



Antarctica Expedition Cruises



The spirit of adventure

Every Swan Hellenic sailing is an experience unto itself. Although we have an expertly designed programme for each cruise, we are always open to the unexpected. And the unexpected usually finds us.

Your one-of-a-kind Antarctic voyage promises the sights, sounds and surprises of the White Continent. Whether you catch sight of humpback whales breaching in beautiful ice filled waters, penguins roosting in their thousands, or a colony of seals happily dozing in the sun: these are memories you'll never forget.

You can also design your own bespoke cultural expedition cruise with our Grand Voyages. Combine two or more of our cruise itineraries and see the world your way.

Our elegant staterooms have plenty of storage ideal for longer trips. Embark on the voyage of a lifetime and witness the wonders of our planet on your own unique journey.





Explore

Every Swan Hellenic cruise is the same today as it always was, combining geographical exploration with cultural and scientific discovery. We don't just take you to explore the most extraordinary places on Earth. We bring you the company of like minded people and renowned experts, who offer eye opening lectures and are on hand for informal questions and discussion throughout your cruise.

Experience

When you choose Swan Hellenic to see what others don't, you can be sure you'll do so with a full perspective and real insight into the history, cultures, wildlife, flora, geology and geography of each destination.

Briefings before each disembarkation and recaps afterwards supplement our lectures and talks, stimulating a relaxed social environment that encourages the sharing of experiences.



Enrich

At the same time, every Swan Hellenic cruise is also full of opportunities for you to develop your creative passions, with professionals on board to support you in photography and more. A library with a multitude of books on every subject completes the picture, so you can take your interests to another level. It's the depth of these other dimensions that's unique to Swan Hellenic, making us the first choice of adventurous minds worldwide.





Geologists

Everyone loves a beautiful landscape. But understanding its geology and how it was formed will change your perspective forever.



Ornithologists

Will you be lucky enough to spot a snow petrel? Learn from our ornithologists and be inspired to identify the incredible birds you'll see.



Activity Leaders

From kayaking excursions to hiking trips, you can count on our experienced activity leaders to guide you to remote, inaccessible destinations.



Photographers

Chat to our expert photographers and learn how to best capture movement and light in the extraordinary destinations we visit.



Marine Biologists

As you encounter whales, dolphins and other marine species, you can consult our marine biologists for fascinating anecdotes.



Expedition Leaders

In charge of your excursions, these leaders will make sure you get the best opportunities to experience amazing wildlife and landscapes.



Naturalists

Charles Darwin may not be on board, but our experts will give you a new understanding of organisms, habitats and the natural world.





- Return regional flights (for cruises starting) or ending in Ushuaia)
- Group transfer
- → From the airport to your hotel on the day before your cruise departs*
- → Ushuaia departures

From your hotel to the airport in Buenos Aires, and then to the port in Ushuaia, on the day of embarkation

→ Buenos Aires and Cape Town departures

From your hotel to the port on the day of embarkation

- → From the port to the airport on the final day of your cruise
- One night pre cruise accommodation with breakfast in a 4/5 star hotel or onboard
- All meals on board
- Onboard accommodation in a stateroom selected category
- 24-hour room service
- Coffee, tea, soft drinks and selected alcoholic beverages available 24-hours per day
- Lecture programmes by our experienced guest speakers
- One selected shore excursion per port of call
- Standard WiFi
- Onboard gratuities & port taxes
- Selected expedition activities led by our expedition team

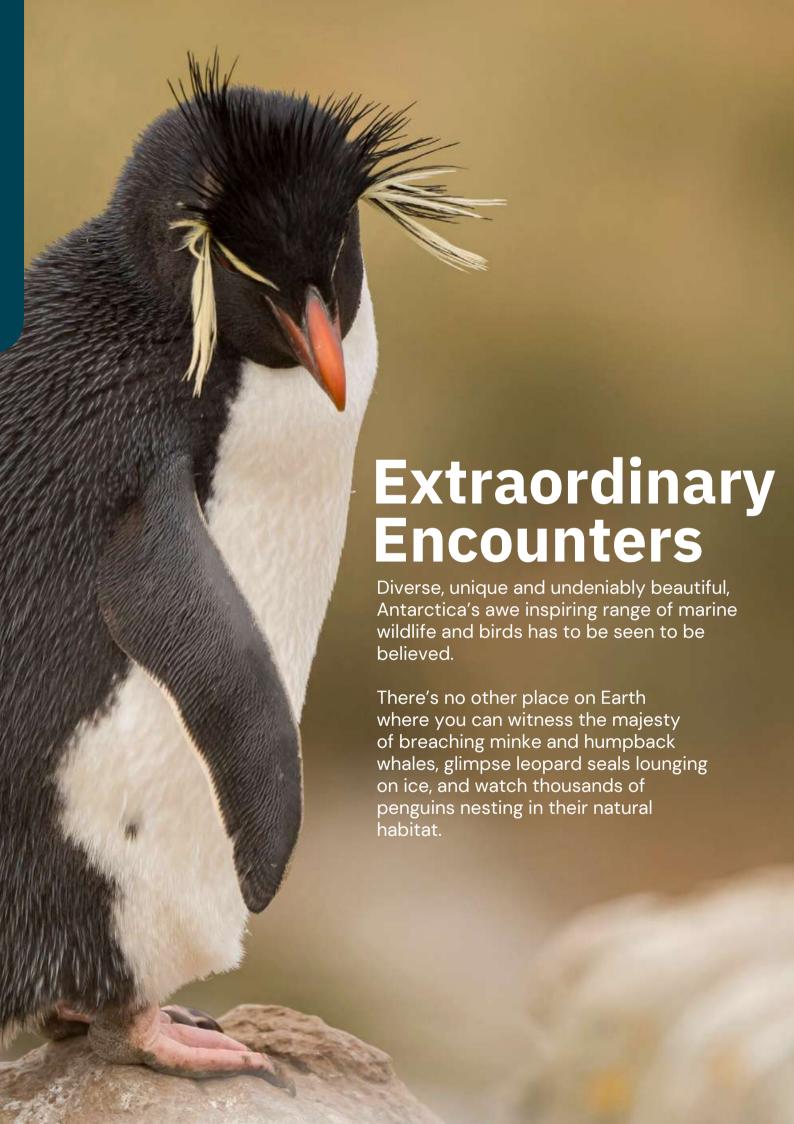
*Airport to hotel transfers are only included if you arrive on day one of your itinerary. If you arrive in your departure city earlier than this, you'll need to make your own way to your hotel.

*Hotel and transfers in Buenos Aires are not available in the Last Minute rates.

Enhance your experience

You also have the option of adding some extra special services to your cultural cruise experience (additional charges apply):

- Air fares (unless otherwise stated)• Premium alcoholic beverages
- Travel insurance• Spa & beauty treatments
- Optional land programmes and hotel
- Laundry services accomodation pre or post cruise
- Retail shop purchases
- Premium and private shore excursions
- Quick turnaround laundry service, allowing
- · Kayak and private Zodiac tours in the you to travel as light as you like expedition areas





Penguin discoveries

With around 12 million penguins living on the Antarctic Peninsula, these charismatic flightless creatures are easily the most abundant birds in Antarctica. Seven species of penguins live in this frozen wilderness, from petite Adélie and chinstrap penguins to majestic emperor and king penguins, and each breed has its own charming characteristics. Seeing these iconic birds sliding across the ice on their stomachs or displaying their impressive courtship rituals creates special memories you'll cherish forever.

Whereabouts



- Antarctica
- Chinstrap, Gentoo, Adelie
- South Georgia & Falklands Magellanic, Chinstrap, Gentoo, King, Macaroni, Rockhopper



Unforgettable seals

Six different species of seal can be found in Antarctica: Ross, Weddell, crabeater, leopard, fur and elephant seals.

These captivating creatures spend most of their lives in the sea and are insulated from the freezing water by a thick layer of blubber.

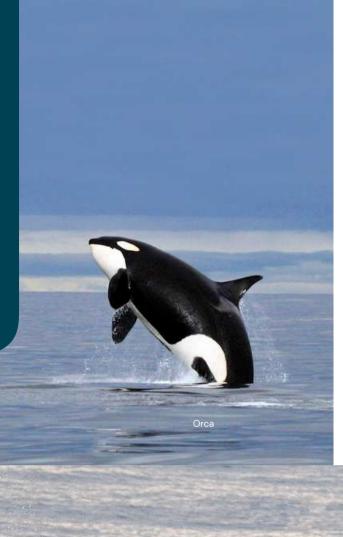
Watch out for sunbathing seals stretched out on floating ice, or taking a dip nearby for a magical moment you'll never forget.

Whereabouts

Antarctica

Fur, Leopard, Crabeater, Elephant, Weddell seals

• **South Georgia & Falklands** *Fur and Elephant seals*



Special sightings

Only the lucky few get to catch a glimpse of one of the most magnificent creatures on the planet: the **Antarctic blue whale**. This remarkable creature weighs the same as 33 elephants and grows up to 30 metres long, making it the largest animal ever to have lived. Humpback, minke, fin and sperm whales are abundant in Antarctica. Watching these marine mammals in the wild creates a connection with nature that will never leave you.

Whereabouts

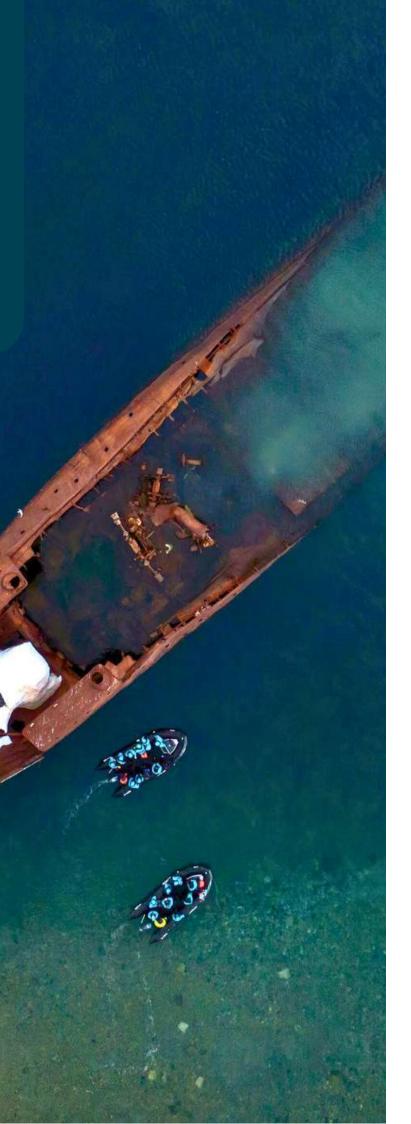


Antarctica

Minke, sperm whale

· Antarctica, South Georgia & Falklands





Expedition Activities

Zodiac boats

Our fleet of small, open-air Zodiac craft offer unique, in-depth experiences in the wild. Safe and sturdy, these specialised vessels are designed to withstand the harshest conditions.

Zodiac landings

Landing ashore by Zodiac in the Antarctic or sub Antarctic is always exciting. The weather can be unpredictable and your Zodiac ride may be 'energetic'.

Our highly trained expedition team will guide you safely to shore, where you can get close to the fantastic wildlife, ice formations, and mountains that await.

Zodiac cruising

Sometimes the best way to see
Antarctica's spectacular
landscapes and wildlife
(especially if the wildlife has not left
you any room on the beach, i.e.
penguins!) is from the Zodiac with
your expert Swan Hellenic
expedition team interpreting the
wonders.



Hiking

Rugged landscapes and/or glaciers and snow mean hiking excursions in Antarctica only happen occasionally. However, whenever there's an opportunity to explore Earth's last great wilderness on foot, we seize it.

Generally, there are no trails but your experienced expedition guides will know the best places to hike, and enrich your experience along the way by sharing their knowledge.



Citizen Science

The planet's polar regions are being presented with huge challenges in the face of climate change **Scientific research here is crucial**.

Becoming involved in the onboard Citizen Science Programmes is your chance **to help collect important data**, and give back to these precious environments.

Expedition laboratory

This is where Citizen Science comes in. Head to our onboard lab to meet our guest researchers. Gain a deeper understanding of the important scientific work being done and get hands-on polar region research experience.

Lecture programme

Our **extensive lecture programme** incorporates the fascinating scientific work being carried out on board.

Library & expedition office

Follow up on your learnings in our onboard library which contains a large selection of scientific literature.







OPTIONAL ACTIVITIES

Kayaking

Prepare to immerse yourself in the serene silence of the Antarctic waters as you explore the icy landscapes and local wildlife with your expert kayak guide.

Kayaking at Usd 250 per person







Land of snow and ice

With its otherworldly allure, Earth's seventh continent offers a truly unforgettable cruising experience. Your Antarctica journey promises panoramic views and ice- blanketed landscapes that will enthral and amaze whether you're on board or ashore. Breathtaking natural wonders, glassy fjords, rumbling glaciers, and dramatic mountain peaks await as you experience the vast, unspoiled beauty of this unique, icy destination.

Visit historic sites accompanied by polar experts, and discover captivating wildlife as you explore this inspiring environment. Encounter lounging seals, rare birdlife, and magnificent breaching whales in a land where complete silence is broken only by the sound of hooting penguins or giant, creaking ice bergs.

ITINERARIES



Africa to America Antarctic Epic

- Antarctic Peninsula, South Georgia & South Atlantic Islands
- ► SH Diana ② 2024



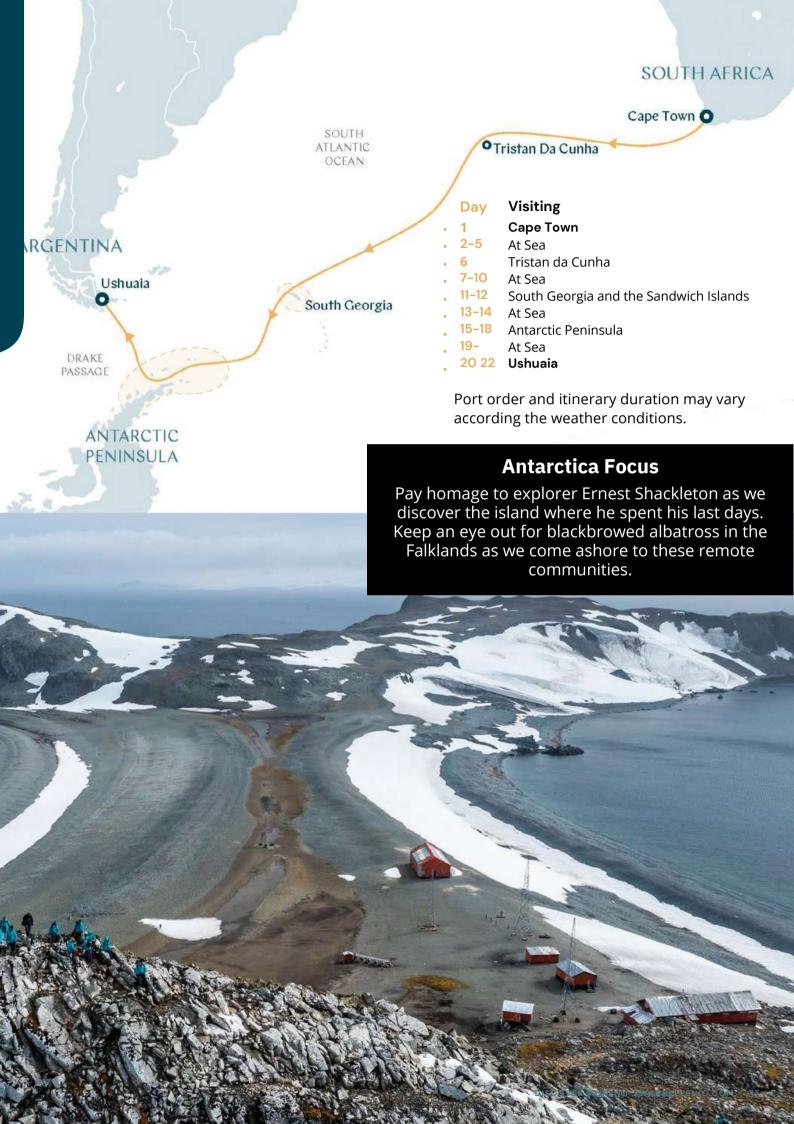
*LAST MINUTE RATE: Transfers in Buenos Aires, Hotel and Flights not included in this rates

Overview

Departing cosmopolitan Cape Town, we'll begin our South Atlantic crossing, exploring the flora and fauna on these remote islands, which have evolved in complete isolation, with fascinating results.

Brave the notorious **Drake Passage** as we sail towards the wild **Antarctic Peninsula**. Cruising through this other-worldly Antarctic icescape aboard our boutique ice class ship, we'll be searching for seabirds, **penguins**, **seals**, **sea lions**, **dolphins**, **and whales**. We'll end our cruise in Ushuaia, a perfect setting for reminiscing on this unforgettable transatlantic voyage.





Long Arc to Antarctica

- Antarctic Peninsula, South Georgia & South Atlantic Islands
- Buenos Aires Ushuaia 17 nights
- ► SH Vega 2024 ⊙



*LAST MINUTE RATE: Transfers in Buenos Aires, Hotel and Flights not included in this rates

Overview

Dream big on this epic journey.
Taking in the sights of **South Georgia**, you will visit beaches
crammed with **penguins** which will
stir the emotions as you get up close.
The **exceptional landscape** and
incredible wildlife encounters make
your voyage the ultimate Antarctica
trip leaving few places left to visit on
your bucket list..





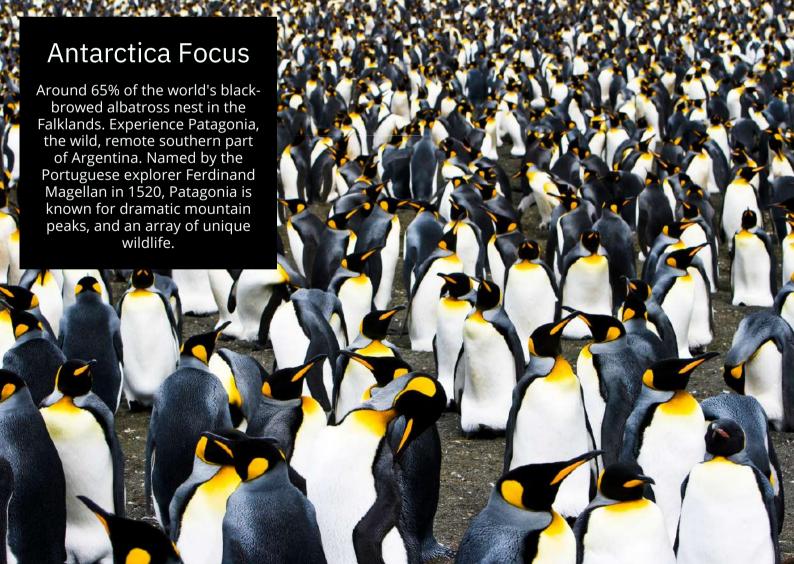




Day Visiting

- 1 Buenos Aires
- 2-4 At Sea
- 5 Saunders Island
- 6 Port Stanley (Falkland Islands)
- 7-8 At Sea
- 9–10 South Georgia and the Sandwich Islands
- 11-12 At Sea
- 13-15 Antarctic Peninsula
- 16–17 At Sea
- 18 Ushuaia

Port order and itinerary duration may vary according the weather conditions.



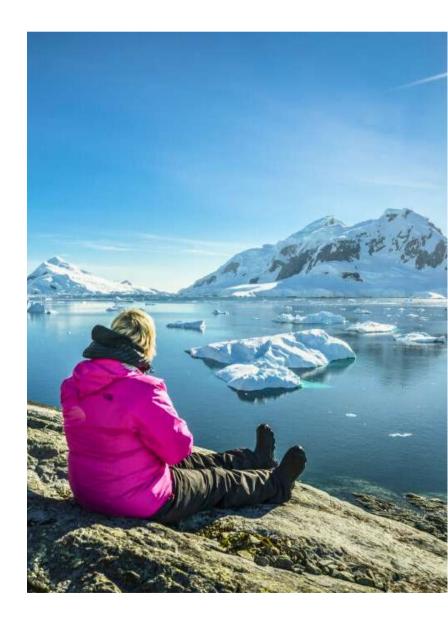
Antarctic Peninsula Odyssey



*LAST MINUTE RATE: Transfers in Buenos Aires, Hotel and Flights not included in this rates

Overview

Sail across the notorious Drake
Passage to discover the
unforgettable frozen wonders of the
Antarctic Peninsula. Explore the
White Continent's breathtaking
landscape, with its free-floating
tabular icebergs, massive glaciers,
and awe-inspiring ice cliffs.
Watch out for extraordinary wildlife
in this icy world too, including
elephant seals, humpback whales,
and thousands of Adélie penguins.
This voyage lets you live your
Antarctic dream, and visit places
where few people have ever been!







| | Day | Visiting |
|---|------|---------------------|
| 0 | 0 | Pre night stay |
| + | 1 | Ushuaia |
| 1 | 2-3 | At Sea |
| 1 | 4-8 | Antarctic Peninsula |
| 1 | 9-10 | At Sea |
| 0 | 11 | Ushuaia |

Port order and itinerary duration may vary according the weather conditions.



Antarctic Peninsula Discovery



*LAST MINUTE RATE: Transfers in Buenos Aires, Hotel and Flights not included in this rates

Overview

This voyage takes you across Drake Passage straight to the frozen Antarctic Peninsula – where you'll witness mesmerising icy wonders like the **Gerlache Strait**, with its incredible blue icebergs, and the **Antarctic Sound**, famous for its enormous slabs of floating ice. Step ashore and get up close and personal with the local penguins for that perfect photo opportunity. Journey alongside polar specialists and share in their vast knowledge of these isolated regions.







Day Visiting

O Pre night stay

1 Ushuaia

2-3 At Sea

4-7 Antarctic Peninsula

8-9 At Sea

10 Ushuaia

Port order and itinerary duration may vary according the weather conditions.



Antarctica Peninsula in Depth



*LAST MINUTE RATE: Transfers in Buenos Aires, Hotel and Flights not included in this rates

Overview

Seal your status as a true Antarctic explorer on this exceptional voyage. Your 12-night expedition starts by traversing the formidable Southern Ocean, and notorious Drake Passage. Arriving on the White Continent, you are greeted by impressive landscapes and extraordinary wildlife. Explore this frozen wonderland with our expedition team, looking out for penguins, albatross, whales, sea elephants and much more. You can even take your Antarctic adventure to new heights with a traditional 'polar plunge' - there's nothing quite like the exhilarating effects of taking a dip in the icy waters of the Southern Ocean.







Day Visiting

Pre night stay

1 Ushuaia

2-4 At Sea

5–11 Antarctic Peninsula

12-13 At Sea 14 **Ushuaia**

Port order and itinerary duration may vary according the weather conditions.



In Shackleton's Footsteps



*LAST MINUTE RATE: Transfers in Buenos Aires, Hotel and Flights not included in this rates

Overview

Follow in the wake of polar legend Ernest Shackleton on this extraordinary Antarctic cruise. After crossing the infamous Drake Passage, stop at the Falkland Islands with its endemic birds. Then continue your journey by paying respects at Shackleton's gravesite on **South Georgia**, where the great explorer was laid to rest. Along the way, discover penguins, seals, whales and seabirds that thrive in this challenging habitat. Drink in the icy wilderness of the Antarctic Peninsula, picturing Shackleton's crew attempting to navigate these waters en route to the South Pole.







Weddell Sea Discovery



*LAST MINUTE RATE: Transfers in Buenos Aires, Hotel and Flights not included in this rates

Overview

Sail deep into Antarctica's furthest reaches on this spellbinding adventure of a lifetime. The ice on the **Weddell Sea** is too thick to navigate for most of the year, so only the lucky few get to experience this phenomenal corner of Antarctica. Watch massive tabular icebergs float past and watch out for emperor penguins – a rare sight on any other Antarctic cruise.

The Weddell Sea is steeped in polar history, it was here that Ernest Shackleton's ship, Endurance, became trapped in the ice over 100 years ago. Take your Antarctica exploration to the next level on this unforgettable voyage.







South Atlantic Semi-Circumnavigation

- Antarctic Peninsula, South Georgia & South Atlantic Islands
- Ushuaia Cape Town 🛗 20 nights
- SH Diana



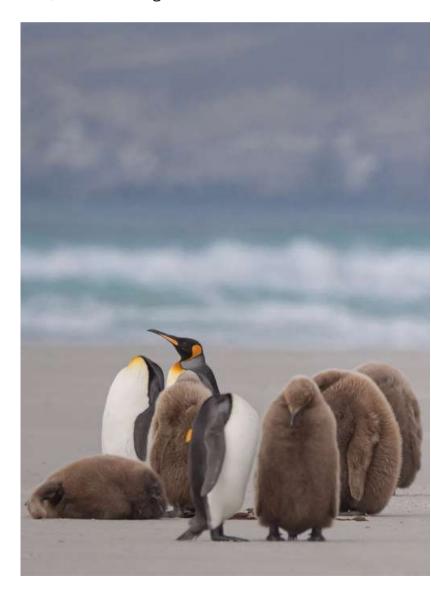
*LAST MINUTE RATE: Transfers in Buenos Aires, Hotel and Flights not included in this rates

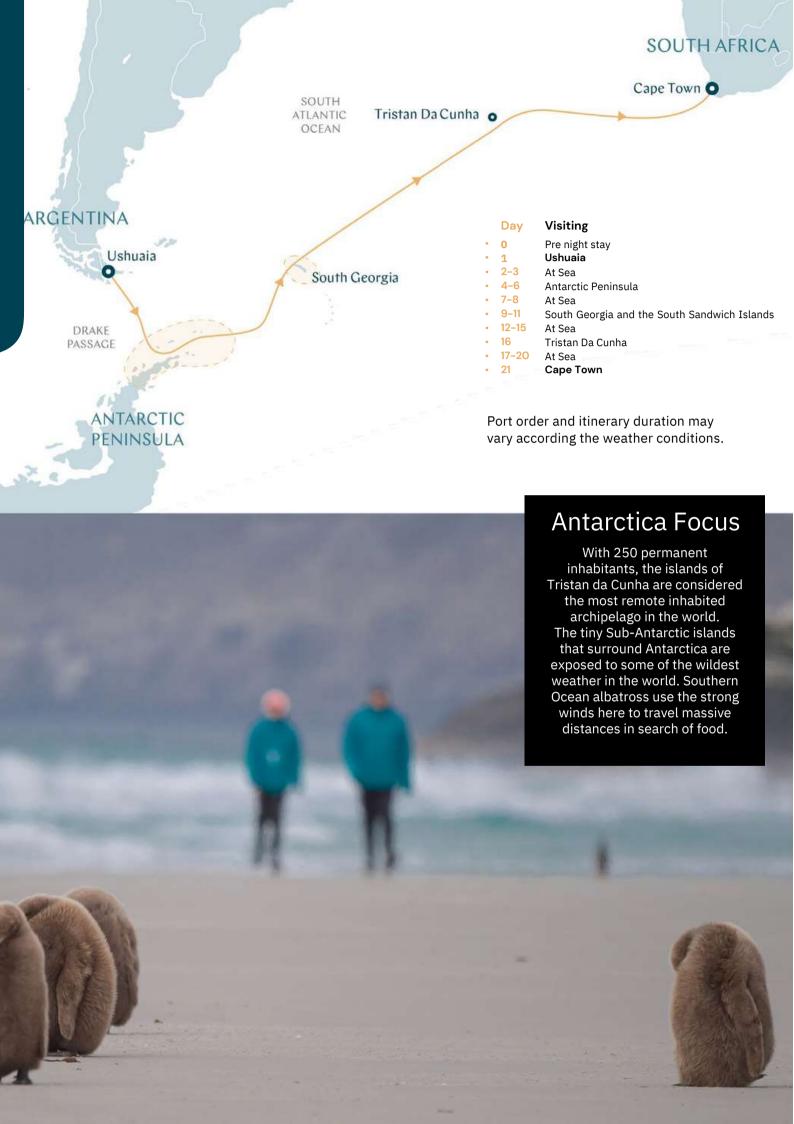
Overview

Gaze at captivating glaciers and majestic icebergs as we sail from Ushuaia to the icy wilderness of the South Shetland islands on this unforgettable 21-night cruise. Immerse yourself in the magnificent landscapes of the Antarctic Peninsula.

Encounter nesting Adélie penguins and downy snow petrels. Explore the stunning scenery of **South Georgia**, home to the world's largest macaroni penguin population. Then observe some of the world's rarest animals on the volcanic islands of **Tristan da Cunha**.

End your epic voyage in South Africa's capital, Cape Town, knowing you've made memories you'll treasure for a lifetime.





Boutique cruising at its finest

SH Vega and SH Diana are sister ships designed to navigate the most inspiring, inaccessible places on Earth. All the while offering guests an immersive, 5 star experience.

SH Vega



120 CREW



150 GUESTS



9 DECK

SH Diana



141 CREW



192 GUESTS



🚐 9 DECK



The interiors are spacious and tasteful, with plush furnishing and floor to ceiling windows that give you unobstructed views of some of the most incredible landscapes in the world. On board, savour international cuisine imagined by renowned chefs, unwind in a sophisticated stateroom and make full use of state of the art spa, fitness and expedition facilities.



The Swan Restaurant

As the main venue for breakfast, lunch and dinner, our 152 seat restaurant serves international and local cuisine focused on quality regional ingredients from the unique destinations we visit.



Club Lounge

Vibrant and welcoming, The Club Lounge acts as a hub, combining 24 hour tapas inspired dining with panoramic views of the ocean glittering below.



Observation Lounge

After a day of exploration, where better to relax than in the Observation Lounge? Sit back and enjoy your favourite tipple whilst getting to know your fellow guests.



Basecamp

The perfect place to start and finish every excursion. In the elegant lobby interiors, guests can relax and share impressions over a warming cup of coffee.



Sauna with a View

Head to Deck 8 for the best views in the world. After a work out in our state of the art gym, relax in our sauna or jacuzzi and take in those breathtaking vistas along the way.



Alfresco Dining & Heated Outdoor Pool

On Deck 7, you'll find a heated outside pool along with pool side seating. A great spot to enjoy the stunning scenery.

SH Vega & SH Diana

Our elegant 5 star ships offer a boutique home from home. With a chic Scandinavian inspired design and world class technology, you'll experience an expedition cruise like no other.



Stateroom Category:

 Oceanview D4:
 4 (19m2)

 Oceanview M4:
 12 (19m2)

 Balcony D5:
 8 (20m2)

 Balcony M5:
 22 (20m2)

 Balcony D6:
 24 (20m2)

 Suite:
 4 (30m2)

 Premium Suite:
 2 (35m2)

Ship Specification:

Guest Capacity 158 Staff 122

No. of Decks 9

Staterooms 76

Length 372ft (113.5m) Breadth 79.7ft

(24.3m) Gross Tonnage 10.617

Service Speed 12 knots

3rd Guest Capacity

4th Guest Capacity

Connecting

Staterooms

Wheelchair Accessible 415

Staterooms

Propulsion Hybrid Diesel

Electric, Polar

Class PC5

Registered Panama

Lifeboats 2 (fully closed)

Zodiacs 10 MK5

2 MK6



Stateroom Category:

 Oceanview D4:
 6 (18m2)

 Oceanview M4:
 14 (18m2)

 Balcony D5:
 12 (18m2)

 Balcony M5:
 25 (18m2)

 Balcony D6:
 29 (18m2)

 Junior Suite:
 4 (24m2)

 Suite:
 4 (30m2)

 Premium Suite::
 2 (30m2)

Ship Specification:

uest Capacity 209

Staff 141

No. of Decks 9

Staterooms 96

Length 409.7ft (124.9m) Breadth

79.7ft (24.3m) Gross Tonnage 12.255

Service Speed 12.5 knots

3rd Guest Capacity

Connecting

Staterooms

Wheelchair Accessible 419, 635

Staterooms

Propulsion Hybrid Diesel

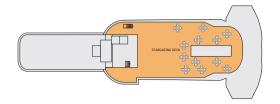
Electric, Polar

Class PC6

Registered Panama Lifeboats 2 (fully

closed) Zodiacs 14 MK5

Tenders 2

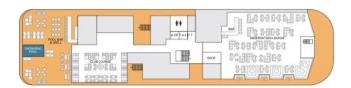


Deck 9 Stargazing Deck



Deck 8

Gym Sauna Jacuzz i Spa Bridge



Deck 7

Shop Swimming Pool Pool Bar & Grill Club Lounge Observation Lounge



Deck 6

Premium Suites Suites Balcony Staterooms D6 Swan's Nest



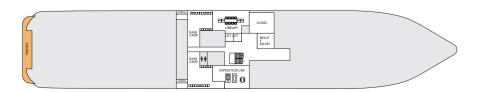
Deck 5

Balcony Staterooms D5, M5 Suites



Deck 4

Reception Laundrette Swan Restaurant Oceanview Staterooms D4, M4



Deck 3

Clinic Libra r y Basecamp Beauty Salon Expedition Lab

Your home away from home

Relax in the understated elegance of your stateroom or suite. A sophisticated blend of muted tones, natural textures and intuitive technology, the Scandi inspired design seamlessly blends the natural world with 5 star comforts. The variety of lighting options and crackling holographic fire offer the perfect option for cozy evenings, and the floor to ceiling windows and balcony doors ensure that no sunset or suprise sighting goes unmissed.

Your perfect space

Each of our beautifully designed staterooms has everything you need for a pampered stay. Fluffy dressing gowns, spacious dressing and seating areas, and ample storage, as well as a well stocked minibar and a personal safe. The desk in your room is the perfect place to plan the next day's adventures, and you won't miss a wildlife sighting with your Nikon telescope. Glass enclosed rain showers with luxury personal care products transform your ensuite into a personal spa.

Amenities in your cabin

- Welcome Champagne bottle
- Snacks
- Stocked minibar with soft drinks and beer
- Illy Espresso coffee machine with coffee pods
- Tea Kettle and Kusmi tea bags
- TV service
- Free Wi-fi connection, subject to satellite reception
- Hair dryer
- Towels for cabin, swimming pool and gym
- Bathrobe
- Bedroom slippers
- High quality toiletries by Lajatica, custom made for our selection onboard. These include hand soap, shower gel, shampoo, conditioner and body lotion.



Premium Suite

49m (528ft) | Sleeps 4

Premium Suites feature a king size bed and separate living room with a soothing, flame effect fireplace, a luxurious ensuite bathroom with separate bath tub and walk in shower, a spacious walk in wardrobe and a 12m2 (129ft2) private balcony.



Suite

44m (474ft2) | Sleeps 4

Suites feature a king size bed and separate living room with a soothing flame effect fireplace, a luxurious ensuite bathroom with separate bath tub and walk-in shower and a 12m2 (129ft2) private balcony.





Junior Suite (only on SH Diana)

35m (377ft) | Sleeps 2/3

Features a king size bed, separate living room area with homely flame effect fireplace, private kitchen, luxurious en suite bathroom and a 7 sq. m private balcony.



Balcony

28m (302ft2) | Sleeps 2/3

Balcony Staterooms feature two single beds or a double bed, bedroom with living room area, a luxurious bathroom and your own private 6m2 (65ft2) balcony.



Oceanview

19m (205ft) | Sleeps 2

Oceanview Staterooms feature two single beds or a double bed with living room area and a luxurious bathroom.



Thanks for embracing our travel philosophy