



Antarctica



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PLAN YOUR TRIP

Welcome to Antarctica	4
Antarctica Highlights Map	6
Antarctica's Top 15	8
Need to Know	16
If You Like	18
Itineraries	20
Planning Your Adventure	24
Regions at a Glance	31

ON THE ROAD

SOUTHERN OCEAN	34	ANTARCTIC PENINSULA	75
Ushuaia	35	Central Peninsula	78
Cape Horn	42	Charlotte Bay	78
Islas Diego Ramirez	42	Cuerverville Island	78
Falkland Islands (Islas Malvinas)	43	Danco Island	78
Stanley	46	Rongé Island	78
East Falkland	50	Neko Harbor	78
West Falkland	52	Useful Island	78
Antarctic Convergence	54	Waterboat Point	79
South Georgia	54	Paradise Harbor	79
South Orkney Islands	63	Port Lockroy	79
Laurie Island	64	Anvers Island	80
Signy Island	64	Melchior Islands	81
South Shetland Islands	65	Booth Island	81
Elephant Island	66	Lemaire Channel	82
King George Island	66	Pléneau Island	82
Penguin Island	68	Petermann Island	82
Nelson Island	68	Yalour Islands	83
Greenwich Island	68	Argentine Islands	83
Half Moon Island	69	Southern Peninsula	83
Livingston Island	69	Detaille Island	83
Deception Island	70	Adelaide Island	84
Other Peri-Antarctic Islands	73	Marguerite Bay	85
Heard & McDonald Islands	73	Stonington Island	85
Macquarie Island	73	Northern Peninsula	86
New Zealand's Sub-Antarctic Islands	74	General Bernardo O'Higgins Station	86
		Astrolabe Island	87
		Hope Bay	87
		Joinville & D'Urville Islands	88
		Dundee Island	88
		Paulet Island	88



PARADISE HARBOR P79



PORT LOCKROY P79

Contents

UNDERSTAND

Brown Bluff	89	Syowa Station & Dome Fuji	117
Weddell Sea	89	Molodezhnaya Station	117
Vega Island	89	Mawson Station	117
Devil Island	89	Scullin & Murray Monoliths	118
James Ross Island	89	Lambert Glacier & Amery Ice Shelf	118
Seymour Island	89	Larsemann Hills	118
Snow Hill Island	90	Vestfold Hills	119
Ronne Ice Shelf	91	Mirny Station	120
Filchner Ice Shelf	91	Bunger Hills	121
Halley Station	92	Casey Station	121
ROSS SEA	93	Dumont d'Urville Station	121
Cape Adare	95	Commonwealth Bay & Cape Denison	124
Possession Islands	96	Leningradskaya Station	125
Cape Hallett	96	Concordia Station & Dome Charlie (Dome C)	125
Cape Washington	96	Vostok Station	125
Mount Melbourne	96	Dome Argus (Dome A)	127
Terra Nova Bay	96	South Pole	127
Drygalski Ice Tongue	98		
Franklin Island	98		
Nordenskjöld Ice Tongue	98		
Dry Valleys	98		
Ross Island	99		
Ross Ice Shelf	110		

EAST ANTARCTICA & THE SOUTH POLE

East Antarctica	114
Neumayer III Station	114
SANAE IV	114
Troll Station	115
Schirmacher Hills	115
Princess Elisabeth Antarctica Station	116

Antarctica Today	150
History	152
Environment	170
Wildlife	180
Antarctic Science	197

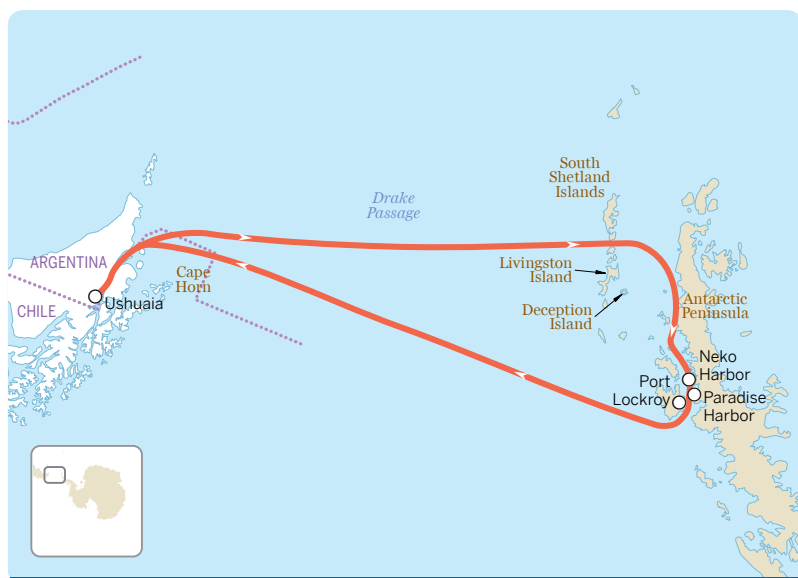
SURVIVAL GUIDE

Directory A–Z	208
Transportation	211
Glossary	214
Index	218
Map Legend	223

SPECIAL FEATURES

Comprehensive Planning Feature	24
Full-color Wildlife Guide	139
Antarctic Science Feature	197

Itineraries



14
DAYS

The Antarctic Peninsula

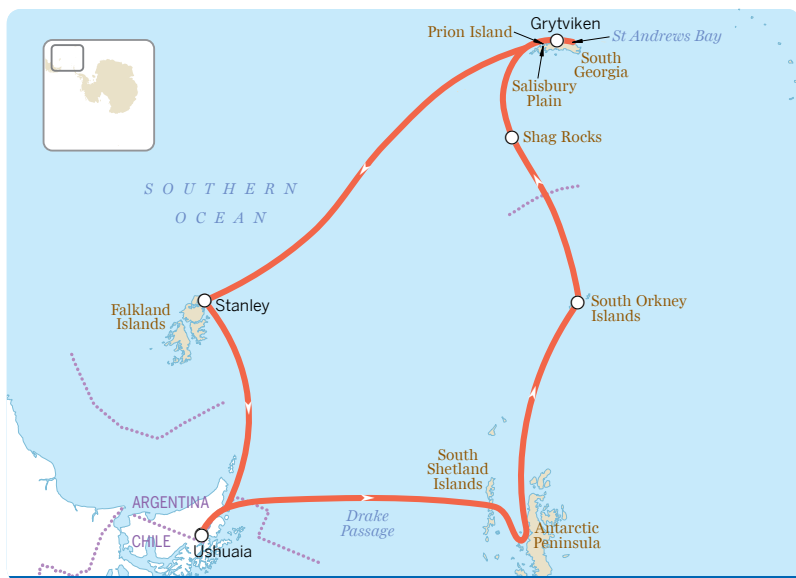
The Antarctic Peninsula is an excellent introduction to Antarctica and its wildlife, and is the most popular trip to the Ice.

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 ‘amphitheater’, 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.

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.

This 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 opposite.

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 in 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 thousands. Offshore **Prion Island** in the Bay of Isles is an excellent place to spy on the endangered and magnificent wandering albatross roosting on their nests.

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



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Top: Taylor Valley, Dry Valleys (p97)

Bottom: Adélie penguins (p185)

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 (if the wind allows) to Antarctica's first buildings and an enormous adélie penguin rookery at **Cape Adare**. 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 the 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 trips with helicopter support offer a quick excursion 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.

Map Legend

Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

Sleeping

- Sleeping
- Camping

Eating

- Eating

Drinking & Nightlife

- Drinking & Nightlife
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro station
- Monorail
- Parking
- Petrol station
- Subway station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book



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 Franklin, London, Melbourne, Oakland, Dublin, Beijing and Delhi, 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

Antarctica Alexis has traveled and lived all over the world, from Sri Lanka to Ecuador, Zanzibar and Antarctica. In recent years she's been living on the Greek island of Hydra and exploring her adopted homeland; sampling oysters in Brittany and careening through hill-top villages in Provence; and adventuring along Iceland's surreal lava fields, sparkling fjords and glacier tongues. A travel writer for more than two decades, Alexis has lived in Antarctica for a year, crossed the Pacific by sailboat and written books on her journeys through Asia,

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