



Luxury Travel
since 1927

Arctic Cruising to a T.

ESSENTIAL TOUR INFORMATION

Passports

A valid passport is required with a minimum validity of six months from your date of return. Always carry your passport and other travel documents in your hand luggage while travelling, or keep in the safe of your ship or hotel room. Keep photocopies of these documents in a separate bag while travelling and leave a copy at home with family or friends in case of an emergency.

Visa

Passengers may need to obtain a single or multiple entry visa(s) for destinations visited on a cruise. The visas required for each country can be determined by contacting the relevant embassy. While APT provides guidelines for Australian and New Zealand passport holders, visa regulations often change, so it is vital passengers consult with the appropriate consulates to ensure applicable visas for countries have been obtained prior to departure. If you have other travel arrangements pre or post cruise, please check the individual country entry requirements.

Luggage

As a general rule, airlines permit passengers in economy class to check one piece of luggage that does not exceed 160cm or weigh more than 20kg. We advise you to contact your airline carrier or travel agent for specific information prior to departure, as size and weight limitations may vary and are subject to change. Each passenger is entitled to take one piece of luggage on your APT cruise or tour that does not exceed these specifications. Please limit your hand luggage to one bag with a maximum weight of 7kg.

Travel Insurance

We strongly recommend that you take out comprehensive travel insurance that will cover any overseas medical costs, as well as medical evacuation, loss of luggage, and any land or air charges that may occur due to cancellation, natural disasters, or strike, before you depart. Make sure you confirm that your insurance covers you for the whole time you'll be away and check what circumstances and activities are not included in your policy.

Ensure all pre-existing medical issues are declared to the insurer so that non-covered conditions are ascertained in advance. Have the details recorded and accessible at all times during travel.

We recommend your travel insurance includes coverage of events such as itinerary disruption, as we will not be liable for any direct or indirect costs that you incur as a result of such an event or other factors beyond our control. Please add your insurance policy details to your tour personaliser. We also recommend your policy includes coverage for COVID-19 related events such as quarantine expenses, flight changes, cancellation fees etc.

What to Pack

Climate & Clothing

The only thing we can guarantee about the weather is that it will be unpredictable. Having the right gear can make the difference between a comfortable, warm experience and one that is not so comfortable.

Strong winds can make it feel considerably colder (as low as -18°C), so you must be dressed for windy and wet conditions at all times. The choice of clothing for your expedition is a personal decision, depending on your experience in polar regions and whether you are susceptible to cold weather. The best clothing is a layered system with an outer layer that is waterproof. The air trapped between

each layer provides additional insulation. It is important that you are prepared with clothes that will protect you from the harsh weather, including cold, wind, rain and snow.

APT has included a complimentary insulated polar parka for you to keep upon completion of your tour, along with complimentary Boot Rental for the duration of your cruise (for hire only). You will receive a Packing Information document from APT. You must advise your sizing requests for your parka and boots as noted on the Packing document. For late bookings, sizing must be provided at the time of booking.

Dressing in Layers

Layer 1 – Base Layer

We suggest you start with a base layer of thermal underwear or 'long johns', a long-sleeved thermal T-shirt and a pair of thermal socks rated for below freezing. Thermals come in a variety of fabrics; the least expensive is polypropylene, the most expensive is Merino wool. Either fabric is fine, however, Merino wool is generally more comfortable next to the skin compared to synthetic polypropylene fabrics. Merino also breathes, while keeping you warm.

Amazingly, it has a natural anti-bacterial quality, meaning the fabric stays fresh for longer. Although Merino thermals are considerably more expensive than synthetic polypropylene options, you will find they are well worth the investment. We suggest bringing a few sets of thermal underwear and base layers to allow time to have them laundered on board.

Layer 2 – Mid Layer

Next, you'll need a pair of khakis or polar fleece pants, and a light shirt followed by a polar fleece jacket. Polar fleece is a lightweight, soft and synthetic insulating fabric. Though it is 100% synthetic, polar fleece garments are much warmer than cotton tracksuits.

You will most likely wear your polar fleece tracksuit when on board the ship in addition to your expeditions. For this reason, we recommend you bring two fleece jackets of varying thickness.

Layer 3 – Optional Layer

If you really feel the cold you can also bring a down jacket or vest. Many people find that they are too hot with this layer, especially when walking ashore or on a mildly warm day. It is important to avoid overdressing as this can lead to excessive perspiration, and ultimately dehydration, as well as discomfort.

Layer 4 – Waterproof Outer Shell

Your final layer includes waterproof pants and a jacket. For safety reasons, to participate in landings, you must wear waterproof pants. Lightweight PVC fabrics and disposable rain gear will not endure more than one landing and will seriously impact your ability to enjoy the voyage. Please ensure your waterproof gear is completely wind and waterproof and that the jacket is hooded.

Other Clothing Essentials

In addition to the aforementioned clothing items, we also recommend you bring your own gloves, socks, hats and beanies.

Boots

As most landings involve stepping into water, a pair of mid-calf waterproof boots are essential. We provide a pair of rubber boots for you to use during the voyage, so you don't have to bring them. They are great for getting in and out of Zodiacs and are very warm with a good pair of thermal socks. You may wish to bring additional inner soles to keep your feet extra warm.

It is a good idea to wear two pairs of socks – thin inner socks and then thicker outer socks – increasing warmth and comfort inside your rubber boot. You'll need 3-4 pairs of inner and outer socks. Holeproof Explorer socks are ideal as thick outer socks.

Please note: we can only supply boots for adult passengers, a range of sizes is available and must be advised in advance. (Women's size AU 5-11 and Men's size AU 6-14).

Waterproof Gloves

To ensure your comfort and warmth, glove layering are essential. In keeping your hands dry, you will first need a pair of thin inner gloves, either polypropylene or woollen, over which goes waterproof outer gloves. You will remove your outer gloves frequently, but leave your inner gloves on, as it makes the buttons and dials on your camera easier to manipulate, while still providing warmth. Always carry a spare pair of gloves should your first pair become too wet and bring an extra pair of waterproof gloves.

Sunglasses

A good quality pair of sunglasses are absolutely essential, as the bright light that reflects off the ice and snow can be very harsh. To reduce glare, we recommend polarised sunglasses or ski goggles in a wrap-around style as they block light and wind from the corner of your eyes.



Explore the Icelandic town of Seyðisfjörður

Around the Ship

Dress on board is casual and informal at all times. Again, we suggest dressing in layers for your comfort and safety. Sturdy walking shoes or sneakers with a good grip sole are all you need. You may like to bring some 'smart casual' options for the evenings and more formal attire for the Captain's Reception and Farewell Dinner.

Your Clothing Checklist

- Woollen pullovers or polar fleece jumpers
- Jeans, khakis, or fleece pants (several pairs)
- Multiple shirts and long-sleeve tops
- Casual clothes and t-shirts for layering and wearing while on board
- Casual shoes with a non-slip sole for walking around the ship
- Thermal top and bottom x 2
- Thermal socks x 3
- Woollen hat or a balaclava and a scarf are essential to keep your head, ears and neck warm
- Waterproof gloves x 2 (to rotate when wet)
- Glove liners (not essential, but great for taking photos)
- Waterproof pants
- Pyjamas/tracksuit

Other Essentials

- Sunblock (facial)
- Sunglasses or ski goggles (polarised, close fitting are best)
- Daypack or backpack (waterproof/resistant is best)
- Bathing suit – for the heated pool on board
- Binoculars
- Camera/digital video camera
- Extra batteries for cameras (not available on board)
- Extra memory or film for cameras (not available on board)
- Plastic freezer bags with zip closures (for keeping your camera dry)
- Battery chargers
- Converters/adapters as needed (US or Euro sockets)
- Medications – bring a sufficient supply of any medications you regularly take, prescription and over-the-counter, including your preferred motion sickness remedy, as well as copies of your prescriptions. Your necessities and favourites may not be available on the vessel or in Argentina.
- If you wear prescription glasses or contact lenses, be sure to pack an extra pair.

Valuables and Security

Do not take anything with you that will create emotional or financial hardship if lost or stolen. Carry all documents, money, passport and tickets with you. Do not place these important items in your suitcase. You may find a money belt (worn inside clothing) useful while travelling.

Never leave hand luggage unattended or out of sight in hotel lobbies or dining rooms. Avoid solo exploration of unfamiliar streets or areas. You should also avoid excessive displays of jewellery or cash. When sightseeing, keep all valuables locked in the safe in your room or suite.

Adaptors and Electricity

Electricity is 220V on board the Seabourn Venture. A plug adaptor is necessary if you plan to bring appliances from home. Adaptors can be purchased on board your small ship.

Language

The official language used by APT staff worldwide is English. All staff, crew and local guides speak fluent English throughout Europe. All guided tours, announcements and lectures will be presented in English.

General Physical Fitness

APT cruises and tours are not physically demanding; however, because of the nature of many of the sites you will be visiting, some tours will require a good level of fitness and health to participate. Some trips may not be appropriate for guests with certain medical conditions and physical restrictions. Walking tours are often on uneven ground (such as cobblestones) and may include stairs as well as steep inclines. You should be able to stand on your feet for an extended period of time to visit museums, attractions and other sites, as well as when checking in for flights and cruises and at Customs and Immigration.

Small Ship Expedition Cruise itineraries require a good level of health and fitness for embarkation/disembarkation of local tenders or Zodiacs for shore excursions. You must be able to climb ramps and step into these smaller boats. While our crew is always there to lend a steady hand, for safety reasons, they are not able to lift passengers in and out of local tenders or Zodiacs. We highly recommend selecting a tour with an activity level suited to your fitness, health and mobility.

Allergies

If you have a food allergy or another condition that needs to be managed on tour, please advise your booking agent as soon as possible, as well as your Cruise Director upon arrival, as most suppliers require advance notice to accommodate this. In some cases you might be asked to fill out a form or waiver.

Account and Payment Options

For your convenience, all purchases and paid services on board the Seabourn Venture are billed to your shipboard account. At the end of the cruise, you will receive a total that can be paid with cash or a credit card. The ships do not accept payments made by Diners Club cards, prepaid Visa or MasterCard, EFTPOS, Travelex cards, cash passports, prepaid cash cards or traveller's cheques. The onboard currency is the US Dollar (US\$). Currency exchange between US\$, EUR and GBP is available from Guest Services.



Swimming pool aboard the Seabourn Venture

Currency and Spending Money

We recommend that you carry minimal cash with you to Europe. On arrival, the most convenient way to acquire money is via an ATM. Before you depart, ensure your credit cards are valid for at least 30 days after your proposed date of return and that they are activated. It's a good idea to verify with your bank that your card will work overseas prior to departure.

We also recommend that you obtain a PIN number for any credit cards, as many establishments will not accept signature only.

You can obtain local currency at the airport or train station when ATMs are available, but we advise to always carry €50 emergency cash. This should be enough to get you into town to withdraw more money. Carrying cash also covers restaurant bills and other services. Note that hotel receptions and after-hours money exchanges carry high commissions and some stores do have a minimum spend amount before accepting credit cards.

For the most up-to-date exchange rate, please check with your bank, or www.xe.com (universal currency converter).

STAYING HEALTHY ON HOLIDAY

It's important for you to be as healthy as possible before you travel, and to maintain your health by applying good hygiene practices while on tour. Respiratory and gastrointestinal illnesses, while usually minor in nature, can spread rapidly within a tour group, and have a major impact on everyone's enjoyment. APT is committed to reducing the spread of infections on tours, and asks that you read and follow our recommendations, to ensure a healthy, safe and enjoyable holiday for you and your fellow travellers.

Before You Go

Get Walking

As your tour or cruise will involve some sightseeing by foot, and you will be required to embark/disembark ships and/or other forms of transport, we advise you start exercising ahead of your trip.

In the lead-up to your trip, we recommend you start walking, three times a week (including some steps), building up to an hour at a time. This will ensure you have the stamina and energy to see and appreciate all the sights your tour/cruise has to offer. You should ensure your walking shoes fit properly and have been broken-in prior to departure.

See Your GP

Your GP or travel clinic is the best source of information about preventative measures, including vaccinations. We recommend all travellers consult their GP or local travel clinic for detailed advice to ensure maximum pre-travel preparation. Please take a copy of your travel itinerary with you to assist with the recommendations of appropriate medication and vaccinations.

If you have a medical condition, ask your doctor to prepare a document outlining your medical history for a foreign doctor. It should include your name, address, emergency contact, blood type, medical history, current medications and dosages, drug allergies, reasons for prior hospitalisation, and a list of vaccinations and dates.

Copies of your prescriptions are vital in case of ill health while on tour. Prepare a list of your medications, including the name, dosage, prescribing doctor and their phone number. Pack sufficient medication for the duration of your tour. Your medication should be kept close at hand in your purse or carry-on bag. It is always good to carry a list of your medications in case they are lost. Remember to leave everything in their original containers so they can be easily identified. It is also a good idea to bring a copy of the prescription for your glasses or contact lenses.

Pack a Medical Kit

A small medical kit is recommended for all travellers. Pharmacies in large cities will likely stock the most basic medicines and supplies, but they may be difficult to access and a script may be required for some medications.

Your medical kit should include:

- Your preferred cold and flu medication (e.g. cold and flu tablets, throat lozenges and nasal decongestant).
- Your preferred painkiller (e.g. paracetamol or ibuprofen).
- Medicine for gastrointestinal upsets (e.g. antacids, 'stoppers' for diarrhoea and a laxative for constipation).
- Other supplies including elastic bandages, blister pads, scissors, thermometer, tweezers and eye drops for dry eyes.

In the Air

- Wear loose clothing and comfortable shoes during your flight.
- Eat light meals, drink plenty of water and minimise caffeine and alcohol consumption.
- Alleviate pressure in your ears by chewing gum, yawning, swallowing, or gently blowing your nose.
- Avoid wearing contact lenses during your flight as aircraft cabin air tends to dry them out.
- To avoid swollen legs and to reduce the risk of deep vein thrombosis, wear knee-length flight socks for all long haul flights, and walk up and down the aisle to stretch your legs and get blood circulating. You could also do a few isometric exercises while seated.
- If you arrive in the morning, try to sleep during your flight so you can stay awake until the evening. This will help you adapt to the new time zone and to avoid jet lag.

On Tour

Practicing good hygiene is vitally important in stopping the spread of common viral infections such as colds, flu or gastro, which can spread quickly.

Practice Good Hygiene:

- Washing your hands is the most effective way to reduce the risk of contracting and spreading infections.
- Health experts recommend you wash your hands often with hot water and soap for 20 seconds or longer before eating, after sneezing or coughing and after touching high-contact surfaces (such as door knobs, elevator buttons and railings).
- Please be mindful of your fellow travellers with respect to coughing, sneezing and the disposal of used tissues.
- Hand sanitiser dispensers are located in various public areas on board all of our ships. Please ensure you make use of these when reboarding and before all meals.

Colds and Flu

Viral respiratory infections are the most common infectious illnesses affecting travellers. Colds and flu are primarily spread by people coughing, so please practice hygiene and respiratory courtesy – wash your hands often, cover your mouth when coughing or sneezing, and use anti-bacterial wipes/hand sanitiser frequently (i.e. after shore excursions, prior to meals and throughout the day).

Influenza is commonly contracted while travelling overseas. The flu vaccine protects against viruses expected to be prevalent during the current flu season. You should discuss this with your GP.

Gastro and Traveller's Diarrhoea

Traveller's Diarrhoea is the second most common infectious illness affecting travellers. The illness can be due to a number of different bugs including viruses and bacteria. Viral gastroenteritis is generally spread by person-to-person contact, whereas bacterial gastroenteritis is generally spread from consuming contaminated food or water.

Symptoms can include fever, nausea, vomiting, diarrhoea and abdominal pain. The incubation for the illness is variable depending on the cause. Symptoms are generally self-limiting and treatment includes rest, rehydration, simple diet, anti-nausea and anti-diarrhoeal

medications. Antibiotics are generally reserved for use when symptoms are more severe or protracted (e.g. fever, abdominal pain, bloody diarrhoea or duration of symptoms for more than two days).

Strict personal hygiene measures, particularly hand washing, helps protect you from getting sick and of course spreading the infection to others.

Sun Exposure and Dehydration

The weather will be variable on your tour. Drinking plenty of water is important to prevent dehydration. A hat and good sunscreen are important for preventing sunburn, even on overcast days.

Water & Food Safety

- When visiting countries where you are unsure about general hygiene practice, please take care if buying food from street vendors or in small restaurants away from your hotel, cruise ship or recommended venues. At these places, avoid raw fruit and vegetables, dairy products (including ice-cream) as well as meat and fish not properly cooked. It is generally safe to eat cooked meats and vegetables prepared in tourist hotels and tourist area restaurants. Fruit that you peel yourself is considered safe.
- You can feel safe eating anything served to you at the tour hotels and while on board your cruise.
- Don't buy alcohol from street vendors.

AT THE AIRPORT

Check-in

It is important that you arrive at the airport at least two hours before domestic flights (which includes internal flights within Europe) and three hours in advance for international flights. This will allow you time to check-in your baggage, present your passport and ticket, get seat assignments and boarding passes, and make your way through security procedures to the boarding area. Please check the requirements specific to your airline and airport to ensure you arrive at the airport at the correct time. Early morning flights may require you to check-in the day before. Airlines have little leniency if flights are missed.

Delayed or Missed Flights

In the unfortunate event that you miss a flight completely or that you are delayed substantially, please advise the airline representative that you are a cruise passenger bound for a specific start location, date and time. Be sure to advise APT of your new flight details immediately.

Please call (not SMS/text message) the APT operations staff on +49 180 5009 648 with your new flight details. They will make every effort to ensure you are met on arrival. If you are not met due to a delayed or missed flight, please organise a transfer and retain any receipts, in case you need to make a claim with the airline or travel insurance company. Please see your itinerary for applicable phone numbers.

Checked Luggage Restrictions and Security

International airlines may impose fees or require you to remove articles if weight or size limits are exceeded. We recommend you contact your airline(s) or travel agent for specific information prior to departure, as size and weight limits can vary between airlines. Make sure that you do not include anything of high value (personal or financial) within your checked luggage. This includes, but is not limited to jewellery, cameras, video equipment, reading/sunglasses, laptops and other computer/electronic equipment and medication.

Hand/Carry-On Luggage Restrictions

For your comfort, limit hand luggage to one bag that fits under your aircraft seat or in the overhead compartment. Make sure you have your passport, airline tickets, medication and all your travel documents with you in your hand luggage. For security reasons, keep all unchecked luggage in your immediate possession. Unattended luggage can be confiscated by airport personnel.

Useful Health-Related Websites

Australia

www.traveldoctor.com.au

www.travelclinic.com.au

www.travelvax.com.au

www.smartraveller.gov.au/tips

www.tga.gov.au/travelling-medicines-and-medical-devices

New Zealand

www.worldwise.co.nz

United Kingdom

www.fitfortravel.nhs.uk

www.travelhealthpro.org.uk

Luggage Tags

We recommend that you attach a luggage tag to both your suitcase and hand luggage. It is also a good idea to put a label with your name, address and telephone number on the inside of your suitcase and hand luggage.

Lost or Delayed Luggage

Sometimes luggage is delayed during air transit. It is recommended to take a change of clothing and any essential medication in your hand luggage, or pack some clothing in your travel companion's bag. Place a copy of the ship and/or hotel contacts inside your hand luggage. Claims for reimbursement should be submitted directly to the airline – a claim form should be filled out at the appropriate airline desk upon arrival. If you need assistance in contacting the airlines for information regarding your delayed luggage, please ask your Cruise Director or local guide.

Airport and Airline Security

Most countries observe the following guidelines regarding liquid, aerosol and gel restrictions on flights. However, we advise you to check with your airline for clarification of regulations before you leave. Each container of liquids, aerosols or gels in your carry-on luggage must be 100ml or less. All must be sealed in a transparent, one litre (or less) resealable plastic bag.

You may still carry through the screening point prescription medicines and non-prescription medicines that you need for the flight. Proof of Need may be required. You will have to surrender any liquids, aerosols or gels greater than 100ml that you are carrying at the screening point. This includes duty free items (at many airports,



Spot a puffin in Iceland

you are able to purchase duty free items after you have passed through the screening point for your international flight).

Items allowed include empty containers such as mugs or flasks, cosmetics and toiletries such as sanitary items, talcum powder, contact lenses and lens solution, solid foods, medicines including prescribed medication (e.g. insulin) and essential non-prescribed medication.

Items over 100ml not allowed include drinks in cans and bottles, cosmetics and toiletries in liquid or gel form, such as perfumes

and creams, and products in pressurised containers such as hairspray, shaving foam or gel, aerosol deodorants, and liquid-based food products.

Customs

To prevent the introduction of exotic pests and diseases on your return home, arriving travellers are screened and luggage is often inspected or x-rayed by customs or quarantine officers. All food and other such items of plant and/or animal origin need to be declared.

IMPORTANT INFORMATION

Emergency Contact Information

The ship's phone system operates on mobile reception and may not always receive good reception throughout the trip. In case of emergency, your family and friends can call APT during normal business hours on 1300 278 278 (Australia); 0800 278 687 (New Zealand); or +49 180 5009 648 (Emergency).

Ship Arrival and Departure

Embarkation commences from 12:30pm and all guests must be onboard by 3:30pm for a welcome and safety briefing. On departure, check out is at 9am.

Docking Information

Passengers making their own travel arrangements to the ship will need to check the port address online prior to arrival.

Gratuities

Gratuities are included for cruise staff and local guides on Small Ship Cruises. Tipping cannot be redeemed for a cash refund.

Docking Position

Please note that during port stops ships often dock side by side, which may obstruct views and require you to pass through other ships to embark or disembark.

Conservation Rules For Visitors

The Arctic is one of the last ecologically intact wilderness sanctuaries on our planet. The ecological balance, however, is extremely precarious. Under the region's extreme climatic conditions, animal and plant life exists on the verge of their tolerances. Any interference by man in the region must be extremely cautious and carefully considered because the consequences are much more serious than elsewhere.

With this in mind, we make sure that expeditions are arranged in a way that minimises disturbance to wildlife and the fragile natural environment. Our expeditions comply with all international ecological requirements as well as the requirements for the conservation of natural resources. Because of the aforementioned, we require you to follow certain rules of conduct while aboard, ashore and on ice.

When Aboard

- Do not throw any waste overboard onto the ice and into the water. Containers for waste are provided in your room.
- Do not leave waste on the decks, take it to your cabin and put it into the waste container.
- Do not feed any wildlife from the vessel. Bird flocks often follow the vessel: please avoid the temptation to throw any food to them. Please be aware that feeding the wildlife not only causes pollution, but it also results in changes of behaviour of animals and birds.

When Ashore

- Do not leave any waste ashore. When you find any waste ashore, please remove it – your help in keeping nature's reserves clean will be much appreciated.
- Do not get close to any wildlife. Walk slowly and make sure you stop occasionally to allow wildlife the space they need.
- Do not cut off an animal's pathway to the sea.

- Do not disturb or feed any wildlife. Please be aware that feeding the wildlife not only causes pollution, but it also results in changes of behaviour of animals and birds.
- Do not get close to the places where birds nest in order not to scare them away: the uncovered eggs cool quickly and are easy prey for predators.
- Our general rule is to keep noise to a minimum. Sometimes our vessels quietly get close enough to (but still, quite a distance away from) the nesting areas of several bird species. Please do not shout out loudly in order not to disturb the birds. Do not pick flowers or plant specimens. Please watch your step carefully to avoid any unnecessary damage to the ground and the flora. The regeneration of flora is extremely slow in the Arctic.
- Do not take any souvenirs with you: bones of the wildlife, live or dead animals or parts of their bodies, rocks, fossils, plants etc.
- During many expeditions we come across historical sights, cultural monuments and relics of the past. It is unlawful to destroy or to remove relics from the place where they are found.
- Always listen and respect the advice provided to you by your guides. They are experts in their field and want you to enjoy every element of your journey, while protecting the environment.
- Do not venture far from your group, onto glaciers or into open snow fields without your Expedition Leader or proper equipment. Doing so will put you in danger of falling into hidden crevasses. Do not enter, use equipment or take food from an emergency refuge (except in emergencies).

Coach Travel

To avoid serious injury, passengers must remain seated at all times while the coach is in motion. Some coaches have a toilet on board, however, the coach will be making regular stops at facilities. Hand luggage and other personal items should be safely stored in the overhead luggage racks or under your seat to keep the aisles clear. Heavy items and hard suitcases shouldn't be stored overhead. No passengers are permitted to remain on the coach during stops. Ensure you do not leave valuables on the coach. Please follow these safety precautions and take the time to note all emergency exits. If fitted, seat belts must be worn.

Smoking

Smoking is not permitted anywhere inside the ship, including balconies. The same policy applies for electronic cigarettes. For the safety and comfort of guests, your cooperation in observing the no-smoking policy is appreciated.

Hotels

Hotels throughout your journey are selected based on their idyllic locations, usually within city centres for easy access to sightseeing, or in unique and breathtaking locations. Please note many European hotels include a standard shower over bath. Our Small Ship Expedition Cruises often journey to remote destinations off the beaten path, so five-star hotels are not always available. However, we have selected a range of unique, charming and authentic properties to enhance your experience.

The typical check-in time at hotels in Europe is 3pm local time. Specific times will be provided on your itinerary. In some cases, you may be able to store luggage at the hotel before check-in.

You may be required to present a credit card upon check-in to cover incidentals. If you do not have a credit card, a monetary deposit in local currency may be required. Amounts differ for each hotel. Typical check out times vary but are usually at 11am or noon. If you have a late afternoon or evening flight, some hotels have a luggage room where you can store your luggage until you depart for the airport.

Transfers

Transfers must be pre-arranged at the time of booking and flight details need to be provided to confirm this service. You will be welcomed on arrival by an APT representative, who will be holding an APT sign. If you cannot locate your transfer representative, refer to your itinerary for an emergency contact number to call. If you have independent travel arrangements prior to your APT tour and don't have an APT transfer, the tourist information office at your arrival city will be able to offer assistance with directions to the ship or hotel. If you transfer to the ship on your own, we recommend you check the [website](#) to confirm the ship's docking location. If you require any assistance, please contact our European office on the numbers provided in your personal itinerary.

SHIP SERVICES AND AMENITIES

Air Conditioning and Heating

All suites have individual climate control. If you have any questions regarding your suite's air conditioning or heating, please check the instructions or enquire at the onboard reception.

Dining

All meals on board your cruise are included. Meals are served in the dining room in a single sitting. No table reservations can be made in the main restaurants. Vegetarian and gluten-free options are available – please notify APT of any special dietary requirements when making your booking.

Beverages

Aboard your cruise, coffee and tea are available free of charge throughout the day and during meals. Complimentary alcoholic and non-alcoholic beverages are available all day throughout your cruise, excluding French Champagne, premium spirits and selected wines – which are offered at an additional cost. Our staff are trained in the Responsible Service of Alcohol and are obligated by law to refuse service to any guest who, in their reasonable opinion, appears to be or is intoxicated, or behaves in an aggressive or offensive manner.

Laundry and Room Service

Laundry Service

For passengers comfort, a laundry service is available to all guests. You will find laundry pricing, bags and slips inside your cabin. During your entire cruise, your cabin attendant will be available to take care of washing and ironing your clothing within 48 hours. These are paid-for services and will be directly charged to your cabin account. Self-service laundry and dry cleaning is not available.

Zodiacs and Tenders

Seabourn Venture has Zodiacs on board to allow all passengers to explore at the same time. Passengers must be able to access the Zodiacs by stepping down several steps. Some assistance will be given by on-board crew and members of the Expedition Team, but passengers will not be lifted in and out of the Zodiacs. The Zodiacs are used for journeys ashore.

Local tenders may also be used at times dependant on the itinerary.

Disruption to Cruising and Itinerary Arrangements

Itineraries are subject to alteration without notice and are intended as a guide only. Although every effort will be made to keep them as they are shown in the brochure and final documents, deviations to the planned cruise/touring itineraries and hotels are possible due to road, weather conditions, strikes, or other reasons beyond APT's control. Should conditions render cruise/land touring routes unsafe for navigation, APT reserves the right to provide alternative services including, but not limited to, accommodation not on the docked ship and/or substitute touring arrangements.

The nature of Small Ship Expedition Cruises is that you will take advantage of opportunities as they occur to enhance your cruise – this may impact other itinerary inclusions. The Captain and Expedition Leader will take responsibility for decision making in this regard. No refund is available under these circumstances. We strongly recommend you take out comprehensive travel insurance that includes coverage for events such as these.

APT can give no guarantee as to exact arrival and departure times for carriers and operators used by APT on the tour and APT will not be liable for failure to make connections with any other services or attractions beyond its control. If accommodation listed becomes unavailable, APT reserves the right to substitute hotels with alternative accommodation of a similar standard.

Tenders are small local vessels used to ferry passengers to and from the ship when we are unable to dock in port and are therefore anchored just off the coast. The use of tenders will be dependent on your cruise itinerary.

Elevator

An elevator is located on the Seabourn Venture and all passenger decks are accessible by elevator.

Wellness Centre

Seabourn Venture has a Spa and Wellness Centre, offering massages, facials and beauty treatments. Appointments for hair styling can be made on board at the reception desk. Fees for all treatments are available at reception and will be charged to your shipboard account.

Hair Dryers

Each suite is equipped with a hair dryer.

Internet

On the Seabourn Venture, Wi-Fi is also available; however, you will need to bring your own laptop or tablet to gain access. As all ships use a satellite system, routing may cause reception to be restricted at times.

Medical

On board the Seabourn Venture, there is an onboard doctor and Medical Center. You will be responsible for all charges that result from visiting either the onboard medical practitioner or a local medical facility. APT is not responsible for the type or quality of the medical services you receive.

Safe

All suites are equipped with a safe. It is recommended that you place your valuables in the safe when away from the suite. Items too large for the safe can be placed in the ship's safe at the reception desk.

Telephone

All suites are equipped with a telephone. It can be used to call between suites as well as from ship to shore. As the telephone system functions via satellite there may be times, depending on routing, when the phones are out of range. Instructions for phone use are provided in each suite. Any charges are placed on your shipboard account.

Television

There is a flat-screen television in each suite on board. As all ships use a satellite system, reception may at times be restricted or unclear as you cruise from port to port.

USEFUL INFORMATION

Weather

All luxury yacht itineraries operate during the optimum time to visit the particular country or city.

Websites

APT Docking Locations and River Ship Phone Numbers:

www.aptouring.com/portdetails

Climate: www.climate-zone.com

Time: www.timeanddate.com/worldclock

Currency Conversion: www.xe.com

International Telephone Codes: www.countrycallingcodes.com

Customs Australia: www.border.gov.au

Customs New Zealand: www.customs.govt.nz

Customs UK: www.hmrc.gov.uk/customs

Australian Government Advisory & Consular Service:

www.smartraveller.gov.au

New Zealand Government Advisory & Consular Service:

www.safetravel.govt.nz

Australian Department of Transport & Regional Services:

www.homeaffairs.gov.au/about-us/what-we-do/travelsecure

UK Government Travel Advisory: www.gov.uk/foreign-travel-advice

Australian Embassies: www.embassy.gov.au

New Zealand Embassies: www.mfat.govt.nz/en/embassies

British Embassies: www.gov.uk/government/world/organisations

Telephone Dialling Information

When calling from Australia to Europe, replace the '+' symbol with '0011'.

When calling from one European country to another, replace the '+' symbol with '00'.

For calls made within the country, please ignore the '+' symbol and the international numbers (the first two digits) and instead dial '0' followed by the number shown.

For all other international calls, please replace the '+' symbol with the international access number for the country you are in.

Emergency Contact Information

The ship's phone systems operate on satellite reception and may not receive reception at times throughout the trip.

In an emergency, your family or friends can call APT during normal business hours on: 1300 278 278 (Australia).

In Europe: Should you for some reason require any extra assistance once in Europe, please call APT Europe Operations. Mobile Number (In case of Emergency): +49 180 5009648.

Outside Europe: For extreme emergencies outside of business hours, please phone (03) 8526 1700 and you will be diverted to APT's after-hours emergency phone.

GENERAL COUNTRY INFORMATION

Iceland

Currency: Icelandic Krona

Population: 370,000

Capital: Reykjavík

Language: Icelandic

International Dialling Code: +354

Useful Phrases: Góðan daginn pronounced as 'go-thah-n die-in' (good morning); Vinsamlegast pronounced vin-saam-leh-gast (please)

Scotland

Currency: British Pound Sterling

Population: 5.4 million

Capital: Edinburgh

Language: English

International Dialling Code: +44

Faroe Islands

Currency: Danish Krona

Population: 54,000

Capital: Tórshavn

Language: Faroese and Danish

International Dialling Code: +298

APT TRAVEL CENTRES

AUSTRALIA

Building 4, Level 1, 15 Cochranes Road, Moorabbin, VIC 3189

P: 1300 278 278 (within Australia)

W: aptouring.com

NEW ZEALAND

Level 1, 20 Augustus Terrace, Parnell, Auckland 1052

P: 0800 278 687 (within New Zealand)

W: aptouring.com

UNITED KINGDOM

3rd Floor, 52 Grosvenor Gardens, London SW1W 0AU

P: 0800 012 6686 (within the UK)

W: aptouring.com

NORTH AMERICA

Suite 530, World Trade Centre, 999 Canada Place, Vancouver, British Columbia, V6C 3E1

P: 1800 290 8687 (within North America)

W: aptouring.com



This booklet is designed as a guideline to assist you when preparing for your tour. Much of the information within is subject to change and while all care has been taken to ensure all information is correct at time of production, we cannot take responsibility for any subsequent changes.

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