## PENGUINS

### PENGUIN HABITAT

Penguins are found in many areas in the southern hemisphere. Most people think they only live in very cold climates like the icy continent of Antarctica, but they also live in milder areas like the Galapagos Islands, Australia and South Africa. There are 17 species of penguin. It is the larger species, such as the Emperor penguin, that live in the colder climates.

### PENGUIN CHARACTERISTICS

Penguins are flightless birds, and on land they can only waddle along on their feet or slide on the ice on their stomachs. However, penguins are excellent swimmers and spend more than half their time in the sea. They can swim very fast and dive deep under water when looking for food. A layer of fat together with air trapped in their feathers keeps them warm in the water and on land in almost any weather.

### PENGUIN APPEARANCE

Penguins are black and white, which gives them excellent camouflage in the water. When swimming in the ocean, their white stomachs make them hard to see from below against the sky and sunlight above. Likewise, their black backs mean they are difficult to spot in the dark ocean.
Penguins mainly eat fish. The types of fish they eat depend on where they live. They also eat krill (tiny shrimplike animals), squid, shellfish and octopus. Due to factors such as overfishing and climate change, fish stocks are declining. This means that the number of penguins is decreasing too as it’s becoming more difficult for them to feed themselves.

PENGUIN FAMILIES

Every spring, penguins return to the same place to lay their eggs. Both parents take turns sitting on the egg, or eggs, to keep them warm. They also stay close to new-born chicks to protect them from predators. While one parent watches over the chick, the other parent will get food, and stores it in its mouth to feed the chick. The parents look after their chick for several months until it’s old enough to find food for itself.
HIKING IN THE POLAR REGIONS: ANTARCTICA

Imagine standing high up on a slope, overlooking an ice-filled bay. Kayaks* glide across it, the wind gently kisses the surface of the water, and you smile, as you realise that Antarctica is everything you imagined it would be.

Nothing prepares you for the heart-stopping beauty of Antarctica. The sight and sound of the amazing penguin colonies. Ice fields, ice cliffs and deep blue icebergs that dwarf everything around. Seabirds soaring and swooping. Huge, fabulous whales and colossal elephant seals! Sunsets and sunrises separated by crimson-streaked skies. It really is an ice paradise!

WHO CAN DO IT?

Anyone can take part in our hiking programme. The longer hikes last from two to three hours, but there are shorter walks, up to a number of viewpoints or along the beach.

WHAT IS PROVIDED?

Although we only organise our hikes in safe areas, conditions can change quickly, which may result in delays. Our guides, therefore, always carry safety equipment. We also have trekking poles for your use and snowshoes to help improve your grip on slippery surfaces and deep snow.
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<th>WHAT DO YOU NEED TO BRING?</th>
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<td>Hiking boots are required for some of the routes offered. In addition, it’s good to have a small backpack in order to carry some extra supplies as well as an extra layer of clothing.</td>
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**Glossary**

kayak: a type of small boat.