

Title
James Lowen, 240 pages **£17.95 BUY NOW** This is a handy-sized photographic field guide that aims to help visitors to this remarkable part of the world - beginner or expert - identify with confidence any bird or marine mammal they encounter during their journey from the tip of South America to the Great White Continent. This title includes: stunning colour plates showing typical views of each species of bird and marine mammal, together with the few terrestrial plants likely to be encountered; approx. 350 photos, 35 illustrations and 2 maps; detailed species profiles covering key identification features and where to look, plus fascinating facts and other talking points; introductory chapters to the Antarctic environments, divided into sections covering the wildlife of each area by season; and, information on tourism and Antarctic cruising, focusing on how to get the most from your visit, how to get there and what to take with you.