

A full-page underwater photograph serves as the background. It features a diver in the lower-left corner, holding a camera, and a massive, dense school of fish on the right side. Bubbles rise from the diver, and the water is a deep, clear blue.

# Ready for *Adventure*

## The Most Comprehensive Activity Program

Aurora Expeditions has the most comprehensive activity program and offers an unrivalled array of activities so you can reach new limits and play out your wildest dreams.

Discover some of the activities that are available on our voyages.



## Included Activities

Our expeditions are designed to put you in the action as much as possible. To maximise your time in the incredible destinations we visit, we offer a range of included activities as part of your voyage.



### Polar Plunge



A time-worn tradition, the polar plunge is a celebrated optional rite of passage for polar travellers. Take the plunge to cheers of encouragement from all on board! NB: This activity is available on selected polar and temperate expeditions only, weather permitting.



### Guided Hikes



Adventurous hikes for all abilities are offered on our expeditions. Explore historic ruins, stroll pristine beaches, trek through lush wilderness areas, admire local flora and fauna, or scale heights to delight in spectacular vistas.



### Photography



Our photography guides offer onboard lectures that are filled with handy hints to improve your camera and photography skills and will help you capture those memorable moments in the field during landings and excursions.



### Zodiac Cruises



Explore rocky coves, marvel at spectacular glaciers and icebergs, discover secluded bays and search for wildlife in hard-to-reach places in our fleet of trusty Zodiacs – sturdy and heavy duty inflatable rubber speedboats.

#### Key:



Easy to moderate activity, some experience is beneficial



Moderate activity, some experience required



Challenging activity, extensive experience is necessary



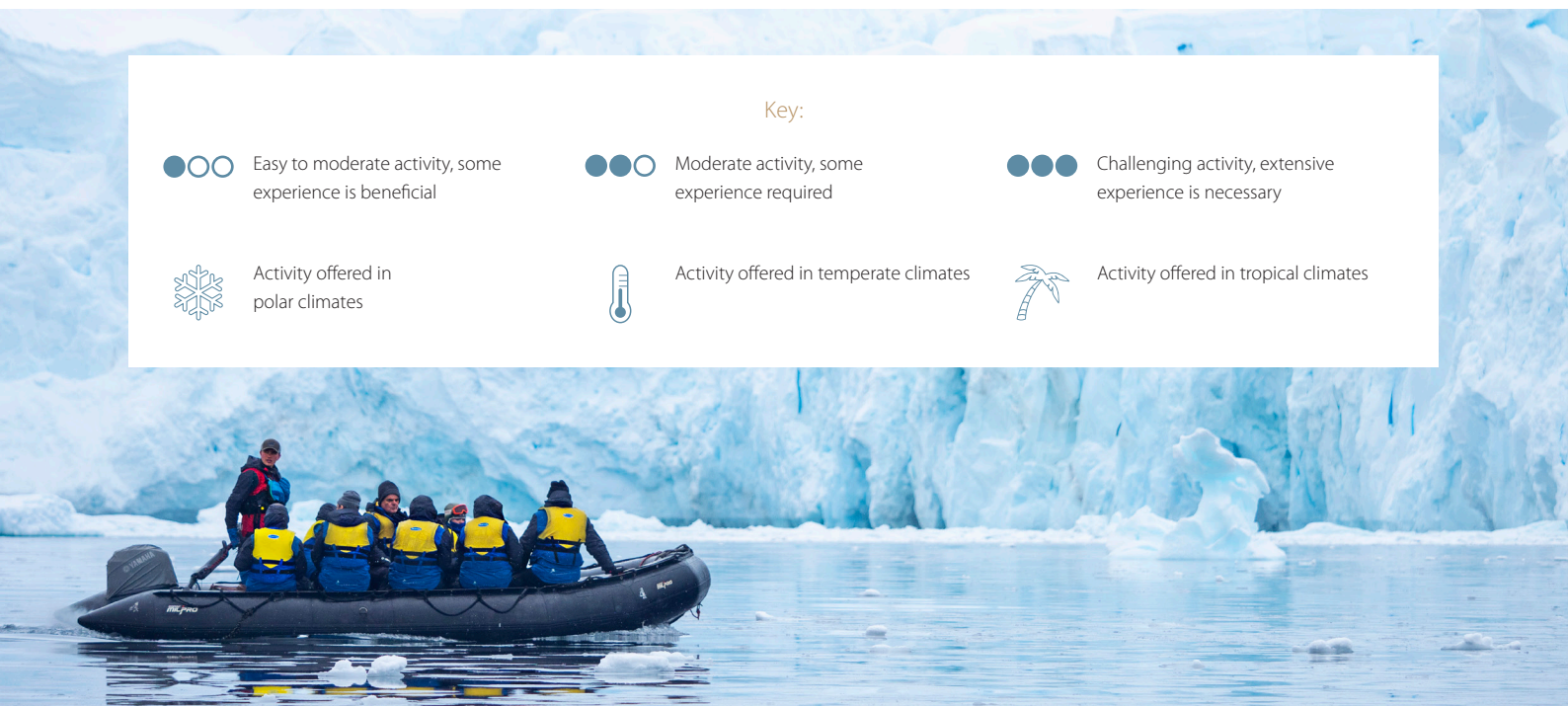
Activity offered in polar climates



Activity offered in temperate climates



Activity offered in tropical climates



## Optional Activities

Choose from a large selection of optional activities that can be enjoyed multiple times throughout your voyage. Led by our professional and passionate expedition team, we aim to get you out on your optional activities as often as possible, whenever conditions allow. (Additional charges apply for optional activities).



### Sea Kayaking

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Silent and sleek, sea kayaks are perfect for exploring wild coastlines, allowing you to get up close with the amazing wildlife.



### Scuba Diving~

●●○ — ●●●



Get under the surface of the sea and discover the hidden wonders of the underwater world with some of the world's best dive masters.



### Snorkelling#

●○○ — ●●●



Witness wildlife in action and marvel at the fascinating display of life under the water as you snorkel and drift along at a leisurely pace.



### Stand-Up Paddle Boarding (SUP)#

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Paddle in protected bays, drift quietly under the backdrop of lush rainforest, or glide over vibrant coral gardens.



### Snowshoeing

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Get a glimpse of how intrepid explorers would have traversed Antarctica in the past by participating in our snowshoeing activity.



### Ski & Snowboard Touring\*

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Take on some of the world's most incredible slopes on the only truly white continent on earth – Antarctica.



## Alpine Trekking & Climbing<sup>^</sup>



Led by experienced guides, you will come face-to-face with Antarctica's mighty mountain peaks, trek over technical alpine passes and go ice climbing on the continent known for its frozen splendour.



## Shackleton's Crossing



Follow the footsteps of Sir Ernest Shackleton and trek for up to three days across South Georgia from King Haakon Bay to Stromness, either on foot or on skis.



## Camping



Spend an unforgettable night on the white continent and be prepared to witness the sounds of ice cracking in the distance and wildlife carrying out their busy schedule around you.



## Rock Climbing in Greenland\*



Climb the striking granite peaks of remote East Greenland in pursuit of breathtaking views of Scoresbysund's ice-filled fjords. Relish the chance to explore up and along the rarely-scaled peaks that dominate the landscape.

**For more information and to book, contact your preferred travel advisor or Aurora Expeditions:**

### Australia and New Zealand

Freecall: 1800 637 688

email [info@auroraexpeditions.com.au](mailto:info@auroraexpeditions.com.au)

or visit [auroraexpeditions.com.au](http://auroraexpeditions.com.au)

### United States and Canada

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email [info@aurora-expeditions.com](mailto:info@aurora-expeditions.com)

or visit [aurora-expeditions.com](http://aurora-expeditions.com)

### United Kingdom and Europe

Freecall: 0 808 189 2005

email [info@auroraexpeditions.co.uk](mailto:info@auroraexpeditions.co.uk)

or visit [auroraexpeditions.co.uk](http://auroraexpeditions.co.uk)



**Terms & Conditions:** All activities are subject to change and are weather permitting and will only be undertaken in good conditions as assessed by the Captain, Expedition Team and Activities Guides. Additional charges apply to all optional activities and unique one-off experiences, unless specified otherwise. Please contact us for prices of activities related to your chosen voyage. Some activities require prior experience, particular qualifications or level of fitness. Contact us for detailed information and to check your suitability for the activity. You will be required to complete an Activity Booking Form at the time of booking. Our guide will review your client's suitability and experience before confirming their spot. Activity bookings are subject to availability and may require minimum numbers to operate, depending on activity. For more information or to download your booking form visit [auroraexpeditions.com.au](http://auroraexpeditions.com.au). ~ Scuba Diving requires participants to hold an Advanced Open Water Diver qualification (or equivalent) with a minimum of 30 logged dives, at least 6 of those dives completed in the last 12 months. Polar and Temperate Scuba Diving require an additional Drysuit Specialty certification with a minimum of 30 drysuit dives, at least 10 of those dives completed in the last 12 months, with a minimum of 5 of those dives in a drysuit. You will need to show your diving certificate, diver's logbook and a current diving medical certificate (no more than six months old) from your doctor confirming you are in suitable physical health to participate in scuba diving. \* You will be required to bring your own equipment, which must be in good condition. Limited equipment is available for hire on board. Contact us for details on the equipment you will need to supply. #Snorkelling and SUP is offered complimentary on tropical expeditions. ^ Alpine Trekking & Climbing participants are required to have a suitable level of alpine trekking and climbing or mountaineering experience and will need to bring their own climbing equipment, which must be in good condition. Aurora Expeditions will supply all ropes, snowstakes, ice screws, survival equipment and camping equipment including tents, stoves and fuel.