Cross coasts at right angles and above 2000 ft (~610 m) AGL where possible.
Maintain a vertical separation distance of 2000 ft (~610 m) AGL and a horizontal separation of ¼ nautical mile (~460 m) from the coastline wherever possible.

Place names derived from the USGS BGN: www.geonames.usgs.gov
Antarctic Specially Protected Area (ASPA) and Antarctic Specially Protected Area (ASPA) (with number)
Facilities derived from COMNAP Antarctic facilities list:
Topographic details from the SCAR Antarctic Digital Database (ADD)
Contours and spot heights are in feet.
Spot heights do not always denote the highest point of the feature.

Warnings:

This map is for navigation only and is not intended for military operations.
This map is based on single-source data and represents the location of features.
Place names derived from the USGS BGN are geoname.org entries.