



ANTARCTIC 2022/2023/2024

Quark Expeditions®

The Leader in Polar Adventures

Explorers WANTED

See It All in One Voyage:
Antarctic Peninsula,
South Georgia and
Falkland Islands.
PAGE 21

Flexible Trip-planning:
Itineraries from
8 to 23 days.
PAGE 10

Unique Helicopter
Excursions.
PAGE 18-23

Ultramarine: A Polar
Vessel. Like No Other!
PAGE 26

Polar Experts
on Every Voyage.
PAGE 44

Q:

**Do you want to travel
off the beaten path?
Or explore where there
are no paths at all?**



*Cover: A floating iceberg.
This page: Ultramarine's helicopters transport
guests deep into the Antarctic wilderness.*

We explore Antarctica differently from everyone else. If you really want to see a penguin, our expedition team will take you to a nesting spot of a quarter million. Will you be content to take another cruise? Or would you prefer to cruise 1,000 feet over the untouched Antarctic wilderness in a twin-engine helicopter? Do you want to explore off the beaten path in Antarctica? Let us take you to where there are no paths at all. The choice is yours:

Do you want to go on vacation—or go on the expedition of a lifetime?



Awards & Accolades

WORLD TRAVEL AWARDS

- › *World's Leading Specialist Cruise Line 2021*
- › *World's Leading Specialist Cruise Line 2020*
- › *World's Leading Polar Expeditions Operator 2018*

USA TODAY

10 BEST READERS' CHOICE TRAVEL AWARD

- › *Best Adventure Cruise Line 2018*

SIGNATURE LUXURY TRAVEL & STYLE CRUISE AWARD

- › *Best-of-the-Best Luxury Cruise Awards Winner, Expedition 2018*
- › *Winner, Expedition 2017*

TRAVEL WEEKLY

GOLD MAGELLAN AWARD

- › *Best Expedition Itinerary: Spitsbergen Explorer 2019*
- › *Northwest Passage 2018*
- › *North Pole 2018*
- › *Best Small Ship Expedition 2019*
- › *Marketing Promotional Video 2019: Face to Face With Iconic Arctic Wildlife*

TRAVEL WEEKLY

SILVER MAGELLAN AWARD

- › *Best Expedition Itinerary: Essential Greenland 2019*
- › *Greenland Explorer 2018*
- › *West Greenland 2017*
- › *Best Small Ship Expedition 2017*
- › *Best Adventure Destination: Greenland 2017*

TRAVEL + LEISURE

WORLD'S BEST AWARD

- › *Small-Ship Ocean Cruise Line 2016*

FODOR'S TRAVEL GUIDES

WORLD'S BEST CRUISES

- › *Kapitan Khlebnikov's Northwest Passage Expedition 2016*



IAATO (the International Association of Antarctica Tour Operators) advocates and promotes the practice of safe and environmentally responsible private-sector travel to the Antarctic.

What's inside.

- 
- A photograph of three gentoo penguins standing on a snow-covered ice formation. The penguins are white with black heads and necks, and orange beaks. They are looking in various directions. The background is a soft, out-of-focus white and light blue, suggesting a snowy or icy environment.
- [4 30 Years of Polar Exploration](#)
 - [6 Antarctica at a Glance](#)
 - [8 Map of Antarctica](#)
 - [10 The Antarctic Peninsula](#)
 - [18 The Falkland Islands & South Georgia](#)
 - [24 Our Superior Fleet—featuring our newest ship, *Ultramarine*](#)
 - [28 Cutting-Edge Helicopter Program](#)
 - [32 Superior Spa & Wellness Amenities](#)
 - [40 Your Life Onboard](#)
 - [42 Amazing Off-Ship Experiences](#)
 - [47 Polar Travel Advisors](#)
 - [46 Expedition Leaders](#)
 - [48 Why Travel With Us?](#)
 - [50 Polar Boutique](#)
 - [52 Sustainability](#)

Three gentoo penguins.

Going Beyond in Polar Adventure.

As the Leader in Polar Adventures, we're committed to taking our guests deeper into the Polar Regions than they ever thought possible. Breaking boundaries is part of our DNA—so, too, is innovation.

For the last 30 years we've pushed the limits of our own imagination to provide our guests with the most immersive—and imaginative—adventures in the Polar Regions. We have the most experienced team in the industry. We have the most diverse fleet, which allows guests to personalize their voyage. We offer the most off-ship adventure options—enabling guests to customize their expedition experience. Our fleet of small ships, including our newest vessel, *Ultramarine*, can take you places other larger ships cannot reach.

Do you want to go on a vacation—or on the expedition of a lifetime.



30 years of polar pride



August 1991

Quark Expeditions takes the first commercial passengers to the North Pole—something no other expedition company had achieved.

August 1991

Quark Expeditions celebrates the first-ever passenger transit of the Northeast Passage, the historic route across the top of the world.

December 1991

Quark Expeditions charts the first series of oceanographic research vessels specially converted for adventure travel, heralding a new phase in polar exploration.

LEADER IN POLAR ADVENTURES

November 1992

Quark Expeditions departs Cape Town for the first passenger voyage to the Far Side of Antarctica, the most remote coastal region of the continent.



November 1993

For the first time, Quark Expeditions guests retrace the voyage of Sir Ernest Shackleton's ship *Endurance*.

November 1996

Quark Expeditions begins a circumnavigation of Antarctica for commercial passengers, the first-ever voyage of its kind.

Choose from 12 amazing Antarctic itineraries starting on page 10

CIRCUMNAVIGATION

July 1999

Quark Expeditions completes its first passenger circumnavigation of the Arctic Ocean.

November 2003

Quark Expeditions passengers become the first humans to witness a Total Solar Eclipse in Antarctica.

November 2004

Quark Expeditions becomes the first operator to confirm the existence and location of the Snow Hill Emperor colony.

March 2006

Quark Expeditions breaks Roald Amundsen's record set nearly 100 years ago, attaining the most southerly latitude of any vessel.



PRIDE OF THE FLEET

June 2008

Quark Expeditions offers maiden voyage to the North Pole on nuclear icebreaker *50 Years of Victory*, the most powerful icebreaker on the planet at the time.

April 2011

Quark Expeditions' Three Arctic Islands voyage is voted one of National Geographic Traveler's "50 Tours of a Lifetime."



June 2012

Quark Expeditions becomes the first tour operator to successfully offer passengers hot-air ballooning at the North Pole.



February 2013

Quark Expeditions hosts Jonathan Shackleton (Ernest Shackleton's cousin) and Falcon Scott (Robert Falcon Scott's grandson) as they walk, and camp, on the 7th continent together.

November 2013

Quark Expeditions teams up with Hot Docs Canadian International Film Festival to offer the first-ever floating polar film festival onboard *Sea Spirit*.

December 2013

Quark Expeditions is named World's Leading Polar Expedition Operator at the World Travel Awards in Lisbon.



Experience our classic Antarctic Explorer voyage, on page 13

October 2017

Quark Expeditions launches Quark Academy training program for expedition team members, the first training program of its kind in the industry.

Meet our incredibly talented team on page 44



December 2018

Quark Expeditions is again named World's Leading Polar Expedition Operator at the World Travel Awards.



January 2019

Quark Expeditions launches the construction of the game-changing ship *Ultramarine*, the very first vessel purpose-built for polar exploration.

ULTRAMARINE



April 2019

Quark Expeditions unveils Polar Promise, the most holistic sustainability policy in the polar expedition industry.



Get the scoop on our Polar Promise sustainability strategy and how we're preserving the Polar Regions one goal at a time. See page 52

December 2020

Quark Expeditions is named World's Leading Specialist Cruise Line at the World Travel Awards.



April 2021

Quark Expeditions officially takes ownership of *Ultramarine* after successful sea trials in Croatia, marking one of our greatest polar milestones!

December 2021

Yet another accolade! Quark Expeditions is once more named the World's Leading Specialist Cruise Line at the World Travel Awards.



December 2021

We announce "Tundra to Table: Inuit Culinary Experience," a partnership infused with passion and pride for the Indigenous cultures of the places we visit.



December 2021

Ultramarine sets sail at last! Fittingly, the ship's inaugural voyage is a celebration of the life of polar explorer Sir Ernest Shackleton.

Discover Ultramarine's incredible amenities. See page 29





Antarctica at a glance.

While Antarctica's summer extends all the way from November to April, the month you visit determines what you'll see and do once you arrive. It's like three seasons within a season, each time period yielding different weather, wildlife sightings (and behaviors) and conditions on land. Knowing what you want to experience while you're there will help you work out the best time to visit, so you have a customized adventure that ticks all the right boxes.



WHALE-WATCHING WEATHER

Enjoy fantastic whale-watching as humpbacks arrive back in Antarctica **MID-DECEMBER** to **MID-FEBRUARY** when temperatures reach up to 40°F/ 5°C, and there are up to 22 hours of sunlight per day.



CROSSING THE ANTARCTIC CIRCLE

Journeying south of the equator to 66°33'45.9—the Antarctic Circle, also called the Polar Circle—is a milestone few travelers ever reach.

SUMMER ROMANCE

Penguins begin their courtship rituals (bowing and preening) from **NOVEMBER** to **MID-DECEMBER** on the Antarctic Peninsula. Male gentoo penguins sometimes woo their favorite female by giving her a well-chosen rock!



PENGUIN CHICKS!

Wildlife-viewing is excellent in the Antarctic from **MID-DECEMBER** to **MID-FEBRUARY**. Especially eye-catching are the penguin chicks which hatch at this time in the sprawling rookeries.

CHILE

ARGENTINA

RETRACE DARWIN'S FOOTSTEPS

Explore Chile's spectacular network of fjords and channels to see the abundant wildlife species of Patagonia, as well as the glaciers of Tierra del Fuego.

Atlantic Ocean

CROSSING THE DRAKE PASSAGE

Crossing the infamous 1,300 km (800 mile) wide Drake Passage, between Argentina and Antarctica is a rite of passage for many polar travelers. Rough seas and high winds give it the name "Drake Shake." When it's calm, it's called "Drake Lake."



Drake Passage

NOV 1915-APR 1916

Shackleton and crew drift on ice, then row through rough ocean waters all the way to Elephant Island.

Weddell Sea

ANTARCTIC PENINSULA

FALKLAND ISLANDS: AN ORNITHOLOGIST'S DREAM

Penguins aren't the only winged species to see in the Falkland Islands. There are 63 breeding bird species and 23 annual migrants, including the inquisitive striated caracara, which are known to steal shiny objects.



FALKLAND ISLANDS (Islas Malvinas)

Stanley

INCREDIBLE SNOWSCAPES

The Antarctic Peninsula is at its most pristine from **NOVEMBER to MID-DECEMBER**. As the Antarctic wakes up from winter, pure white snowscapes seem to stretch beyond the horizons.



BIRDS OF SOUTH GEORGIA

Albatross and Cape petrels guide your ship on the approach to South Georgia, which is known as the Galapagos of the Poles.

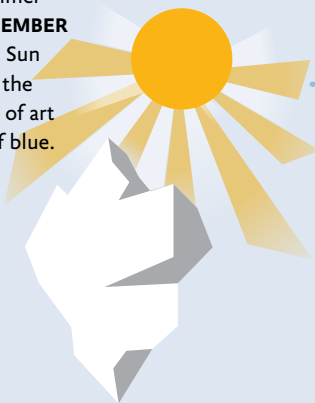
KING PENGUINS

Salisbury Plain, South Georgia, is home to one of the largest king penguin colonies in the world: about 500,000 of the species gather here.



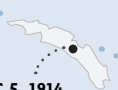
BLUE-TINTED ICEBERGS

Antarctic vistas sparkle during the mid-summer period of **MID-DECEMBER to MID-FEBRUARY**. Sun and salt water turn the icebergs into works of art in various shades of blue.



APR-MAY 1916
Shackleton and five crewmen row to South Georgia to find help for the sailors on Elephant Island.

DEC 5, 1914
Endurance departs Grytviken whaling station on South Georgia.



SOUTH GEORGIA

HONORING SHACKLETON

Eminent polar explorer Sir Ernest Shackleton, who died in 1922, is buried in the cemetery at the historic whaling station at Grytviken on South Georgia Island. Follow his historic journey.



CALVING GLACIERS!

Expect Antarctic glacier-calving, the breaking of ice chunks from the edge of a glacier, in the late-summer period from **MID-FEBRUARY to LATE MARCH**.



OVERNIGHT CAMPING IN ANTARCTICA

Go to sleep in a bivy sac on the peninsula, wake up to the bray of a penguin, the ethereal call of the sea or the exhalation of a humpback whale. A night spent outdoors is an unforgettable experience. Temperatures are at their warmest (up to 40°F/ 5°C) **MID-NOVEMBER to MID-JANUARY**.



NOV 21, 1915
Endurance sinks to the bottom of the Weddell Sea after being trapped in ice for over a year.

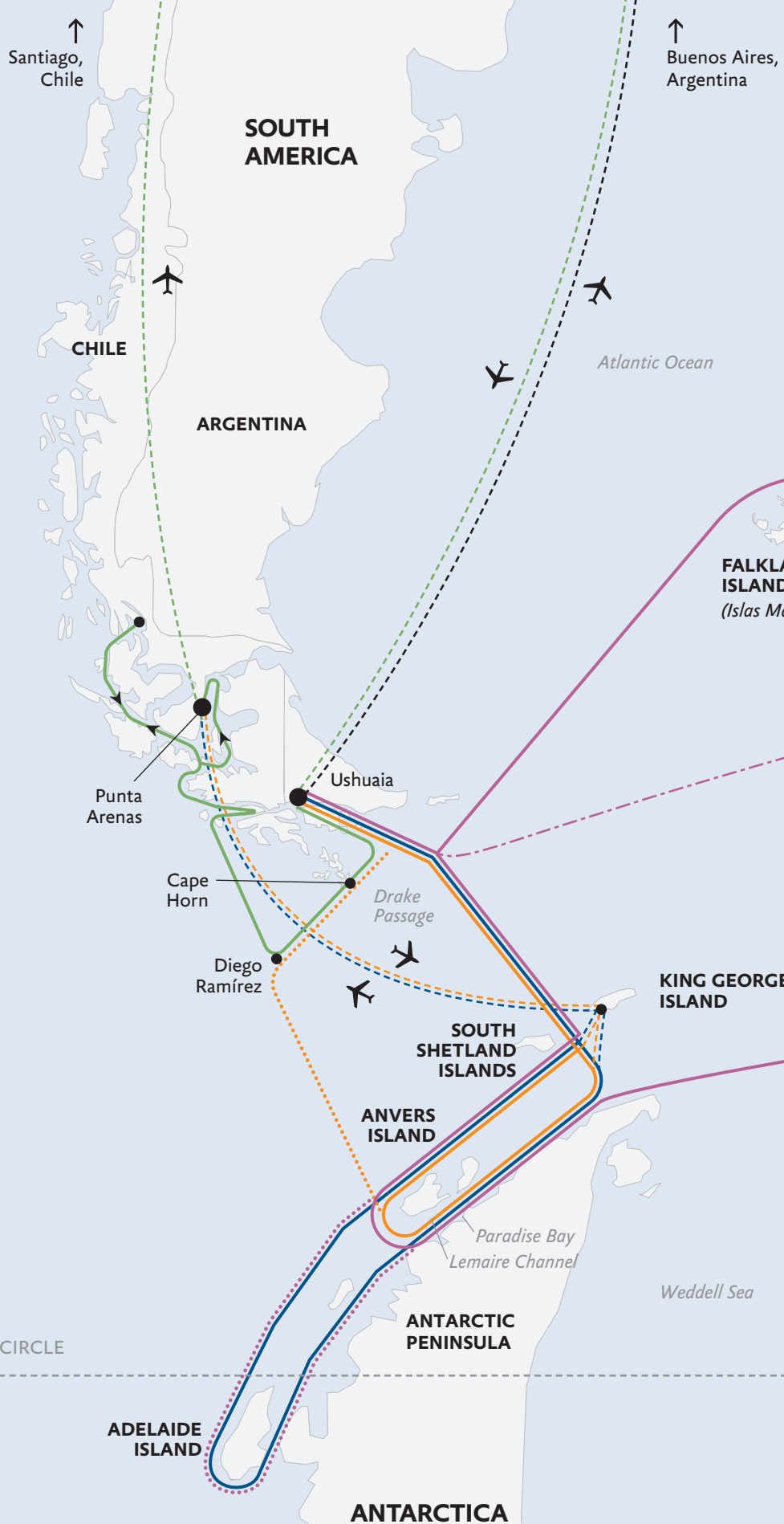
ENDURANCE FOUND

A search team, using undersea drones, located *Endurance* at the bottom of the Weddell Sea in **MARCH 2022**. The iconic ship is found at a depth of 3,008 meters (1.9 miles).



Now that you've explored the highlights of the Antarctic region, discover the wide range of itineraries Quark Expeditions offers.

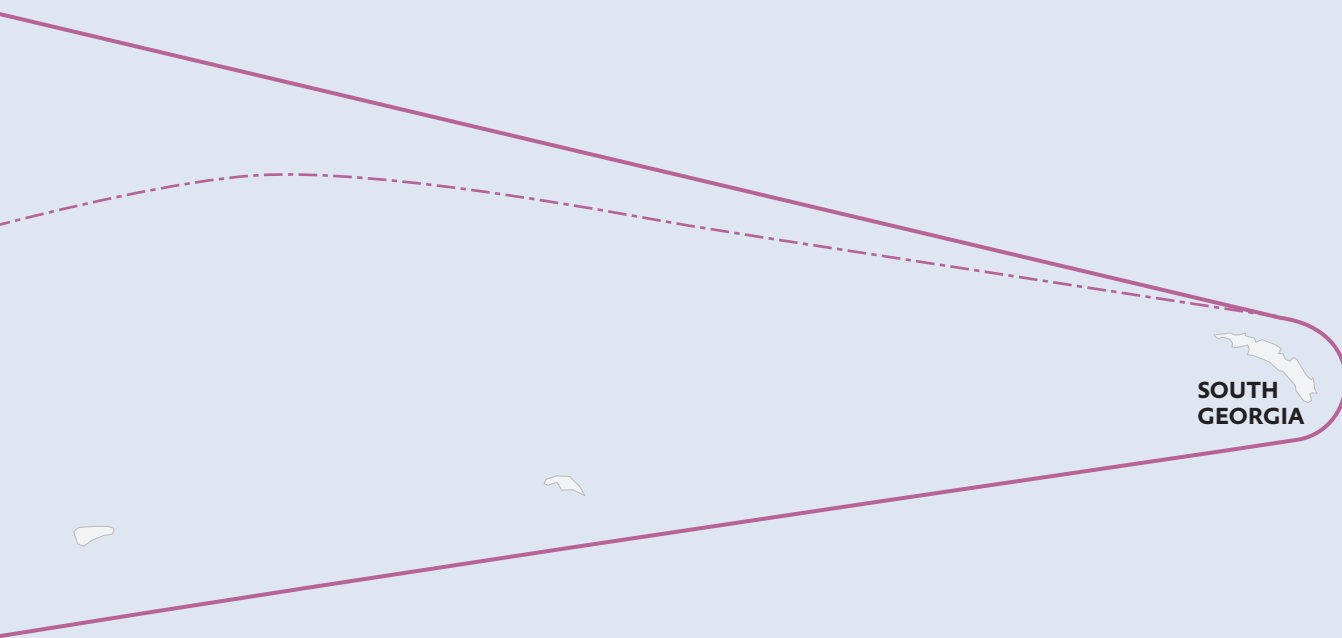
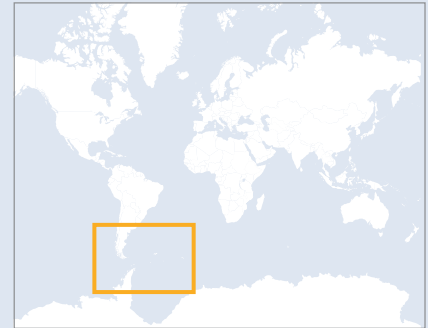
ANTARCTIC MAP












Map is not to scale.
Itineraries shown are for illustrative purposes only. Actual itinerary is dependent on weather and ice conditions.

the Antarctic.

Our exciting Antarctic season offers 9 itineraries—with 50-plus departures—to Antarctica, the Falkland Islands, South Georgia and Patagonia. Guests will have the chance to sail on our game-changing ship *Ultramarine*. With its two twin-engine helicopters and 20 quick-deploy Zodiacs, *Ultramarine* enables guests to choose from the largest portfolio of off-ship adventure options in the polar industry and to explore the Antarctic **by land, by ice, by sea, and by air**.



ITINERARIES AND SCHEDULED ROUTES

- | | | |
|--|--|---|
|  Antarctic Explorer:
Discovering the 7th Continent
<i>See page 13</i> |  Crossing the Circle:
Southern Expedition
<i>See page 16</i> |  South Georgia and Antarctic
Peninsula: Penguin Safari
<i>See page 20</i> |
|  Antarctic Express:
Fly the Drake
<i>See page 15</i> |  Antarctic Express:
Crossing the Circle
<i>See page 17</i> |  Falklands, South Georgia and
Antarctica: Explorers and Kings
<i>See page 21</i> |
|  Antarctic Explorer: Discovering
the 7th Continent plus Cape
Horn & Diego Ramírez
<i>See page 14</i> |  Essential Patagonia:
Chilean Fjords and
Torres del Paine
<i>See page 12</i> |  Epic Antarctica: Crossing the
Circle via Falklands (Malvinas)
and South Georgia
<i>See pages 22 & 23</i> |

 Flight paths   Scheduled paths



The Antarctic Peninsula.

Setting foot on the 7th Continent is an immersive adventure like no other. Rewarding shore visits, Zodiac cruises and off-ship adventure options enable you to experience all the wonder Antarctica has to offer. You have the opportunity to step outside yourself in so many incredible ways, and to do so by choosing off-ship activities that best suit you. Whether you're focusing on the Antarctic highlights or exploring the peninsula in depth just south of the Antarctic Circle, our range of itineraries and activities will help you explore Antarctica in a way that will be both uniquely yours and entirely unforgettable.

NATURE IS THE TOUR GUIDE:

Sea, ice, and weather conditions will ultimately influence your trip itinerary. Embrace the unexpected!



In This Section

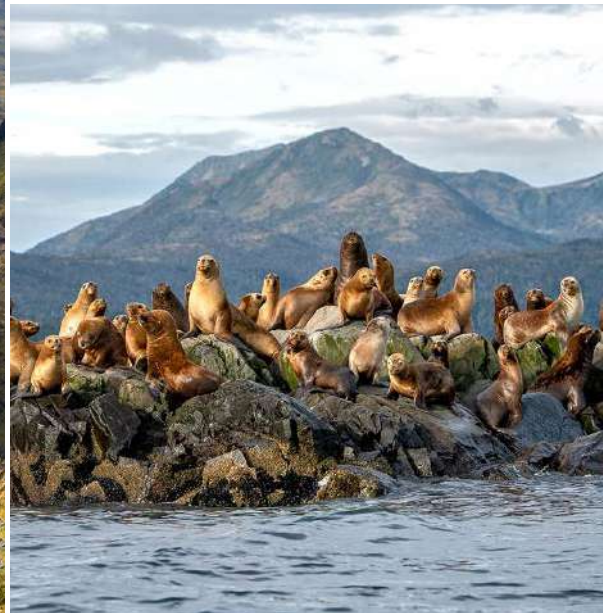
- › Six Itineraries from 8 to 15 days.
- › Crossing the Antarctic Circle.

See pages 16 and 17

- › Fly Over the Notorious Drake Passage.

See pages 15 and 17

Guests enjoy a hike on the Antarctic Peninsula.



Reveling in the breath-taking scenery of Patagonia; Lighthouse at Cape Horn; a colony of fur seals.



Essential Patagonia: Chilean Fjords and Torres del Paine

Retrace Charles Darwin's epic voyage to the 'edge of the world' on this 15-day journey into Chile's spectacular network of fjords and channels. *Ultramarine's* two twin-engine helicopters and 20 quick-launching Zodiacs enable guests to witness some of the most remote and picturesque landscapes on Earth, as well as colonies of Magellanic penguins, seabirds, sea lions, elephant seals, and gorgeous blue-toned glaciers.

Nature is the tour guide: Sea, ice, and weather conditions will affect your flights and trip itinerary. Embrace the unexpected!



2 departures | 15 days

March 2023 & 2024

Embarkation: Ushuaia, Argentina

Disembarkation: Punta Arenas, Chile

See Dates and Rates for details.

✈ Charter flight:

Between Santiago, Chile / Buenos Aires, Argentina

(included in mandatory transfer package)

Ship:

Ultramarine

Adventure Options:

See pages 42-43 for more details.





Gentoo penguins.

Antarctic Explorer: Discovering the 7th Continent

Great for first-time explorers who've dreamed of setting foot on the 7th Continent, this classic 11-day expedition lets you revel in the highlights of the South Shetland Islands and Antarctic Peninsula while traveling on *Ultramarine*, equipped with its two twin-engine helicopters and 20 quick-launching Zodiacs. Observe penguins, whales and seabirds and choose from a robust portfolio of helicopter-supported adventure options exclusive to guests traveling on *Ultramarine*.

Nature is the tour guide: Sea, ice, and weather conditions will affect your flights and trip itinerary. Embrace the unexpected!

31 departures | 11 & 12 days
October 2022 through March 2024
♥ Embarkation/Disembarkation:
 Ushuaia, Argentina
See Dates and Rates for details.

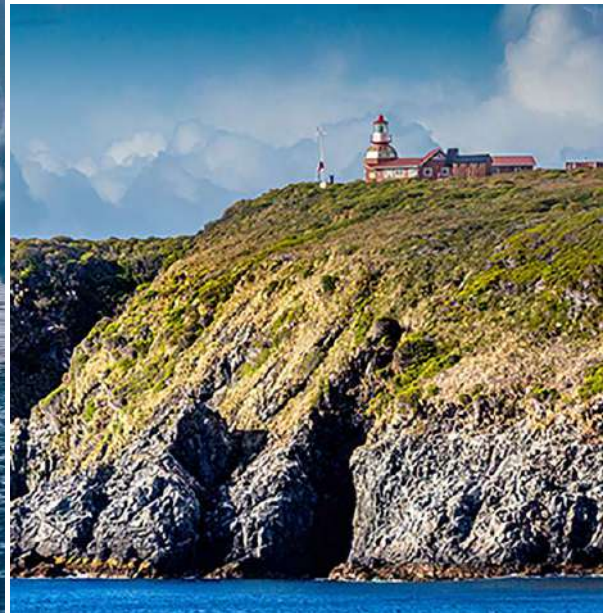
✈ Charter flight:
 To/from Buenos Aires,
 Argentina
*(included in mandatory transfer
 package for Ultramarine only)*

Ship:
Ultramarine
World Explorer
Ocean Adventurer
Ocean Diamond

Adventure Options:

*Varies according to ship.
 See pages 42-43 for more details.*





Guests on a Zodiac cruise around icebergs; helicopter flight over Antarctica; Cape Horn lighthouse, Chile.



Antarctic Explorer: Discovering the 7th Continent plus Cape Horn and Diego Ramírez

Imagine yourself landing at historical Cape Horn, and potentially visiting albatross nesting grounds on the Diego Ramírez Islands, in addition to crossing the famed Drake Passage and setting foot on the 7th Continent. Explore majestic natural environments by Zodiac and during shore hikes while observing penguins, whales and other wildlife. Guests can immerse themselves in history, biology and glaciology during onboard presentations by polar experts.

Nature is the tour guide: Sea, ice, and weather conditions will affect your flights and trip itinerary. Embrace the unexpected!

3 departures | 13 days

November 2022, January & December 2023

Embarkation/Disembarkation:

Ushuaia, Argentina

See Dates and Rates for details.

✈ Charter flight:

To/from Buenos Aires, Argentina

(included in mandatory transfer package for Ultramarine only)

Ship:

Ultramarine

Adventure Options:

See pages 42-43 for more details.





Quark Expeditions guests encounter wildlife during a paddling excursion.



Antarctic Express: Fly the Drake

Our fastest option to Antarctica is ideal for first-timers, those short on time and others who prefer to skip sailing across the Drake Passage. Included flights between Punta Arenas, Chile, and King George Island take you over the Drake Passage, enabling you to start exploring right away. Enjoy spotting wildlife, learning polar history and embracing adventure options in just eight days.

Nature is the tour guide: Sea, ice, and weather conditions will affect your flights and trip itinerary. Embrace the unexpected!

18 departures | 8 days

December 2022 through February 2024

Embarkation/Disembarkation:

King George Island, Antarctica

See Dates and Rates for details.

✈ Charter flight:

To/From Punta Arenas,
Chile (included)

Ship:

*World Explorer
Ocean Adventurer*

Adventure Options:

*Varies according to ship.
See pages 42-43 for more details.*





Guests sail the Antarctic Peninsula on board one of our small polar vessels.

Crossing the Circle: Southern Expedition

This journey gives you a more in-depth exploration of the Antarctic Peninsula, taking you farther south and across the Antarctic Circle. You experience all the highlights of the western Peninsula, then become one of the select few to ever sail to 66°33' S. The monumental isolation is extraordinary. Follow the path of early pioneers with exploration of penguin colonies, glaciers, bays and historical sites, venturing off-ship by Zodiac, on foot and potentially by helicopter.

Nature is the tour guide: Sea, ice, and weather conditions will affect your trip itinerary. Embrace the unexpected.

7 departures | 14 days

January 2023 through March 2024

Embarkation/Disembarkation:
Ushuaia, Argentina

See Dates and Rates for details.

✈ Charter flight:

To/from Buenos Aires,
Argentina

(included in mandatory transfer
package for Ultramarine only)

Ship:

Ultramarine
World Explorer
Ocean Adventurer
Ocean Diamond

Adventure Options:

Varies according to ship.
See pages 42-43 for more details.





ANTARCTIC PENINSULA



A yawning leopard seal; penguin curiosity is piqued by the arrival of humans; guests celebrate the emotion-packed milestone of crossing the Antarctic Circle.



Antarctic Express: Crossing the Circle

This adventure offers the incredible highlights of *Crossing the Circle: Southern Expedition*, but with flights across the Drake Passage. Eliminating the notorious waterway crossing shaves a few days off your journey. Don't worry, crossing the Antarctic Circle is just as monumental, and the experiences of encountering wildlife and being part of the environment and at one with the polar isolation is just as magical.

Nature is the tour guide: Sea, ice, and weather conditions will affect your flights and trip itinerary. Embrace the unexpected!



3 departure | 11 days

February 2023 and January/March 2024

Embarkation/Disembarkation:
King George Island, Antarctica

See Dates and Rates for details.

✈ Charter flight:

To/From Punta Arenas,
Chile (included)

Ship:

Ocean Adventurer

Adventure Options:

See pages 42-43 for more details.






The Falkland Islands & South Georgia.

NATURE IS THE TOUR GUIDE:

Sea, ice, and weather conditions will ultimately influence your expedition. Embrace the unexpected!

A colony of king penguins on South Georgia.



While the continent itself is a major draw to this fascinating part of the world, the outlying regions of the rarely visited sub-Antarctic islands are teeming with both a rich history and iconic animal life. You've traveled all this way, so why not explore the Falkland Islands and South Georgia, as well. Imagine a wildlife paradise with hundreds of thousands of king penguins crowding the beaches, and harems of fur seals and elephant seals basking in the sunshine. These itineraries offer you memorable experiences that can only be found on these captivating and remote islands.

In This Section

- › Three itineraries from 16 to 23 days.
- › South Georgia, the "Galapagos of the Poles," and home to hundreds of thousands of king penguins.
- › Historic Falkland Islands.
See pages 20, 21 & 23
- › An Epic 23-Day Adventure.
See page 22



Antarctic fur seals snooze at Deception Island.

South Georgia and Antarctic Peninsula: Penguin Safari

At 16 days, this is the fastest way to visit both the Antarctica Peninsula and South Georgia, the “Galapagos of the Southern Ocean.” Expect albatross and Cape petrels to guide your ship toward South Georgia beaches teeming with king penguins and elephant seals. Explore polar history visiting the grave of Sir Ernest Shackleton. On the Antarctic Peninsula and surrounding islands, you can view vast polar landscapes, visit penguin rookeries or explore by sea kayak or try an off-ship adventure activity.

Nature is the tour guide: Sea, ice, and weather conditions will affect your trip itinerary. Embrace the unexpected.



9 departures | 16 days
November 2022 through February 2024
Embarkation/Disembarkation:
 Ushuaia, Argentina
See Dates and Rates for details.

✈ Charter flight:
 To/from Buenos Aires, Argentina
(included in mandatory transfer package for Ultramarine only)

Ship:
 Ultramarine
 World Explorer
 Ocean Adventurer
 Ocean Diamond

Adventure Options:
Varies according to ship. See pages 42-43 for more details.



A keen birder observes an albatross rookery on West Point Island; Sir Ernest Shackleton's gravesite; guests hike on South Georgia Island.

Falklands (Malvinas), South Georgia and Antarctica: Explorers and Kings

This rarely-offered itinerary lets you check the entire Antarctic region off your list. Wander the quaint British town of Stanley in the Falkland Islands, view the 30 bird species and four types of penguins in South Georgia and visit the grave of explorer Sir Ernest Shackleton. You can then explore the 7th Continent by ship, Zodiac and on foot, enjoy exciting off-ship adventure options, and learn about geology, history and wildlife from onboard specialists.

Nature is the tour guide: Sea, ice, and weather conditions will affect your trip itinerary. Embrace the unexpected.

5 departures | 20 days

November 2022 through February 2024

Embarkation/Disembarkation: Ushuaia, Argentina

See Dates and Rates for details.



Ship:

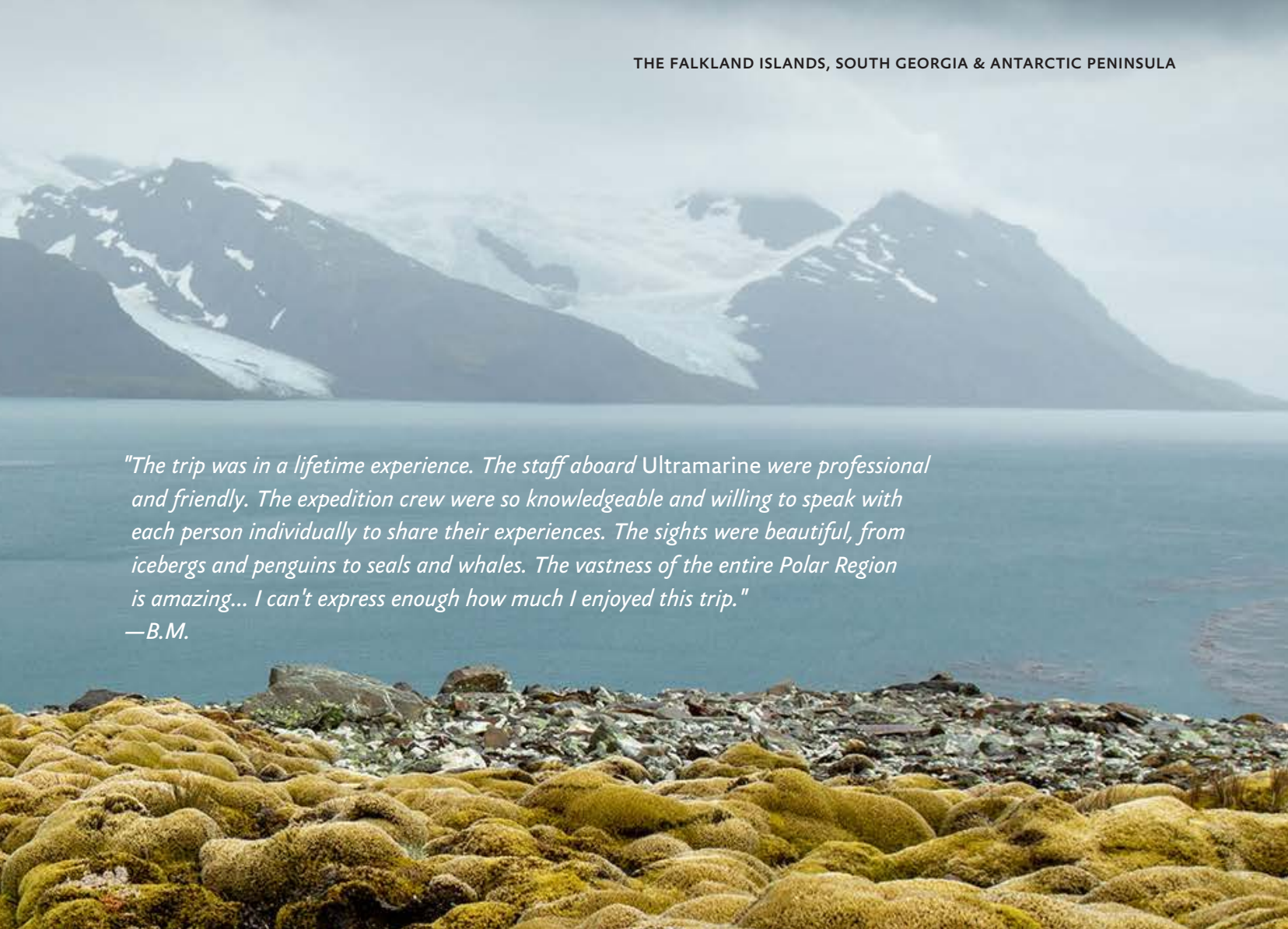
*World Explorer
Ocean Adventurer
Ocean Diamond*

Adventure Options:

*Varies according to ship.
See pages 42-43 for more details.*







"The trip was in a lifetime experience. The staff aboard Ultramarine were professional and friendly. The expedition crew were so knowledgeable and willing to speak with each person individually to share their experiences. The sights were beautiful, from icebergs and penguins to seals and whales. The vastness of the entire Polar Region is amazing... I can't express enough how much I enjoyed this trip."

—B.M.

Guests admire the remarkable Antarctic landscape; an albatross and her chick; a guest celebrates crossing the Antarctic Circle; Zodiac excursion; a colony of king penguins.

Epic Antarctica: Crossing the Circle via the Falkland Islands (Islas Malvinas) and South Georgia

Experience everything the Antarctic region has to offer. Our most in-depth voyage (23 days) takes you to historic Falkland Islands (home to seals, dolphins and five species of penguins), wildlife-rich South Georgia (known as the "Galapagos of the South Seas"), the iconic Antarctic Peninsula and ending with the ultimate milestone: crossing the Antarctic Circle.

Nature is the tour guide: Sea, ice, and weather conditions will affect your flights and trip itinerary. Embrace the unexpected!



4 departures | 23 days
December 2022 through January 2024
Embarkation/Disembarkation:
 Ushuaia, Argentina
See Dates and Rates for details.

✈ Charter flight:
 To/from Buenos Aires, Argentina
(included in mandatory transfer package for Ultramarine only)

Ship:
 Ultramarine
 Ocean Diamond

Adventure Options:
Varies according to ship. See pages 42-43 for more details.





Join the greatest fleet on the frozen seas.

**WHEN IT COMES TO POLAR EXPEDITIONS, YOU'RE
ONLY AS GOOD AS WHERE YOUR SHIPS CAN TAKE YOU.**

Quark Expeditions maintains the largest, most diverse fleet of small polar vessels in the industry, offering guests a wide range of choice based on the polar experience they'd like. The capacity of our ships ranges from 128 to 199 guests, which creates an intimate, relaxed onboard ambience. The small size of our vessels also means we're able to navigate hard-to-reach Antarctic destinations that are inaccessible to larger vessels.

Each ship delivers a unique experience of its own. You get to choose. For instance, *Ultramarine*, with its two helicopters and 20 quick-deploy Zodiacs, offers the most off-ship adventures in the Polar Regions. *World Explorer*, on the other hand, is the only ship in the world with a L'Occitane Spa. *Ocean Diamond*, thanks to its ice-strengthened hull, is ideal for navigating ice-laden waters. And the classic touches of *Ocean Adventurer* make it a favorite with guests and crew alike.

Ultramarine in Antarctica.



Quark Expeditions

ULTRAMARINE



BALCONY SUITE



TERRACE SUITE



DELUXE BALCONY SUITE

NEW Ultramarine

The newest ship in our fleet, *Ultramarine* is designed to go beyond the familiar in polar exploration, to help you explore new places, and to immerse you in the best the region has to offer. Equipped with two twin-engine helicopters, *Ultramarine* offers the most robust portfolio of adventure activities in the industry, and features the category's most spacious suites, breathtaking public spaces, and more outdoor wildlife viewing spaces than other expedition ships its size, complemented by an innovative mix of sustainability features that exceed all industry standards.

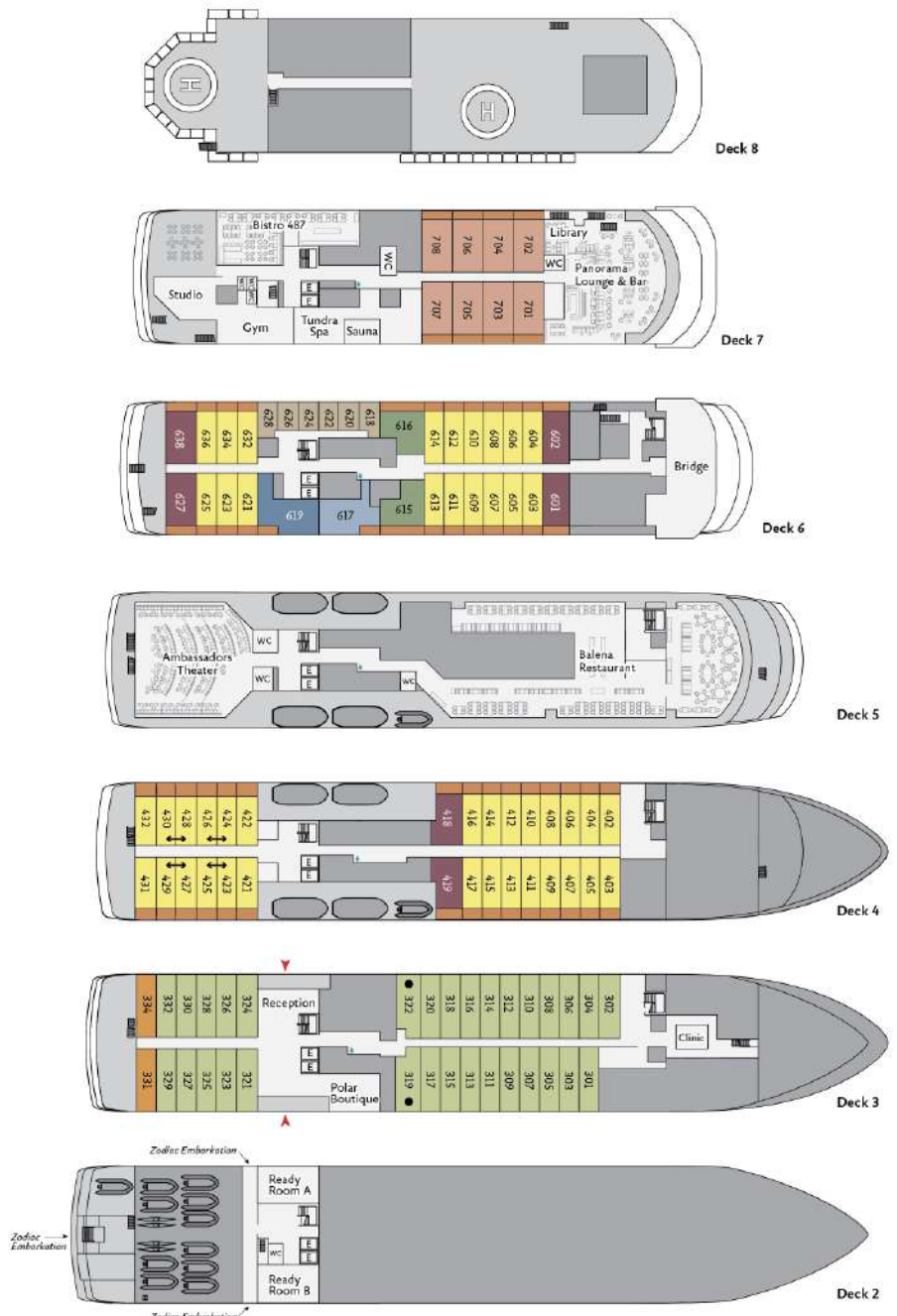
SHIP SPECIFICATIONS:

- Staff & Crew: 140
- Guests: 199
- Lifeboats: 4, fully enclosed
- Ice Class: PC6

With all this and more, Ultramarine is perfectly positioned to deliver the ultimate polar expedition experience

NINE TIERS OF ACCOMMODATION:

- ULTRA SUITE:** One double or two single beds, balcony, refrigerator, safe, TV, bedroom/walk-in closet, sitting area/additional walk-in closet, two separate living spaces, powder room, bathroom with shower, bathtub and heated floors.
- OWNER'S SUITE:** One double or two single beds, balcony, refrigerator, safe, TV, bedroom/walk-in closet, sitting area/additional closet, two separate living spaces, powder room, bathroom with shower, bathtub and heated floors.
- PENTHOUSE SUITE:** One double or two single beds, balcony, refrigerator, safe, TV, and a private bathroom with shower, bathtub and heated floors.
- TERRACE SUITE:** One double or two single beds, balcony, refrigerator, safe, TV, and a private bathroom with shower, bathtub and heated floors.
- DELUXE BALCONY SUITE:** One double or two single beds, balcony, refrigerator, safe, TV, and a private bathroom with shower, bathtub and heated floors.
- BALCONY SUITE:** One double or two single beds, balcony, refrigerator, safe, TV, and a private bathroom with shower and heated floors. Some cabins in this category offer interconnecting rooms.
- EXPLORER SUITE:** One double or two single beds, picture window, refrigerator, safe, TV, and a private bathroom with shower and heated floors.
- EXPLORER TRIPLE:** Three single beds, two of which can be combined into a double bed, picture window, refrigerator, safe, TV, and a private bathroom with shower and heated floors.
- SOLO PANORAMA:** One single bed, floor-to-ceiling windows, refrigerator, safe, TV, and a private bathroom with shower and heated floors.



[See Dates & Rates for cabin pricing.](#)
[Visit QuarkExpeditions.com to view deck plan details.](#)

Unbeatable helicopter experience.

We invite you to venture beyond the ordinary with us, whether it's by ship, kayak, Zodiac—or by helicopter. Quark Expeditions has the longest-running helicopter program in the Polar Regions—dating back to 1991. Today, our two best-in-class twin-engine helicopters on *Ultramarine* go further into the Polar Regions and get guests off the ship and enjoying their immersive polar excursions faster than any other operator.

The largest portfolio of off-ship adventure options in the industry.

Our two twin-engine helicopters (and two helidecks) plus our fleet of 20 quick-deploy Zodiacs enable guests to enjoy off-ship adventures never before possible, making Quark Expeditions the Leader in Polar Helicopter Adventure. Our helicopter-supported activities—designed to take guests beyond the polar horizons—include:



FLIGHTSEEING



ALPINE HELI-TREKKING



EXCLUSIVE HELI-LANDINGS

See pages 42-43 for more details on all Adventure Options.



Flightseeing

Advanced sustainability.

In keeping with our Polar Promise, our helicopters were selected for their:

- Status as the most fuel-efficient aircrafts of their category
- Small external footprint
- Reduced noise pollution.

Industry leading polar safety.

Our state-of-the-art aircrafts are equipped with the latest technology placing our helicopters among the safest in their class.



Exclusive Heli-Landing

Most experienced crew.

Our expedition team draws on 30 years of heli-expertise.

You'll fly with:

- The best trained helicopter pilots in the polar industry
- Pilots who are well-traveled and worldly
- Guides who are personable, and always create an intimate and accessible flight experience.

Adventure meets luxury.

You'll enjoy superior comfort in a sleek, best-in-class helicopter while flying over the pristine polar landscape.

Highlighting your polar flight:

- Best-in-class window sizes for viewing and photography opportunities
- The layout gives everyone on board an excellent window view (7 out of 8 get a window seat)
- Quiet flying experience
- Designed for ultimate comfort.



Industry leading safety

Ultramarine Amenities

In addition to the game changing off ship experiences, *Ultramarine* will provide you with an exceptional onboard experience. *Ultramarine* features 102 suites across nine categories, including six solo suites with floor-to-ceiling windows and the largest entry-level twin suites of its class. Each suite has been meticulously designed to keep guests inspired by, and connected to, the breathtaking polar landscapes outside. Learn all about what these cabins have to offer.

	<i>Solo Panorama</i>	<i>Explorer Triple</i>	<i>Explorer Suite</i>	<i>Balcony Suite</i>	<i>Deluxe Balcony Suite</i>	<i>Terrace Suite</i>	<i>Penthouse Suite</i>	<i>Owner's Suite</i>	<i>Ultra Suite</i>
Number of Cabins available	6	2	30	46	6	2	8	1	1
Balcony Size	-	-	-	52 ft ² (4.8 m ²)	70 ft ² (6.5 m ²)	100 ft ² (9.3 m ²)	67 ft ² (6.2 m ²)	46 ft ² (4.3 m ²)	46 ft ² (4.3 m ²)
Cabin Size	132 ft ² (12 m ²)	285 ft ² (26.5 m ²)	285 ft ² (26.5 m ²)	226 ft ² (21 m ²)	299 ft ² (28 m ²)	350 ft ² (32.5 m ²)	369 ft ² (34 m ²)	446 ft ² (41 m ²)	563 ft ² (52 m ²)
CABIN FEATURES									
Climate control	✓	✓	✓	✓	✓	✓	✓	✓	✓
Fridge	✓	✓	✓	✓	✓	✓	✓	✓	✓
In-cabin safe	✓	✓	✓	✓	✓	✓	✓	✓	✓
Individual cabin storage space	✓	✓	✓	✓	✓	✓	✓	✓	✓
Heated bathroom floors	✓	✓	✓	✓	✓	✓	✓	✓	✓
Separating beds	-	✓	✓	✓	✓	✓	✓	✓	✓
Sofa bed	-	-	<i>Select Suites</i>	<i>Select Suites</i>	✓	✓	✓	✓	✓
Dedicated living area	-	-	✓	✓	✓	✓	✓	✓	✓
Bathtub	-	-	-	-	✓	✓	✓	✓	✓
Enclosed toilet	-	-	-	-	✓	-	✓	✓	✓
Powder room	-	-	-	-	-	-	-	✓	✓
Private bedroom	-	-	-	-	-	-	-	✓	✓
Walk-in closet	-	-	-	-	-	-	-	✓	✓
EXTERIOR VIEWS									
Picture windows	-	✓	✓	-	-	-	-	-	-
Floor to ceiling windows	✓	-	-	-	-	-	-	✓	✓
Walk out balcony	-	-	-	✓	✓	✓	✓	✓	✓
AMENITIES									
Quark Expeditions parka	✓	✓	✓	✓	✓	✓	✓	✓	✓
Reusable water bottle	✓	✓	✓	✓	✓	✓	✓	✓	✓
Muck Boots, on loan for duration of voyage	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dedicated locker in Ready Room	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shampoo, conditioner and shower gel	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bathrobes and slippers	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hair dryer	✓	✓	✓	✓	✓	✓	✓	✓	✓
Upgraded bedding	-	-	-	-	-	✓	✓	✓	✓
In suite coffee	-	-	-	-	-	✓	✓	✓	✓
Binoculars, on loan for duration of voyage	-	-	-	-	-	-	-	✓	✓
ENTERTAINMENT/TECHNOLOGY									
USB charging station	✓	✓	✓	✓	✓	✓	✓	✓	✓
43" TV	✓	✓	✓	✓	-	-	✓	✓	✓
55" TV	-	-	-	-	✓	✓	✓	✓	✓
WiFi package	<i>Complementary</i>	<i>Complementary</i>	<i>Complementary</i>	<i>Complementary</i>	<i>Complementary</i>	<i>Priority</i>	<i>Priority</i>	<i>Priority</i>	<i>Priority</i>
OCCUPANCY OPTIONS									
Interconnecting cabins	-	-	-	✓	-	-	-	-	-
Solo Request Share Cabins	-	✓	✓	-	-	-	-	-	-
SERVICES									
Access to fitness facilities	✓	✓	✓	✓	✓	✓	✓	✓	✓
Laundry service (<i>for a fee</i>)	✓	✓	✓	✓	✓	✓	✓	✓	✓
Laundry service (<i>free of charge</i>)	-	-	-	-	-	✓	✓	✓	✓
Light menu bistro service available in between meals	✓	✓	✓	✓	✓	✓	✓	✓	✓
In suite dining (<i>during restaurant hours</i>)	-	-	-	-	-	✓	✓	✓	✓
One hour spa treatment	-	-	-	-	-	-	-	✓	✓
Arrival transfers, where applicable	-	-	-	-	-	-	-	✓	✓
Upgraded pre/post-expedition hotel room, where applicable	-	-	-	-	-	-	-	✓	✓

ULTRAMARINE

A day onboard.

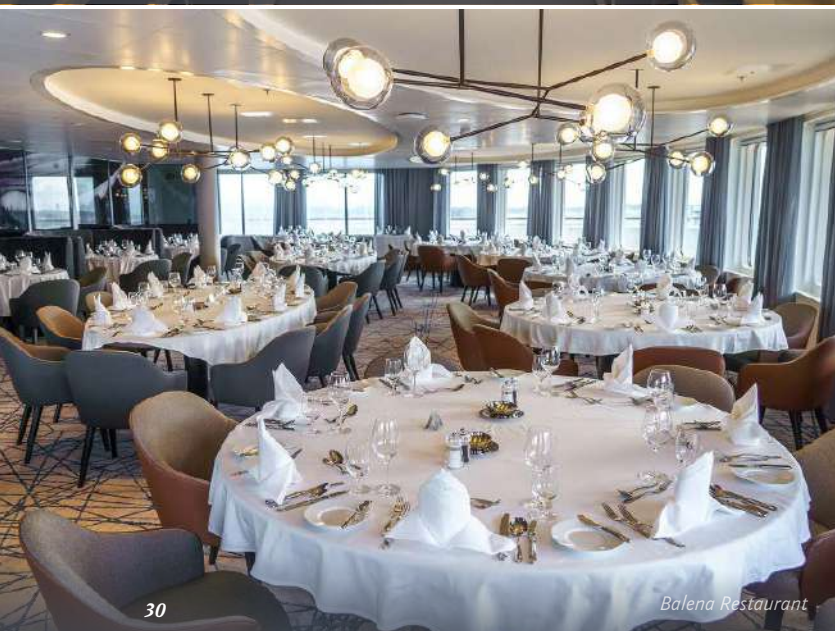
Relax, explore, learn, reflect,
and so much more!



Penthouse Suite



Ready Room



Balena Restaurant

Wake up in your spa-inspired suite.

Every guest on *Ultramarine* wakes up to a view of the polar landscape. Private bathrooms with heated floors add to your morning comfort. Other possible amenities, depending on your suite: a picture window and/or balcony, a walk-in closet and sitting area, among other extra touches.

Join the early birds in Bistro 487.

Consider a quiet walk on the deck and then enjoy a morning cup of java with other early risers before breakfast.

Enjoy breakfast with a view.

Feel free to remain in Bistro 487 for your breakfast, or choose a table in our sleek, modern dining-room, Balena, which is designed with window views in every direction.

Get ready to explore the polar environment.

Get suited up for an off-ship excursion in *Ultramarine's* specially-designed Ready Rooms, complete with individual lockers to store and dry personal items and expedition gear while you enjoy your Zodiac cruise through the polar waters.

Keep your ears open for morning announcements.

Your Expedition Leader will announce any updates to the daily program and share weather announcements over the PA system to help you plan your day.

Enjoy wildlife views from the ship.

Ultramarine has more open deck space for viewing wildlife than any other polar vessel of its size. Watch for whales, polar bears and other wildlife from the comfort of the ship.

Lunch.

Enjoy a delicious lunch while swapping stories and expedition experiences with fellow guests in our Balena Restaurant or Bistro 487.

Relax in the Ultramarine library.

Lose yourself in one of the many books on a wide array of polar subjects in the comfortable library.

Enjoy an unforgettable off-ship Adventure Option.

Choose from *Ultramarine's* robust portfolio of off-ship adventure options, such as sea kayaking or stand-up paddleboarding, or sign up for one of our helicopter-supported adventure options such as flightseeing or alpine heli-trekking.

Relax and rejuvenate back on the ship.

Consider a soothing massage or visit the steam room in Tundra, *Ultramarine's* beautifully designed spa. Or practice yoga in the Studio. Then perhaps experience our sauna with floor-to-ceiling windows that allow you to stay connected to the polar landscape while relaxing indoors.

Attend an expert presentation.

Join fellow guests in *Ultramarine's* Ambassadors Theater to learn from knowledgeable experts who present on various polar subjects. The schedule of these presentations will be determined by the day's activities.



Tundra Spa



Enjoy a cocktail before dinner

Pre-dinner cocktails.

Enjoy a cocktail with fellow guests while your Expedition Leader enthusiastically shares the daily recap and outlines the plan for the following day.

Dinner is served.

Sit down to a gourmet meal—inspired by cuisines from around the world—in the Balena Restaurant, which features outstanding views from every seat, full access to the 360-degree wraparound deck, and a variety of seating configurations to comfortably accommodate all guests and expedition staff. You also have the option of dining in the more casual and intimate Bistro 487.

Call it a day.

Wrap up your day with a drink in the Panorama Lounge with your new friends, or head out onto the deck to take in the calm, low-light at the end of the day. Then it's back to your spa-inspired cabin to rest up for tomorrow—another life-changing day on *Ultramarine*.



Exclusive heli-landing

From wilderness to wellness.

Guests traveling on *Ultramarine* have plenty of opportunities to rejuvenate and relax back onboard the ship after a day spent exploring the polar wilderness. Tundra, our state-of-the-art spa on Deck 7, is the onboard space where our guests can fully relax and unwind before their next off-ship adventure.



Tundra Spa

Inspired by the calming and serene polar landscapes, our Tundra spa, in collaboration with VOYA of Ireland, is the core of our wellness offering onboard *Ultramarine*. Guests can enjoy thoughtfully selected wellness treatments and luxurious organic products designed to nourish the body and relax the mind.

Amenities include:

- › Two dedicated treatment rooms with luxurious heated massage beds, as well as shower facilities, hair treatment studio, and a post-treatment relaxation room with ocean views.
- › An array of massages, body scrubs and wraps, including our signature Tundra Hot Stone Massage Journey.
- › All treatments feature VOYA organic skincare products, based on organic hand-harvested seaweed oils.



Sauna

Sauna

The beautifully-designed co-ed sauna on *Ultramarine* features floor-to-ceiling windows, which enable guests to relax back on the ship while still remaining connected to the icy waters and pristine polar landscape outside.



Fitness Center

Steam Room

The steam room is available for you to relax and rejuvenate after a hike or a workout.

Fitness Center and Studio

Our onboard fitness center is fully equipped with state-of-the-art equipment by Technogym, allowing guests to maintain their fitness regimen while traveling. The Studio also features mats and balls for stretching or informal yoga classes.



Studio



Nutritious Meals

With two onboard restaurants, our culinary team delivers contemporary meals with lighter options at every service. Please notify us of any dietary preferences at the time of booking.

Clean Air

In addition to the fresh air in the wide open spaces of the remote Polar Regions, guests also benefit from *Ultramarine's* advanced air filtration system. We want you to breathe easy on board and off-ship.

Food & cuisine.

Food is an integral element of the expedition experience on *Ultramarine*. In addition to enjoying fine dining inspired by cuisines from around the world, meal times are excellent opportunities to share the day's highlights with fellow guests and engage with members of the expedition team and onboard polar experts.

Our internationally-trained chefs work with local experts across our far-flung destinations to source local items that provide an authentic flavor accent to selected food and beverage offerings. Desserts are fabulous! Afternoon tea, with pastries or cookies, is provided about 4 pm every day. Fresh pastries arrive warm from the oven for early birds about 6 am. Guests on *Ultramarine* can choose from two restaurants, as well as two additional bars.

Please inform our team of dietary restrictions when you book your voyage.

Balena

Balena is our finer dining restaurant on *Ultramarine*, serving contemporary cuisine for breakfast, lunch and dinner with capacity to seat all guests and the entire expedition team at the same time. Expect globally-inspired dishes and regional specialties that feature locally sourced and sustainable ingredients. Savor house wines and beers at lunch and

dinner, or select from our in-restaurant beverage menu, featuring fine regional and global wines, as well as spirits (at an additional cost). Balena is designed so that every seat has a good view and there are four exits directly onto the wraparound deck, ensuring guests have easy access to the sometimes fleeting wonders of nature outside.



Bistro 487

Bistro 487 is the more casual restaurant on Deck 7, serving extended breakfast, lunch and dinner to accommodate those who rise early or late or simply want a change of scenery. The Bistro 487 menu features quicker meals and offers "grab and go" staples between meal times. With access to outdoor seating on the aft deck, Bistro 487 hosts the ever-popular Quark Expeditions barbecues and serves as an ideal location for those who relish the opportunity to enjoy a coffee or cocktail in the great outdoors.

Ambassadors

Ambassadors is the main theater/lounge on *Ultramarine*, where guests enjoy informative talks and presentations from a variety of expedition staff, polar experts and special guests. The Ambassadors bar will be open during presentation hours and for special events.

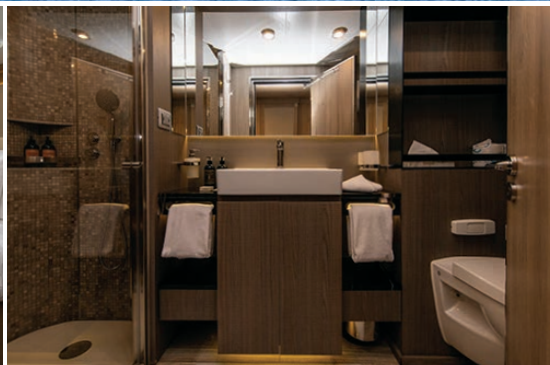
Panorama Lounge

The Panorama Lounge on Deck 7 is the main bar on *Ultramarine* and features spectacular forward views, a variety of comfortable seating and a convivial bar atmosphere offering an array of specialty cocktails, 24-hour coffee and tea, plus a well-stocked polar library.

Travel Well!



VERANDA SUITE



VERANDA SUITE PRIVATE BATHROOM



ALL-BALCONY SHIP

World Explorer

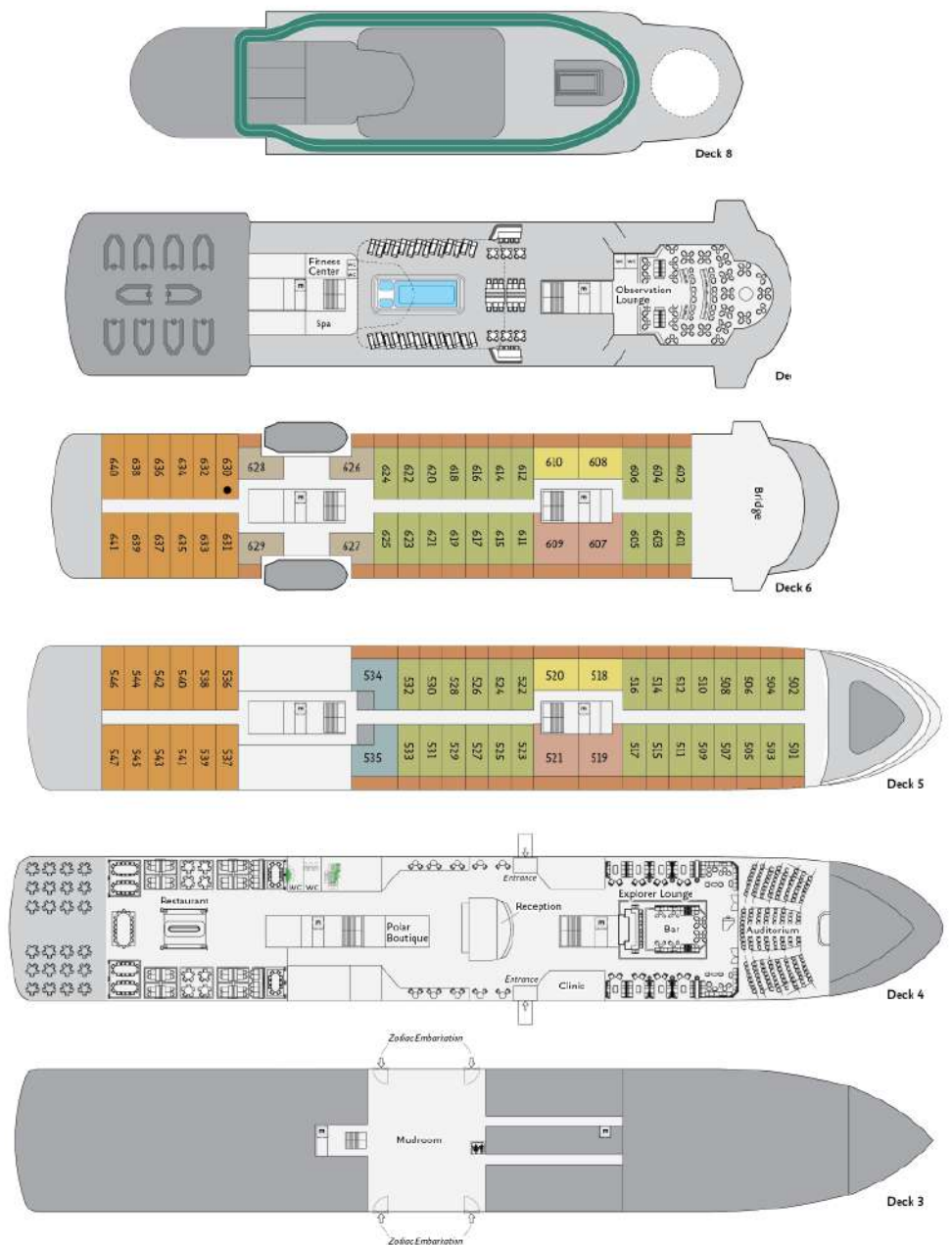
World Explorer has been designed for superior comfort, with the beauty of Antarctica right at your doorstep: each cabin is a suite with a private balcony. This is one of the fir

SHIP SPECIFICATIONS:

Staff & Crew: 125
 Guests: 172
 Lifeboats: 2, fully enclosed
 Ice Class: 1B

SIX TIERS OF ACCOMMODATION:

- **OWNER'S SUITE:** One double or two single beds, private bathroom with double vanity and bathtub, walk-out balcony and separate sitting area
- **DELUXE SUITE:** One double or two single beds, private bathroom, double closets, walk-out balcony and separate sitting area
- **SUPERIOR SUITE:** One double or two single beds, private bathroom, walk-in closet, walk-out balcony and separate sitting area
- **VERANDA SUITE:** One double or two single beds, private bathroom, sitting area and walk-out balcony
- **INFINITY SUITE:** One double or two single beds, private bathroom, sitting area and a floor-to-ceiling glass Juliet balcony
- **TRIPLE:** One double or two single beds and a sofa bed, private bathroom, sitting area and walk-out balcony



[See Dates & Rates for cabin pricing.](#)
[Visit QuarkExpeditions.com to view deck plan details.](#)



MAIN DECK TWIN WINDOW



DELUXE



OWNER'S SUITE

Ocean Adventurer

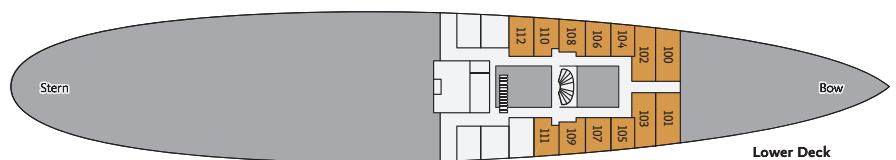
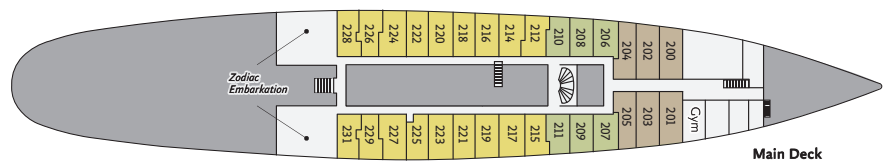
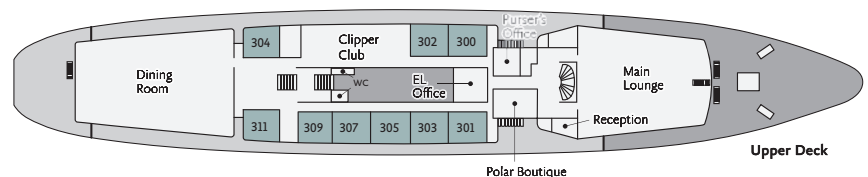
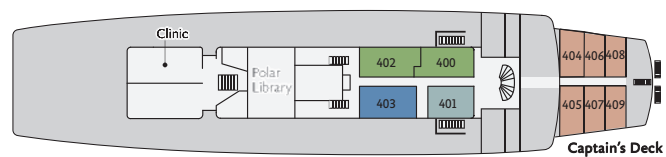
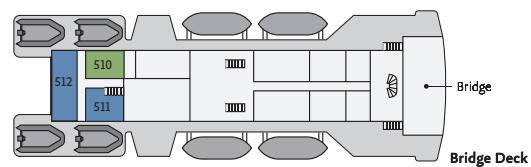
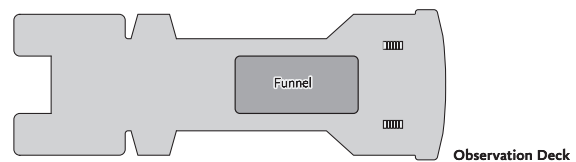
A guests favorite, *Ocean Adventurer* has undergone a multi-million-dollar renovation. The ship's traditional mahogany and brass décor has been complemented by a completely refreshed lounge and dining room, as well as new bathrooms in public spaces and all cabins, updated Suites, and the addition of six Deluxe and three Owner's Suites. Technical improvements feature two Rolls-Royce engines that increase fuel efficiency and minimize the ship's carbon footprint. Facilities include a dining room, multipurpose lounge and bar, gym, Polar Library and Polar Boutique.

SHIP SPECIFICATIONS:

Staff & Crew: 87
 Guests: 128
 Lifeboats: 4, partially enclosed
 Ice Class: 1A

EIGHT TIERS OF ACCOMMODATION:

- **OWNER'S SUITE:** Double bed, private sitting area, private bathroom, multiple windows with exterior views.
- **SUITE:** Double bed, private bathroom (Cabin 403 has bathtub, others have showers), windows with exterior views.
- **DELUXE:** Two lower beds, private bathroom, windows with exterior views.
- **SUPERIOR:** Two lower beds, private bathroom, windows with exterior views.
- **MAIN DECK TWIN WINDOW:** Two lower beds, private bathroom and window with exterior view.
- **MAIN DECK PORTHOLE:** Two lower beds, private bathroom, porthole with exterior views.
- **LOWER DECK TWIN:** Two lower beds, private bathroom, porthole with exterior views.
- **TRIPLE:** Two lower beds and one upper bed, private bathroom, porthole with exterior views.



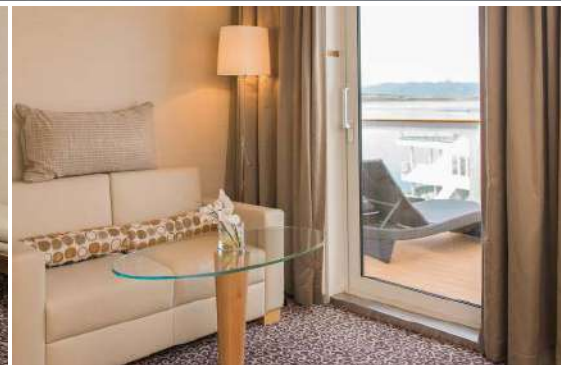
[See Dates & Rates for cabin pricing.](#)
[Visit QuarkExpeditions.com to view deck plan details.](#)



SINGLE PORTHOLE



BALCONY SUITE



BALCONY SUITE

Ocean Diamond

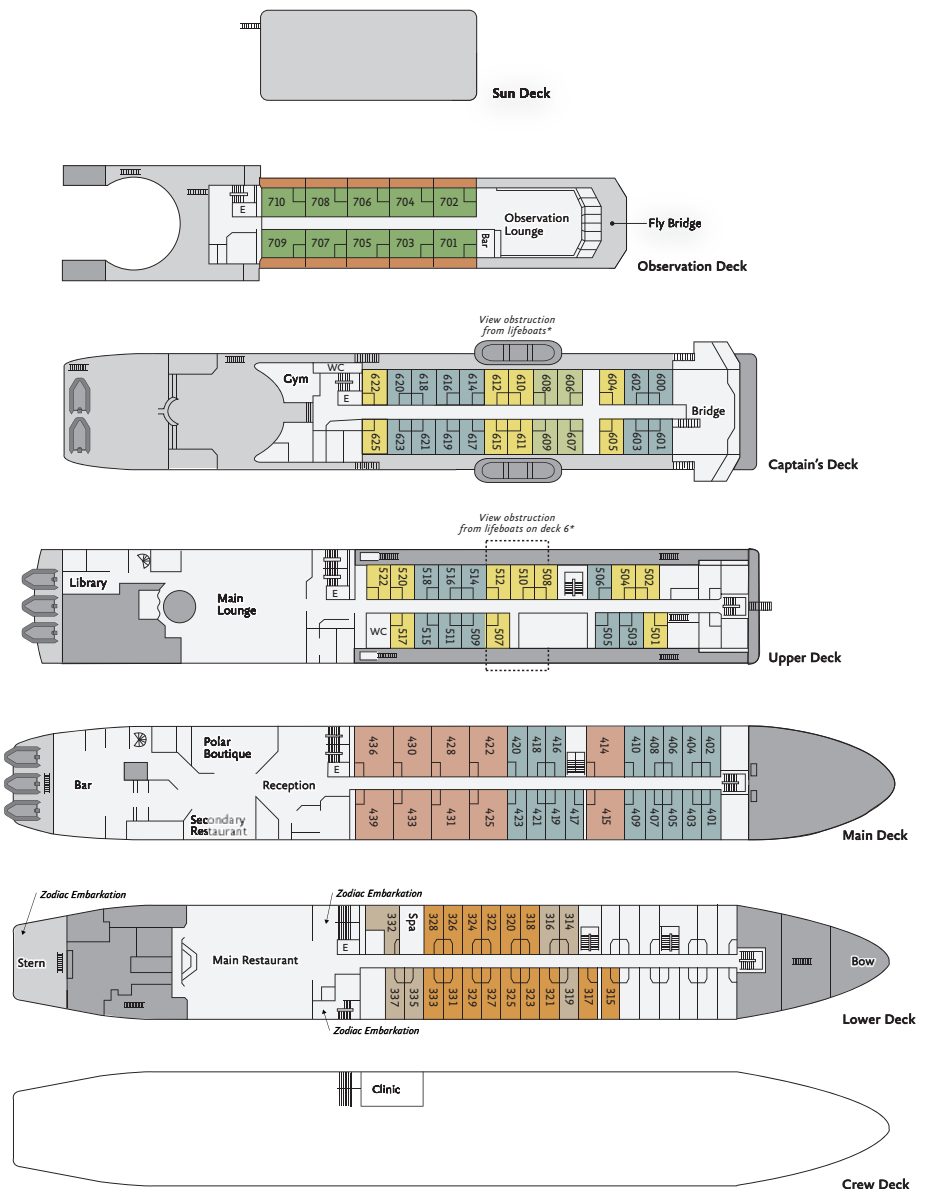
A favorite vessel among our staff and past guests, *Ocean Diamond* inspires a friendly onboard community with a variety of lounges, bars and lecture rooms where like-minded explorers can gather to share their thoughts on the day. *Ocean Diamond* carries fewer than 200 guests, providing plenty of space to be social, join onboard activities or enjoy quiet time in the well-stocked Polar Library. With powerful stabilizers and an ice-strengthened hull, *Ocean Diamond* makes the ride smooth on challenging expeditions. All rooms have exterior views, ensuite facilities and flat screen TVs and DVD players. Some suites feature private balconies.

SHIP SPECIFICATIONS:

Staff & Crew: 108
 Guests: 189
 Lifeboats: 2, fully enclosed
 Ice Class: 1D

SEVEN TIERS OF ACCOMMODATION:

- **BALCONY SUITE:** One double bed or two twin beds, private bathroom and a sliding glass door that leads to a private deck with chairs
- **SUITE:** One double bed or two twin beds, two private bathrooms, two picture windows with exterior views and a separate sitting area
- **TWIN WINDOW:** One double bed or two twin beds, private bathroom and a picture window with exterior views
- **TWIN OBSTRUCTED VIEW:** One double bed or two twin beds, private bathroom and a picture window (obstructed view)
- **SINGLE OBSTRUCTED VIEW:** Double bed, private bathroom and a picture window (obstructed view)
- **SINGLE PORTHOLE:** Double bed, private bathroom and two porthole with exterior views
- **TRIPLE:** Two lower beds and one upper bed, private bathroom, two portholes with exterior views



[See Dates & Rates for cabin pricing.](#)
[Visit QuarkExpeditions.com to view deck plan details.](#)

Your life onboard.

Quark Expeditions' fleet provides guests with many options to engage, relax, learn and stay connected to the polar environment even when they're onboard the ship.



Onboard enrichment

Daily presentations by experts in glaciology, penguinology, history, ornithology, marine biology, history and other polar-related subjects deepen your expedition experience.



Daily briefings and recaps

Guests can expect updates each morning on the day's highlights, weather changes and itinerary along with daily summaries in the afternoon/evening.



Opportunities to connect

Connect with fellow guests and expedition team members. Guests frequently interact with expedition team members in the dining room and on outer decks.



Superb dining

Our internationally-trained chefs oversee a menu that changes daily. Our culinary team strives to satisfy dietary preferences and tastes. Breakfast and lunch feature a buffet while dinner is a plated service. Afternoon tea (with pastries or cookies) is provided late afternoon, and fresh pastries are available for early birds before breakfast.



Exercise and wellness

Amenities vary from ship to ship and can include outdoor walking tracks, gyms, saunas, spas with change rooms, showers and lockers. *Ultramarine* offers a sauna with floor-to-ceiling windows and fitness studio, while *World Explorer* has the polar industry's only on-ship L'Occitane spa.



Wildlife viewing

Every ship has easy-access spots to observe wildlife while onboard. Our newest ship, *Ultramarine*, has more outdoor wildlife viewing spaces than other expedition ships its size.



Lounge and bar

Each ship offers a lounge and bar(s) for guests to gather together to enjoy coffee and afternoon snacks, socialize over drinks and for staff presentations.

Set foot where few ever will, and do what few ever dream.

When it's time to leave the comfort of the ship, Quark Expeditions offers the largest number of off-ship activities in the Polar Regions. Some are included in your expedition package, while others cost extra and need to be booked in advance.

All of our Included Activities and Adventure Options are weather-permitting. Activity offerings vary by itinerary. See individual itineraries for specific details.

Included activities



Zodiac Cruising

These rugged, reinforced rubber skiffs whisk you safely from the ship to the remote shorelines and back, taking you into the shallow waters the ship can't reach. Touring around by Zodiac on the look-out for wildlife is an intimate and relaxing way to see the icy bays and inlets.



Walking/Hiking

Hiking in Antarctica is free-form and supervised by our expert staff, who set out a perimeter at each landing site within which you are free to explore. Walking poles are provided at each landing for your convenience. As there are a limited number of poles available, please bring your own if you require them on every landing, as some landing sites will offer more demanding options than others.



Flightseeing

Enjoying a birds-eye view of the Antarctic—icebergs, glaciers, snow-capped peaks, wildlife, vast ocean expanses—from the seat of a helicopter provides an incredible perspective of the polar landscape. Looking down onto the polar environment is to truly appreciate the breadth of this magnificent wilderness. **On Ultramarine voyages only.*



Polar Plunge

As madcap as it looks, this activity sees willing participants jumping into the bone-chilling ocean waters. It's a polar rite of passage—and the photo ops are priceless. Dare yourself to take the plunge!

Adventure Options



Sea Kayaking

Kayaking along the rugged coastlines and through the calm bays with an experienced guide is one of the most inspiring ways to explore pristine Antarctica. Guests in the sea kayaking program typically paddle multiple times during their expedition.

**Some experience required.*



Paddling Excursion

A guided, one-time, one-hour paddle lets you enjoy the tranquil polar surroundings from an intimate perspective. Just imagine yourself gliding along on a stable, sit-on-top kayak, totally at one with the water.

**No experience required.*



Stand-Up Paddleboarding

Part surfing, part paddling, this water sport is an intimate way to experience Antarctica from the unique vantage point of the water. Not only is it a great way to breathe in the fresh sea air, it is also a great core workout.

**On Ultramarine and World Explorer voyages only.
No experience required.*



Camping

It may sound unbelievable, but camping overnight on the 7th Continent is absolutely wonderful—snug in your warm, water-resistant and breathable bivy under the dim glow of a polar sky with an intimate group of campers.

**No experience required.*



Exclusive Heli-Landing

With a small group of fellow guests and expert guides, you'll board one of *Ultramarine's* two twin-engine helicopters to soar off to an exclusive polar site where no ships can navigate. You'll have time to relax and quietly reflect on the beauty of your polar surroundings, after which you'll be picked up by the helicopters in the same location and returned to the ship.

**On Ultramarine voyages only.*



Alpine Heli-Trekking

You'll be part of an intimate group of adventurers to board one of *Ultramarine's* two twin-engine helicopters for a trekking excursion in an area only safely accessed by air. On land, during an invigorating walk, hike or snowshoe trek, you'll be able to marvel at the overwhelming beauty of the Antarctic.

**On Ultramarine voyages only.*


Explore alongside the most seasoned polar experts on Earth.


Talk to anyone who's traveled on a Quark Expeditions voyage and the first thing they'll talk about is the team—the ensemble cast of Polar Travel Advisors, Expedition Leaders, Adventure Guides and other on-ship staff who do everything possible to curate unforgettable guest experiences in the Polar Regions. Passion, determination, expertise, commitment to safety, and curiosity have defined the Quark Expeditions team since 1991. As the most experienced team in the expedition industry, we draw on our 30 years of polar exploration to ensure you have the polar trip of a lifetime.




Polar Travel Advisors.

Our dedicated team of polar specialists are available to help you from the first email exchange or initial phone call to the friendly follow-up after you've returned home after your voyage. Trust our team of Polar Travel Advisors to have the information you need to plan your life-changing Antarctic journey.

 **Polar Experience:** All of our Polar Travel Advisors have first-hand experience in the Polar Regions. Some have made multiple polar voyages throughout their career.

 **Multilingual:** Collectively, our Polar Travel Advisors are fluent in English, French, Spanish, Mandarin and Italian.

 **In-depth knowledge:** Our Polar Travel Advisors undergo rigorous training. All of them are thoroughly versed in the guidelines and regulations of the International Association of Antarctica Tour Operators (IAATO) and the Association of Arctic Expedition Cruise Operators (AECO).



Quark Expeditions staff on the lookout for wildlife.

Your Expedition Leaders.

Our Expedition Leaders are the most experienced in the industry. They possess an incredible range of skills: strong communications; the ability to navigate unexpected itinerary changes; a commitment to safety; and an excellence in coordinating, supporting and leading a diverse Expedition Team to meet and exceed your expectations. All of our Expedition Leaders undergo rigorous training at our very own polar training institute, Quark Academy. In addition, our teams are fully versed in the regulations and guidelines set by the International Association of Antarctica Tour Operators (IAATO), which serves to protect the Antarctic region.



Abbey Weisbrot

Home base: Haida Gwaii, British Columbia

Years of polar experience: 7

Polar expeditions to date: 70

Areas of expertise: Bachelor of Tourism Management with a major in Adventure Studies. Certified Level 3 Lead Sea Kayak Guide with Sea Kayak Guides Alliance of British Columbia.

Advice to polar travelers: "Consciously slow down and soak up the incredible beauty around you, both big and small. Be present, take opportunities as they arise, and spend as much time out on the outer decks as possible."



Alison Gordon

Home base: Canberra, Australia

Years of polar experience: 7

Polar expeditions to date: 100

Areas of expertise: Alison, who speaks Mandarin, has studied geopolitics and founded a company that tackles the issues of food waste and sustainable protein. She's an avid skier, scuba diver, cyclist, runner and conservationist.

Advice to polar travelers: "Be open to what it feels like to fall in love (again) with our planet and the beauty it contains."



Jake Morrison

Home base: Lake Simcoe, Canada

Years of polar experience: 12

Polar expeditions to date: 75

Areas of expertise: With a degree in operations management and after a lifetime on the water, Jake spent six years managing expedition operations from Quark Expeditions' Toronto office before returning to the field to fuel his love for the great outdoors. During his 12 years with Quark Expeditions, Jake has worked on over 10 different expedition vessels and explored nearly every polar destination where Quark Expeditions operates.

Advice to polar travelers: "Slow down, let your soul absorb every majestic moment, and spend plenty of time out on deck."



Christian Geissler

Home base: Cumberland, British Columbia

Years of polar experience: 15

Polar expeditions to date: 130

Areas of expertise: Christian has developed an expertise in marine mammals and orcas, most recently supporting scientific observations in the Canadian Arctic. Christian is also a skilled artist, creating paintings depicting the wildlife and seascapes of the West Coast of Canada, the Arctic and Antarctica.

Advice to polar travelers: "Being an explorer can be subjective and a personal experience and you're never too old to start."





David Burton

Home base: Shetland Islands, UK

Years of polar experience: 10

Polar expeditions to date: 90

Areas of expertise: History and glaciology

Advice to polar travelers: "Head to the outer decks after dinner to take an evening constitutional. There's no better place than the Polar Regions to take some time and reflect on the serene beauty you've witnessed that day, as well as contemplate the life-changing moments you're experiencing. You never know what you might catch sight of—the majesty of the northern lights or a sighting of some wildlife!"



David (Woody) Wood

Home base: Melbourne, Australia

Years of polar experience: 20

Polar expeditions to date: 300

Areas of expertise: Woody has developed in-depth knowledge of numerous aspects of polar wilderness throughout two decades of polar expedition.

Advice to polar travelers: "Polar voyages touch people in different ways. The polar environment has a power which sets people thinking about their place in our world. Get prepared with gear and have the time of your life! Travel with eyes wide open, with no fixed ideas and be open to the beauty, wonder, tranquility and fury of the polar environment."



Experience Matters!

Each Expedition Leader brings years of polar experience to the role—as well expertise. Some are marine mammal experts, glaciologists and polar historians while others have specialties in whale studies, marine logistics and conservation. Our guests reap the benefits of this vast polar knowledge.

We have the most experienced team in the Polar Regions.

Shane Evoy has 26 years of experience, and David (Woody) Woods has 21 years hands-on experience in the polar regions. Christian Geissler has been on over 100 expeditions, while Solan Jensen has led 26 Arctic expeditions and 109 Antarctic expeditions.



Shane Evoy

Home base: Pointe au Baril, Ontario

Years of polar experience: 26

Polar expeditions to date: 250

What guests are apt to learn on a polar voyage:

"I hope guests will learn a lot about the areas we go into so they can protect what they love. There's a quote from environmentalist Baba Dioum that I live by when I'm on an expedition: 'In the end, we will conserve only what we love; we will love only what we understand; and we will understand only what we are taught.'"

Advice to polar travelers: "Sit, look, listen, and feel what is around you and take it all in."



Solan Jensen

Home base: Juneau, AK

Years of polar experience: 15

Polar expeditions to date: 135

Areas of expertise: Solan's roles have included wilderness ranger, expedition leader, kayak guide, boat builder and marine mammal emergency responder.

Advice to polar travelers: "Bring a receptivity to continuously absorb the experience, every gust of wind, wild shoreline and mountain, every creature that calls the polar regions home—and the ice that is home. Bring binoculars everywhere. Go on every off-ship excursion and spend as much time as you can on the outer decks of the ship. Come with curiosity and a heightened awareness because the polar regions are as huge and magnificent as they are subtle and intricate."

Why travel with us?

We go to the ends of the earth to chart new adventures, so you can set foot where few ever will. We've been exploring the Polar Regions for three decades, which means we've been taking guests on life-changing journeys to the Arctic and Antarctic longer than anyone else. As the Leader in Polar Adventures, we're committed to taking travelers beyond the ordinary, outside the predictable and expected. We were the first expedition company to take commercial guests to the North Pole—back in 1991. We led the first-ever passenger transit of the Northeast Passage. We were the first to offer hot-air ballooning at the North Pole. We've always been driven to discover what's out there—and we're committed to taking you places no one else can.

Explore alongside the most seasoned polar experts on Earth.

When you venture into the untouched wilds of the Arctic and Antarctic, you need a great team around you. And we have the greatest. You'll join elite guides trained at Quark Academy—which surpasses every standard imaginable for safety and preparedness in the Polar Regions—and interact directly with world-class polar experts. Our philosophy? The team that explores together, discovers more together.

Venture far beyond the ordinary with us.

Quark Expeditions goes where others simply can't. Or won't. But our expert guides' abilities to read unknown terrain means where there's a will, there's a way—and that way could be by kayak, Zodiac boat, helicopter, or even hot air balloon. In an environment so unpredictable, it pays to have a few backup plans. We don't just expect the unexpected, we embrace it.



| We go to the ends of the earth to chart new adventures.

We've been pioneering new types of expeditions into the Polar Regions for over 30 years now. We not only offer the most itineraries, but the most varied as well. Because no matter where you venture, you can explore culture, wildlife, science, physical activity, and beyond. To put it simply: More places to explore, more ways to explore them.

| Set foot where few ever will, and do what few ever dream.

Every voyage starts on a ship, but the real adventure happens off-ship. In the polar wilds, we camp, climb, kayak, mountain bike, and helicopter to remote locations. We paddleboard on icy waters, and rise above the horizon in hot air balloons. With the most adventure options available, how you experience the Polar Regions is entirely up to you.

| Join the greatest fleet on the frozen seas.

When it comes to polar expeditions, you're only as good as where your ships can take you. And our diverse fleet of small polar vessels, which includes icebreakers and expedition ships, can take you to places where larger ships can't navigate. Equally key is our fleet of Zodiac boats, which let us make landfall where others are not able. Trust us: when you travel all the way to the edge of the world, you'll want to reach out and touch it too.

| Good explorers respect their environment.

Great ones protect it.

The beauty of the Arctic and Antarctic should be appreciated and preserved by all who are lucky enough to experience it. That's why we've developed Polar Promise, a comprehensive sustainability plan which includes key initiatives like reducing emissions and reusing or recycling 100% of waste. After all, polar exploration should leave a lasting impression—but only on the explorers like you.

| Discover Earth's hidden beauty with a team dedicated to polar exploration.

Polar exploration is our life's work. It's the only thing we do—in fact, the only thing we've done since 1991, when we brought the very first group of commercial travelers to the North Pole. We understand these unique, otherworldly domains like few others do. So, it's our pleasure to journey with like-minded explorers, giving you the most in-depth experience possible. If these fascinating environments speak to you, speak to us.



Guests view a stunning tabular iceberg during a daily Zodiac excursion.

Polar Boutique.

Get polar-ready for your expedition with stylish, brand-name gear that's designed for optimal performance in the Antarctic. Learn how to outfit yourself from head to toe and get tips on what to pack at Shop.QuarkExpeditions.com

Base Layer

Wicking is king. Tops and pants specifically designed to wick moisture away from the body and keep your core body temperature regulated are ideal. Choose synthetic fibers or wool/wool blends.



WARM HAT

Outer Layer

Top quality waterproof pants and gloves will protect you from the elements.

You'll receive Quark Expeditions' signature yellow parka when you embark on your voyage.

Get a better look at the 3-in-1 parka and its polar-perfect features

OUTER LAYER waterproof mitts or gloves

OUTER LAYER waterproof pants

Mandatory on polar trips. Stay warm. Stay comfortable!

OUTER LAYER Waterproof Muck Boots

Loaned to you by Quark Expeditions for the duration of your voyage!

MID LAYER fleece sweater

MID LAYER leggings

MID LAYER layered wool and synthetic socks

BASE LAYER worn next to skin

WARM GLOVES

Mid Layers

Worn over your base layer, mid layers will help keep you warm during your expedition. Visit the online polar boutique for options.

Golden Rules.

RULE 1 Layers, layers, layers

Dressing in layers means you'll be ready for any type of weather you'll encounter.

RULE 2 Wear breathables (no cotton)

Wearing breathable materials ensures you stay warm and dry on polar landings.

RULE 3 Waterproof, not water repellent

Waterproof pants are essential for trips to the polar regions as you'll likely encounter splashes of water when going ashore.

Model Jaymie MacAulay is one of Quark Expeditions' expedition staff.

A Polar-Perfect Parka

(yours to keep!)

3-IN-1 HOODED PARKA

Water resistant shell with removable insulating layer can be worn as a stand-alone piece for warmer polar days or your journey home.

REMOVABLE, ADJUSTABLE HOOD

REFLECTIVE PATCHES

5 OUTER AND 2 INNER POCKETS

for carrying camera accessories and extra gear.

DROP TAIL

For added protection when seated outdoors.

Recommended extras

Here are a few more suggested items to ensure that you are protected and comfortable on your polar expedition.



We've got your polar needs covered.

Every ship in Quark Expeditions' fleet has a shop for expedition essentials (in case you forget anything), as well as souvenirs and keepsakes to mark your special journey to the Antarctic.

Visit our online Polar Boutique and get ready for your trip.

Shop.QuarkExpeditions.com

Sustainability.

Good explorers respect their environment. Great ones protect it. In April 2019, we reinforced our commitment to the polar regions with the unveiling of **POLAR PROMISE**—the most comprehensive and holistic sustainability strategy in place in the polar regions. In Polar Promise, Quark Expeditions identifies measurable goals to be reached by 2025.

This infographic reflects **QUARK EXPEDITIONS'** sustainability successes and goals—celebrating our past while...

PLANNING FOR THE FUTURE!

REDUCE SINGLE-USE PLASTICS

Quark Expeditions continues to drastically reduce single-use plastics on board our ships. In 2019, we eliminated:



320,000

Single use bottles. Our guests receive their own reusable water bottles!



14,000

Individual yogurt containers.



7,600

Parka bags. Now in bundles versus individual plastic bags.

FUN FACTS

By working with our hotel provider, we've **replaced individually wrapped items** like butter, sugar, jam, honey, and yogurt with bulk versions.

We've **installed water fountains** on our vessels so that guests can refill their own reusable Quark Expeditions water bottle as needed.

Cabins have been **outfitted with soap and shampoo dispensers** to reduce waste, and we provide straws, paper napkins, and receipts only on request.

OFF-SHIP INITIATIVES

\$500,000

Our annual goal to support Polar Research and Conservation.



Quark Expeditions provides free berths to conservation and scientific organizations, giving scientists access to remote regions to further their research. In addition, a portion of the proceeds from our onboard auctions are directed to these organizations.

\$169,924

Auction proceeds supporting South Georgia Heritage Trust and Friends of South Georgia.



The funds, raised since 2014, support the Habitat Restoration project, whose goal was to restore the sub-Antarctic island to its original status as one of the world's most important seabird sites. Funds were used for baiting during the eradication phase and to support rodent-detecting dogs for the current monitoring and maintenance phase.

TRAINING THROUGH NALUNAIQSIJIT:

THE INUIT CRUISE TRAINING INITIATIVE

Through Nalunaiqsijit—The Inuit Cruise Training Initiative (ICTI), Quark Expeditions hired two interns on *Ocean Adventurer* voyages to Nunavut during the Arctic 2019 season, both of which were hired as staff during the 2019/20 Antarctic season. The goal of this Government of Nunavut program is to equip Nunavummiut with the qualifications and certifications needed to pursue opportunities in the expedition cruise industry.



EVERY PESO COUNTS

Quark Expeditions participated in SeaGreen recycling initiative during our 2018/19 Antarctic season. Proceeds from the sale of our recyclables raised **120,000 PESOS** to assist Argentinians living with a disability.



GREEN TECHNOLOGIES FOR OUR VESSELS

ULTRAMARINE

like the recently-launched *World Explorer*, will be equipped with a Micro Auto Gasification System that thermally breaks down waste, reducing its volume by

UP TO 95%



**40 DAYS
ZERO
WASTE**

These advanced waste systems mean the technologically-advanced vessel can operate for **40 DAYS** and discharge no solid waste!

Ultramarine has sufficient effluent storage to operate at full capacity with **340 PEOPLE** (guests and crew) for **5 DAYS**, eliminating the need for any discharge in particularly sensitive areas.



Ultramarine's LED lighting can potentially use **50% LESS** energy than standard fluorescent lighting.

The future looks bright!



Fuel-efficient *Ultramarine*
We expect the average daily fuel consumption of *Ultramarine* to be approximately half the consumption of older chartered vessels of similar size.

WINNING THE CARBON EMISSIONS CHALLENGE!

28%

Reduction in Carbon Emissions
Quark Expeditions' historical analysis confirms that we have decreased emissions from vessels by 28% from 2010 levels.

OUR GOAL BY 2025

Quark Expeditions will reduce carbon emissions by:

10%



**PER PASSENGER
PER DAY**
from the 5-year
rolling average

Our Polar Promise.



PRINCIPLES

Embedding responsible practices throughout our business, whether it's in polar wilderness or in the places we work each day.

Goal: By 2025, our goal is to work exclusively with suppliers, vendors and external partners who share our commitment to preserving the polar regions.



PLANET

Reducing our footprint and building resilience through best practices and advanced sustainability technologies.

Goal: By 2025, Quark Expeditions will reduce carbon emissions per passenger by 10%, and Quark Expeditions-owned fleet will have a plan for all waste brought on board.



PARTNERSHIPS

Making a positive impact on the people, environment, and communities we visit through outreach, collaboration, and innovation.

Goal: By 2025, Quark Expeditions will continue to lead change through community engagement and by supporting scientific, conservation and sustainable development in polar communities.



POSITIVE IMPACT

Inspiring and empowering our guests to make changes that create positive impacts, wherever they live.

Goal: By 2025, the positive benefit of bringing people to the polar regions will far outweigh any impact of taking people there.

Our sustainability strategy is an ongoing journey. Join us on our voyage to preserve the polar regions for generations to come!


For more on our comprehensive Polar Promise strategy, visit: [QUARKEXPEDITIONS.COM/SUSTAINABILITY](https://www.quarkexpeditions.com/sustainability)

Pure polar. Pure passion.

Now that you know about the life-changing adventures you can experience with Quark Expeditions in the Antarctic, perhaps we can tell you about equally incredible journeys in the other Polar Region, the remote Arctic. For decades, we've explored multiple Arctic destinations: Svalbard, the Wildlife Capital of the Arctic; Greenland, the domain of icebergs, polar bears, muskoxen and Viking history; the remote, ruggedly beautiful Canadian High Arctic; and the venerable North Pole. We have the passion and unparalleled polar expertise to custom-build the most in-depth and unique adventure for every type of polar traveler.



Guests explore South Greenland.



Join us at the other end of the earth.

*We deliver unforgettable polar moments in both Polar Regions.
If you're eager to explore the Arctic, visit [QuarkExpeditions.com](https://www.QuarkExpeditions.com)*

PHOTO CREDITS

Quark Expeditions Media Ambassadors

Acacia Johnson: Pages 6 (top right); 17 (bottom right); 21 (left); 22 (circle and bottom left); 32 (right); 36 (main); 40 (bottom left); 41 (bottom right); 46 (top middle & bottom right); 47 (bottom left)

David Merron: Cover, pages 3; 4 (bottom); 6 (middle left); 7 (top left); 14 (left); 17 (top right); 18; 42 (circle and bottom right); 43 (middle right); 44; 47 (across); 50

Michelle Sole: Pages 1; 5 (middle top and bottom right); 15; 22 (top); 22 (middle and bottom right); 24; 28 (top and middle); 30 (center left); 31 (bottom); 41 (bottom left); 42 (bottom left); 43 (middle left, bottom left and right); 46 (bottom middle)

Nicky Souness: Pages 6 (middle right); 7 (top and middle right); 21 (top and bottom right); 40 (bottom right)

Samantha Crimmin: Pages 5 (top and center left); 16; 26 (main); 34 (main); 47 (bottom center)

Quark Expeditions thanks all its other contributors for their beautiful photography:

Carlo Lukassen: Pages 28 (bottom); 56

Cindy Miller Hopkins: Page 43 (top left and right)

Conor Anderson: Page 42 (top right)

Dagny Ivarsdottir: Page 42 (top left)

Fokus Productions: Page 4 (top right)

Grange Productions: Pages 31 (top right); 41 (top left)

Luis Berteza: Page 12 (top and bottom right)

Nicolas Singh: Pages 13; 14 (top right); 53 (main)

Rogelio Espinosa: Pages 36 (bottom across); 38 (bottom across)

Sam Edmonds: Pages 6 (bottom); 10; 17 (left); 20; 40 (top right); 46 (left); back cover

TERMS & CONDITIONS

For the most updated Terms & Conditions, please visit our website at:

[www.QuarkExpeditions.com/
Expedition-Terms-and-Conditions](https://www.QuarkExpeditions.com/Expedition-Terms-and-Conditions)



The Leader in Polar Adventures

3131 Elliott Avenue, Suite 250
Seattle, Washington 98121

Book Your Polar Adventure

CALL YOUR TRAVEL PROFESSIONAL OR 1.888.979.2061 TODAY



[QUARKEXPEDITIONS.COM](https://www.quarkexpeditions.com)

