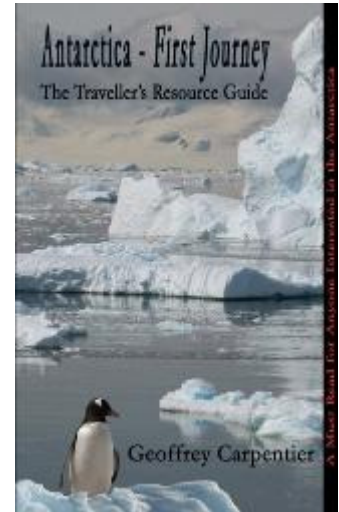


# Introducing **Antarctica - First Journey** A New Book about Antarctic Travel

Published November 2009 – ISBN: 978-1-897474-36-2  
Hidden Brook Press  
www.HiddenBrookPress.com

## Scope and content of the book

Many books about Antarctica that focus on the visiting traveler are out of date and incomplete. I am an expedition guide who has been traveling to Antarctica for five years as a lecturer and naturalist. Throughout my journeys I have met thousands of visitors with myriad questions. What I have learned is that they want to know everything and anything about Antarctica, but I also came to understand that no good resource was available to them. I decided to take what I knew, draw on the experience of myself and others and produce a concise, current book that would help them in planning and implementing their journey. The result was a 360-page full colour book that covered the most widely visited areas – Ushuaia, the Falklands (Malvinas), South Georgia, South Orkneys, South Shetlands, South Sandwich Islands and the Peninsula.



Essentially everything a traveler would want to know is discussed, including:

- Planning the trip – choosing a ship, travel style, company; packing, what one can expect regarding activities and travel tips;
- Medical - a doctor, who has worked as a ship's physician, helped me research this chapter that deals with common travel, seagoing, shore-based and weather-related concerns and offers traditional medicinal and homeopathic remedies;
- A primer on ice, snow, weather and climate;
- Tourism controls and rules – IAATO, biosecurity, proximity to wildlife, environmental protection, Antarctic Treaty and related protocols;
- Wildlife – detailed information on birds, mammals (land & oceanic), plants, invertebrates and fish;
- A detailed chapter on over 200 sites one might visit while down there, including information on terrain, history, wildlife and landing conditions; an introduction to islands that don't exist (based on research by Dr. Bob Headland) enhances the completeness of the book;
- A chronological summary of significant historical accomplishments and milestones from 1616 to present; and
- A compilation of marine superstitions that promises to entertain and educate.

Backgrounder – Antarctica – First Journey: The Traveller's Resource Guide  
by Geoffrey Carpentier

## **What are the experts saying about the book?**

Reviews are still coming in, but here's a sampling:

Kenn Kaufman, author of "Kaufman Field Guide to Birds of North America" – "It's a pleasure to recommend this book to travellers".

Jonathan Scott, Co-host of the BBC TV series "Big Cat Diaries" – "It is the kind of book you will wish you had read before setting out on your travels".

John Spletstoesser, Advisor to IAATO – "The author anticipates the issues that might at first seem perplexing to anyone planning to visit Antarctica, and covers them in detail. It is a worthwhile purchase."

Mark Terry, Producer "The Antarctica Challenge: A Global Warning" – "Before you travel to the remotest place on Earth, be sure to read this book. You'll be glad you did".

Richard Wolak in "The Polar Times" - The writing style is light and engaging ... interspersed with anecdotal and fun-to-know information. The author takes a strong environmental stance throughout including .. Important guidance for visitors to the Antarctic".

To view samples of the book please visit  
[http://www.avocetnatureservices.com/Antarctica\\_First\\_Journey.html](http://www.avocetnatureservices.com/Antarctica_First_Journey.html)

## **About the Author**

Geoff's interest in nature began at 13 years of age when he wandered through the woods and countryside near his Canadian home of Petawawa, Ontario. Since his years at the University of Guelph, where he studied zoology, he has dedicated his life to protecting and studying wild things – be they birds, mammals, insects or plants. After his retirement in 2006 from the Ontario Ministry of the Environment, Geoff headed off on a new career path where he put his life long studies to work – he became an expedition and interpretive guide. Specializing in both tropical and polar environs, he has travelled the world, visiting over 60 countries on all seven continents. He has led numerous trips to Alaska, Antarctica, Borneo, Cuba, Greenland, Iceland, Russia and Svalbard. A prolific author, Geoff wrote a previous book on mammals, and is widely published in nature magazines and newspapers.

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