

ANTARCTICA

A HOW-TO GUIDE TO A SAFE & REWARDING ANTARCTICA EXPERIENCE

6 Questions

to ask before selecting
your travel company





Cover photo: © Ralph Lee Hopkins. Above: © Andrew Peacock.



There are many reasons to visit Antarctica: the dashing history of the Heroic Age of exploration and the breathtaking mountains surging 9,000 feet straight up from the sea. The ability to see for hundreds of miles through dust-free air and the profound absence of anything man-made. The incredibly charismatic penguins and the majestic icebergs and glaciers.

Antarctica is a place of extraordinary beauty that calls to the explorer within all of us. It is one of the world's last great wildernesses, offering the rare opportunity to encounter untouched nature. And it is inarguably threatened by climate change, which sparks an urgent mission for many to view this increasingly vulnerable ecosystem.

However, the risks that are inherent in any travel—of bringing guests to a far away and fickle environment—are magnified in Antarctica. In this remote realm, there are more ways to get into danger and fewer rescue resources for vessels that find themselves in trouble. Over the last several years, safety has become an increasingly important component of any discussion on Antarctica, since the number of travel companies sending ships there is rising.

A century ago, visiting Antarctica was only possible for explorers and scientists. The first vessel specifically built for the purpose of taking 'citizen explorers' to Antarctica was the ice-strengthened *Lindblad Explorer*, launched in 1969. She paved the way for travelers to experience the world's last pristine continent by means of 'expedition cruising'—defined by the industry as cruising coupled with education as a major theme. By the late 1980s, four companies were conducting ship-borne tourism to the Antarctic. By 1992, when the International Association of Antarctica Tour Operators (IAATO) was founded to promote and practice safe and environmentally responsible travel to Antarctica by the private sector, approximately 6,700 tourists had visited the White Continent. In recent years, the number of global annual visitors has approached 75,000.

In order to protect Antarctica's ecosystems, IAATO members must abide by a series of protocols, including limiting the number of guests allowed on shore at once. Ships carrying 200 or more passengers are limited to certain sites, while ships carrying more than 500 passengers are restricted to 'cruise only' status with no landings. Despite Antarctica's remote location and wild landscapes, it is unequivocally possible to voyage there safely and to have an extraordinary experience—intimate, personal, exhilarating, life-changing. We have created this guide to help you make the informed decisions that will lead to the adventure of a lifetime.



Table of Contents

Tourism to Antarctica is almost exclusively ship-based, and more cruise companies than ever before are offering Antarctic itineraries. Safety and responsible tourism are critical factors, as is the quality of your travel experience. Here are the six most important questions to consider before you decide on your Antarctica travel company.

- 6** What Kind of Ship is Best?
- 10** What Safety Features Are Vital?
 - Captain & Crew Experience
 - The Icemasters
 - Onboard Technology
- 19** What is the Travel Operator's Experience?
 - Experience Equals Safety
- 24** How Active Will Your Antarctic Experience Be?
 - Tools for Exploration
 - Undersea Exploration
 - Cooperation & Coordination
- 32** Does the Travel Operator Offer Top Staff and Onboard Experts?
- 35** What is the Travel Company's Commitment to Conservation?
 - Responsible Tourism
- 38** Summary & Useful Links





What Kind of Ship is Best?

The style of vessel you choose for your Antarctic adventure will define your expedition experience. The types of vessels currently voyaging to Antarctica are large and smaller cruise ships, icebreakers, polar adventure ships, and fully equipped expedition ships.

For maximum safety, and to have a more in-depth experience, choose a polar-class vessel that combines a high ice rating with a veteran ice team noted for superior navigational skills—both essential for safe and rewarding travel. *National Geographic Explorer*, *National Geographic Endurance*, and *National Geographic Resolution* all have exceptionally high ice-strength ratings, with the latter two vessels in the highest ice class rating, PC5 Category A, allowing the ships to penetrate deeper in both Arctic and Antarctic waters.

Built at the same time as a number of other polar-going cruise ships intended to carry 200 to 500 or more guests, the

new *National Geographic Endurance* and *National Geographic Resolution* each carry 126 travelers. *National Geographic Explorer* accommodates a 148-guest community. The intimate scale of these ships, their low guest count, and their veteran staff and crew contribute to Lindblad Expeditions-National Geographic's unique ability to maximize daily opportunities to get off the ship and out exploring.

Swift and smooth logistics are key, allowing guests to avoid waiting their turn amid a large cohort. For decades, Lindblad Captains have kept detailed accounts of their surroundings, which are routinely filed with the British Hydrographic Agency to aid other mariners. They now use these

(continues on page 7)







proprietary ‘mud maps’ to confidently and safely take guests to off-the-beaten-path landings for exclusive encounters. This means the vessels can anchor in locations closer to shore and quickly deploy Zodiacs or kayaks from the company’s exclusive floating platforms virtually anywhere in the ice, providing more daily activities to more guests simultaneously.

Based on 50+ years of experience continuously running Antarctic expeditions, Lindblad Expeditions-National Geographic ships are outfitted with the latest in seafaring technology, including a patented X-Bow® on the *National Geographic Endurance* and *National Geographic Resolution* to eliminate bow impact for a smoother and faster ride. These vessels, along with *National Geographic Explorer*, are equipped with

an array of tools for exploration—Zodiacs, kayaks, remotely operated vehicles (ROVs), snowshoes, cross-country skis, and more—to enable travelers to enjoy active, up-close, and personal explorations. Through the efforts of a dedicated onboard undersea specialist, guests can even observe the polar marine world.

Given their high ice ratings, these ships can easily and safely penetrate the softer, first-year ice that is common in Antarctica during the early season, allowing their Captains to accomplish the magic of “parking” the ship in the ice so that guests can disembark onto a frozen sea to snowshoe, cross-country ski, or simply walk freely about. Tough enough to offer the thrill of navigating into the ice, the ships are also nimble enough to navigate safely through the growlers and bergy bits floating in Antarctic waters.

What Safety Features are Vital?

In addition to the ice-handling capabilities and logistical operations of the ship, there are three important components to safety in Antarctica: the experience of the captain and crew, on-board technology, and lifesaving protocols and equipment. Each ship in the Lindblad Expeditions-National Geographic fleet is staffed by an on-board physician—a primary factor in helping to ensure safe travels. However, far more goes into safety protocol in these extreme environs. Here are some of the baseline criteria to use in evaluating your travel provider.



Captain and Crew Experience

Captains who have attained the necessary experience navigating polar waters are called Icemasters. An Icemaster is not only familiar with the unique and dynamic weather in polar waters—they are also intimately familiar with all forms of ice and the unique challenges each presents.

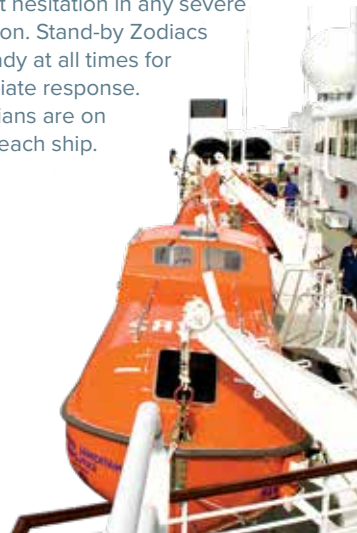
The Captains of the Lindblad Expeditions-National Geographic fleet have spent decades in the ice. Collectively, they have navigated over 500 Antarctic expeditions, ensuring that they have the crucial knowledge the company demands. And they are extraordinary mariners. For example, before Master of the *National Geographic Explorer* Leif Skog became a Captain in 1984, he worked as an officer on a variety of vessels, including general cargo ships, LPG-gas tankers, a multi-purposed helium deep-diving support vessel, and passenger ships carrying between 800 and 1,200 passengers. Having earned his stripes as a mariner, he then devoted his next 35 years to captaining in the much more challenging polar regions.

SKOG BAY (66.53° S, 66.28° W)

To recognize Captain Leif Skog's significant and sustained contribution in polar navigation, the U.K. Antarctic Place-Names Committee recently approved the name Skog Bay.



Lifesaving Protocol and Equipment aboard the Lindblad Expeditions-National Geographic Polar Fleet: Enclosed lifeboats (*National Geographic Explorer* pictured below) are a combination of a rigid fiberglass shell and a plastic or heavy-duty canvas door to protect occupants from the elements in case of having to abandon ship. Each passenger aboard a lifeboat is given a dedicated Thermal Protective Aid, which provides an additional layer of protective insulation. All polar vessels are equipped with personal survival kits as well as comprehensive group survival kits for all on board. Safety drills aligning with standards set by Safety of Life at Sea, or SOLAS, include weekly damage control and testing of damage control equipment drills. All polar ships in the Lindblad Expeditions-National Geographic fleet employ a veteran polar crew, handpicked and trained to act without hesitation in any severe condition. Stand-by Zodiacs are ready at all times for immediate response. Physicians are on board each ship.



What Safety Features are Vital?

The Icemasters



SENIOR CAPTAIN LEIF SKOG

Lindblad V.P. Nautical, joined Lindblad Expeditions in 1997 and worked for many years internationally as Master aboard the celebrated expedition cruise ships *MS Lindblad Explorer*, *MS Polaris*, *MS Frontier Spirit*, and *MS Explorer*, taking passengers to the world's most remote polar destinations. He served as Chairman of the IAATO Marine Committee for 15 years, during which he developed the safety and emergency procedures for IAATO vessels. He holds a Master Mariner's Degree and a Marine Engineering Degree from the University of Gothenburg, Sweden.



CAPTAIN PEIK AALTO

is an almost 40-year veteran of the high seas. He spent the first phase of his long nautical career as a Deck Officer—and eventually a Captain—of shipping vessels, before transitioning to cruise ships in the mid 1990s. He has captained the *National Geographic Explorer* since 2019. Captain Aalto has an extensive list of maritime certifications, including qualifications in advanced polar code and environmental auditing, and he thrives on meeting the challenges posed by the icy and remote waters found in the southernmost reaches of the globe.



CAPTAIN OLIVER KRUESS

has been working at sea for over three decades. He has been aboard expedition vessels since 1991, rising to command as a ship's Master in 1995. For nearly 20 years, he has been navigating polar waters, crossing the Antarctic convergence about 140 times and logging north of the Arctic Circle in the Atlantic and Pacific more than 60 times. In total, he has joined nearly 450 expedition cruises worldwide. An extraordinary mariner, he also has exceptional naturalist skills. He can spot an emperor penguin on the pack ice or a pod of hunting orcas before the on-duty spotter, making his Bridge a popular hub for guests. Captain Kruess has also served as a representative at IAATO. He most frequently captains *National Geographic Explorer*.



CAPTAIN HEIDI NORLING

is the first woman to captain a Lindblad Expeditions-National Geographic polar ship. She began sailing as a teen in the Stockholm archipelago and first worked as a cadet aboard Swedish cargo ships, navigating from the Great Lakes and the North Sea to the Mexican Gulf. Her career launched in earnest aboard the expedition yacht *Hanse Explorer*, where she conducted a series of adventurous seasons amid Antarctic ice. While back in the Swedish city of Visby on holiday, she spotted her dream ship, *National Geographic Orion*, docked in the harbor. Mere months later she came aboard and has since sailed *National Geographic Orion* to the South Pacific, Antarctica, the Arctic, Alaska, and the Russian Far East.



CAPTAIN AARON WOOD

has been working at sea since graduating school, sailing cargo ships, oil vessels, and luxury ocean liners up until 2014, when he received an opportunity he couldn't refuse—expedition cruising with Lindblad Expeditions-National Geographic. Since then, he has navigated ships worldwide, including through polar waters and the Antarctic Circle as Navigation Officer, Safety Officer, Staff Captain, and today, Captain. A certified advanced ice navigator, Captain Wood is now part of the new-build team for Lindblad Expeditions-National Geographic's latest polar ice-class vessel, *National Geographic Endurance*.



CAPTAIN MARTIN GRASER

credits his 27 years of sea service to a long-standing passion for ice navigation and expedition travel that began in childhood, when he sailed the North and Baltic Seas aboard his father's hand-built boats. He started his career aboard the expedition yacht *Hanse Explorer*, where he served from 2006 to 2015. Over the years, he has conducted many adventurous charters, including the five-week National Geographic Pristine Seas expedition led by Dr. Enric Sala. He recently assumed command of *National Geographic Endurance*, the most technologically advanced ice-class polar vessel in the world.



CAPTAIN YURIY TUPIKOV

has worked aboard the Lindblad Expeditions-National Geographic fleet for the past 15 years, developing a deep intuition for the company's approach to expedition cruising. He began his tenure as a Safety Officer and was promoted into the role of Staff Captain, before eventually taking the helm as Captain of the *National Geographic Explorer*. A steadfast and reliable navigator, Captain Tupikov undertakes every expedition through Antarctica with an explorer's mindset, in search of the daily surprises her wild waters and shorelines have to offer.

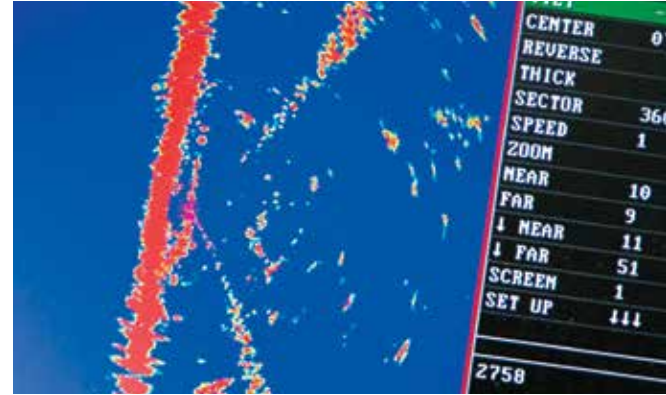


What further qualifies Lindblad Icemasters is the company's 50+ year history of record keeping. These Captains have soundings and coastal map records going back to the pioneering days of Lindblad Travel in the 1960s. In addition, Lindblad Icemasters are not merely skilled maritime professionals, they have a profound love for the polar geographies and are adept at spotting wildlife. They dedicate their skills to ensuring that spontaneity remains Lindblad's expedition hallmark. Their seasoned ships' officers are also polar veterans—handpicked, well-trained, and committed to optimizing the guest experience.

What Safety Features are Vital? Cooperation & Coordination


All passenger ships plying Antarctic waters are equipped with a Global Maritime & Distress Safety System (GMDSS) for emergency communications and satellite weather forecasting. However, more technology is available that can be harnessed for greater travel safety. Knowing that the ship you're traveling on contains first-rate predictive, navigational, and safety technology further assures your peace of mind and well-being.

The chart below illustrates the wealth of advanced technology carried by the ships in the Lindblad Expeditions-National Geographic polar fleet.



KEY SAFETY FEATURES OF OUR POLAR SHIPS

POLAR CLASS SHIPS	NATIONAL GEOGRAPHIC EXPLORER	NATIONAL GEOGRAPHIC ENDURANCE	NATIONAL GEOGRAPHIC RESOLUTION
FORWARD SCANNING SONAR To scan ahead to check for uncharted obstacles (rocks or submerged ice) and the safest way around	✓	✓	✓
DOUBLE WEATHER FORECASTING Two independent weather forecasting companies to receive real-time satellite images	✓	✓	✓
ICE RADAR Provides an adjustable, high def image using data, allowing Captains to choose the safest route through ice	✓	✓	✓
ICE SEARCHLIGHTS Two ice searchlights aid the naked eye in picking up hazardous ice, both in daylight and total darkness	✓	✓	✓
GMDSS (GLOBAL MARITIME & DISTRESS SAFETY SYSTEM) A comprehensive communication system, with multi Iridium satellite phones to completely cover polar waters and to act as a reliable backup system in any emergency	✓	✓	✓
IAATO EMERGENCY RESPONSE SYSTEM Developed by Lindblad's Captain Skog to ensure that all IAATO ships keep in daily touch to respond to any incident	✓	✓	✓
DRONE FOR ICE NAVIGATION Facilitates ice navigation to find leads through the ice to open water near the ship	✓	✓	✓

An aerial photograph showing a boat's wake as it moves through a vast field of ice floes. The ice floes are scattered across the dark blue water, with some larger, more prominent pieces and many smaller, fragmented chunks. The boat's wake is visible in the lower right corner, showing the churning water and the red buoyage markers on the bow. The overall scene conveys a sense of navigating through a challenging and expansive environment.

*The point of it all—experience, expertise, technology, and technique is this:
To enable you to have the unparalleled thrill of heading into the unknown,
armed with confidence in your leadership, to inhabit the vastness, and
discover the wonder of being somewhere utterly new.*







What is the Travel Operator's Experience?

More often, cruise lines are beginning to add Antarctica to their portfolios of travel offerings. And many tour operators accustomed to voyaging in “tamer” waters are leasing—or even building—adventure ships to offer Antarctic voyages. Unpredictable and changing conditions are not uncommon in Antarctic waters and should be handled by an operator with experience in this geography.

While there are many committed, conscientious operators in Antarctica, no other company has the length of tenure, hands-on experience, and expertise of Lindblad Expeditions. The company owns its ships and believes that having vessels under their control, as well as a completely coordinated staff and crew, is vital for safety reasons. But equally important, they believe it is vital for service reasons—to provide an adventurous and meaningful expedition experience. A cruise director employed by a leasing travel company coordinating with a Captain and crew



Joining forces in 2004, Lindblad Expeditions and National Geographic formed an alliance with the goal of “Inspiring people to explore and care about the planet.”

who work for a different owner simply cannot produce the teamwork that is the hallmark of Lindblad Expeditions-National Geographic. The synergy that exists among the expedition team members—expedition leaders and their staff, working with the Captains and their officers—fosters a community of service to the guest experience that is highly rewarding.

What is the Travel Operator's Experience?

Experience Equals Safety

On September 20, 1958, Lars-Eric Lindblad—considered to be the ‘father of ecotourism’—opened the doors to his new company, Lindblad Travel, in New York City. As his company grew, he searched for new places on the map for his guests to explore. In 1966, Lindblad brought the first group of ‘citizen explorers’ to Antarctica. He initially operated his pioneering Antarctic voyages with chartered vessels. However, within two years he decided to build his own ship—to run expeditions the way he wanted and to exercise the level of control and reliability he considered vital. The M.S. *Lindblad Explorer* was launched in 1969. With a reinforced hull that allowed it to penetrate the ice, she soon traveled farther north and south than any passenger ship had ever ventured before.

Over the 50+ years since Lars-Eric’s pioneering voyage, the collective polar intelligence of Lindblad Expeditions has grown exponentially through consecutive voyages. As a result, Lindblad knows Antarctica better than any other company voyaging there. The company systematically continues the surveying practices that Lars-Eric began in 1966. In recent years, they have continually recorded routes using satellite positioning and overlaid the recorded positions with water depths taken by the crew to map out ‘safe tracks,’ enabling Lindblad ships to return to exciting spots that are off the beaten path. Their on-paper survey archive, dating back to the original *Lindblad Explorer*, has allowed the company to accumulate considerable data on safe anchorages—data the company regularly shares with the British Hydrographic Agency. Under the direction of Lindblad V.P. Nautical Captain Leif Skog, the company has initiated a crowdsourcing project, enlisting other polar travel operators to share historical and current sea floor data to maximize knowledge in the interest of maximizing polar travel safety.

After so many years of consistent surveying and recording, Lindblad officers have more data at their fingertips on the Bridge than many government hydrographic agencies. In 1996, the U.S. Geological Society recognized Lindblad’s contribution to Antarctica by officially designating a section of Trinity Peninsula as “Lindblad Cove.” Their letter stated, “A noted conservationist, Mr. 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.”

Since Lars-Eric’s day, Lindblad Expeditions has remained committed to owning and operating their own expedition ships. Their pioneering history and years of experience, including having safely introduced thousands of exhilarated guests to the wonders of Antarctica, provides a profound advantage in offering travelers an exploratory experience.

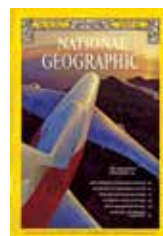


Lars-Eric Lindblad in the 1970s. Once common, dog teams were banned in the 1991 Environmental Protocol to the Antarctic Treaty.



National Geographic Magazine, August 1977

"In 1977 I was working on staff for my father when we were hit twice by fierce storms with no warning. During one storm, the Expedition Leader and I were being hoisted up in a Zodiac after safely delivering guests to the ship in a force 12 wind. The Zodiac collapsed, dropping the Expedition Leader into the sea, and me onto the ship's deck. Since he had on a survival suit and was rescued within 5 minutes, his accident was not life-threatening. Had it been me, however, I wouldn't have survived, since I was improperly dressed for conditions, and sapped of energy. I escaped with cuts and bruises. I never forgot that lesson: the slim margin for error in Antarctica, or the need for absolute standards to ensure safety. Our entire operation is based on lessons learned in 50-plus years of annual voyages." — Sven Lindblad







UNITED STATES BOARD ON GEOGRAPHIC NAMES

In reply please use this address:
U. S. Geological Survey
523 National Center
Reston, Virginia 22092

July 12, 1996

Mr. Sven-Olof Lindblad
c/o Special Expeditions Inc.
720 Fifth Avenue
New York, New York 10019

Dear Mr. Lindblad:

We are pleased to inform you that the U.S. Board on Geographic Names approved the Antarctic geographic name *Lindblad Cove* at its March 28, 1996 meeting, following the recommendation of the Advisory Committee on Antarctic Names (ACAN). The name will be published in future editions of the Antarctic Gazetteer and will also be available to the public through the Nation's official repository of geographic names, the Geographic Names Information System (GNIS).

The descriptive entry for the decision reads as follows:

Lindblad Cove	63°51'S, 59°27'W
Cove, 5 km wide, between Almond Point and Auster Point in Charcot Bay, Trinity Peninsula. Named by US-ACAN in 1995 in commemoration of Lars-Eric Lindblad (1927-94), pioneer in Antarctic tourism. A noted conservationist, Mr. 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.	

LINDBLAD COVE 63°51'S, 59°27'W

In 1966, Lars-Eric Lindblad launched the first laymen expedition to Antarctica, at a time when explorers and scientists were the only visitors. For his efforts, he received honors accorded a polar explorer.





At left, cross-country skiing on the fast ice in the early season, if conditions permit. Opposite: A chinstrap penguin greeting committee.

How Active Will Your Antarctica Experience Be?

Antarctica is a place of extraordinary natural beauty. Someone traveling there on a large passenger cruise ship can enjoy a glimpse of the same scenery as guests aboard nimble expedition ships, but most else is lost. Antarctica is more than scenery—it is a place to be experienced, an ecosystem that delights upon closer inspection. The experiences of a guest on a small and agile ship with the outdoors instantly accessible and a guest on a cruise ship requiring elevators to reach viewing decks are too different to compare. However, there are equally significant differences between traveling with a dedicated expedition company and other small ship operators. Investigate how engaged you will be, what you'll be able to do, and how often.



How Active Will Your Antarctica Experience Be? Tools for Exploration

One could have a perfectly wonderful time in Antarctica seated in a deck chair with a pair of good binoculars. But genuine encounters with beauty, wilderness, and the seldom seen are the difference between wonderful and extraordinary. The Lindblad Expeditions-National Geographic ships travel with meaningful tools for that reason: to enable extraordinary, up-close, and personal experiences. Ask yourself if you're willing to settle for seeing Antarctica from a window or a ship deck when it is possible, by choosing your operator wisely, to get out and explore. To experience the magnificent vastness. To hear the silence. Or to have leisurely encounters with penguins without being forced to leave because others are waiting their turn. Walk, hike, climb. Try a polar plunge if you're inclined. Learn about the geological and climatic forces. And see beneath the sea.

Equipment

The following is a list of the equipment capable of transforming your experience in Antarctica into a personal encounter with the wildlife, geology, and fantastic varieties of ice in this astonishing ecosystem.

ZODIACS AND ZODIAC DEPLOYMENT SYSTEM

Zodiacs are key to your ability to explore, so the quality of your experience will suffer without the landfall capabilities they provide. However, Zodiac deployment is an important factor too, since waiting in line in the tender area is not adventure-enhancing. The Lindblad Expeditions-National Geographic ships each carry a fleet of 11 to 13 Zodiacs, depending on guest count. But more importantly, the ships are designed for swift deployment, which can begin even before the ship drops anchor. As a result, there is virtually no wait time in the tender area, which means more time ashore for activities. Efficiently designed loading bays on each vessel make embarking and disembarking a Zodiac safe and simple for people of all fitness levels.

KAYAKS

Lindblad Expeditions pioneered sea kayaking from expedition ships in polar waters to provide guests with unprecedented opportunities for personal and exhilarating explorations in ‘penguin country.’ Considerable time and safety testing were involved in vetting the idea of polar kayaking before the company’s veteran expedition leaders and Captains approved the idea. Now, each ship is equipped with a fleet of 24 to 36 stable double kayaks—enough so everyone who is interested can paddle. In addition to being innovative about personal polar exploration, Lindblad has invented ingenious deployment protocol, designed and manufactured by the company’s engineering team. It’s a proprietary staging platform that enables the expedition team to deploy guests in kayaks in ideal locations—again, without even waiting for the ship to drop anchor. While other travel companies have incorporated this kayaking idea, not all do it. So if a genuinely exploratory experience matters to you, check for this feature and how swiftly they deploy to get you out exploring, without reliance on beaches, docks, or other infrastructure.

CROSS-COUNTRY SKIS & SNOWSHOES

November is known as the early season. It often provides optimal conditions for parking the ship in the fast ice. If ice conditions permit, we take the opportunity to descend on to the fast ice with cross-country skis or snowshoes, exploring this unique aspect of Antarctica’s thrilling vastness.



Helicopters: Much Ado About Nothing, or Valuable? There is a trend among some Antarctic cruise operators to equip their ship with helicopters. While this is good for marketing, it is debatable whether it adds to the guest experience. Lindblad has carefully researched the prospect and decided against it. The company believes helicopters are disruptive to the wildlife and to the quality of the silence that is so fundamental to the authentic Antarctic experience. Accommodating the number of guests potentially interested in helicopter excursions would require continuous noisy shuttling, and only a small subset of the guests could be served, while the remainder might be disadvantaged.

How Active Will Your Antarctica Experience Be?

Undersea Exploration

Far from cold, gray, and lifeless, the polar sea is vibrant, colorful, and remarkably full of life. Lindblad Expeditions-National Geographic is the only travel company operating in Antarctica with an extensive undersea program. Key to the program is employing an undersea specialist—they don layers of dive gear, including an insulating dry-suit, plus an array of video tech in order to remain beneath the surface long enough to capture HD video of the vivid life within these frigid waters.

As a result, Lindblad Expeditions-National Geographic travelers can explore the polar ocean from the warmth of the ships' lounges. Seeing fish with anti-freeze in their blood or plant-like crinoids can fundamentally change the way travelers view the ocean. Some of the animals the undersea specialists have recorded on expeditions, like a large-scale worm discovered in the Weddell Sea, are so rare or unusual that even Antarctic biologists can't identify them. Lindblad Expeditions-National Geographic ships also voyage with ROVs that can operate up to 1,000 feet beneath the surface, far below what any human diver can reach. Often, when Lindblad specialists deploy the ROV, it films areas no one has ever seen before.

Lindblad ships also act as platforms for scientists to conduct research. From taking DNA samples from Antarctic orcas to enabling James Balog to set his Extreme Ice Survey cameras on Antarctic and South Georgia glaciers, Lindblad Expeditions-National Geographic is reconceiving the vital role of expedition ships—and of the intelligent, curious travelers on board—in advancing polar science.





Undersea specialist launching from a Zodiac for a polar dive. The images from their video forays will later reveal undersea environs to guests. Above: Images captured by the ROV: anemone, sea star.





How Active Will Your Antarctica Experience Be? Cooperation & Coordination

While any cruise to Antarctica is planned months in advance, an authentic expedition specialist like Lindblad Expeditions-National Geographic has the experience and flexibility to take best advantage of varying ice and weather conditions to make landings and activities dependent on hour-by-hour evaluations. Lindblad has the experience and, most importantly, a uniquely collaborative culture to make the most of prevailing conditions. Lindblad Captains and expedition leaders play a vital role in creating the entire experience. Their camaraderie and team spirit, as well as their knowledge and skill, play a big role in defining the number and nature of guest activities.

The contribution of the Hotel Manager and crew is significant as well. If wildlife is spotted at dinner time, the meal is held to enable an extraordinary experience, but still delicious when guests return to the

table. Flexibility means having the ability to change plans, not only when conditions warrant, but also when desired—and Lindblad's unrivaled team cooperation benefits the traveler. After all, most often it is the unexpected wildlife encounters—a 40-ton humpback whale surfacing directly ahead of the ship, or a pod of orcas hunting a seal—that make for the most indelible memories.

Experience over time gives Lindblad Expeditions the ability to deliver more ambitious and wide-ranging itineraries. Because of the company's deep knowledge of the Antarctic peninsula, and their unique ability to make the most of prevailing conditions and opportunities, travelers aboard are increasingly enjoying amazing and rare sightings—like emperor penguins, either alone or in a small group on the ice. While not guaranteed, travel moments like these can be experiences of a lifetime.

Does the Travel Operator Offer Top Staff and Onboard Experts?

Most travel companies operating in Antarctica claim to have knowledgeable experts on board. It can be hard, therefore, to determine how to ensure for yourself the most authentic, engaging, and informative experience. One potential metric is the degree to which staff backgrounds match up with your personal interests. A generous ratio of staff to guests is another gauge to use in judging an operator. A small number of guides can mean both fixed assignment to a group and/or larger groups.

Over the 50+ years of Lindblad Expeditions' history, their veteran staff and the quality companionship they provide have helped established their reputation. From expedition leaders to naturalists, their staff is expert. Some have been traveling to Antarctica for over 30 years and most hold advanced degrees. On every voyage, the composition of the staff is chosen to ensure a diverse range of topical expertise—from geology to history to marine mammals—and all naturalists can establish context and answer questions in their specialty. Equally important, Lindblad invests significantly in a large number of naturalists to keep an excellent guest-to-staff ratio of 10:1 or better. Guests are not herded around in large groups, but can gravitate naturally to the staffers they're most interested in or opt to head out with different individuals on each day's activities.

Since 2004, the Lindblad Expeditions-National Geographic alliance has offered valuable resources as well, with top-tier National Geographic photography experts accompanying every voyage. Whether you are a camera-phone user or an advanced photographer, you'll have unprecedented opportunities to get tips and on-site guidance from these

top pros—in the field, where it counts. Plus, the onboard OM System Photo Gear Locker allows you to field test new lenses, camera bodies, and other gear.

The presence of National Geographic researchers and explorers aboard the fleet, along with our onboard Guest Speaker program, provide guests with insights from varied fellow explorers. Whether it's a National Geographic photography expert sharing how she puts together a magazine story, three former astronauts satisfying their yearning to explore new corners of the planet, or research scientists conducting field tests because Lindblad Expeditions-National Geographic provided a platform, travelers aboard the fleet gain and share insider stories and views.

Passion and enthusiasm are endemic, and guests often comment how the staff seems just as excited as they are over a pod of orcas hunting for seals on ice floes, or the antics of a penguin pecking at a boot. They are active participants in the traveler's experience, not just passive lecturers. And they are always willing to engage—to continue the conversation over dinner or a drink in the lounge, or up on the Bridge.





What Is Their Commitment to Conservation?

Established in 1991, the International Association of Antarctica Tour Operators (IAATO) was formed to develop, adopt, and implement operations and safety standards that mitigate potential environmental impacts to the continent. IAATO is comprised of more than 100 travel companies from Argentina, Australia, Belgium, Canada, Chile, France, Germany, Italy, Japan, Netherlands, New Zealand, Norway, Sweden, United Kingdom, and the United States.

Many of IAATO's policies were developed with input by current Lindblad staff members. Senior Expedition Leader Tom Ritchie accompanied the *Lindblad Explorer* during Lars-Eric Lindblad's ownership, and due to his veteran status was the natural choice to help author policies on human behavior and wildlife protection. With increased visitation to Antarctica, IAATO members—which are self-managed in accordance with the provisions of the Antarctic Treaty and the Environmental Protocol—limit visits to certain sites during peak wildlife breeding periods of the season. In addition, in 2019 all members voluntarily put forth and approved a new policy intended to decrease the likelihood of whale strikes in high-traffic zones along the Antarctic Peninsula.

Many of today's guidelines, designed for sensitive areas where safeguards are needed to protect wildlife colonies or historical sites, were written by IAATO committees. Experts from Lindblad Expeditions-National Geographic, including ship captains and other expedition staff, regularly serve on IAATO committees, such as the Marine Committee; Field Operations

Committee; and the Managing for Growth, Ship Scheduling, and Ross Sea working groups. Lindblad Expeditions has been actively involved in developing safety and emergency procedures for IAATO vessels through its membership on these committees.

IAATO has continued to evolve, reflecting the ever-changing factors impacting the fragile Antarctic environment. Every year, IAATO members and the IAATO Secretariat bring forth initiatives designed to adapt policies and procedures with the knowledge that visitor numbers to Antarctica continue to increase. This form of management is an essential part of being able to continue to bring guests to this phenomenal destination by maintaining tourism in a sustainable way.

Lindblad Expeditions' continued presence as a founding member of IAATO ensures responsible travel to Antarctica. It is at the forefront of their operations, and all visitors who travel on their ships will leave with a greater understanding of the fragility of this incredible environment and our responsibility to protect it.

What is Their Commitment to Conservation?

Responsible Tourism

To encourage greater awareness and understanding of issues impacting the regions they travel to, Lindblad Expeditions—in partnership with National Geographic—initiates and supports innovative projects around the world. The goal is simple: to positively impact the natural systems in the places explored and the human communities living nearby. Their belief is that responsible tourism can make a big difference in the places they visit, and they share this belief with guests, inviting them to contribute to conservation efforts through the Lindblad Expeditions-National Geographic Fund (LEX-NG Fund).

The company has made a bold commitment to the ocean. Funds raised through the Lindblad Expedition-National Geographic Fund support National Geographic Pristine Seas, whose mission is to explore, survey, and help protect the last wild places in the ocean. Since this global initiative began, Pristine Seas has led 35+ expeditions and inspired the creation of 26 marine reserves. LEX-NG travelers have donated more than \$4.5 million to support Pristine Seas since 2014 and—thanks in part to these donations—more than 6.5 million square kilometers of ocean are now safeguarded so marine life can thrive.

Travelers also support bold and innovative projects in the fields of conservation, education, research, storytelling, and technology. Since 2008, LEX-NG travelers have generously funded 243 grants in 51 countries across all 7 continents, totaling \$16.3 million. *(These figures are current as of Dec 31, 2021.)*

Another reason to feel good about traveling with Lindblad Expeditions is their ongoing commitment to sustainability. **In 2019, Lindblad became a carbon neutral company**, offsetting the carbon emissions of their fleet, employee travel worldwide, offices in New York and Seattle, all land-based operations, and beyond. Lindblad has eliminated guest-facing single-use plastics, including cups, stirrers, and more aboard ships, and they're influencing their supply chain to develop alternatives to plastic packaging. Onboard menus feature sustainably and locally sourced seafood, meats, and produce wherever possible.

This is an ongoing commitment. The company takes every opportunity to lead by example and promote responsible tourism around the globe.



Clockwise from top: This reusable water bottle is provided for guests in every cabin and suite fleet-wide, a reminder to protect pristine places worldwide; Lindblad ships and their Antarctic teams made it possible for James Balog's Extreme Ice Survey team to place their glacier-monitoring cameras in the Southern Ocean region and on the 7th continent; Responsible tourism means respectful interactions with wildlife. Guests have time to savor the experience, but remain at an always appropriate distance from wildlife.



Efforts for responsible tourism have been recognized internationally. Here are only a few of Lindblad Expeditions' awards:

2022 / USTOA Future Lights of Tour Industry: Ana Esteves, VP Hotel Operations, Lindblad Expeditions

2021 / Travel Weekly's First-Ever Sustainability Award: Sven Lindblad

2019 / Ensemble Travel Group Purpose Award: Caring for Community, Environment and Protecting Local Heritage

2018 / AFAR VANGUARD Award: Sven Lindblad

2018, 2013 / Virtuoso Sustainable Tourism Leadership

2015 / World Travel Awards: World's Leading Green Cruise Line

2013 / Travel + Leisure Global Vision Award for Leadership



Summary

A voyage to Antarctica is one of the most exhilarating adventures the planet offers and one of the most life-enhancing travel decisions any traveler can make. This guide was created to nurture your dream of discovering Antarctica by helping you understand what's involved so you can select wisely and safely and enjoy the adventure of a lifetime. We hope you found the information provided valuable, and that it serves you well in making your travel decision. In any comparison between the various travel operators in Antarctica, Lindblad Expeditions-National Geographic will inevitably emerge the clear best choice. Whether you select based on fleet qualifications, the tenure and safety record, or the caliber and commitment of the expedition teams, you can confidently expect Lindblad Expeditions-National Geographic to provide you with an experience that will exceed your every expectation. Enjoy the fruits of your thoughtful research—a spectacular Antarctica experience.



Useful Links

VIDEOS

To view Antarctica videos, go to expeditions.com/antarcticavideo

DAILY REPORTS

To read Daily Expedition Reports (DERs) from actual expeditions of past seasons, go to expeditions.com/der

PRISTINE SEAS

To learn more about Pristine Seas, see pristine seas.org

LINDBLAD EXPEDITIONS & NATIONAL GEOGRAPHIC ALLIANCE

To learn more about the Lindblad Expeditions and National Geographic alliance, go to expeditions.com/partnership

FOR INFORMATION & RESERVATIONS

For more information or to make a reservation, see your travel advisor or call our expedition specialists at 877-689-1962.

Monday through Friday, 9am to 8pm (ET);
Saturday and Sunday, 10am to 5pm (ET).





PHOTOGRAPHY

The photographs in this book were taken by a collection of photographers, including National Geographic photography experts, Lindblad Expeditions-National Geographic certified photo instructors, and guests traveling aboard Lindblad Expeditions-National Geographic ships.

PHOTO CREDITS

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100% Carbon neutral. Committed to being single-use plastic free.
We care deeply about the planet and travel as a powerful force for good.