

EXPLORING THE POLAR REGIONS

Embark on a journey beyond your imagination to the icy wilderness of Antarctica or the Arctic. These polar regions remain earth's last great frontiers, with boundless landscapes of ice and snow, towering mountains, massive glaciers and unique wildlife. The only way to truly experience these remote and beautiful areas is by specially built expedition ships or with an expert land-based operator.

Natural Focus Safaris' program of cruises and tours are designed to get you close to the wilderness and the wildlife, with daily excursions by zodiac or on foot with expert naturalist guides. Sail around giant icebergs and beneath huge tidewater glaciers. Walk amongst penguin rookeries and seal colonies, encounter humpback and orca whales and visit scientific research centres and historic sites. In the Arctic watch out for walrus and land mammals such as polar bears, caribou, reindeer and arctic fox.

Whichever itinerary you choose your polar adventure is sure to be the experience of a lifetime.

Happy exploring,

Stephen Cameron Sara Cameron
 Stephen and Sara Cameron - Founders



© Yohei Miyashita

Narwhal Tail



© Fernando Garcia

The last frontier of diving

DIVING

Scuba diving in the polar regions opens up a whole new world of wonders. Diving is offered on some expeditions in both the Antarctic and the Arctic, however it is not available for beginners; you must have Advanced Diving Certification and meet other requirements.

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EXCURSIONS & ACTIVITIES

Your polar experience begins as soon as your ship leaves port, with on-board lectures by the ship's specialist expedition staff on history, geology, wildlife and ecology. At specially chosen locations you will go ashore by zodiac inflatables to visit wildlife colonies, historic sites and scientific research stations. The long daylight hours usually allow time for two or three activities per day (conditions permitting). Landings can be "wet" or "dry", so rubber boots and waterproof clothing are imperative. A reasonable level of agility is required, but the majority of activities are suitable for most travellers. Some departures offer the option for more adventurous explorations such as kayaking, climbing, scuba diving and cross country skiing.



© Lindblad Expeditions

Up-close encounters with local wildlife

SHORE EXCURSIONS

Depending on weather conditions you will take regular trips to shore by zodiac, accompanied by the expedition staff. Explore the shore line, walk amongst penguin and seal colonies, and visit scientific stations and remote communities.



© Michael Sitwika

Exploring by kayak

SEA KAYAKING

Kayaking is an inspiring way to explore Antarctica and the Arctic. Small groups paddle around stunning bays and mountains of ice. View wildlife up close, led by an experienced guide.



© Claudio Suter

Unique camping experience

CAMPING

Enjoy a night camping on the ice shelf of Antarctica. This is a very popular activity and a great way to experience the silence of the polar wilderness. All camping gear is provided. Some of our Arctic journeys involve nights spent in eco-camps on the ice.



© G Adventures

Zodiac excursion

ZODIAC EXCURSIONS

All ships have a fleet of inflatable zodiacs with outboard motors. These are used for shore excursions as well as for exploring remote bays and cruising around towering icebergs. Landings are usually wet, so good rubber boots are a necessity.



© Quark Expeditions

Cross country skiing excursion

CROSS COUNTRY SKIING

Cross country skiing allows you to traverse the inner remote regions of Antarctica. Ski past spectacular scenery and enjoy rare wildlife encounters.



© Quark Expeditions

Spectacular mountaineering

MOUNTAINEERING

Ice climbing and mountaineering is offered on select Antarctic voyages. The opportunity for the keen adventurer to scale a peak on the Antarctica Peninsula is the experience of a lifetime. All climbs are coordinated by the expedition team on board your ship.