Antarctica

0 2000 km
0 1000 miles
CAPE TOWN
SOUTH AFRICA
AFRICA
ATLANTIC OCEAN
Tristan da Cunha Group
Gough Island
Grytviken, South Georgia
Historic whaling station, excellent museum
North Coast, South Georgia
Meet macaroni, gentoo and king penguins
Deception Island
Sail inside a restless volcano
Bouvetøya
Prince Edward Islands
Antarctic Convergence
South Georgia
South Sandwich Islands
Shag Rocks
Amundsen-Scott South Pole Station
90° South: the Earth's extreme
Îles Crozet
Charlotte Bay & Cuverville Island
Cruise by icebergs and a gentoo rookery
Antarctic Circle
Haakon VII Sea
SOUTHERN OCEAN
South Orkney Islands
Stanley
Falkland Islands
SOUTH AMERICA
ARGENTINA
Ushuaia
Punta Arenas
CHILE
Paradise Harbor
Zodiac cruises around magical icebergs
Queen Maud Land
Enderby Land
Îles Kerguelen
South Shetland Islands
Graham Land
Larsen Ice Shelf
Weddell Sea
Filchner Ice Shelf
Coats Land
Drake Passage
Adelaide Island
Palmer Land
Berkner Island
Alexander Island
Mac.Robertson Land
Lambert Glacier
Amery Ice Shelf
McDonald Islands
Heard Island
Ronne Ice Shelf
Pole of Maximum Inaccessibility
Gambartsev Mountains (Subglacial)
Princess Elizabeth Land
Bellingshausen Sea
Patriot Hills
Vestfold Hills
West Ice Shelf
Peter I Øy
Ellsworth Land
Vinson Massif (4900m)
West Antarctica
Geographic South Pole
Wilhelm II Coast
Davis Sea
Port Lockroy
Popular station-turned-museum
Transantarctic Mountains
East Antarctica
Queen Mary Coast
Shackleton Ice Shelf
South Geomagnetic Pole 80°35'S, 106°56'E (estimate 2019)
Bunger Hills
Amundsen Sea
Marie Byrd Land
Rockefeller Plateau
Ross Ice Shelf
Queen Maud Mountains
INDIAN OCEAN
Edward VII Land
Roosevelt Island
Wilkes Land
Lemaire Channel
Cruise between towering cliffs and looming icebergs
Bay of Whales
Ross Island
Dry Valleys
Ross Sea
Victoria Land
Terre Adélie
Cape Adare
Oates Land
George V Coast
South Magnetic Pole 64°8'S, 135°55'E (estimate 2019)
Ross Ice Shelf
Epic barrier between sea and land
Scott Island
Dumont d'Urville Sea
Balleny Islands
McMurdo Station
Visit Antarctica's bustling, biggest base
SOUTHERN OCEAN
Cape Denison
Mawson's dramatic windblown huts
ELEVATION
4500m
4000m
3500m
3000m
2500m
2000m
1500m
1000m
500m
0
PACIFIC OCEAN
Macquarie Island
Cape Evans
Study Scott's eerily preserved hut
Cape Royds
Shackleton's hut and an adélie rookery
Campbell Island
Auckland Islands
Tasmania
Hobart
Antipodes Islands
The Snares
Stewart Island
Bounty Islands
Adelaide
Melbourne
AUSTRALIA
Christchurch
NEW ZEALAND
0°
30°W
30°E
40°S
50°S
60°S
70°S
60°W
60°E
90°W
90°E
120°W
120°E
150°W
150°E
180°