our shore excursions in different languages but always English as well.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

Prices onboard are in Euros or US dollars. It is not practical to set a recommended amount for personal spending money on a holiday like this. All meals while on board are included in the trip price. The main extra spend on board will be on drinks and this will very greatly from person to person. A drink onboard costs from Euros 2.50. On board ship, bar bills can be put on a tab and paid at the end of the cruise by credit or debit card or in cash Euros or US dollars You will also need some money for any meals taken in Ushuaia and for tips. As a guide, we recommend you allow $10 - 15 per day for tips to your crew and expedition staff. It is possible to withdraw local currency at ATM's in Ushuaia, but we recommend that you bring a minimum of US$200 in cash for emergency situations where you are unable to withdraw money from ATMs.

Guidance on Tipping

The customary gratuity to the ship's service personnel is made as a blanket contribution in one envelope at the end of the voyage which is divided among the crew and staff. You will receive detailed guidelines aboard. Tipping is a very personal matter and the amount you wish to give is at your discretion. It is better for the crew and staff, if you can give them cash, either US Dollars or Euros. You may give individually and / or communally as a personal 'thank you' to one or more of the ship's personnel. As a guide, we recommend you allow $15 - 20 per day for tips to your crew and expedition staff.

Optional Activities

BASECAMP - OUR ACTIVITIES

ZODIAC CRUISING & SHORE PROGRAM:

This is our core activity: guided shore excursions, walks and wildlife spotting and zodiac cruises are included in the fare and will be offered to all passengers during the voyages. Our voyages are primarily defined as explorations and we spend as much time ashore as possible. We can be flexible, taking advantage of wildlife opportunities by using our zodiacs for both landings and cruises. Our knowledgeable guides assist on these outings, providing detailed information. This is supplemented by lectures on board which covers topics such as wildlife, history and true emotions.

KAYAKING:

We plan to offer 3-4 full days of kayak excursions parallel to all other activities (6-7 outings morning, afternoon or evening). Basic kayak experience, appropriate outdoor clothing and physical fitness is essential. The maximum number is limited to 14 kayakers per outing. Special kayak gear will be provided: single seat and double seat kayaks, neoprene wet suits, life vests. Kayakers will bring

their personal warm and protective clothes. An expedition kayak guide will supervise the activity. The kayakers will be accompanied by a safety zodiac boat.

1 kayak excursion free of charge. Every passenger will be able to take advantage of at least 1 outing but it can be more availability allowing. Kayaking must be pre-booked and you will have the opportunity to do this when you receive your booking confirmation. There are no waitlists for any extra outings that may be offered.

PHOTO WORKSHOP:

During the voyage we offer photo workshops for beginners and advanced photographers under the supervision of a photo expert on board. Everyone is welcome to participate, no previous experience required. The workshop group will be accompanied by the photo expert during activity ashore. The maximum participants per photo workshop is aimed at 20 participants per outing per guide, so maximum attention can be paid to individuals. The work shop group will be taken on shore excursions whenever opportunities arise. Participants with a special interest in photography will bring their personal photo equipment. During cruise days everyone will be able to listen into photo lectures in order to learn more about objects, exposures and photo composition. The workshop intention is not to instruct on how to use specific camera models, but more to give an insight on better photo results by respecting basic rules of photography. Photographers can also take part in other activities of their choice.

The photo workshop must be pre-booked and you will have the opportunity to do this when you receive your booking confirmation.

SNOWSHOEING & HIKING:

We plan to offer several possibilities to become active ashore. There will be easy, moderate and more demanding walks on offer in the vicinity of the landing sites. There are walks on offer which suit everyone's capability. In the Antarctic we are aiming at two hikes per day, each 2 - 3 hours long during morning and / or afternoon landings (lunches onboard). In the Arctic we offer several full day walks of up to 5-7 hours (with packed lunch). Hikers are recommended to bring a proper pair of hiking sturdy waterproof boots and gaiters. Rubber boots suitable for hiking will be provided. Hikes will be guided by experienced expedition guides.

Snowshoeing:

Especially on early departures at the beginning of the season there are still snow covered areas. Snowshoes are easy to use and don't require any technical skills. They make it easier and safer to walk on snow surfaces. They are available free of charge for everyone on board, fit all boot sizes and can be used in combination with the Oceanwide rubber boots.

Snowshoeing must be pre-booked and you will have the opportunity to do this when you receive your booking confirmation.

MOUNTAINEERING:

This is technical and more strenuous activity for mountaineers who wish to walk beyond the shore radius in order to reach higher grounds and view points. Mountaineers walk in rope parties under the leadership of a certified mountain guide mostly across glaciated environment in Antarctica. Depending on the landing site, glacier walks can vary from half day to full day outings. Mountaineering knowledge is preferable, but not required. Physical fitness is essential. The maximum number is limited to 6 mountaineers per rope party. Special glacier equipment will be provided: ropes and carabiners, harnesses, helmets, ice axes and crampons. Participants will bring their personal protective outdoor clothes, mountaineering boots (B2 or B3, leather or plastic) suitable for using crampons. A qualified mountain guide and assistant will supervise and guide the activity for a maximum of 12 mountaineers at a time. Note that you are not allowed to 'visit the toilet' whilst on Antarctica (Antactic Treaty/IAATO Regulations). We recommend you bring a 'pee bottle with a large opening (e.g. Nalgene) for this purpose. For human waste we provide biodegradable poo bags which have to be taken back to the ship for disposal.

1 mountaineering excursion is free of charge. Space is limited to 48-60 participants during the voyage, first come first serve.

Mountaineering must be pre-booked and you will have the opportunity to do this when you receive your booking confirmation.

CAMPING:

We plan to offer 3 - 4 camp nights during the voyages. Everyone can participate, no previous experience is required. The maximum number is limited to 30 persons per night. The camping group will be taken ashore after dinner, and returns to the ship just before breakfast. On shore a camp will be made in a place where wildlife will not be disturbed. Special gear and field equipment will be provided: tents, wind and waterproof bivouac bags, mattresses and polar sleeping bags provide comfort during the night. Campers bring their personal warm and protective clothes. Expedition guides will conduct the activity ashore.

Note that you are not allowed to 'visit the toilet' whilst on Antarctica (Antarctic Treaty/IAATO Regulations). We provide a portable toilet facility for the night, but we encourage use of the facilities on board and we recommend that you bring a 'pee bottle' with large opening to avoid use of the portable toilet during the night.

Camping must be pre-booked and you will have the opportunity to do this when you receive your booking confirmation.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline (the baggage limit on the domestic flight between Buenos Aries and Ushuaia is 15kg).

Please note that you should be able to carry your own luggage.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

If your flights pass through the USA, even if only in transit, you will require either a visa or an ESTA (Electronic System for Travel Authorisation). Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can apply for an ESTA under certain conditions*. This must be done online via https://esta.cbp.dhs.gov, no later than 72 hours prior to travel and applies whether entering the country by sea or by air. You will need to have a biometric passport to apply for an ESTA. The fee is currently US$40 *(as of 30/09/25)*. Travellers who have not registered before their trip are likely be refused boarding.

*If you have visited Iran, Iraq, Libya, North Korea, Somalia, Sudan, Syria and Yemen since 2011 or have dual nationality with any of these countries, you cannot travel with an ESTA. You will need to apply for a visa from the nearest US Embassy or Consulate instead. Additionally, if you have travelled to or have been in Cuba since the 12th of January 2021, you will not be eligible for an ESTA visa waiver and will need to apply for a US visa. You should consult the US State Department website to determine which you will need.

When completing the ESTA application form you will be asked to enter your 'Point of Contact' information. This is not required if you are only transiting through the USA.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

UK citizens will require an ETA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD$7 and you should apply for it at http://www.cic.gc.ca/english/visit/eta-start.asp. Other nationalities should consult their local embassy or consular office

Entry requirements can change regularly so please ensure you have the most up to date information before travelling by checking visa entry requirements at the relevant embassy in your country of residence: (US Embassy in London: http://london.usembassy.gov/niv/apply.html)

US passport holders must obtain a Brazilian visa prior to arrival if they will be in Brazil for more than 6 hours.

Visa Argentina

UK and USA passport holders do not require a visa for short stays.

New entry requirements to Argentina

Please note that, due to recent changes in Argentina's Immigration Regulations, new entry requirements apply to all foreign non-resident travellers as of May 28, 2025.

To enter the country, each traveller must present the following documents:

- Valid medical insurance that provides coverage for the entire duration of the stay.
- A return ticket or proof of onward travel out of Argentina

- Accommodation booking or the address of the place where they will be staying.

Failure to provide any of these documents may result in denied entry, at the discretion of the immigration authorities.

We strongly recommend to all travellers to ensure all the travel documents are complete and up to date before departure to avoid delays or inconveniences upon arrival.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on an active holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. Some of the optional activities require basic experience and equipment (see above in main section).

Climate

Along the Antarctic Peninsula, temperatures as high as 15°C have been recorded, though during the Antarctic summer temperatures are typically between 0 and 2°C. The wind will be a significant moderating factor and you must come prepared for 'real feel' temperatures as low as -20°C. The Antarctic is technically classed as a desert averaging 166 mm of precipitation per year. Although you are unlikely to experience precipitation, storms can and do occur.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through our international partner. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

Equipment Information

& PEW Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. Dress on board is informal. Beware of tight clothing that leaves no room for trapped air, which is an excellent insulator. Wool, silk and some of the synthetic fibers, like polar fleece, retain heat better than cotton.

You must bring the following items:

- Casual shoes / Trainers or similar for onboard
- Rubber boots (Wellington boots)*
- Walking shoes*
- Socks (Warm, high wool or similar socks worn over a thin pair of silk, polypropylene socks should provide enough warmth and insulation for your feet. Bring several pairs of socks, since you will inevitably get your feet wet)
- Waterproof jacket
- Trekking trousers
- Waterproof pants/trousers
- Thermal baselayer - leggings
- Underwear
- Baselayer shirts / fleece
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Sunhat
- Warm hat
- Scarf and/or neck gaiter
- Sunglasses
- Gloves or mittens (Thin polypropylene gloves under warm outer gloves is a good combination)

- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x1 (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Rucksack 25 litres
- Selection of dry bags (to keep rucksack contents dry)
- Small daypack
- Warm jacket (down)
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, and plasters. Glucose tablets and multi-vitamin tablets are also a good idea.

The following items are optional:

- Warm Ski pants
- Shorts
- Spare gloves
- Ski goggles in case of bad weather
- Travel clothes
- Camera (in a dry bag)
- Binoculars
- Penknife (remember to pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Seasickness remedy

Snowshoeing Equipment:

- Snowshoes are provided. You can make use of the supplied rubber boots to attach the snowshoes to or you may wish to wear waterproof ankle height walking boots
- Waterproof ankle height walking boots & gaitors (see note above)
- Walking poles
- Reusable cloth bag for shopping (to avoid plastic bags)

Mountaineering Equipment:

Please ensure your rucksack/backpack has straps to tie snowshoes to when not in use.

- Mountaineering boots (B2 Min)
- Gaitors
- Walking poles
- Suitable additional clothing: Down jacket / mountain gloves / salopettes / socks etc
- *Helmet, Ice-axe, Crampons (with anti-balling plates fitted), Climbing harness, Karabiners

Camping & Mountaineering:

Pee bottle: e.g. a wide opening Nalgene bottle (special adaptors for ladies are available).

*** Notes**

Rubber boots / Wellington boots:

Complimentary waterproof boots are supplied for the following sizes: (please confirm your preffered size to KE at least 8 weeks prior to departure)

Men's USA size 8-14 / UK size 7 to 13½ / Europe 41 to 48½

Women's USA size 3 to 9 / UK size 1 to 6 Â½ / Europe 33 to 40

If you have different feet sizes to these you should bring your own rubber boots. These should be rubber,

waterproof boots that are just below your knee with a strong, ridged non-skid sole.

Mountaineering Boots:

You need to take a pair of warm and reasonably substantial mountain boots that are sufficiently rigid to be securely fitted with crampons. The B2 (semi-rigid) boot rating is appropriate.

Crampons, ice axe, helmet and harness with karabiner are all provided along with all ropes and snow shovels etc. If you wish to take your own crampons, helmet, ice axe and harness you are welcome, but it is not necessary.

Walking shoes - There is the opportunity to sightsee around Ushuaia. If you intend to make the most of these opportunities, you should make sure that you take suitable footwear.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining at the hotel in Ushuaia. For clients making their own flight arrangements, Ushuaia Airport is the most convenient.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Ushuaia. Outbound flights will usually depart from the UK in the evening, arriving in the morning of the following day (day 1 of the itinerary). Return flights will depart Ushuaia in the afternoon of the last day of the itinerary, arriving in the UK in the afternoon of the following day. Please note that you may need to book an extra night in either Ushuaia or Buenos Aires on your return due to the flight connection times. You will have to change airports in Buenos Aires on your return and the connections may involve some lengthy waits at an airport. Please be prepared for this. Regional departures and/or alternative carriers are available on request.

If you would like to stopover in Buenos Aires thus shortening your 'flying time' please contact the Customer Sales & Support Team.

Why Choose KE

Why KE

We include a night in Ushuaia before the ship departs, so that you don't have to panic about delayed flights.No additional costs - kayaking, snowshoeing, photo-workshops, mountaineering, camping , zodiac and shore excursions all included in the price.

Please Note This document was downloaded on 05/11/2026 and the trip is subject to change