

SEA KAYAKING IN ANTARCTICA

OPTIONAL ADVENTURE ACTIVITY

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THE PROGRAM

The sea kayaking program offered by ANTARCTICA XXI is a group experience limited to a maximum of 10 participants under the guidance/leadership/responsibility of an experienced Kayak Master. The group will meet on board at the beginning of the expedition for a briefing session and an overview of the equipment. The group will then paddle together for the duration of the expedition. The sea kayaking program is only offered on a group basis. You will not be able to leave the ship on independent excursions, and only participants who are part of the group from the start of the program can take part in the activity. Should you wish to skip an excursion, you are welcome to do so. However your assigned equipment and place in the group cannot be used by another person.

Every day you are in Antarctica, your Kayak Master will work with the Expedition Team to look for the best kayaking opportunities within the trip's schedule, based on suitable and safe weather conditions. The group will be led by the Kayak Master and will be supported by a dedicated safety Zodiac. Each kayaking excursion will be approximately one and a half hours in duration. At the end of the excursion the Kayak Master will strive to offer the group approximately 30 minutes at the landing site so you can participate in the regular activities with the rest of the group on shore. Your flexibility will be required, as the local conditions will determine the exact unfolding of the activity. For example, in some cases the kayaking excursion or the time on land may be shorter or longer. In some cases, kayaking may not be possible at all. Safety will always be the paramount consideration for any decision concerning kayaking, as well as any other activity conducted in Antarctica.

To take part in the kayaking program **you must have previous kayaking experience.** You don't need to be a top kayaking expert but you must have experience in using a sea kayak with a spray skirt. You must also have experience with an emergency wet exit. For your safety, the Kayak Master may ask you to perform a trial to test your skills. To take part in the kayaking program you must be able to communicate in English, and you must listen to and follow the instructions of the Kayak Master. If you do not understand the instructions, you must inform the Kayak Master right away. For any reason whatsoever, the Kayak Master can deny or interrupt your participation in the kayaking program. If your participation in the program is denied, ANTARCTICA XXI will refund the money you paid for the activity without further obligation to you. Minimum age for participation is 16 years.



ANTARCTICA XXI
THE FIRST AIR CRUISE TO ANTARCTICA

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THE EQUIPMENT

Sea kayaking in Antarctica requires specialized equipment. As part of the program, ANTARCTICA XXI will provide you with the following equipment:

- Double/Single kayak (*) with spray skirt and an adjustable paddle
- Dry suit, booties, pogies, thermal hat, and dry bag.
- Life vest and other safety items

() The kayak will be assigned by the Kayak Master based on a number of factors, including skill level and availability.*

PREPARING FOR THE PROGRAM

When you confirm your participation in the kayaking program you must state any existing medical condition, illness, or poor state of health. Your state of health should then be stated again on board the ship prior to taking part in the kayaking program. Before starting your expedition, you must visit a doctor for a medical check-up to ensure that you are fit to participate in the kayaking program. It will be our assumption that you have done so and that you will be advised against participation in the kayaking program should there be any health concerns.

If you have limited kayaking experience, you will benefit from taking a course prior to joining the program. If possible, take this course in a location where you can experience kayaking in cold weather.

DATES, PRICES, AND CONDITIONS

The per-person participation price is USD 895.

The Sea-Kayaking option is available on all Classic Antarctica Air-Cruises and all Polar Circle Air-Cruises.

Payment of the participation fee is due at time of reservation. In case of cancellation 120 days or more prior to departure, ANTARCTICA XXI will refund 50% of the participation fee. In case of cancellation 119 days or less prior to departure, there will be no refund.



ANTARCTICA XXI
THE FIRST AIR CRUISE TO ANTARCTICA

SNOWSHOEING IN ANTARCTICA

OPTIONAL ADVENTURE ACTIVITY

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THE PROGRAM

The snowshoeing program offered by ANTARCTICA XXI is a group experience limited to a maximum of 12 participants. The group will meet on board with the Snowshoeing Guide at the beginning of the expedition for a briefing session and an overview of the equipment. The group will then snowshoe together for the duration of the expedition. The snowshoeing program is only offered on a group basis. You will not be able to leave the ship on independent excursions, and only participants who are part of the group from the start of the program can take part in the activity. Should you wish to skip an excursion, you are welcome to do so. However, your assigned equipment and place in the group cannot be used by another traveller.

Every day you are in Antarctica your Snowshoeing Guide will work with the Expedition Leader to look for the best snowshoeing opportunities within the trip's schedule, based on suitable and safe weather conditions. The group will be led by the Snowshoeing Guide and may be supported by a second staff member. Each snowshoeing excursion will be approximately one and a half hours in duration. Your flexibility will be required, as the local conditions will determine the exact unfolding of the activity. For example, in some cases the snowshoeing excursion may be shorter or longer. In some cases, snowshoeing may not be possible at all.

To take part in the snowshoeing program **you do not need previous experience**. However, snowshoeing can be a strenuous activity so your level of physical fitness should be good. For your safety, the Snowshoeing Guide may ask you to perform a trial to test your fitness level. To take part in the snowshoeing program you must be able to communicate in English, and you must listen to and follow the instructions of the Snowshoeing Guide. If you do not understand the instructions, you must inform the Snowshoeing Guide right away. For any reason whatsoever, the Snowshoeing Guide can deny or interrupt your participation in the snowshoeing program. If your participation in the program is denied, ANTARCTICA XXI will refund the money you paid for the activity without further obligation to you. Minimum age for participation is 16 years.



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OPTIONAL ADVENTURE ACTIVITY

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THE EQUIPMENT

Snowshoeing in Antarctica requires specialized equipment. As part of the program, ANTARCTICA XXI will provide you with the following equipment:

- A pair of snowshoes that can be fitted over your expedition boots
- Walking poles to aid you in your excursion

PREPARING FOR THE PROGRAM

When you confirm your participation in the snowshoeing program you must state any existing medical condition, illness, or poor state of health. Your state of health should then be stated again on board the ship prior to taking part in the snowshoeing program. Before starting your expedition, you must visit a doctor for a medical check-up to ensure that you are fit to participate in the snowshoeing program. It will be our assumption that you have done so and that you will be advised against participation in the snowshoeing program should there be any health concerns.

DATES, PRICES, AND CONDITIONS

The per-person participation price is USD 195.

The Snowshoeing option is available on the following expeditions:

Classic Antarctica Air-Cruise CA1 : 02 DEC – 08 DEC 2014
Classic Antarctica Air-Cruise CA2 : 07 DEC – 13 DEC 2014
Classic Antarctica Air-Cruise CA3 : 12 DEC – 18 DEC 2014
Classic Antarctica Air-Cruise CA4 : 17 DEC – 23 DEC 2014
Classic Antarctica Air-Cruise CA5 : 22 DEC – 28 DEC 2014
Classic Antarctica Air-Cruise CA6 : 27 DEC – 02 JAN 2015

Polar Circle Air-Cruise PC1 : 01 JAN - 09 JAN 2015

Payment of the participation fee is due at time of reservation. In case of cancellation 120 days or more prior to departure, ANTARCTICA XXI will refund 50% of the participation fee. In case of cancellation 119 days or less prior to departure, there will be no refund.



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