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PLAN YOUR TRIP

YOUR PLANNING TOOL KIT

Photos, itineraries, lists and suggestions
to help you put together your perfect trip

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UNDERSTAND ANTARCTICA

GET MORE FROM YOUR TRIP

Learn about the big picture, so you
can make sense of what you see

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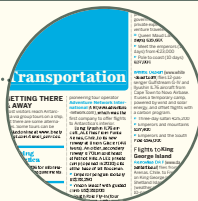
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THIS EDITION WRITTEN AND RESEARCHED BY

Alexis Averback

➤ Every listing is recommended by our authors, and their favourite places are listed first

➤ Look out for these icons:



Our author's top recommendation



A green or sustainable option



No payment required

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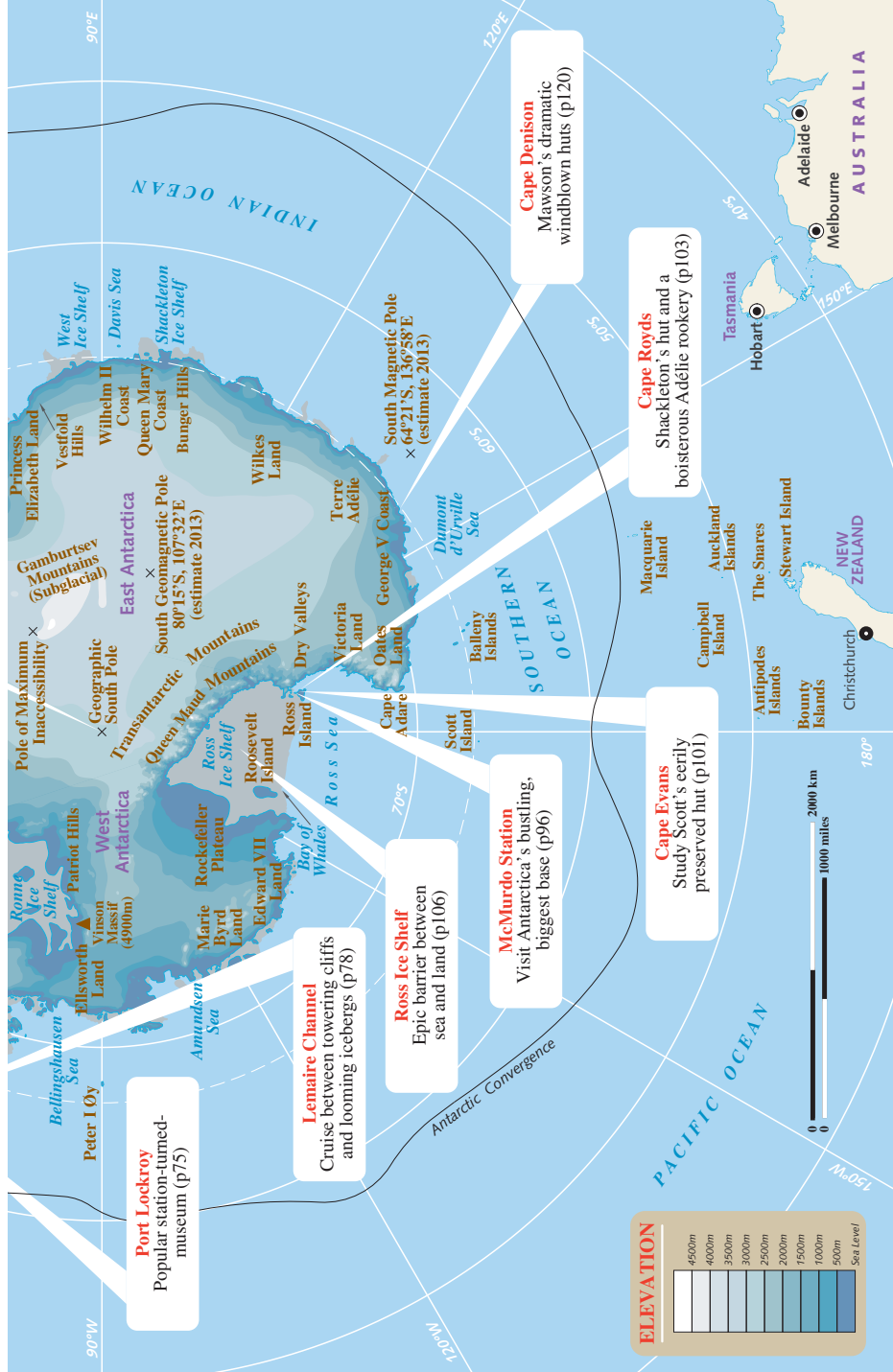
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Port Lockroy
Popular station-turned-museum (p75)

Lemaire Channel
Cruise between towering cliffs and looming icebergs (p78)

Ross Ice Shelf
Epic barrier between sea and land (p106)

McMurdo Station
Visit Antarctica's bustling, biggest base (p96)

Cape Evans
Study Scott's eerily preserved hut (p101)

Cape Royds
Shackleton's hut and a boisterous Adelle rookery (p103)

Cape Denison
Mawson's dramatic windblown huts (p120)



AUSTRALIA

NEW ZEALAND

PACIFIC OCEAN

SOUTHERN OCEAN

INDIAN OCEAN

90°E

120°E

40°S

50°S

60°S

70°S

180°

150°W

120°W

90°W

Adelaide
Melbourne

Hobart

Christchurch

Antipodes Islands
Bounty Islands

Macquarie Island

Campbell Island

Auckland Islands

The Snares

Stewart Island

South Magnetic Pole
× 64°21' S, 136°58' E
(estimate 2013)

South Geomagnetic Pole
× 80°15' S, 107°32' E
(estimate 2013)

Pole of Maximum Inaccessibility
× Geographic South Pole

Princess Elizabeth Land
West Ice Shelf
Vestfold Hills
Wilhelm II Coast
Queen Mary Coast
Bunger Hills
Wilkes Land

Ronne Ice Shelf
Bellingshausen Sea
Peter I Øy
Patriot Hills
Vinson Massif (4900m)
Marie Byrd Land
Edward VII Land
Amundsen Sea

Gamburtsev Mountains (Subglacial)
East Antarctica
Transantarctic Mountains
Queen Maud Mountains
Ross Ice Shelf
Roosevelt Island
Ross Island
Victoria Land
George V Coast
Terre Adelle
Oates Land
Cape Adare
Scott Island

Dry Valleys
Victoria Land
George V Coast
Terre Adelle
Oates Land
Cape Adare
Scott Island

Diamond d'Urville Sea
Baiteny Islands

Macquarie Island
Auckland Islands
The Snares
Stewart Island

Antipodes Islands
Bounty Islands

Christchurch

NEW ZEALAND

Christchurch

NEW ZEALAND

NEW ZEALAND

NEW ZEALAND

NEW ZEALAND



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London and Oakland, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Alexis Averbeck

Alexis Averbeck lived at McMurdo Station through a summer and winter, experiencing both townie life and incredible boondoggles. She observed diving emperor penguins and Weddell seals from beneath the ice. She reveled in multi-week sunsets and sunrises reflecting off mountains and sea ice. Midwinter she camped in an ice trench watching the *aurora australis*. Alexis explored ice caves, flew over Mt Erebus, and, ultimately, made it to the geographic South Pole. And she made friends.

Antarctica changed her life irrevocably. A travel writer for 20 years, Alexis has crossed the Pacific by sailboat, written books on her journeys through Asia and the Americas, and now lives on the island of Hydra. She also specializes in Greece and France for Lonely Planet.

Antarctica inspired her to paint, because some things are simply beyond words. See her work at www.alexisaverbeck.com.

Read more about Alexis at:
lonelyplanet.com/members/alexisaverbeck



Contributing Author

Carolyn McCarthy wrote the Ushuaia section of this book. As well as writing about her favorite destination of Patagonia, Carolyn has contributed to over a dozen Lonely Planet titles. She has also written for *National Geographic*, *Outside* and *Lonely Planet Magazine*. You can follow her Americas blog at www.carolynswildblueyonder.blogspot.com.

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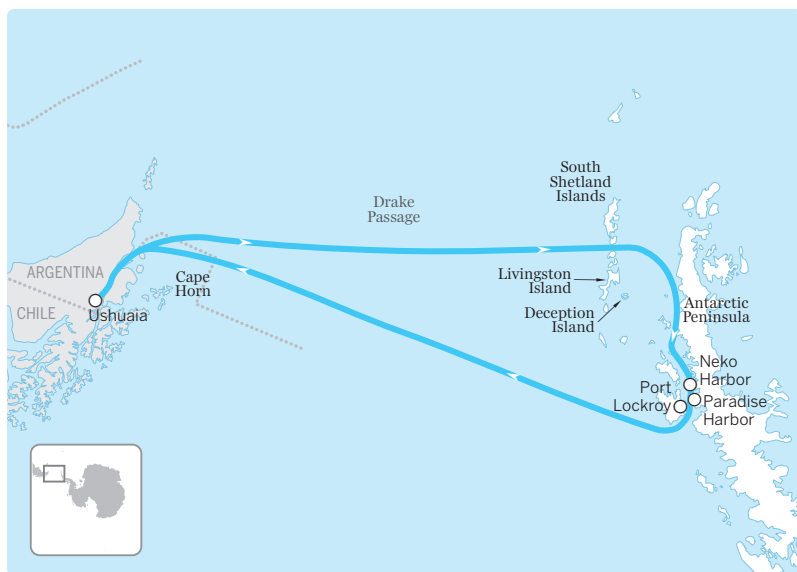
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itineraries

Whether you've got six days or 60, these itineraries provide a starting point for the trip of a lifetime. Want more inspiration? Head online to lonelyplanet.com/thorntree to chat with other travelers.



Seven to 14 days

The Antarctic Peninsula

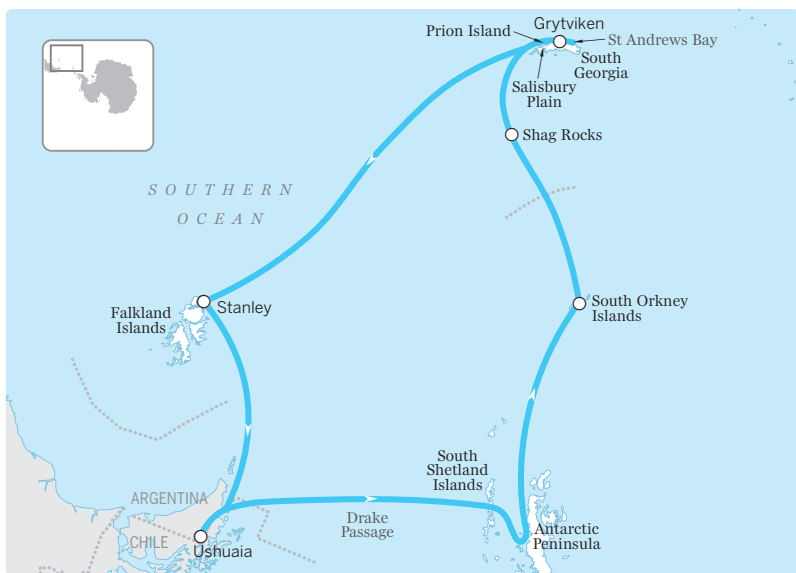
The Antarctic Peninsula is an excellent introduction to Antarctica and its wildlife, and is the most popular trip to the Ice.

Cruises vary, but generally, starting from **Ushuaia**, Argentina, your ship crosses the **Drake Passage**. The duration of the crossing depends on vessel size and the weather - from as little as 1½ days, to as long as three or four days.

You might make your first landing at one of the **South Shetland Islands**. Popular stops include **Deception Island**, an active volcano with a hidden 'amphitheatre', which is home to the largest chinstrap rookery in the Peninsula region, and **Livingston Island**, with its penguins and wallowing elephant seals.

Next, you'll steam down to the Peninsula. You may take a Zodiac cruise in aptly named **Paradise Harbor** or along the rumbling glaciers above **Neko Harbor**, and head to the museum at **Port Lockroy**.

Homeward bound, keep an eye out for a glimpse of the fabled headland at **Cape Horn** off port side.



14 to 20 Days

The Peninsula, South Georgia & the Falkland Islands

This trip includes the popular Peninsula region, home to loads of amazing wildlife and scenery, as well as stunning, historical South Georgia, with its Shackleton connections and huge concentrations of king penguins and fur seals. You may also visit the lonely South Orkneys, pass by Shag Rocks, and spend a few days in the fascinating Falkland Islands, with its captivating wildlife and friendly folk. The route is increasingly popular despite the greater amount of time it requires at sea.

Departing from **Ushuaia**, Argentina, you may either head straight to the Peninsula and on to South Georgia (which has the advantage of following the prevailing westerly winds), or the route may be done in reverse (which means going against the westerlies, with often heavy head seas). Here, we'll go with the flow: head south across the **Drake Passage**, stop in the **South Shetland Islands**, and then head on to visit the **Antarctic Peninsula**; see the Antarctic Peninsula itinerary.

After leaving the Peninsula, head east (with following seas, resulting in a faster and more comfortable trip) to the **South Orkney Islands**, home of early sealers, whalers and bases – provided there's time and the weather cooperates. Next, cruise past the lonely, wave-thrashed **Shag Rocks** while looking for their eponymous bird life and occasional groups of whales feeding on the krill-rich waters.

Your first **South Georgia** landing is likely to be at **Grytviken**, home to an abandoned whaling station, museum and Ernest Shackleton's grave.

You won't be able to miss South Georgia's spectacular wildlife – it's everywhere! – but some of the highlights include **St Andrews Bay** and **Salisbury Plain** where you can watch the antics of king penguins by the thousand. Offshore **Prion Island** in the Bay of Isles is an excellent place to spy on the endangered and magnificent wandering albatrosses roosting on their nests.

On the way back to Ushuaia, call in at the **Falkland Islands**. You'll probably land at one or two of the outer islands, with their abundant penguins, seals and albatrosses, and spend half a day in the engaging capital, **Stanley**.



18 to 28 Days The Ross Sea

This is Antarctica to another degree: cold and wind are magnitudes greater, tabular icebergs more abundant, wildlife scarcer. The Ross Sea area enjoys some of Antarctica's most spectacular terrain, and as the explorers' gateway to the South Pole, the region has the continent's richest historic heritage: the huts of the British Antarctic Expeditions led by explorers Robert F Scott, Ernest Shackleton and Carsten Borchgrevink. This itinerary also calls in at the busy US and New Zealand scientific research stations and several of the wildlife-rich peri-Antarctic island groups.

Starting from an Australian or New Zealand port, spend a couple of days rolling across the **Southern Ocean**, getting your sea legs and watching the abundant bird life. Depending on your route (and the unpredictable weather), you may stop at either **Macquarie Island**, **Campbell Island**, or the **Auckland Islands**, all famous for their breeding seabirds and windswept aspects. After a cruise past the shudder-inducing icebound coasts of the Balleny Islands, try for a quick visit to Antarctica's first buildings and an enormous Adélie penguin rookery at **Cape Adare** (if the wind allows). Turn to starboard and head south into the **Ross Sea** for a stunning view toward the floating, France-sized **Ross Ice Shelf**. You'll pass **Cape Washington**, with one of the largest emperor-penguin colonies in the world.

Next, visit **Ross Island**, site of **Mt Erebus** volcano, with its bubbling, steaming magma lake. If you're fortunate – and the pack ice permits – you'll hit the historic-hut trifecta, landing at Scott's *Discovery* hut at **Hut Point**, Shackleton's *Nimrod* hut at **Cape Royds** and Scott's *Terra Nova* hut at **Cape Evans**, to which Scott and his men would have returned had they not perished on the way back from the South Pole.

Most cruises visit one of Ross Island's human communities, the sprawling US **McMurdo Station** and/or New Zealand's ecofriendly **Scott Base** for a look at Antarctic scientific research and a bit of shopping. A very few with helicopter support offer a quick trip to the **Dry Valleys**, with ancient wind-formed ventifacts and bizarre lakes and ponds. Then it's time to turn north, and return to warmer climes.

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