

DAILY PROGRAMS **ABOARD** *NATIONAL GEOGRAPHIC EXPLORER*

Ushuaia, Argentina

Sunday, 29 December 2019

Sunrise: 0456

Sunset: 2212

WELCOME ABOARD!

Captain Yuriy, the Officers, Crew and Expedition Team of M.S. *National Geographic Explorer* wish you a warm welcome aboard for this voyage.

Check in – Once aboard please visit reception to have your photo ID 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.

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 familiarize yourself with key locations such as reception, dining room, library, bridge and the lounge.

Upon arrival to the ship, you will find drinks and snacks available in the lounge (deck 100 aft).

We plan to depart Ushuaia today in the evening. Please listen for announcements regarding our mandatory lifeboat drill exercise. You will be asked to go to your cabins, locate your lifejackets and await further instructions, and if you have any questions, please ask any of the expedition staff or crew.

1645 (approx.) **Embarkation** – Please check in at reception (deck 200 mid-ship).

Refreshments – served in the lounge (deck 100 aft).

If you have rented boots or rain pants (found in your cabin in bags), please try them on and make sure they are a comfortable fit. We will have the team available in the bistro (deck 200) this afternoon should you wish to change sizes.

Also, if your parka does not fit properly, you will be able to exchange it in the bistro at this time.

1800 (approx.) *National Geographic Explorer* sails through the Beagle Channel en route to Antarctica.

We will not be in open waters until 2200 (approx.).

Any seasickness precautions can be taken with or after dinner.

1815 (approx.) **Mandatory Ship Safety Drill** – Please listen for announcements from the Captain with instructions.

1915 **Welcome Aboard Briefing** – Join Hotel Manager Anders and Expedition Leader Jimmy in the main lounge for an important briefing that will include an introduction to the vessel and the voyage ahead.

2000 **Buffet Dinner** is served in the restaurant.

Shipboard Information

Reception:	Is manned during the daytime and early evening hours. If you call outside reception hours, your call will be diverted to the bridge.
Navigation Bridge:	We have an open bridge. You may visit at any time by taking the forward stairway all the way to the top. Please remember this is a working area.
Internet Access:	Internet may be purchased by connecting to the ship's WIFI and following the directions (<i>see instructions on reverse side</i>). Please see reception for help with this, but please note that the connection is not fast.
Massage Therapist:	Sign-up sheets are located on the desk at reception.
Coffee, Tea & Sodas:	Are available 24 hours a day in the chart room (deck 100 forward).
Emergency:	If you require urgent assistance, please call 911 from any phone on board.

The Drake Passage

Monday, 30 December 2019

Sunrise: 0410

Sunset: 2230

Open Sea Warning! Please take care moving around the vessel while we are at 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.

Today we will be at sea steaming south across the fabled **Drake Passage**. Sir Francis Drake, the famous English explorer and buccaneer, was born in Devon of humble parents, and by age 13 was voyaging to the West Indies. During the years 1577-1580, he sailed around the world – the first Englishman to do so – plundering Spanish ships and charting new territory as he went. On September 6, 1577, Drake cleared the Strait of Magellan, but the next day a severe storm struck which drove the *Golden Hind* as far south as 57°, where the Atlantic and Pacific Oceans meet.

Drake's nephew, Francis Fletcher, describes their falling in “with the uttermost part of land towards the South Pole without which there is no main nor island to be seen to the Southwards; but the Atlantic Ocean and the South Sea meet in a most large and free scope.” This turbulent place, known today as the Drake Passage, proved that Tierra del Fuego was not part of Terra Australis Incognita, though map-makers refused to accept this for many years.

- 0730 Morning stretches with our wellness specialist Lani in the lounge.
- 0730-0900 Breakfast is served.
- 0800 Wake-up and morning update over the PA.
- 0915 ***Introduction to the Expedition Team & the LEX-NG Alliance.*** This will be followed immediately by a mandatory Zodiac briefing and kayak operations briefing.
- 1100 ***Birds of the Drake Passage.*** Join our naturalist Conor Ryan for this presentation in the lounge.
- 1200-1300 Lunch is served.
- 1500 ***The discovery of the Antarctic Peninsula (1780 - 1822).*** Join our naturalist Eric Pohlman for this presentation in the lounge.
- 1600 Afternoon tea is served in the bistro.
- 1800 Join us for cocktails, recap & briefing in the lounge.
- 1900 Dinner is served.

Antarctic Circle

Monday, 31 December 2019

Sunrise: 0315

Sunset: 2256

This morning we wake up in truly Antarctic waters, well south of the 60th parallel.

0730 Morning stretches with wellness specialist Lani in the lounge.

0730-0830 Breakfast is served.

0800 Wake-up and morning update over the PA.

1200-1300 Lunch is served.

TBA *"Amazing Migrations"*. Please join our *Global Perspectives Guest Speaker David Yarnold* for this presentation in the lounge.

1600 Afternoon tea is available in the bistro.

1830 Captain Yuriy's Welcome Aboard Cocktail Party in the lounge.

1930 Captain's Welcome Dinner is served.

Marguerite Bay

Wednesday, 1 January 2020

Sunrise: 0315

Sunset: 2256

HAPPY NEW YEAR!

This morning we will, weather permitting, land on a small reddish-colored promontory jutting from the west coast of Graham Land named **Red Rock Ridge**. Here we hope to have our first experiences with Adelie penguins, as there is a colony near our landing site.

Stonington Island is a rocky island lying 1.8 km northeast of Neny Island in the eastern part of Marguerite Bay off the west coast of Graham Land, Antarctica. It is only about 0.75 km long from north-west to south-east, and was formerly connected by a drifted snow slope to Northeast Glacier on the mainland. This small island was chosen as the site for the East Base of the United States Antarctic Service (USAS) Expedition (1939–41). It was named after Stonington, Connecticut, homeport of the ship *Hero* in which Captain Nathaniel Palmer sighted the Antarctic continent in 1820.

Good Morning!

- 0730 Morning stretches with wellness specialist Lani in the lounge.
- 0730-0900 Breakfast is served.
- 0800 Morning update over the PA.
- 0915 Penguins! Please join our naturalist Martin Cohen in the lounge for this presentation.
- 1100-1200 Lunch is served.

Expedition Afternoon at Red Rock Ridge Point

We have several options to make the most of the wildlife, landscapes and ice. We hope to offer a variety of activities, including exploring an Adelie penguin colony. We will see what the wind and ice conditions permit; please listen for announcements regarding our plans.

- 1600 Afternoon tea is available in the bistro.

Expedition Evening at Marguerite Bay

We have several options to make the most of the historic sites and ice. We will see what the wind and ice conditions permit; please listen for announcements regarding our plans.

- TBA Dinner is served.

Expedition Day below the Antarctic Circle

Thursday, 2 January 2020

Sunrise: 0315

Sunset: 2256

0700 Morning stretches with wellness specialist Lani in the lounge.

0700-0830 Breakfast is served.

0730 Wake-up and morning update over the PA.

Expedition Morning at Horseshoe Islands

Our activities this morning will depend upon our transit overnight. Listen out this morning as we make announcements for the weather conditions and our planned activities.

1200-1300 Lunch is served.

Expedition Afternoon at Adelaide Island

Listen out this afternoon as we make announcements for the weather conditions and our planned activities. It will most likely be Zodiac cruises around the southern tip of Adelaide Island.

1600 Afternoon tea is available in the bistro.

1830 Cocktails and recap (1845) in the lounge.

1930 Dinner is served.

North toward Armstrong Reef

Friday, 3 January 2020

Sunrise: 0315

Sunset: 2256

0730 Morning stretches with wellness specialist Lani in the lounge.

0730-0900 Breakfast is served.

0800 Wake-up and morning update over the PA.

TBA **Penguins from Space.** Join National Geographic Grantee Dr. Heather Lynch for this presentation in the lounge.

Expedition Morning at Armstrong Reef

Our activities this morning will depend upon our transit overnight. Listen out this morning as we make announcements for the weather conditions and our planned activities.

1300-1400 Lunch is served.

Expedition Afternoon at Smiggers Island

Listen out this afternoon as we make announcements for the weather conditions and our planned activities. It will most likely be Zodiac cruises around the Smiggers Island.

1600 Afternoon tea is available in the bistro.

1830 Cocktails and recap (1845) in the lounge.

1930 Dinner is served.

Saturday, 4 January 2020

Port Charcot and Hidden Bay

Roll on, though deep and dark blue Ocean – roll! Ten thousand fleets sweep over thee in vain; Man marks the earth with ruin – his control, stops with the shore. - Lord Byron

Sunrise: 0225

Sunset: 0009

We plan to spend the day exploring the **Penola Strait** region, to the south of the **Lemaire Channel**. Here we may make a landing at **Port Charcot** on Booth Island. This is where Charcot's Francais expedition worked, and is one of the few landing sites on the Antarctic Peninsula where all three species of brushtail penguins – Adelie, gentoo, and chinstrap – nest together. We hope to land for a walk ashore, and if conditions allow we may also have a chance to cruise along the coastline and icebergs by Zodiac. As always our plans will remain flexible to make the best of the conditions we encounter.

During the afternoon, we will attempt to transit the Lemaire Channel, the narrowest and most scenic waterway of our voyage. It is seven miles long and averages one mile wide with spectacular peaks on each side. The channel was discovered by a German expedition under the command of Dallman in 1873. In December of 1898 it was traversed by de Gerlache who named the channel after Charles Lemaire, a Belgian explorer of the Congo.

Good Morning!

0730 Morning stretches with wellness specialist Lani in the lounge.

0730-0900 Breakfast is served.

0800 Morning update over the PA.

Expedition Morning at Port Charcot, Booth Island

We have several options in this area to make the most of the wildlife, landscapes, and ice. We hope to offer a variety of activities. We will see what the wind and ice conditions offer us, so please listen for announcements regarding our plans.

1230-1330 Lunch is served.

Expedition Afternoon in Hidden Bay

This afternoon we plan to offer a Zodiac cruise in Hidden Bay (two rounds).

1530 Afternoon tea is available in the bistro.

1800 Cocktails and recap in the lounge.

1900 Dinner is served.

After Dinner: Join our National Geographic Photographer Chris Rainier for his presentation "On Assignment".

Port Lockroy and Dallman Bay

Sunday, 5 January, 2020

Sunrise: 0219

Sunset: 0007

This morning we plan to visit **Port Lockroy**, which was first used as an anchorage by whalers. The site was 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. This historic base was recently restored and is now open to visitors as a museum and gift shop. They have souvenirs for sale (information packs, hats, pins, patches, t-shirts and more) as well as a post office. The shop prefers credit cards (MasterCard & Visa) and also accepts pounds sterling, US dollars, and euros. **Please bring your own bag!**

- 0630 Morning stretches with wellness specialist Lani in the lounge.
0700-0830 Breakfast is served.
0700 Morning update over the PA.
0830 **An Introduction to Port Lockroy.** Please join the station staff in the lounge.

Expedition Morning at Port Lockroy

Listen for announcements as this morning we will split into three groups and rotate between Port Lockroy, Jougla Point and the ship. For timings, please see the back of this program!

- 1230-1330 Lunch is served.

Expedition Afternoon at Dallman Bay

We are going to make the most of the last of the good weather and navigate the Gerlache Strait and Dallman Bay prior to leaving the Antarctic Peninsula. This is a great opportunity to encounter marine mammals and take in some truly spectacular scenery before we start making our way back towards Ushuaia.

- 1600 Afternoon tea is served in the bistro.
1830 Cocktails and recap in the lounge.
1930 Dinner is served.

After Dinner: *Tonight we will be in open sea heading north toward Ushuaia. We are likely to experience some motion again. Please before retiring to bed tonight make sure all valuables (cameras and computers) are safely secured.*

TIMINGS FOR *NATIONAL GEOGRAPHIC EXPLORER'S* VISIT TO PORT LOCKROY

0900 **GROUPS 3 & 4** **TO PORT LOCKROY (Post Office)
TO JOUGLA POINT
SHIP**

0915 **GROUPS 5 & 6** **TO JOUGLA POINT
SHIP
TO PORT LOCKROY (Post Office)**

GROUPS 1 & 2 **SHIP
TO PORT LOCKROY (Post Office)
TO JOUGLA POINT**

45-60 minutes per location

1215 **LAST ZODIAC FROM PORT LOCKROY AND JOUGLA POINT**

Dress As You Would for Any Landing!

Landing Conditions:

Jougla Point

- Landing onto rock and snow
- All walking will be on snow, rock and mud
- Stay on people trails and be careful of penguin crossings
- Gentoo penguins and blue-eyed shags

Port Lockroy

- Bransfield House is the UKAHT museum and shop
- Gentoo penguins
- Walking on snow, mud and rock
- Stay away from back half of island

Possibly Pleasant Drake Passage

Monday, January 6 2020

Sunrise: 0319

Sunset: 2230

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

The Atlantic Ocean is the second-largest ocean, covering approximately one-fifth of Earth's surface. The ocean's name, derived from Greek mythology, means "Sea of Atlas." The oldest known mention of this name is contained in The Histories of Herodotus around 450 BC.

This ocean occupies an elongated, S-shaped basin extending in a north-south direction that is divided into the North Atlantic and South Atlantic by Equatorial Counter Currents at about 8° North latitude. Bounded by the Americas on the west and Europe and Africa on the east, the Atlantic is a component of the all-encompassing World Ocean, linked to the Pacific Ocean by the Arctic Ocean on the north and the Drake Passage on the south. A man-made connection between the Atlantic and Pacific is provided by the Panama Canal. On the east, the dividing line between the Atlantic and the Indian Ocean is the 20° East meridian, running south from Cape Agulhas to Antarctica. The Atlantic is separated from the Arctic by a line from Greenland to northwestern Iceland and then from northeastern Iceland to the southernmost tip of Spitsbergen and then to North Cape in northern Norway. While some authorities show the Atlantic Ocean extending south to Antarctica, others show it as bounded to the south by the Southern Ocean.

- 0730 Morning stretches with wellness specialist Lani in the lounge.
- 0730-0900 Breakfast is served.
- 0800 Wake-up and morning update over the PA.
- 0930 **Smell of the Sea.** Please join Conor Ryan for this presentation in the lounge.
- 1100 **Antarctic Adaptations.** Please join Brett Garner for this presentation in the lounge.
- 1200 Lunch is served.

During lunch, the photo team will be available in the bistro to collect your photos for the voyage video slide show, which will be shown at the captain's farewell cocktail party tomorrow evening.

- 1430 ***Ship to Shore Gear Return.*** Please listen up for announcements.
- 1530 Afternoon tea is served in the bistro.
- 1600 **Prey Species Biology.** Please join Jess Farrer for this presentation in the lounge.
- 1815 Join us for cocktails, briefing and our final recap of the trip in the lounge.
- 1900 Dinner is served.

Cautious optimism: Tierra del Fuego

Tuesday, January 7 2020

Sunrise: 0319

Sunset: 2230

In 1839, Captain Robert FitzRoy published his narrative of the voyages of *H.M.S. Adventure*, and *Beagle* between the years 1826-1836. For the first time, the world learned about the discovery of the Beagle Channel. The narrative described South America and the *Beagle's* circumnavigating of the globe. On board was the young naturalist Charles Darwin, who went on to develop the theory of evolution based partially on observations he had made in South America.

This morning we will pass, and hope to get a view of **Cape Horn**. How close we are able to approach will depend on the weather and the Chilean coastguard station that controls shipping traffic around the Cape. We will then enter the **Beagle Channel** and pick up a pilot for our transit of the channel to Ushuaia, where we expect to arrive in the early evening hours. These protected waterways of the southern tip of South America are a stark contrast to the black and white landscape of Antarctica, with the first trees we will have seen since we left, steep cliffs, mountains and rocky islets. It is possible we may even see Andean Condors against this impressive backdrop.

TBA Approaching Cape Horn – join us on the bridge or the bow for a view of this famous landmark.

0730 Morning stretches with wellness specialist Lani in the lounge.

0730-0900 Breakfast is served.

0800 Wake-up and morning update over the PA.

1100 **Journey of the Mask.** Please join National Geographic Photographer Chris Rainier in the lounge.

1200-1300 Lunch is served.

During lunch, the photo team will be available in the bistro to collect your photos for the voyage video slide show, which will be shown at the captain's farewell cocktail party this evening.

1430 **Marine Mammal Acoustics.** Please join Conor Ryan for this presentation in the lounge.

1530 Afternoon tea is served in the bistro. Please pick up your passports at reception during teatime.

1630 **Meet the Ocean: Bringing Antarctica to Young Minds.** Join our Undersea Specialist Paul North for this presentation in the lounge.

1800 **Captain's Farewell Cocktail Party** in the lounge.

1900 **Farewell dinner** is served.

Last Chances...

Last Laundry Please have any laundry you would like washed before you depart outside your cabin after breakfast.

Accounts You may charge items to your shipboard accounts until 1400 today.

Global Gallery The gallery will be open for the last time today, cash purchases only after 1400.

Last Mail Please have any mail you wish to be sent from Ushuaia in the mailbox by 1400.

Donations If you would like to donate to the Lindblad-National Geographic Fund, please do so by 1400 today.