



ANTARCTICA

2014 – 2015



WHAT WE STAND FOR Perhaps it is because we provide unparalleled Polar marine experiences. Or maybe it is because we are steadfastly committed to ensuring the safety of our guests as well as sharing with them our eco-conscious outlook. It could be that guests never tire of One Ocean Expeditions personalised service. For all these reasons, One Ocean Expeditions is special. Only on our expeditions will travelers come to see the world in a whole new way.

PERSONALISED SERVICE People really matter on our expeditions and we show this at every opportunity, particularly by allowing our guests to have a say in how their experiences unfold. We create small special interest groups, so each individual can choose the activity best suited to them. Options and choices are provided throughout the voyage and we strive to take care of every detail. The One Ocean Expeditions team have many years of expedition cruising expertise coupled with specialty knowledge in their chosen field. In addition to our expedition and hospitality professionals, One Ocean Expeditions carries specialty staff on every voyage. This includes an English speaking emergency physician, resident professional photographer, registered massage therapist, fitness trainer and our unique multi-skilled adventure concierges.

ADVENTURE With our focus on wildlife, photography and adventure, we have led the way with a range of new ideas. Our guests enjoy numerous daily options that range from activities off the ship, such as hiking, walking, zodiac cruising, snowshoeing, photography, sea kayaking, wildlife viewing and on select departures, optional ski touring and overnight sea kayak camping. Options onboard the ship include educational presentations and workshops, yoga, massage therapy, and our interactive night cap held in the bar each evening. Learning new tricks with your camera is always fun — even for those more experienced photographers. Camping is included for anyone interested (including the right equipment to make it safe, comfortable and enjoyable) as are high quality gumboots and wet weather gear; there is optional sea kayaking (again with a great list of high quality included gear) and we even carry ski poles, waterproof backpacks and binoculars.

OUR COMMITMENT TO SAFETY There are no compromises here. Our shipboard guides and crew have the deepest respect for Polar weather and the region's varying sea and ice conditions. That respect is apparent in every decision we make from the beginning to the end in all our expeditions. We carry the most extensive inventory of safety equipment on all excursions and we have the highest staff to client ratio in the industry. We require our leaders and crew to undergo some of the industry's most aggressive and effective safety training programs. We are prepared, so our guests can relax and enjoy their once in a lifetime experience.

SUSTAINABLE TRAVEL We view the world as one large ocean containing a series of large islands. This being the case it stands to reason that our actions in one part of the ocean will trickle down and have an effect in another part of the ocean. To this end, we have developed an environmental strategy that looks at all aspects of our operation and works to minimize our impact on both the geographic and marine environment. We are committed to run an operation that is a model to the world in its ecological sensitivity. We are dedicated to minimizing our impact on the areas we visit as well as the areas in which we command our supplies. This shows in our policies, which cover provisioning, supply, waste management, itinerary development and group management.

VALUE Traveling to the Polar Regions is a privilege and we want our guests to experience something special when they choose One Ocean Expeditions. That is why we offer the best value for travelers. Our well-priced expeditions boast a high level of customised service, including tasty meals made fresh onboard by top chefs. Our safe, yet adventure-filled expeditions are sure to change perceptions and create memories that will last a lifetime.





ANTARCTICA

Voyage Descriptions

ANTARCTICA – OFF THE BEATEN TRACK

USHUAIA, ARGENTINA TO USHUAIA, ARGENTINA 12 NIGHTS ONBOARD (CAMPING, KAYAKING, OVERNIGHT KAYAKING, SKI TOURING, SNOWSHOEING, EXPEDITION PHOTOGRAPHY)

With an extended itinerary along the Antarctic Peninsula, we bring all adventure options to life. Kayakers can join a two night sea kayak adventure, backcountry skiers explore and ski-tour along the Peninsula, high elevation hikers strap on showshoes to ‘break’ track onshore, and photographers get that extra time and support they always crave. Get ready to embark on the most remote wilderness adventure on the planet.

ANTARCTIC PENINSULA ADVENTURE

USHUAIA, ARGENTINA TO USHUAIA , ARGENTINA 10 NIGHTS ONBOARD(CAMPING AND KAYAKING)

Towering glaciers, mountainous landscapes, massive icebergs, and the option to choose your favourite activities each and every excursion. By breaking into small special interest groups (which you can mix and match every day) we discover Antarctica and its amazing wildlife through photography, zodiac excursions, zodiac cruising, camping, kayaking, hiking and walking.

FALKLAND ISLANDS, SOUTH GEORGIA & ANTARCTIC PENINSULA

USHUAIA, ARGENTINA TO USHUAIA, ARGENTINA 18 NIGHTS ONBOARD (KAYAKING)
USHUAIA, ARGENTINA TO USHUAIA, ARGENTINA 19 NIGHTS ONBOARD – SHACKLETON CENTENARY VOYAGE (KAYAKING)

You may feel as we do that if you make the journey to the ends of the earth you may as well stay awhile. On this far-reaching expedition to the remote islands of the South Atlantic and the Antarctic Peninsula, we revel in awe-inspiring, jaw dropping experiences every day.

PHOTOGRAPHY CREDITS: David McEown, Daisy Gilardini, Reinoud Daniels, Gabe Rogel, Wally Chin, Claudio Suter, Ira Meyer.

IMAGINE

Voyage Descriptions

ANTARCTIC CIRCLE VOYAGE

USHUAIA, ARGENTINA TO USHUAIA, ARGENTINA 12 NIGHTS ONBOARD (KAYAKING AND CAMPING)

Designed for those who want to go farther south amidst pancake and frazil ice. We greet the Antarctic Circle out on deck with champagne and GPS, and then make our way by zodiac to the shoreline for a ‘below the circle’ landing or zodiac cruise.

CHRISTMAS IN ANTARCTICA

USHUAIA, ARGENTINA TO USHUAIA, ARGENTINA 8 NIGHTS ONBOARD (KAYAKING AND CAMPING)

Carefully planned to be along the Antarctic Peninsula for the Christmas holidays, this voyage creates memories to last a lifetime. On this whirlwind adventure we are whisked away from reality while exploring busy penguin rookeries, zodiac cruising for whales and hiking for the viewpoint overlooking glaciated mountains as far as the eye can see.

REGAL ANTARCTICA

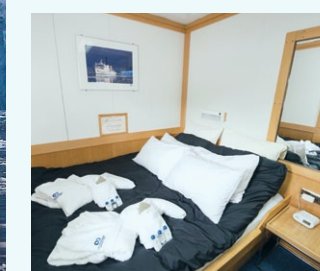
USHUAIA, ARGENTINA TO USHUAIA, ARGENTINA 12 NIGHTS ONBOARD (KAYAKING)

Exploring the immense skies, tabular icebergs and bustling penguin colonies of the Weddell Sea we continue our foray into the Falkland Islands where we seek albatross, numerous penguin species and lively marine mammals.

MARINE MAMMALS

USHUAIA, ARGENTINA TO USHUAIA , ARGENTINA 10 NIGHTS ONBOARD(CAMPING AND KAYAKING)

As the Austral summer progresses, so does the appetite of varied marine mammals alongside the Antarctic Peninsula. With massive krill blooms these waters provide the ultimate meal for minke and humpback whales, whilst the orcas and leopard seals get more vigorous in their last weeks of feeding. Joined by marine mammal specialists, we experience the ultimate marine mammal adventure.



EXPLORE

Exceptional Hospitality & Comfort

PERSONALISED SERVICE With our unique brand of customised informal hospitality, once our guests board the ship they leave the every day and emerge into the extraordinary. Our team of adventure concierges make this happen, down to every last detail. Our guests feel right at home for the duration of their voyage where comfort and safety are top priority.

DREAM SLEEP In all cabin categories One Ocean Expeditions offers memory foam mattress toppers, cozy bathrobes, upgraded linen, hypoallergenic high loft pillows, black out curtains, cabin climate controls, ecologically sensitive and natural amenities, in-room musical entertainment (MP3 capable) and personal tea/coffee station. For additional luxury, all suites have premium bedding on both a double bed and a lower berth, a lavish welcome basket including top shelf wine, healthy snacks, personal hot/cold beverage machine, stocked mini bar, iPad complete with camera connection kit and pre-loaded media.

ACTIVE MOVEMENT A body in motion stays in motion and our 'active movement' approach will revitalize even the most out-of-date fitness regime. In addition to our expedition activities — snowshoeing, sea kayaking, hiking, walking — our vessels offer the services of a fitness trainer and a private gym with stationary bikes, rowing machine, treadmill, free weights, stretching mats and media outlet for personal choice in musical accompaniment. Our culinary menu helps our guests to eat as healthily as they wish and, in addition to our already extensive traditional menus, we make fresh fruit smoothies every morning in the bar and heart healthy options are offered throughout the day. Between the active movement opportunities and extensive culinary options, prepare to feel invigorated.

WELLNESS & RELAXATION Our wellness program incorporates spa services with a registered massage therapist, fitness sessions with our onboard personal fitness trainer (can accommodate all levels), dry heat Finnish sauna, hot water spa, refreshing salt-water plunge pool, gym and a whole foods/bistro menu. All menus are prepared professionally in-house by our culinary team of experienced chefs who prioritize the aspect of a whole foods approach to health. Our skilled personal massage therapist, fitness trainer and culinary team work diligently to exceed the expectations of the most discerning client.

DISCOVER

Our Vessels

AKADEMIK IOFFE AND AKADEMIK SERGEY VAVILOV Sister ships built in 1989 and 1988 respectively, both vessels were designed for polar research and are now the only scientific vessels still actively participating in marine science. With extensive upgrades and expansions, Akademik Ioffe and Akademik Sergey Vavilov are not only safe and ice strengthened, they are now modern, comfortable, very spacious, and with a Finnish Ice Class of 1A, ideal for expedition cruising. Both vessels transit open water crossings with ease due to their mass and integrated internal ballast system, resulting in a tremendous reduction from severe rolling in heavy seas. With their stable, reliable and quiet performance both ships present themselves as the ideal marine wilderness lodge and a perfect platform for all of the varied activities and programming operated by One Ocean Expeditions. Once along the Peninsula the technical features of both the Ioffe and Vavilov shine for the advantages they offer to the passenger experience. With bow and stern thrusters both vessels can spin on their axis and the multiple pitch propellers offer immediate reduction in speed when a wildlife opportunity presents itself. A large outdoor access mud room provides a convenient place to store mud boots and outdoor gear, and offers an easy transition between the zodiacs and cabins for each excursion. Other facilities include the large and bright dining room, theatre-style presentation room, bar/lounge, library, multimedia room equipped with both PC and iMac computers, gift shop, fitness room, massage room, hot water spa, Finnish sauna and salt water plunge pool.

MODERN AND SPACIOUS PASSENGER AREAS By limiting our passenger numbers to under 98, both indoor and outdoor areas are exceptionally spacious and the vessels are optimally set-up for customised small group excursions. Theatre-style seating, the latest in digital technology and ample space make our large presentation room ideal for group recaps and educational presentations. The newly renovated multimedia room, equipped with iMac computers and media outlets, provides the perfect platform for viewing, editing and sharing digital images in a comfortable space. Large windows overlooking the bow deck provide ample light in the best stocked library in the Polar Regions, and nearby there is a cozy sitting area with wingback chairs and reading lamps. Porthole windows running the length of our dining room, which can seat all passengers and staff at one time, provide an immediate view when marine mammals show themselves whilst we dine. Custom cappuccinos, lattes or cocktails of the day are all available by our skilled and friendly bartenders in our newly expanded bar/lounge on both ships. Come on out to the numerous viewing decks on each passenger level of the ship. With so much relevant indoor and outdoor space you will always be in the right place, at the right time.

THERE IS ONLY
ONE OCEAN



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