



# Antarctica Marathon Packages

06 to 19 March 2023 - 14 Days / 13 Nights



CABIN TYPE	CABIN DESCRIPTION	RUNNER	SUPPORTER
CATEGORY D	Twin Cabin with private facilities	\$15,069 AUD	\$14,696 AUD
CATEGORY C	Twin Cabin with private facilities & balcony	\$15,965 AUD	\$15,591 AUD

NOTE: IF A SINGLE ROOM IS PREFERRED AT THE HOTEL IN BUENOS AIRES, PLEASE ADD AN ADDITIONAL \$582 TO THE PACKAGE.  
SINGLE OCCUPANCY ON THE SHIP IS NOT POSSIBLE.

While exploring this most pristine corner of the planet, you will come face-to-face with Antarctic gems such as icebergs, penguins, seals and whales. Historians and scientists will provide lectures on board ship and wildlife excursions during landings in remote areas among seal colonies and penguin rookeries and at research bases.

The course on King George Island located off the tip of the Antarctic Peninsula has marked gravel roads that connect the scientific research bases of Uruguay, Chile, China and Russia. Great care is taken to leave behind zero impact on the environment in this sensitive ecosystem. You will experience a most challenging running experience as well as an experience of a lifetime.

## ANTARCTICA MARATHON AND HALF MARATHON ITINERARY:

### Monday 06 March

Flights arrive in Buenos Aires, Argentina and passengers transfer to the Alvear Icon Hotel, Buenos Aires. Most flights will arrive at the Ezeiza International Airport (EZE) and transfers are arranged for only those arriving at this airport between the hours of 8:00 am and 1:00 pm. There will be an optional light training run in the late afternoon.

### Tuesday 07 March

Following breakfast, enjoy a half-day city tour, which will introduce you to the vibrant capital of Argentina. There is an optional 4:00pm light training run in the National Park. In the evening there will be a cocktail reception, followed by a welcome dinner and the important mandatory race check-in/briefing at the hotel. *Breakfast and Dinner included.*

### Wednesday 08 March

Enjoy today to explore more of Buenos Aires and/or participate in a group light training run at 4:00pm in the National Park. You have this evening to explore some of this city's famous restaurants just a short walk to Puerto Madeira. *Breakfast included.*

### Thursday 09 March

Today, transfer to the airport for an early morning flight to Ushuaia in province of Tierra del Fuego, the world's southernmost city. In the afternoon you may have time to explore this interesting town. Be ready to board the Ocean Victory in the afternoon for departure to Antarctica. Welcome reception and briefing on shipboard safety. *Breakfast and Dinner included.*

### Friday 10 March

Days at sea crossing the Beagle Channel and Drake Passage on board the Ocean Victory. Videos and lectures will introduce visitors to the wildlife, climate and history of Antarctica. *Breakfast, Lunch and Dinner included.*

To book or for more information contact Travelling Fit... Your Marathon and Travel Specialists  
Phone 02 4385 2455 | [www.travellingfit.com](http://www.travellingfit.com) | Email: [sales@travellingfit.com](mailto:sales@travellingfit.com)

Please Note: All prices are quoted in Australian dollars and are based on a per person basis.  
Prices and itinerary are subject to change at any time without prior notice.

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## Saturday 11 March

**Land Ho!** The race operations crew are dropped off on King George Island for an afternoon of race preparation. We will spend a couple of days cruising in and among the bays and channels of the Shetland Islands and Antarctic Peninsula. The ship's Zodiacs will carry us to shore wherever possible, weaving safely among the icebergs and floes to visit with seals and penguins. *Breakfast, Lunch and Dinner included.*

## Sunday 12 March

**Race Day!** The course has been prepared with flags and mileage markers. Hopefully, Mother Nature will be kind with the weather. The race will start about 9:00am and you should plan on a 6h30m time limit (weather permitting). After this major accomplishment, enjoy a post-race party and celebration this evening! The ship heads south overnight toward the Antarctica Peninsula. *Breakfast, Lunch and Dinner included.*

## Monday 13 March

Awake to the panoramic views of glaciers mountains and pristine bays and channels. Weaving among the icebergs, our destination is Paradise Bay, one of the most beautiful places on Earth. A sunny afternoon will permit us to have a barbecue and race awards ceremony on the stern deck. The zodiacs will bring us to shore for a visit to the vacated Argentine base nestled at the base of a hill where visitors are welcome to climb to the peak for a bird's eye view of the area. *Breakfast, Lunch and Dinner included.*

## Tuesday 14 March to Thursday 16 March

These next three days we hope to find ourselves in the fjords near the Lemaire Channel where humpbacks cruise for krill (small crustaceans). The second afternoon we leave the "White Continent" to re-cross the Drake Passage. *Breakfast, Lunch and Dinner included.*

## Friday 17 March and Saturday 18 March

We spend two days at sea on our return voyage hoping for calm seas to glory in the memory of accomplishing a life-changing experience. We first sight land at Cape Horn, Chile where we will approach our return port at Ushuaia. *Breakfast, Lunch and Dinner included.*

## Sunday 19 March

This morning after breakfast, will find us in Ushuaia at about 8:00am when we disembark and check-in for your return flight to Buenos Aires and then onward to your international flights back home. Flights departing from Buenos Aires to your home city should not depart before 8:30 PM. You should consider booking a one night (or more) stay on the return to relax before your long flights home. *Breakfast included.*

## NOTE:

The Antarctica Marathon organisers reserve the right to change the itinerary due to flight schedule changes, weather or any other reason that it deems necessary for the safe and enjoyable execution of this trip. It may be necessary for some guests to overnight in Ushuaia on the return due to delays, flight availability or other reasons. In this case, the guest is responsible for the additional hotel cost.

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