



DAILY PROGRAMS

ABOARD *NATIONAL GEOGRAPHIC ORION*

Sunday, January 28th, 2018

Sunrise: 0548/Sunset: 2143

Ushuaia, Argentina

"Men wanted for hazardous journey, small wages, bitter cold, long months of complete darkness, constant danger, safe return doubtful. Honour and recognition in case of success."
- Sir Ernest Shackleton

WELCOME ABOARD!

Captain Martin Graser, the Officers, Crew and Expedition Team of M.V. *National Geographic Orion* wish you a warm welcome aboard for this voyage.

Once aboard please visit Reception (located on Deck 4) to have your photo ID taken and to register your Credit Card. Information regarding life on board and our plans for the voyage will be given at the welcome aboard briefing but in the meantime enjoy getting to know the vessel and if you have any questions please ask any of the Expedition Staff or Crew.

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| 1530 | Embarkation – Please check in at Reception sometime this afternoon to have your ID photo taken and to register your Credit Card.
Luggage – Your luggage should have already been delivered to your cabins; please check to ensure all of your belongings are on board BEFORE we sail. Should anything be missing, please inform a Staff member or Reception straight away.
Refreshments - served in the Lounge on Deck 4 aft. |
| 1600-1645 | Boot and Waterproof Pants Exchange: In case some of the gear rented from <i>Ship to Shore</i> service does not fit you can get it exchanged at the Outdoor Café outside the Lounge on Deck 4.
Parka Exchange: If you find that your parka does not fit please get it exchanged outside Reception on Deck 4. |
| 1700 (approx.) | Mandatory Ship Safety Drill – Please listen for announcements from the Captain with instructions. |
| 1800 (approx.) | <i>National Geographic Orion</i> sails from Ushuaia. Join us on deck as we depart. |
| 1830 | Welcome Aboard Briefing – Join Hotel Manager Craig Murray in the Lounge on Deck 4 for an important briefing that will include an introduction to the vessel and the voyage ahead. |
| 1900 | Dinner is served in the Restaurant. |

Open Sea Warning! Later this evening we will be entering the South Atlantic Ocean and conditions may be rough. Please take care moving around the vessel once in open sea. Always keep one hand free to hold on to railings, and take care of doors that may swing closed or open unexpectedly. Please ensure that all breakable items are carefully stowed in your cabin before retiring this evening as the motion of the ship will increase during the night.

Shipboard Information

- Reception: Is manned daily from 0700 – 2200 or call “400” from your telephone.
- Navigation Bridge: We have an open Bridge which you may visit. The Bridge is located on Deck 5 fwd. Please remember this is a working area.
- Internet Access: Internet can be purchased directly on your personal devices and will be charged to your shipboard account (no internet cards required).
- Massage Therapist: Our Massage Therapist Marit is qualified in remedial, therapeutic and relaxation massage. If you would like to book an appointment please contact Reception.
- Drinks: Hot drinks & sodas are available at any time in the Observation Lounge (Deck 6 fwd). Drinking water and ice are available from the machines located in the Outdoor Café on Deck 4 aft and outside the Restaurant on Deck 3.
- Gym and Sauna: Are located on Deck 6 and open 24 hours.
- Jacuzzi: Is found on the Sun Deck (Deck 6) and open 24 hours (weather permitting).
- Doctor: Appointments can be made by contacting Reception.
- Presentations on TV: All presentations given in the Lounge are also broadcast on your television (Lounge channel).

Monday, January 29th, 2018

South Atlantic Ocean, toward the Falklands

*"We are tied to the ocean. And when we go back to the sea,
whether it is to sail or to watch – we are going back from whence we came."*
--John F. Kennedy

Today finds us passing over the continental shelf of South America, having left Tierra del Fuego in our wake during the early morning hours. Today will be our first full day at sea, and the forecast is for some strong north westerly winds, but moderate sea conditions. While you will want to take this opportunity to start getting your sea-legs, we also have lots of important information to present, including the all-important Zodiac briefing, staff introductions and some introductory insight for the coming days.

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| 0730 | Easy morning stretch with Wellness Specialist Marit in the Lounge. No wakeup call this morning... sleep in! |
| 0800-0930 | Breakfast is served in the Restaurant. |
| 0830 | Morning Update over the PA system. |
| 1000 | Meet the Expedition Team & Briefings. Please join us in the main Lounge to meet the Expedition Staff, followed immediately by a briefing on our Zodiac operations and the different options for our visit to Stanley on Tuesday. |
| 1100 | Birding on deck. Join us on Deck 4 aft (behind the main Lounge) to spend some time looking for and identifying the birds. |
| 1230 | Lunch is served in the Restaurant. |
| 1400 | An Introduction to the Falkland Islands – Naturalist Tom Ritchie will offer a presentation providing an overview of the splendour of the Falkland Archipelago. Join us in the Lounge or follow along on your stateroom televisions to learn more about this surprising gem of the South Atlantic. |
| 1600 | Afternoon Tea is served in the Lounge. |
| 1615 | Creative Digital Photography – Join Rich Kirchner and the photo team for our first in a series of presentations and discussions designed to enhance your photographic skill set and maximize your digital library and memories. |
| 1800 | Captain's Welcome Aboard Cocktail Party - Captain Martin Graser invites you to the Lounge for drinks before dinner. |
| 1900 | Captain's Welcome Dinner is served in the Restaurant. |

Open Sea Warning! We will be at sea throughout the day and conditions may be variable.

Please take care moving around the vessel once in open sea. Always keep one hand free to hold on to railings, and take care of doors that may swing closed or open unexpectedly. Please ensure that all breakable items are carefully stowed in your cabin before retiring this evening as the motion of the ship may change during the night.

Tuesday, January 30th, 2018
Sunrise 0535 Sunset 2058

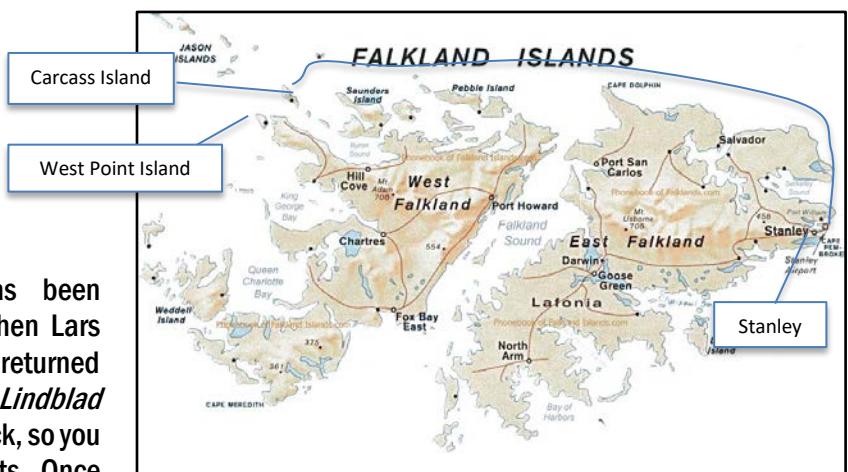
West Falklands: West Point Island & Carcass Island

"But if it's peace and quiet you are after, rugged windswept beauty, with ever-changing light, superb farmhouse teas with cream, the most wonderful wildlife and fishing, a few duty-free bargains, then you'll find them all in abundance in the Falklands."

- Falklands Islands Government "Information Notes" 1973

Early in the morning, we will anchor in enchanting **West Point Island**, which has been welcoming cruise ship guests since 1968, when Lars Eric-Lindblad first travelled here, and regularly returned to this enchanted spot for many years with the *Lindblad Explorer*. The landing is via Zodiac to a small dock, so you can opt to wear sturdy shoes or hiking boots. Once ashore, we have a lovely hike of about 1 mile out to "Devil's Nose", a high cliff where we expect to find nesting black-browed albatross and rockhopper penguins. The walk is over grass and some mud, and does involve some rise in elevation.

Landing at **Carcass Island** after an early lunch. At the farm, the owners will welcome us with tea, coffee and homemade pastries and cakes. The grounds around the settlement may have some interesting birds, like the local Snipe, and perhaps the endemic Cobb's Wren. A short walk behind the settlement may be possible, but we must depart by 1430.



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| 0630-0800 | Breakfast is served in the Restaurant. |
| 0700 | Wake-up call & easy morning stretches with Wellness Specialist Marit in the Lounge. |
| 0800 | Zodiacs ashore at West Point Island . There will be a few Land Rovers available to shuttle folks who don't want to make the 1 mile walk to the point. The area around the bird rookeries is very muddy. |
| 1045 | Last Zodiac from West Point Island. |
| 1115 | Lunch is served in the Restaurant. |
| 1230 | Zodiacs ashore at Carcass Island , to visit the settlement and have tea. |
| 1430 | Last Zodiac from Carcass Island. |
| 1515 | Sea Birds of the Southern Ocean. Join Naturalist Conor Ryan for his presentation to learn more about the amazing birds who live at sea. |
| 1745 | Recap & Briefing with the Expedition Team in the Lounge. |
| 1830 | Dinner is served in the Restaurant. |
| 2000 | After Dinner movie in the lounge with popcorn! Title TBA. |

Wednesday, January 31st, 2018

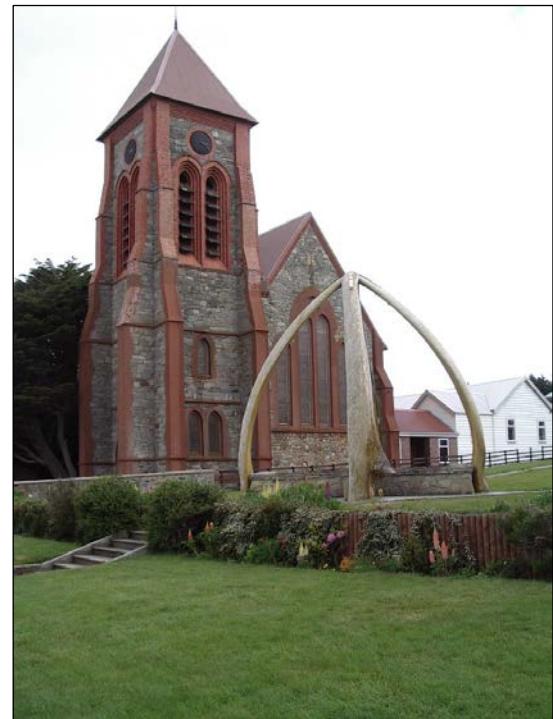
Sunrise: 0525 Sunset: 2041

Stanley, Falkland Islands

*"We thought there would be a bit of a scrap on the beach,
then we would all go have a glass of sherry and I'd tell them to go away and
jolly well not come back."* --Governor Rex Hunt on the Argentine invasion

This afternoon we will arrive in Stanley, capital of the Falkland Islands. Although the name Port Stanley is commonly used for the town, the correct title is "Stanley," with the prefix "Port" referring only to the harbour. A town was established here in the early 1840's, the site chosen for the sheltered harbour and abundant supplies of peat and fresh water nearby. Brightly coloured corrugated iron roofs and painted decorative woodwork are characteristic of older houses in the Falklands. Most of these houses are timber framed, built from kits imported to the islands. The original Colonists' Cottages can be seen on Pioneer Row and Drury Street.

Today Stanley is the hub of the Falklands, with development of local industries and depopulation of the countryside leading to the town doubling in size in recent years. We will be anchored just off the center of town, and hope to spend the afternoon in Stanley.



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| 0800 | Wake up call. Easy morning stretches with Wellness Specialist Marit in the Lounge. |
| 0800-0930 | Breakfast is served in the Restaurant. |
| 1000 | Creating a Personal Narrative. Join National Geographic Photographer Jonathan Irish in the main Lounge to get some insight on storytelling with photographs. |
| 1200-1330 | Lunch is served in the Restaurant. |
| 1330 | If available, the Long Island Farm Tour departs from the ship. |
| 1345 | If available, the afternoon Stanley Highlights Tour(s) departs from the ship. |
| 1345 | First shuttle boat to town departs from ship for those going into Stanley independently. |
| 1600 | Light Afternoon Tea is served in the Lounge. |
| 1730 | Last Zodiac from the JVC to ship. |
| 1800 | We weigh anchor. Next stop: South Georgia! Join us for Recap and Briefing in the Lounge. |
| 1900 | Dinner is served in the Restaurant. |
| | Zodiac shuttles available all afternoon between the ship and shore. If no boat is at the dock, just wait and one will show up every 15 minutes or so. |



DAILY PROGRAM

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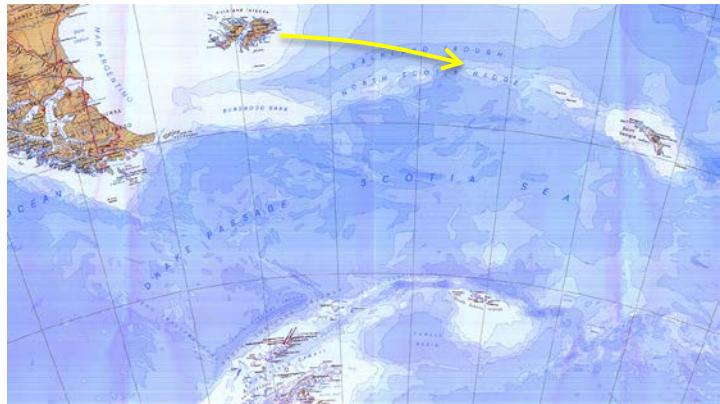
Thursday, February 1st, 2018

The South Atlantic, Day 1

The Atlantic Ocean covers approximately one-fifth of Earth's surface and separates the continents of Europe and Africa to the east from those of North and South America to the west. The ocean's name, derived from Greek mythology, means the "Sea of Atlas." It is second in size only to the Pacific Ocean.

The Atlantic is, generally speaking, S-shaped and narrow in relation to its length and the ocean's breadth from east to west varies considerably. In the northern hemisphere it's as narrow as 2,000+ miles (3,300+ km); however, in the southern hemisphere as it approaches Antarctica on a broad front nearly 4,000 miles (6,500 km) wide.

Although not the largest of the world's oceans, the Atlantic has by far the largest drainage area. The continents on both sides of the Atlantic tend to slope toward it, so that it receives the waters of a great proportion of the major rivers of the world; these include the St. Lawrence, the Mississippi, the Orinoco, the Amazon, the Río de la Plata, the Congo, the Niger, the Loire, the Rhine, the Elbe, and the great rivers draining into the Mediterranean, Black, and Baltic seas. In contrast to the South Atlantic which has fewer and more remote islands, the North Atlantic is rich in islands, in the variety of its coastline, and in tributary seas.



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| 0730 | Easy morning stretches with Wellness Specialist Marit in the Lounge. <u>No Wake-up call!</u> |
| 0800-0930 | Breakfast is served in the Restaurant. |
| 1000 | The Limits of Krill. Join our naturalist Marylou Blakeslee to learn about why this tiny species plays a huge role in Antarctica. |
| 1230 | Lunch is served in the Restaurant. |
| 1415 | South Georgia Briefing and Gear Prep – This briefing will include the guidelines and landing procedures for our visit to South Georgia, and attendance is mandatory . At the end of the briefing, we will conduct our “bio-security” session to ensure that we don’t bring any organic matter in our clothes and gear. You will also be asked to sign a form that you have complied with the bio-security and received the briefing. |
| 1600 | Afternoon Tea is served in the Lounge. |
| 1615 | The Seals of Antarctica: Join dive naturalist Robert Alexander in the Lounge for an introduction to the pinnipeds that we expect to encounter on our voyage. |
| 1800 | Recap & Briefing, with the Expedition Team in the Lounge. |
| 1900 | Dinner is served in the Restaurant. |

Tonight we will begin our ship black-out procedures, and we ask that you keep your cabin curtains closed during hours of darkness.

Tonight we set our clocks ahead one hour. Your cabin steward will change your clocks at evening turndown.



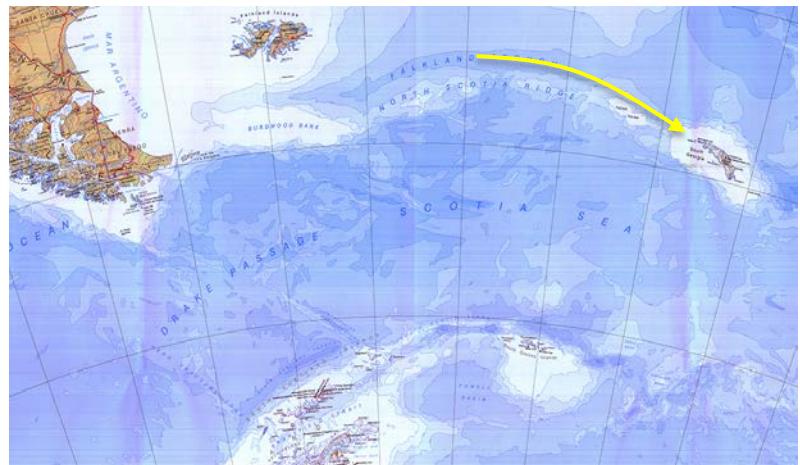
DAILY PROGRAM

ABOARD *NATIONAL GEOGRAPHIC ORION*

Friday, February 2nd, 2018

The North Scotia Ridge, South Atlantic Day 2

As we continue our eastward journey across the bottom of the Atlantic, we will be in the Falklands Trough before soon skirting the crest of the Scotia Ridge, which acts as the northern limit of the Scotia Sea to the south. These waters can be quite rough, but also rich in marine life. If conditions permit and visibility remains good, we will be scanning the seas and skies for more of the numerous species of petrels that patrol these water. We will also keep an eye out for more albatross species: grey heads, black brows, and wanderers. It is not uncommon to see cetaceans transitioning to and from Antarctic waters. So in between presentations, listen for announcements and keep your binoculars at hand.



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| 0730 | Easy morning stretches with Wellness Specialist Marit in the Lounge. |
| 0800-0930 | Breakfast is served in the Restaurant. No wake-up call. |
| 1000 | From Penguins to Pipits, the Birds of South Georgia. Join Expedition Leader Doug Gould in the Lounge for an introduction to the birds of South Georgia. |
| 1100 | If the weather permits, meet our team on Deck 4 aft for some birdwatching, and the Photo Team will be on hand to provide tips of capturing those flying birds with your camera. |
| 1230 | Lunch is served in the Restaurant. |
| 1400 | Join Naturalist Tom Ritchie for an Introduction to South Georgia. Tom gives an overview of the natural and human history of South Georgia, the perfect primer before your visit. |
| 1600 | Afternoon Tea is served in the Lounge. |
| 1615 | Whales of the Southern Ocean. Join Naturalist Conor Ryan for an introduction to the species of whales we hope to find along our voyage to Antarctica. |
| 1800 | Recap & Briefing, with the Expedition Team in the Lounge. This will include a briefing and discussion of the “Shackleton Hike” that we may have a chance to do later this week. |
| 1900 | Dinner is served in the Restaurant. |

Tonight we continue our ship black-out procedures, and we ask that you keep your cabin curtains closed during hours of darkness.

Saturday, February 3rd, 2018

Right Whale Bay & Prion Island

For our first landfall on South Georgia, we hope to explore Right Whale Bay. Tucked deep into the coast, the protected bay is often windswept by katabatic winds roaring down off the local glacier. The bay offers a nice flat beach that should be a good place to land Zodiacs and go ashore, which should have a nice variety of wildlife including elephant seals and king penguins.

During lunch we will cruise east and into the wildlife-rich area known as the **Bay of Isles** where we will anchor off **Prion Island**. It was here that Robert Cushman Murphy, the great American ornithologist, did much of his research in 1912-1913 aboard the brig *Daisy*. The highlight of our landing here is to observe the magnificent wandering albatrosses that also nest on the island. The island has been designated as a ‘Specially Protected Area’ by the South Georgia Government, due to its rat-free status and breeding wandering albatrosses. Access is by permit, in that the island must be specifically named on the visit application and permit. A boardwalk with two viewing platforms was built in 2008 to prevent erosion of the access gully and trampling of prion burrows. Wandering albatross population counts are conducted annually, and because it is rat-free the island is a breeding area for South Georgia pipits and burrowing petrels.



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| 0700 | Easy morning stretches with Wellness Specialist Marit in the Lounge. |
| 0700-0830 | Breakfast is served in the Restaurant. |
| 0715 | Wake-up call and morning update. |
| 0800 | <i>National Geographic Orion</i> arrives in Right Whale Bay , and preparations begin for a morning operation. |
| 0845 | We hope to begin operations. Listen for announcements. |
| 1200-1330 | Lunch is served in the Restaurant. |
| 1400 | Scout boats go ashore on Prion Island . Regulations limit our numbers to half our total guests on shore at one time, so options for a “split landing/Zodiac cruise” will depend on the weather conditions. |
| 1600 | Afternoon Tea is served in the Lounge. |
| 1800 | Recap & Briefing in the Lounge. |
| 1900 | Dinner is served in the Restaurant. |

Tonight we continue our ship black-out procedures, and we ask that you keep your cabin curtains closed during hours of darkness.



DAILY PROGRAM

ABOARD *NATIONAL GEOGRAPHIC ORION*

Sunday, February 4th, 2018

Hercules Bay & Grytviken

"I go exploring because I like it and it's my job."

-- Sir Ernest Shackleton

In the morning, we will visit the small and somewhat protected Hercules Bay, where we hope to have a Zodiac cruise. The confined amphitheatre of Hercules Bay will highlight the amazing diversity of what South Georgia has to offer. Due to the topography of the bay and the protection from large swells, Macaroni penguins build their nests right down close to the water, allowing Zodiacs to approach very close and see the action. Up on the cliffs we should see other birds nesting, such as Kelp Gulls, light-mantled albatross and others. The tiny beach inside Hercules Bay usually has some seals on it.

The bay of **Grytviken** and King Edward Point is by far the best site on the island for habitation. C.A. Larsen, the founder of Grytviken, selected it following two visits to South Georgia, and he established the first permanent whaling station at Grytviken in 1904-05. The whaling factory is now a ghost town of rusting machinery and demolished buildings. The small cemetery just outside of town is the final resting place of Sir Ernest Shackleton, and we plan to pay our respects to "The Boss" and the recently interred Frank Wild after exploring the remains of the station and museum or the surrounding area. You may wish to bring money ashore as there is a gift shop at the museum (GBP, USD, EUR, VISA & MasterCard accepted).

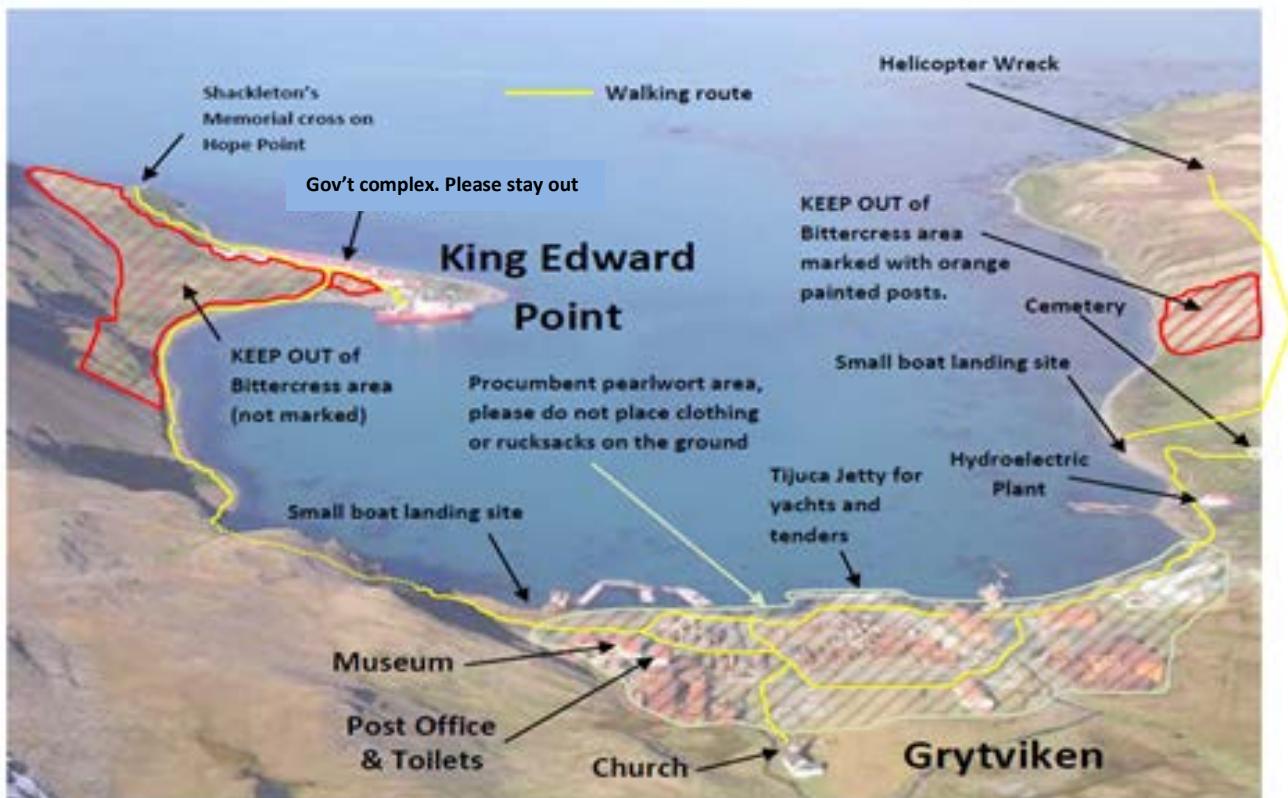
0730	Easy morning stretches with Wellness Specialist Marit in the Lounge.
0730	Wake-up call and morning update.
0730-0900	Breakfast is served in the Restaurant.
0900	Begin Zodiac cruises in Hercules Bay.
1200 -1330	Lunch is served in the Restaurant.
1330	Disembarkation to Grytviken & Whaling Museum. This is a wet landing.

Afternoon options in Grytviken

- a) Walk on the road out to King Edward Point. **See map on back.**
- b) Join a guided tour of the old whaling station, beginning in front of the museum at 1330.
- c) Join a special "Shackleton at Grytviken" tour, starting at 1430 in front of the museum.
- d) Explore Grytviken on your own, including the Post Office and Museum (remain outside the old whaling station).
- e) Alpine Meadow Hike. Follow Tom Ritchie up into the hills behind Grytviken for some hiking and scenery. Back by 1615 for gift shop and time to visit graveyard.

1600	A Light Tea is served in the Lounge for those who remained on board ship.
1715	Join us at the grave site of Sir Ernest Shackleton for a toast to "The Boss" before returning to the ship.
1800	Last Zodiac from Grytviken.
1830	Join us in the Lounge for a special presentation from the SGHT, followed by a briefing for tomorrow.
1930	Dinner is served in the Restaurant.

Visitors map of King Edward Point and Grytviken



Monday, February 5th, 2018

Sunrise: 0501 Sunset: 2017

Shackleton Hike & St. Andrews Bay

This morning we will return to Fortuna Bay to land our hikers for their journey along Shackleton's footsteps. We will then sail around and into Stromness. Stromness is a former whaling vessel repair station, named after the three-mile wide body of water that must be passed through to reach the station. That name was applied about 1912, presumably by Norwegian whalers who frequented its harbours. It is here that Shackleton arrived after a 36 hour hike across South Georgia to reach help and save his men on Elephant Island. Although we are not permitted to approach the station buildings closer than 200m, the beaches and plains of the bay are rich in wildlife, including elephant & fur seals, king & gentoo penguins.



After Stromness, we will head down east to Saint Andrew's Bay, home to the largest king penguin colony on South Georgia. About 150,000 pairs are estimated to be resident here. The east-facing dark sand beach runs north-south for 3 km (2 miles) and the wide glacial outwash plain behind the beach is ringed to the west by the Cook, Buxton and Heaney Glaciers. The retreat of the Cook Glacier has left a large lagoon at its snout, fringed by the original St. Andrews beach coastline which forms a long low sand bar breached by a deep, fast-flowing river. The north end of the beach is sheltered by Clark Point and a shallow kelp-covered reef.

Early AM	Hikers set your own alarm clocks to be ready for disembarkation at 0645.
0645	Shackleton Hikers will depart the ship. Don't be late!
0800	Easy morning stretches with Wellness Specialist Marit in the Lounge.
0800-0900	Breakfast is served in the Restaurant.
0930	<i>National Geographic Orion</i> arrives at Stromness whaling station. Those on board will have a chance to go ashore and take a 1 mile gentle hike up to the waterfall.
1130	Last Zodiac from Stromness to ship.
1200-1330	Lunch is served in the Restaurant.
1500 (approx.)	We will begin shore operations at St Andrews Bay.
1600	Afternoon Tea is served in the Lounge.
1800	Last Zodiacs from shore at St Andrews.
1830	Join us in the Lounge for cocktails, recap & briefing.
1900	Dinner is served in the Restaurant.



DAILY PROGRAM

ABOARD *NATIONAL GEOGRAPHIC ORION*

Tuesday, February 6th, 2018

Sunrise: 0458/Sunset: 2015

Godthul & Gold Harbour

We will anchor overnight in a sheltered bay known as **Godthul**, or “good cove,” a small harbour named by the early Norwegian whalers and sealers. The bay is a safe haven in most seas and wind conditions, so it will be a great place to spend the night. We hope to get an early start for some morning activities, including a long hike, or a beach visit combined with a Zodiac cruise.



During lunch, we will sail south to **Gold Harbour**, home to about 25,000 king penguins. Gold Harbour is one of South Georgia's most beautiful sites. An amphitheatre of hanging glaciers and vertical cliffs rising straight out of the sea and the towering snow-covered peaks of Mt. Paterson create an unforgettable backdrop for the exceptional abundance of wildlife. The Bertrad Glacier has receded rapidly in recent years. As recently as 1985 its snout reached the shingle beach that runs the length of the harbour, but today there is a large lagoon between the beach and the glacier cliff. Gold Harbour offers some good hiking opportunities as well, and of course there will be plenty of wildlife on the beach.

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| 0730 | Wake up call and easy morning stretches with Wellness Specialist Marit in the Lounge. |
| 0730-0900 | Breakfast is served in the Restaurant. |
| 0900 | Zodiacs begin with the long hikers, followed by the Zodiac cruisers/beach strollers. |
| 1130 | Last Zodiac leaves the beach. |
| 1230 -1330 | Lunch is served in the Restaurant. |
| 1430 approx | We will begin landing operations as soon as we can on arrival at Gold Harbor. Listen for announcements. |
| 1600-1645 | Afternoon Tea is served in the Lounge. |
| 1830 | Recap & Briefing, with the Expedition Team in the Lounge. |
| 1900 | Dinner is served in the Restaurant. |

Open Sea Warning! We will be at sea throughout the day and conditions may be variable.

Please take care moving around the vessel once in open sea. Always keep one hand free to hold on to railings, and take care of doors that may swing closed or open unexpectedly. Please ensure that all breakable items are carefully stowed in your cabin before retiring this evening as the motion of the ship may change during the night.



DAILY PROGRAM

ABOARD *NATIONAL GEOGRAPHIC ORION*

Wednesday, February 7th 2018

Sunrise: 0411/Sunset: 2104

Crossing the Scotia Sea, Day 1

"Strange. There is always sadness on departure.

It is as if one cannot after all bear to leave this bleak waste of ice, glaciers, cold and toil..."

- Fridtjof Nansen, 1912

Normally stormy and cold, the Scotia Sea is the area of water between Tierra del Fuego, South Georgia, the South Sandwich Islands, the South Orkney Islands and the Antarctic Peninsula, and bordered on the west by the Drake Passage. These island groups all sit on top of the Scotia Ridge, which frames the Scotia Sea on the north, east, and south. The Scotia Sea covers an area of about 900,000 km² (347,500 sq mi).

The sea was named in 1932 after the *Scotia*, an expedition ship used in these waters by the Scottish National Antarctic Expedition (1902–04) under William S. Bruce. The most famous traverse of this frigid sea was made in 1916 by Sir Ernest Shackleton and five others in the modified lifeboat *James Caird* when they left Elephant Island and reached South Georgia two weeks later.

The ocean area from 40° S latitude to near the Antarctic Circle has the strongest sustained westerly winds found anywhere on earth. The highest frequency of gales is reported between Longitude 20° and 60°E, north of the Ross and Weddell Seas and the approaches to the Drake Passage. Interaction between the frigid air coming off Antarctica and the relatively warm and moist air from the lower latitude ocean areas creates the cyclonic "Roaring Forties, Furious Fifties and Screaming Sixties" storms. They make the region from 40° to 60°S one of the stormiest areas in the world as cyclones track west to east around the periphery of Antarctica.

0800	Easy morning stretches with Wellness Specialist Marit in the Lounge.
0800-0930	Breakfast is served in the Restaurant. No wakeup call this morning.
1000	Shackleton - Please join Naturalist Tom Ritchie for his presentation about the man who became a legend.
1230 -1400	Lunch is served in the Restaurant.
1400	"The Life of a Whaler." What was life like aboard a whaling ship during the peak of the commercial whaling industry? Naturalist Conor Ryan brings his unique perspective on this subject.
1600	Afternoon Tea is served in the Lounge.
1630	Breaking the Rules of Photography. Join Jonathan Irish to learn about the rules, and why you should break them.
1800	Recap & Briefing, with the Expedition Team in the Lounge.
1900	Dinner is served in the Restaurant.
After dinner	Photo Feedback Session. Rich Kirchner and Jonathan Irish have a look at some of your favorite photos from the first half of our trip.

Set clocks back one hour
at 0200 this morning

Open Sea Warning! Please take care moving around the vessel once in open sea. Always keep one hand free to hold on to railings, and take care of doors that may swing closed or open unexpectedly. Please ensure that all breakable items are carefully stowed in your cabin before retiring this evening.



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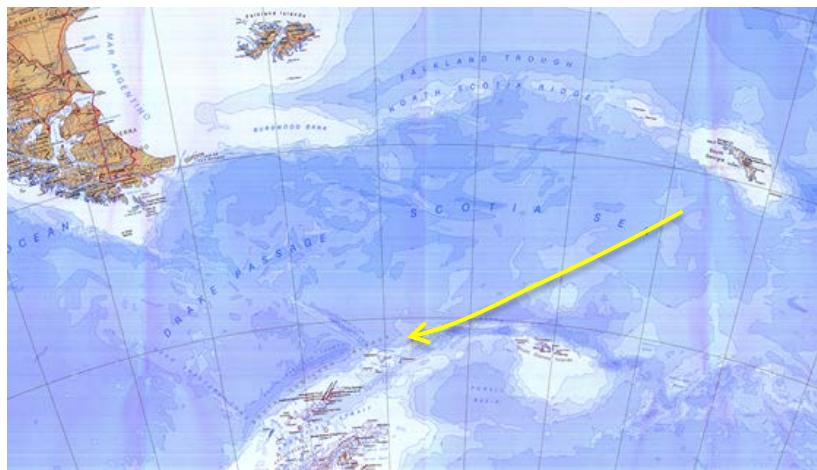
Thursday, February 8th, 2018

Sunrise: 0411/Sunset: 2036

Crossing Scotia Sea, Day 2

*"Some of us are over the seasick stage
and we no longer want to die."*

- Harbord, after 10 days aboard
the Nimrod with Shackleton



0800	Easy morning stretches with Wellness Specialist Marit in the Lounge.
0800-0930	Breakfast is served in the Restaurant.
1000	Discovery of the Peninsula: Antarctica Seals Its Fate. Join Naturalist Eric Pohlman to learn how the search for seals led to the discovery of a continent.
1230-1400	Lunch is served in the Restaurant.
1400	IAATO briefing and round two of bio-security. Expedition Leader Doug Gould will provide a mandatory briefing on the guidelines for our visit to the Antarctica Peninsula, followed by another session of bio-security where we will again inspect our outer clothing in ensure we don't transport any invasive species from South Georgia to Antarctica. Attendance is mandatory, but you can follow along in your cabins on the TV. This time will go faster than the previous session.
1600	Afternoon Tea is served in the Lounge.
1600	Ice Navigation - Join our own Captain Martin Graser to learn what it takes to navigate an Expedition Ship in ice.
1800	Recap & Briefing, with the Expedition Team in the Lounge.
1900	Dinner is served in the Restaurant.
2100	Chasing Shackleton. We will show Episode 1 of this docu-drama recreating the incredible voyage to the <i>James Caird</i> from Elephant Island to South Georgia. About 1 hour. Movie, drinks and popcorn are available in the Lounge, or you can follow along from your stateroom televisions.

Open Sea Warning! Please take care moving around the vessel in open sea. Always keep one hand free to hold on to railings, and take care of doors that may swing closed or open unexpectedly. Please ensure that all breakable items are carefully stowed in your cabin before retiring this evening.



DAILY PROGRAM

ABOARD *NATIONAL GEOGRAPHIC ORION*

Friday, February 9th, 2018

Sunrise: 0442/Sunset: 2104

Elephant Island

"For those who remained behind, Elephant Island proved a far more exposed place than the Weddell Sea Ice."

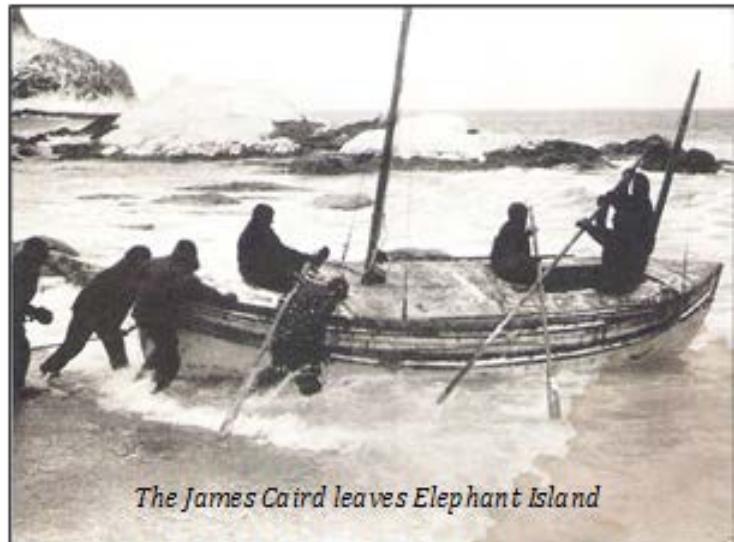
-John Mann, The Endurance Obituaries

On 15th April 1916, after seven days at sea in some of the worst conditions imaginable, Ernest Shackleton and his men landed their 3 small boats on the North side of Elephant Island at Cape Valentine. For many of the men, that boat journey was the worst part of the whole expedition. The former stowaway Pierce Blackborow, suffering from severe frostbite to his feet, was given the honour of being the first man ashore.

At last, they had reached terra firma for the first time in 497 days since leaving South Georgia. Shackleton soon observed that the small shingle beach on which they had landed would be submerged at high tides. So on 17th April 1916, after Wild had scouted ahead in the *Stancomb Wills*, they moved camp further along the North coast to a small narrow spit of rocky beach, which they named **Point Wild**. Pt. Wild is the place where Shackleton's men lived under upturned lifeboats and survived on penguins and seal blubber until their rescue 137 days later.

The origin of the name **Cape Lookout** is unknown, but it first appears on a map from 1822 made by Captain George Powell, a British sealer. The landing there offers a chance to have a rare walk on the island, and see if the Chinstrap penguins are still around.

0600	Early riser fare in the Observation Lounge. Pastries, fruit, tea and coffee available.
0700	Wakeup call. Easy morning stretches with Wellness Specialist Marit in the Lounge.
0730	Breakfast is served in the Restaurant.
Morning	Elephant Island: Point Wild and Cape Lookout. Sometime during the morning, we will be arriving at Elephant Island. There are two places on the island we want to explore, but the weather and arrival timing will dictate where we go first. We will have to wait and see what the local conditions are before we can begin any operations other than viewing from the ship.
1200-1330	Lunch is served in the Restaurant.
Afternoon	This afternoon, we will explore additional possibilities of Elephant Island, including a chance to make a quick landing at Cape Lookout or a Zodiac cruise around Pt. Wild.
1600	Afternoon Tea is served in the Lounge.
1615	Why Antarctica Looks the Way It Does. Join Naturalist MaryLou Blakeslee to find out why Antarctica looks like a giant ray.
1800	Recap & Briefing, with the Expedition Team in the Lounge.
1900	Dinner is served in the Restaurant.
2100	Chasing Shackleton. We will show Episode 2 of this docu-drama recreating the incredible voyage to the <i>James Caird</i> from Elephant Island to South Georgia. Popcorn and movie!



The James Caird leaves Elephant Island

Saturday, February 10th, 2018

Sunrise: 0452/Sunset: 2111

Antarctic Sound

"Swans of weird shape pecked at our planks, a gondola steered by a giraffe ran foul of us, which much amused a duck sitting on a crocodile's head... All the strange fantastic shapes rose and fell in stately cadence with a rustling, whispering sound and hollow echoes to the thudding seas."

-Frank Worsley, captain of *Endurance*, describing ice

The Antarctic Peninsula is the northernmost part of the mainland of Antarctica, extending in a line between Cape Adams and a point on the mainland south of Eklund Islands. The first sighting of the peninsula is contested but apparently occurred in 1820. The most likely first sighting of the Antarctic mainland, which was also the Antarctic Peninsula, was probably during an expedition of the Russian Imperial Navy that was captained by Thaddeus von Bellingshausen. The party did not recognise what they thought was an icefield covered by small hillocks as the mainland on 27 January 1820. Edward Bransfield and William Smith were the first to chart a part of the Antarctic Peninsula just three days later on 30 January 1820. The next confirmed sighting was by John Biscoe who named the northern part of the Antarctic Peninsula Graham Land in 1832. The first to make landing on the continent is also disputed. A 19th century seal hunter called John Davis was almost certainly the first, however sealers were secretive about their movements and their ship logs were deliberately unreliable, in order to protect any new sealing grounds from competition.



Today we will explore the **Antarctic Sound** to the extent that the ice allows into the **Weddell Sea**. British sealer James Weddell discovered the sea in 1823 as he sailed aboard his brig the Jane. At any time of the year, pack ice can block passage into the Weddell Sea. Due to the proximity to the Larson Ice Shelf, this area is known to collect giant tabular icebergs. During the morning we hope to cruise through Antarctic Sound towards **Brown Bluff**, an ice-capped, flat topped mountain 745m in height with a prominent cliff of reddish-brown volcanic rock on the North face. The descriptive name was applied by the Falkland Island Dependency Survey following their survey in 1946.

0700 Easy morning Yoga & Stretches with Wellness Specialist Marit in the Lounge.

0715 Wake-up call and morning update.

0730-0900 Breakfast is served in the Restaurant.

Expedition Day in Antarctic Sound

Our plans for the day will depend on conditions as we sail towards the Weddell Sea. Keep watch for the huge tabular icebergs that we may encounter as we enter "iceberg alley". We are hoping to make a landing at Brown Bluff at some point during the day. As always our plans remain flexible to make the best of weather and ice conditions so we will keep you updated over the PA system.

1200-1330 Lunch is served in the Restaurant.

1600 Afternoon Tea is served in the Lounge.

1800 Recap & Briefing in the Lounge.

1900 Dinner is served in the Restaurant.

2100 **Chasing Shackleton.** We will show Episode 3 of this docu-drama recreating the incredible voyage to the *James Caird* from Elephant Island to South Georgia. Popcorn and movie!



DAILY PROGRAM

ABOARD *NATIONAL GEOGRAPHIC ORION*

Sunday, February 11th, 2018

Sunrise: 0509/Sunset: 2130

Bransfield Strait & Lindblad Cove

"We gazed with feelings of indescribable delight upon a scene of grandeur and magnificence far beyond anything we had before seen or could have conceived."

- Captain James Clark Ross

Our plans for the day will depend on conditions as we arrive off the northern Trinity Peninsula this morning, heading south along the Bransfield Strait. There are a few places that we want to explore, including the very special Lindblad Cove! The cove was named in 1995 after Lars-Eric Lindblad in commemoration, a pioneer in Antarctic tourism and the founder of Lindblad Expeditions. A noted conservationist, Lindblad operated the first cruise to Antarctica in 1966 and was a leader in the concept of expedition tourism as a means of environmental awareness.

As always, our plans remain flexible to make the best of weather and ice conditions. We will keep you updated on our progress, landing plans and sightings over the PA system.



Expedition Day in Antarctica along the Trinity Peninsula!

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| 0600 | Early riser fare available in the Observation Lounge. |
| 0700 | Easy morning Yoga & Stretches with Wellness Specialist Marit in the Lounge. |
| 0715 | Wake-up call and morning update. |
| 0730-0900 | Breakfast is served in the Restaurant. |
| Morning | We will look for opportunities for operations in Lindblad Cove; perhaps kayaking or Zodiac Cruising. |
| 1200-1330 | Lunch is served in the Restaurant. |
| Afternoon | We will continue to explore the Trinity Peninsula, remaining flexible to exploit the best weather and conditions that we can find. Stay tuned for announcements. |
| 1600 | Afternoon Tea is served in the Lounge. |
| 1800 | Recap & Briefing in the Lounge. |
| 1900 | Dinner is served in the Restaurant. |
| 2100 | Join us in the Lounge for our world famous <i>National Geographic Orion</i> Crew Show! |



DAILY PROGRAM

ABOARD NATIONAL GEOGRAPHIC ORION

Monday, February 12th, 2018

Sunrise: 0509/Sunset: 2130

The Lemaire Channel & Penola Strait

"Glittering white, shining blue, raven black, in the light of the sun the land looks like a fairy tale.

Pinnacle after pinnacle, peak after peak, crevasses, wild as any land on our globe, it lies unseen and untrodden."

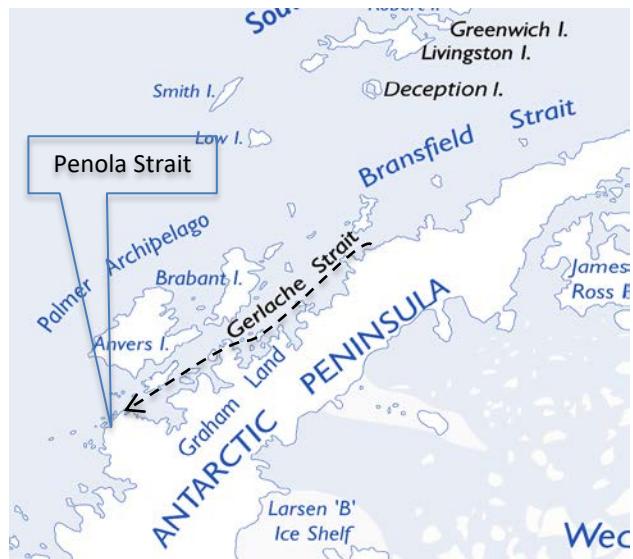
-Roald Amundsen

In the morning we plan to sail through the Lemaire Channel, which is seven miles long and averages one mile wide. With spectacular peaks and penguin highways on each side, the channel was discovered by a German expedition under the command of Dallman, 1873. It was traversed in December 1898 by Gerlache, who named it after Charles Lemaire, a Belgian explorer of the Congo. We plan to spend this afternoon exploring the Penola Strait region directly south of the Lemaire Channel.

We plan to spend the day in the Penola Strait region, directly south of the Lemaire Channel. This region is steeped in history, as we hope to visit both Booth Island, and Petermann Island, each used by Jean-Baptiste Charcot during his two expeditions to Antarctica. Jean-Baptiste Charcot was appointed leader of a 1904-1907 French Antarctic Expedition, aboard the ship *Français*, exploring the west coast of Graham Land portion of the Antarctic Peninsula. The expedition over wintered in 1904 on Booth Island.

Within a year of returning from that expedition, Charcot organized another expedition from 1908-1911. Sailing on the ship *Pourquoi-Pas?* the expedition explored the Bellingshausen Sea, the Amundsen Sea, and discovered, charted and named several features. The *Pourquoi-Pas?* Over wintered in at Petermann Island in 1909, and charted much of the waters south of that in the Grandidier Channel.

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| 0700 | Easy morning stretches with Wellness Specialist Marit in the Lounge. |
| 0715 | Wake up call and morning announcement. |
| 0730-0900 | Breakfast is served in the Restaurant. |
| 0815 | Enter the southbound transit of Lemaire Channel. |
| 0915 | Begin operations at Booth Island. |
| 1200 | Lunch is served in the Restaurant. |
| 1330 | Begin operations at Petermann Island. |
| 1600 | Light afternoon Tea is served in the Lounge. |
| 1800 | Recap & Briefing in the Lounge. |
| 1900 | Dinner is served in the Restaurant. |





DAILY PROGRAM

ABOARD *NATIONAL GEOGRAPHIC ORION*

Tuesday, February 13th, 2018

Sunrise: 0515/Sunset: 2130

Gerlache Strait & Port Lockroy

"Swans of weird shape pecked at our planks, a gondola steered by a giraffe ran foul of us, which much amused a duck sitting on a crocodile's head... All the strange fantastic shapes rose and fell in stately cadence with a rustling, whispering sound and hollow echoes to the thudding seas."

-Frank Worsley, Captain of Endurance, describing ice

This morning we again remain flexible, allowing the conditions and weather to dictate our plans. We expect to spend time in the Gerlache St searching for whales, but other possibilities may come our way.

During lunch we will make our way into the tiny bay behind Goudier Island for a visit to **Port Lockroy**, used as an anchorage by whalers and established as Base A by the British in 1944, as part of a secret wartime initiative to monitor German shipping movements. This expedition was code-named Operation Tabarin, after a well-known Paris nightclub, because team members would be staying there during the darkness of the Antarctic winter. After World War II the station continued in a civilian capacity until 1964, when it ceased operations. The historic base has been restored by the UK Antarctic Heritage Trust, and is now open to visitors as a museum. They have souvenirs for sale (information packs, hats, pins, patches, t-shirts and first day covers), as well as a post office where you can send mail from the Antarctic! The shop accepts Pounds Sterling, US Dollars, Euros, Visa & MasterCard.

0730 Easy morning Yoga & Stretches with Wellness Specialist Marit in the Lounge.

0730 Wake-up call and morning update.

0800 Breakfast is served in the Restaurant.

Expedition Morning in the Gerlache Strait. As always, we will be on the search for whales and other wildlife, and seeking opportunities for adventure. Listen up for announcements.

1200-1330 Lunch is served in the Restaurant.

1315 (approx.) **Introduction to Port Lockroy & Historic Base A** – We hope to be joined on board by a member of the base team to give us an introductory briefing on Port Lockroy's history and current uses before going ashore.

1400 (approx.) **Zodiacs ashore to Port Lockroy/Jougla Point** – We will split into two groups for our visit. Details of our plans and conditions ashore will be given at the morning briefing.

1600 Light Afternoon Tea is served in the Lounge.

1800 Evening Recap and Cocktails in the Lounge.

1900 Special "Blue Ice" Gourmet Dinner is served in the Restaurant.





DAILY PROGRAM

ABOARD NATIONAL GEOGRAPHIC ORION

Wednesday, February 14th, 2018

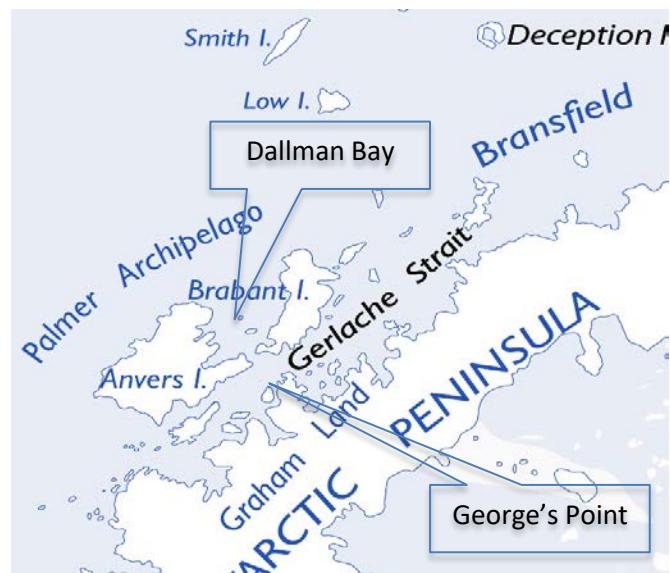
Sunrise: 0520/Sunset: 2127

George's Point & Dallman Bay

George's Point, on the north tip of Ronge Island, was named during the Belgica Expedition of 1897-99. A low lying peninsula that juts out into the Gerlache Strait, George's Point is home to nesting Gentoo penguins and a small colony of Chinstrap penguins. Sightings of Chinstraps aren't guaranteed, but there should be a few around.

With cooperative weather, our afternoon could be filled with more whale encounters, and we plan to find a suitable place for our Polar Plunge after lunch.

In the evening, we will be steaming through Dallman Bay, heading out into the Drake Passage for our return to Ushuaia.



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| 0700 | Morning stretches with Wellness Specialist Marit in the Lounge. |
| 0715 | Wake-up call and morning update. |
| 0730-0900 | Breakfast is served in the Restaurant. |
| 0900 | Possible landing at George's Point, where we should see Gentoo and Chinstrap penguins. The landing is on a rocky shore with uneven terrain. |
| 1230 | Lunch is served in the Restaurant. |

Expedition Afternoon. Looking for wildlife, perhaps a final Zodiac cruise, and a place to take the Polar Plunge!

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| 1600 | Afternoon Tea is served in the Lounge. |
| 1800 | Evening cocktails, recap and briefing. |
| 1900 | Dinner is served in the Restaurant. |
| 2030 | Special Valentine's Day Dessert served in the Lounge, followed by a preview of your Video Chronical of this voyage. |

Open Sea Warning! Please take care moving around the vessel while we are at sea in the Drake Passage. Always keep one hand free to hold on to railings, and take care of doors that may swing closed or open unexpectedly. Please ensure that all breakable items are carefully stowed in your cabin before retiring this evening as the motion of the ship will increase during the night.



DAILY PROGRAM

ABOARD *NATIONAL GEOGRAPHIC ORION*

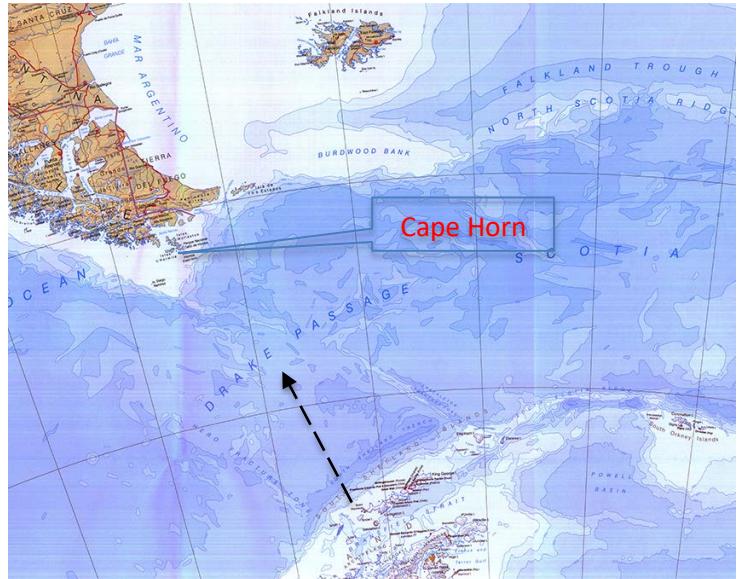
Thursday, February 15th, 2018

Sunrise: 0338 / 2240

The Drake Passage, Day 1

"The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly.... who knows the great enthusiasm, the great devotion, who spends himself in a worthy cause, who at the best knows in the end the triumph of high achievement and who at the worst, if he fails, at least he fails while daring greatly. So that his place shall never be with those cold and timid souls who know neither victory nor defeat." - T. Roosevelt

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| 0730 | Morning stretches with Marit in the Lounge.
No wake-up call this morning. |
| 0800-0930 | Breakfast is served in the Restaurant. |
| All Day | There should be some great birds following the ship. Put those cameras and binoculars to work! |
| 1000 | Wintering at Rothera. Undersea Specialist Peter Webster spent an amazing winter in Antarctica. Please join him in the Lounge to hear the tale. |
| 1130 | Taking the very best Photographs: Please join Tom Ritchie, long time Naturalist and expert photographer for some world class hints on getting superior photos of wildlife. |
| 1230 | Lunch is served in the Restaurant. |
| 1415 | Climate Change: Join Naturalist Marylou Blakeslee to learn how the earth's atmosphere can be affected by a variety of forces. |
| 1600 | Afternoon Tea is served in the Lounge. |
| 1615 | A Year in the National Parks. Join National Geographic Photographer Jonathan Irish to hear the tale of his amazing assignment to spend one year photographing one National Park per week for one year. |
| 1800 | Final Recap and Briefing in the Lounge. |
| 1900 | Dinner is served in the Restaurant. |



Open Sea Warning! We will spend the day sailing in the Drake Passage. Always keep one hand free to hold on to railings, and take care of doors that may swing closed or open unexpectedly. Please ensure that all breakable items are carefully stowed in your cabin as the motion of the ship may increase.



DAILY PROGRAM

ABOARD NATIONAL GEOGRAPHIC ORION

Friday, February 16th, 2018

Sunrise: 0543 / Sunset 2108

Drake Passage & Beagle Channel

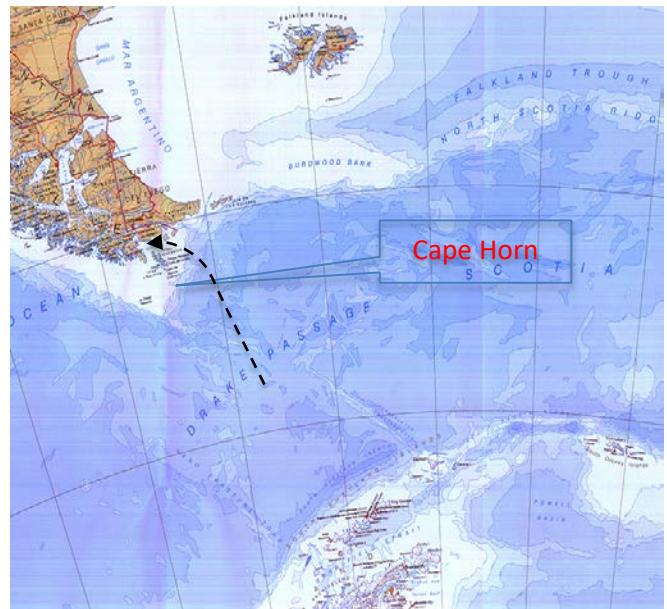
"Those who have never been to Antarctica believe it is difficult get to. Those who have been know it is much harder to leave." - Doug Gould, Expedition Leader

Cape Horn, at the very southern tip of South America, marks the northern boundary of the Drake Passage and marks where the Atlantic and Pacific Oceans collide. For decades it was a major milestone on the clipper route, by which sailing ships carried trade around the world.

The need for ships to round Cape Horn was greatly reduced by the opening of the Panama Canal in 1914. Sailing around the Horn is widely regarded as one of the major challenges in yachting. Thus, a few recreational sailors continue to sail this route, sometimes as part of a circumnavigation of the globe. Almost all of these chosen routes go through the channels to the north of the Cape. "Rounding the Horn" is traditionally understood to involve sailing from 50 degrees South on one coast to 50 degrees South on the other coast, the two benchmark latitudes of a Horn run.

Early this evening we will enter the Beagle Channel and pick up a pilot for our transit of the channel to Ushuaia, where we plan to arrive by late this evening. These protected waterways of the southern tip of South America are a stark contrast to the black and white landscape of Antarctica.

0730	Morning stretches with Marit in the Lounge. No wake-up call this morning.
0800-0930	Breakfast is served in the Restaurant.
1000	Great Escapes. Join "Mad Dog" Kirchner for a photographic preview of Lindblad's other amazing destinations. Perhaps some good ideas on where to use your Pristine Seas voucher?
1100	Disembarkation Briefing – Assistant Expedition Leader Alex Van Nostrand will offer a quick briefing providing the details of what happens after you leave the ship, followed immediately by Ship to Shore Gear Return & Passport return .
1130	Logistics of Polar Diving. Naturalist and Diver Robert Alexander talks about what it takes to dive in ice cold water.
1230	Lunch is served in the Restaurant.
1230	Deadline to submit up to 4 of your favourite pictures from this trip to the Guest Slideshow.
1400	Acoustics of Marine Mammals: Many marine mammals make songs, sounds, and other noise under water. Join Conor Ryan to learn more about what it all means.
1600	Afternoon Tea is served in the Lounge.
1615	Around Cape Horn Documentary in the Lounge. An amazing homemade film of a real Clipper ship rounding Cape Horn in 1929.
1800	Captain's Farewell Party. Captain Martin Graser invites everyone to the Lounge to be his guest for our final recap and cocktail hour.
1900	Dinner is served in the Restaurant.



Open Sea Warning! We spend the day sailing in the Drake Passage. Always keep one hand free to hold on to railings, and take care of doors that may swing closed or open unexpectedly. Please ensure that all breakable items are carefully stowed in your cabin as the motion of the ship may increase.

ADDITIONAL DEPARTURE INFORMATION FROM THE HOTEL TEAM

Shipboard accounts

Your shipboard accounts will close at 1800 on **Thursday, December 28th.**

- Your *preliminary statements* will be delivered on the evening of Wednesday, December 27th, and you will receive your *final statements* in the early hours of disembarkation day, Friday, December 29th.
- If you are finalizing your shipboard account by *credit card*, the final amount will automatically be charged to your card. There is no need to stop by the Reception desk if you agree with the charges on your account.
- If you are finalizing your account by *cash*, this should be done at Reception before accounts close at **1800 on Thursday, December 28th.**

Global Gallery

The Global Gallery will be open until 1700 on our last full **day (Thursday, December 28th)** after which it closes. Please make any last purchases before this time.