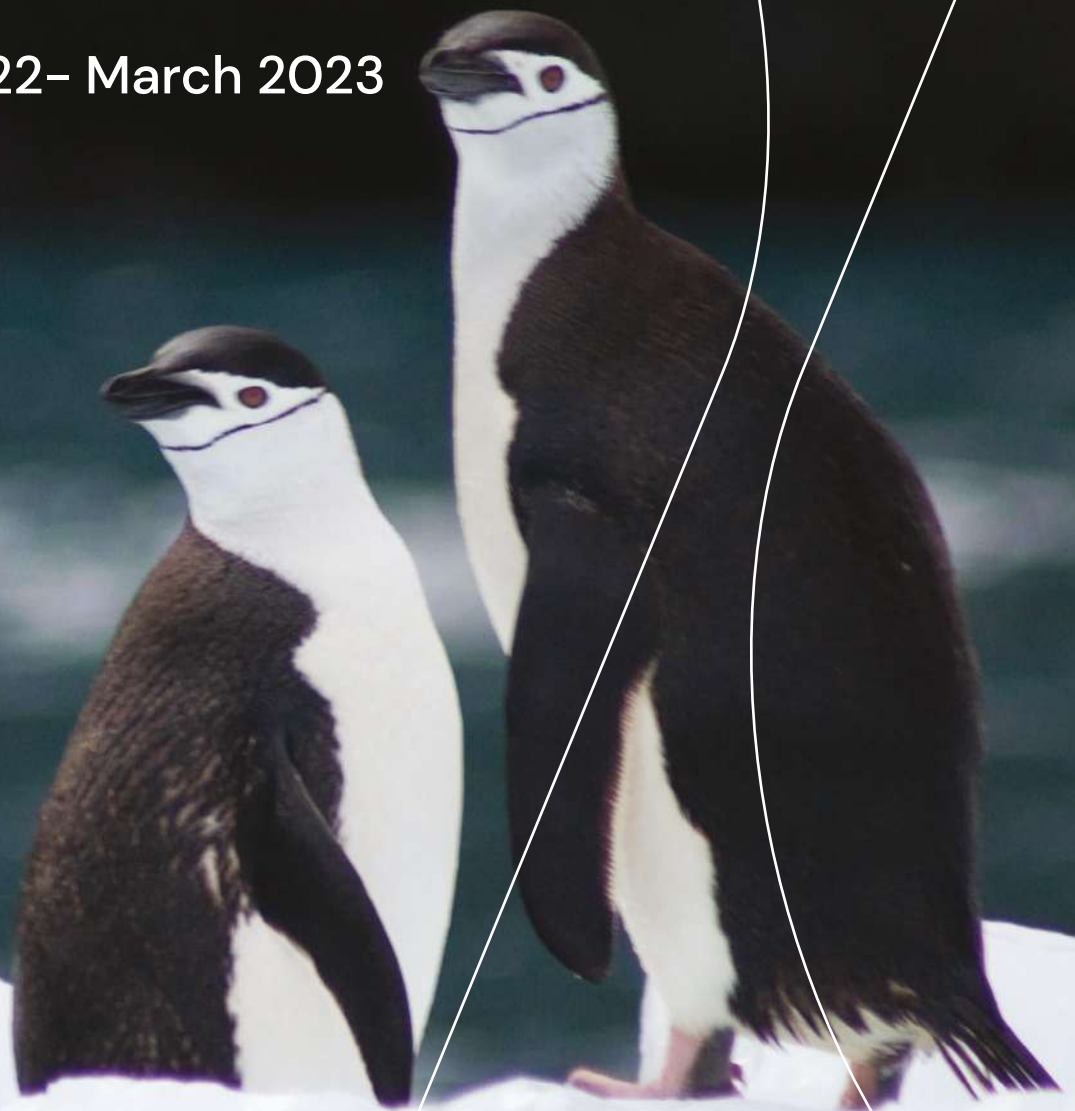




**cruiseNORWAY**  
Worldwide Expeditions

# Antarctica Cultural Expedition Cruises

November 2022 – March 2023



 **SWAN  
HELLENIC**

SEE WHAT OTHERS DON'T

[SWANHELLENIC.COM](http://SWANHELLENIC.COM)



THE SWAN HELLENIC DIFFERENCE

# See what others don't

Some people see things as they are, others look further. Let us take you on a journey, that will change the way you see the world. Sail to some of the most incredible, remote destinations on the planet. When you travel with us, the wonders of the world take on a richer hue.





Arctic fox

### Over 70 years of cruise expertise

That's how long we've been navigating the world's waters. Swan Hellenic is built on a passion for exploration, a reputation for safety and professionalism of the highest standard.

### Boutique ships

Just you and nature, that's how you'll feel on our 5 star contemporary Scandinavian inspired ships. With open-plan design, panoramic views and a focus on wellness, they're the perfect place to relax, recharge and explore.

### Intuitive service

When it comes to anticipating your needs, no request is too big or too small. To us, personal and unobtrusive service means everything from making sure you're fully equipped for an Arctic excursion to remembering your favourite gin serve when it comes to pre-dinner drinks.

### Enriching cultural expeditions

Once, we travelled to educate – professors, scientists, researchers. Over the years, we've developed a deep knowledge of the world. Today, we use this knowledge to create immersive cultural experiences that take you to the heart of a place.



CULTURAL CRUISING

# Exploring with head and heart

Swan Hellenic pioneered cultural expedition cruising in 1954, when we took members of the Hellenic Society around the famous sites of ancient Greece in the company of eminent classicists.







Every Swan Hellenic cruise is the same today, 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.

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



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 completes the picture, with a multitude of books on every subject, for you to 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.



A DAY ABOARD

# Endless ways to spend your day

Our cultural expedition cruises really are unique. So, we'd like to give you a brief idea of a typical day aboard. Except we can't. Because there's no such thing as a typical day with Swan Hellenic. We can merely outline the possibilities that allow guests to tailor every moment to their interests and mood, even if that simply involves rising late to breakfast in bed, or standing over the prow in the Swan's Nest late at night, musing out to sea.

So, here it is. A day of exceptional choices.



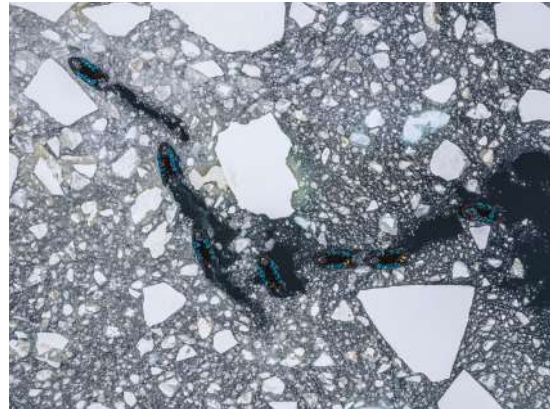
 SWAN  
HELLENIC





### Breakfast with view

Waking comfortably refreshed to the natural textures and panoramic views of your stateroom, breakfast is just a short walk away. Choose anything from a light continental breakfast through to a substantial cooked meal that will fuel you up for an action-packed day. Then make your way down to Basecamp, a Concierge-managed full-service changing room where you kit up for your expeditions.



### Expedition expertise

Here, you'll be briefed on any technical aspects before setting off in small groups – each with its own expert guide – for your choice from a wide range of options, extending from kayaking to expeditions in the best performing zodiacs, exploring the coast or landing ashore to hike inland and discover areas of outstanding interest and beauty.



### Fine Dining

Back on board, changing and chatting over a coffee in Basecamp as the attendants take care of your kit, you'll have time to compare impressions and share experiences before lunch, whether snacking in the Club Lounge or savouring something more substantial or even sumptuous in the Swan Restaurant.

### Relax and unwind

The afternoon offers the opportunity of an expert lecture on the area, followed by further expeditions or excursions. Or, of course, you could lounge out on the extensive decks, observing the astounding seascapes and wildlife. Or you could grab a towel, sit back and sweat it out, admiring every aspect from inside the panoramic sauna – before or after a soothing massage. Or you could visit the gym or the hairdresser or shop for essentials.



### Evening entertainment

Soon it will be time for the daily recap and any briefing for tomorrow's expeditions. And then it's on to the pleasures of elegant but informal dining, followed by a piano performance, board game, cards, outdoor wildlife observation or stargazing under crystal clear skies. And with all that to float your boat, you'll ease happily into your supportive mattress at the end of the day, with a great night's sleep assured.




MAKING TRAVEL EFFORTLESS

# What's included

When the details are taken care of, you can focus on making the most of your expedition. So we've included all the little details in the price of your cruise fare. No hidden extras or surprise gratuity bills at the end of your holiday – you can be comfortable we've thought of the little things, so you don't have to.

- Return regional flights from Buenos Aires to Ushuaia (except those cruises starting in Buenos Aires or ending in Dunedin and Cape Town)
- Group return transfers from the airport to the cruise port (via our included accommodation)
- One night pre-cruise accommodation with breakfast in a 4/5-star hotel in Buenos Aires
- All meals onboard
- 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 expedition team and guest speakers
- Selected expedition activities led by our expedition team
- Branded Swan Hellenic expedition parka and use of rubber boots
- Standard WiFi
- Onboard gratuities & port taxes





# Antarctica. Or the footsteps of explorers past?

**Size**

14.2 million square km

**Key wildlife**

Penguins, Humpback whales,  
seals, orcas, albatross

**When we sail**

November–March

Antarctica. There really is no other place like it. The ice-blanketed landscape once explored by legends like Shackleton and Amundsen has an otherworldly allure.

Panoramic views afforded from our ships make appreciating its beauty – and spotting penguins and whales in its waters – a unforgettable experience. What wonders will you discover in the vast reaches of this unique destination?





ITINERARY	FROM	TO	DURATION	SHIP	SAILING DATES
FOLLOWING SHACKLETON ODYSSEY	Buenos Aires	Ushuaia	18 Days	SH Vega	7 Nov 2022
FALKLAND & ANTARCTIC PENINSULA	Buenos Aires	Ushuaia	16 Days	SH Minerva	16 Nov 2022
ANTARCTIC PENINSULA	Ushuaia	Ushuaia	11 Days	SH Vega	24 Nov 2022
CLASSIC ANTARCTICA	Ushuaia	Ushuaia	10 Days	SH Minerva	1 Dec 2022
ANTARCTIC PENINSULA	Ushuaia	Ushuaia	11 Days	SH Vega	4 Dec 2022
CLASSIC ANTARCTICA	Ushuaia	Ushuaia	10 Days	SH Minerva	10 Dec 2022
ANTARCTIC PENINSULA & SOUTH GEORGIA	Ushuaia	Ushuaia	16 Days	SH Vega	14 Dec 2022
ANTARCTIC PENINSULA	Ushuaia	Ushuaia	11 Days	SH Minerva	19 Dec 2022
ANTARCTIC PENINSULA	Ushuaia	Ushuaia	11 Days	SH Minerva	29 Dec 2022
ANTARCTIC PENINSULA	Ushuaia	Ushuaia	11 Days	SH Vega	29 Dec 2022
ANTARCTICA ENCOMPASSED	Ushuaia	Ushuaia	12 Days	SH Minerva	8 Jan 2023
ANTARCTICA ENCOMPASSED	Ushuaia	Ushuaia	12 Days	SH Vega	8 Jan 2023
ANTARCTICA IN DEPTH	Ushuaia	Ushuaia	19 Days	SH Minerva	19 Jan 2023
ANTARCTIC PENINSULA	Ushuaia	Ushuaia	11 Days	SH Vega	19 Jan 2023
ANTARCTICA ENCOMPASSED	Ushuaia	Ushuaia	12 Days	SH Vega	29 Jan 2023
ULTIMATE ANTARCTICA ADVENTURE	Ushuaia	Dunedin	32 Days	SH Minerva	7 Feb 2023
BEYOND THE ANTARCTIC CIRCLE	Ushuaia	Ushuaia	13 Days	SH Vega	9 Feb 2023
BEYOND THE ANTARCTIC CIRCLE	Ushuaia	Ushuaia	13 Days	SH Vega	21 Feb 2023
GRAND VOYAGE FROM USHUAIA TO CAPE TOWN	Ushuaia	Cape Town	21 Days	SH Vega	5 Mar 2023

# Following Shackleton Odyssey

FALKLAND, SOUTH GEORGIA & ANTARCTIC PENINSULA

🕒 7 - 24 Nov 2022 🚢 SH Vega

📍 Buenos Aires, Argentina - Ushuaia, Argentina 📅 18 days



Leopard Seal

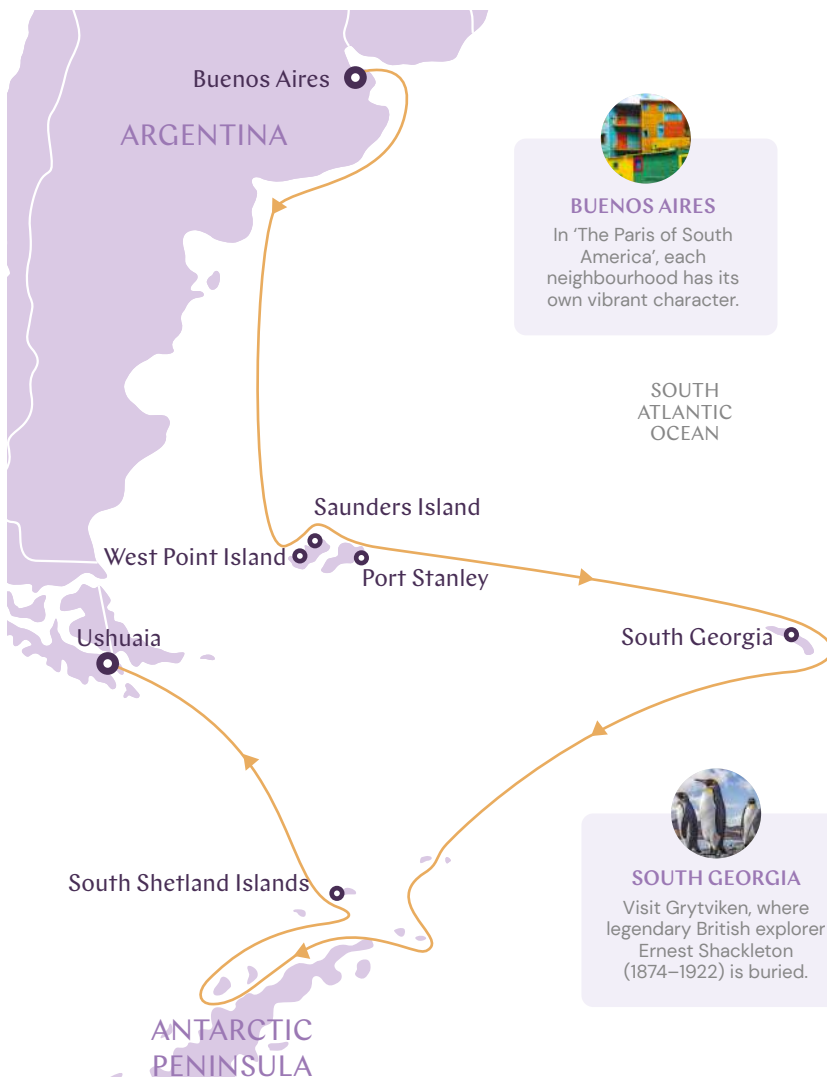


Gentoo penguin

Dream big on this epic journey. Taking in the sights of the Falkland Islands, as well as 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.



Zodiac cruising



## HIGHLIGHTS

- Experience incredible King penguin encounters on South Georgia as you get up close to these polar rockstars
- Take in this vast frozen wilderness as it changes colour from glassy white to turquoise and green
- Listen to our engaging polar experts and learn tips from our on-board photographers

Day	Visiting
1	Buenos Aires, Argentina
2-4	At Sea
5	West Point Island & Saunders Island, Falkland Islands
6	Port Stanley, Falkland Islands
7,8	At Sea
9,10	South Georgia
11	At Sea
12	South Shetland Islands, Antarctica
13,14	Antarctic Peninsula
15	South Shetland Islands, Antarctica
16,17	At Sea
18	Ushuaia, Argentina

Ports, port order and itinerary duration may vary, for the most up-to-date details see [swanhellenic.com](http://swanhellenic.com)



# Falkland & Antarctic Peninsula

FALKLAND, SOUTH GEORGIA & ANTARCTIC PENINSULA

🕒 16 Nov – 1 Dec 2022 🚢 SH Minerva

📍 Buenos Aires, Argentina – Ushuaia, Argentina 📅 16 days



Colony of sea lions, Puerto Madryn



Wildlife Encounters

Kick off your intrepid voyage in Argentina’s buzzing cosmopolitan capital, Buenos Aires and wander the intriguing barrios. Your journey to the White Continent continues via the island communities of The Falklands before heading to the frozen Antarctic Peninsula where you discover mesmerising icy scenes. After a couple of weeks of polar exploration, you pull into Ushuaia at the bottom of the world.



Ushuaia, Argentina



## HIGHLIGHTS

- Discover the island where explorer Ernest Shackleton spent his last days
- Step on shore to see incredible penguin rookeries and get up close to these polar inhabitants
- Appreciate the precious scenery of impressive glaciers and spellbinding icebergs in the frozen southern waters

Day	Visiting
1	Buenos Aires, Argentina
2,3	At Sea
4	Puerto Madryn
5	At Sea
6	West Point Island
7	Port Stanley
8,9	At Sea
10–13	Antarctic Peninsula
14,15	At Sea
16	Ushuaia, Argentina

Ports, port order and itinerary duration may vary, for the most up-to-date details see swanhellenic.com

# Antarctic Peninsula

## ANTARCTIC PENINSULA

🕒 24 Nov – 4 Dec 2022 | 4 – 14 Dec 2022 | 29 Dec 2022 – 8 Jan 2023 | 19 – 29 Jan 2023 🚢 SH Vega

🕒 19 – 29 Dec 2022 | 29 Dec 2022 – 8 Jan 2023 🚢 SH Minerva

📍 Ushuaia, Argentina – Ushuaia, Argentina 📅 11 days



Antarctica landscape



Expedition Team



Sauna with view

This voyage takes you across Drake Passage straight to the frozen Antarctic Peninsula – where you'll discover mesmerising icy wonders like the Gerlache Strait and exceptionally beautiful Antarctic Sound. Step ashore and get up close and personal with the local penguins for that perfect photo opportunity, before sailing on to the South Shetland Islands.

### HIGHLIGHTS

- Dare to brave the notoriously rough two-day Drake Passage sea crossing
- Compare monumental icebergs in the Gerlache Strait and Antarctic Sound as you head to the Weddell Sea
- Get up close to hundreds of penguins as they gather in their thousands in their natural habitat



#### SOUTH SHETLAND ISLANDS

A stunning volcanic landscape filled with unique flora and fauna, ready to be explored from your zodiac.

Day	Visiting
1	Ushuaia, Argentina
2,3	At Sea
4	South Shetland Islands, Antarctica
5-7	Antarctic Peninsula
8	South Shetland Islands, Antarctica
9,10	At Sea
11	Ushuaia, Argentina

Ports, port order and itinerary duration may vary, for the most up-to-date details see [swanhellenic.com](http://swanhellenic.com)



# Classic Antarctica

## ANTARCTIC PENINSULA

🕒 1 - 10 Dec 2022 | 10 - 19 Dec 2022 🚢 SH Minerva

📍 Ushuaia, Argentina - Ushuaia, Argentina 📅 10 days



A journey like no other. From the shores of South America to epic icy landscapes and the unique Shetland Islands, this life-affirming adventure takes you to unimaginably beautiful locations teeming with wildlife. Journey alongside polar specialists and share in their vast knowledge of these isolated regions.

### HIGHLIGHTS

- Experience the epic landscapes and phenomenal wildlife found near the Earth's southernmost point.
- Keep an eye out at sea for breaching whales and huge albatross overhead
- Step ashore and get up close and personal with the local penguins for that perfect photo opportunity



Day	Visiting
1	Ushuaia, Argentina
2,3	At Sea
4	South Shetland Islands, Antarctica
5,6	Antarctic Peninsula
7	South Shetland Islands, Antarctica
8,9	At Sea
10	Ushuaia, Argentina

Ports, port order and itinerary duration may vary, for the most up-to-date details see [swanhellenic.com](http://swanhellenic.com)

# Antarctic Peninsula & South Georgia

ANTARCTIC PENINSULA & SOUTH GEORGIA

📅 14 – 29 Dec 2022 📍 Ushuaia, Argentina – Ushuaia, Argentina 📅 16 days 🚢 SH Vega



This sailing visits some of the remotest destinations in the world – and will leave you with a deeper understanding and appreciation of nature's vast beauty. Journey alongside polar specialists and share in their vast knowledge of these isolated regions. Combine the adventure with days spent relaxing on board for the trip of a lifetime.

## HIGHLIGHTS

- Celebrate your inner strength as you brave the notorious Drake Passage
- Pop into the post office and buy stamps from islanders who call this remote part of the world home
- Join our expert team of polar specialists on board our boutique expedition ship and share in their vast experience of these icy regions



Day	Visiting
1	Ushuaia, Argentina
2,3	At Sea
4	South Shetland Islands, Antarctica
5,6	Antarctic Peninsula
7	South Shetland Islands, Antarctica
8,9	At Sea
10-12	South Georgia
13-15	At Sea
16	Ushuaia, Argentina

Ports, port order and itinerary duration may vary, for the most up-to-date details see [swanhellenic.com](http://swanhellenic.com)



# Antarctica in Depth

SOUTH GEORGIA, ANTARCTIC PENINSULA & FALKLAND ISLANDS

🕒 19 Jan – 6 Feb 2023    📍 Ushuaia, Argentina – Ushuaia, Argentina    📅 19 days    🚢 SH Minerva



SH Minerva during Antarctica expedition cruise



Elephant Seal



Kayaking, Antarctica

Follow in the footsteps of Polar explorers as you witness the remote beauty of these regions. Visit the island communities of the Falklands and the unique flora and fauna of the South Shetland Islands. Cross the Drake Passage to reach Antarctic waters, where breaching minke and humpback whales swim gracefully between magnificent icebergs. Breathe in the icy air, and awaken your inner adventurer.

## HIGHLIGHTS

- Visit island communities who make their living from this fragile environment
- Follow in the footsteps of the world's most legendary explorers who reached the South Pole within weeks of each other
- Mingle on beaches with thousands of rockhopper, gentoo and king penguins



Day	Visiting
1	Ushuaia, Argentina
2,3	At Sea
4	South Shetland Islands, Antarctica
5-7	Antarctic Peninsula
8	South Shetland Islands, Antarctica
9	At Sea
10-13	South Georgia
14,15	At Sea
16	Port Stanley, Falkland Islands
17	Saunders Island & West Point Island, Falkland Islands
18	At Sea
19	Ushuaia, Argentina

Ports, port order and itinerary duration may vary, for the most up-to-date details see swanhellenic.com

# Antarctica Encompassed

## WEDDELL SEA & ANTARCTIC PENINSULA

🕒 8 - 19 Jan 2023 | 29 Jan - 9 Feb 2023 🏠 SH Vega

🕒 8 - 19 Jan 2023 🏠 SH Minerva

📍 Ushuaia, Argentina - Ushuaia, Argentina 📅 12 days



SH Minerva at sea in Antarctica



Zodiac cruising



Hiking, shore excursion

This voyage takes you across the notorious Drake Passage straight to the frozen Antarctic Peninsula where you discover mesmerising icy scenes of both the Gerlache Strait and exceptionally beautiful Antarctic Sound. This unforgettable journey will leave you with remarkable tales of how you achieved your life goal by visiting one of the most remote places on the planet.

### HIGHLIGHTS

- Create unforgettable memories by reaching earth's southernmost regions
- Brush up on your photography skills and mingle with thousands of breeding penguins and barking seals
- Experience the Antarctic icescape from a unique perspective aboard our Zodiac boats or kayaks



Day	Visiting
1	Ushuaia, Argentina
2,3	At Sea
4,5	Antarctic Sound & Weddel Sea
6-8	Antarctic Peninsula
9	South Shetland Islands, Antarctica
10,11	At Sea
12	Ushuaia, Argentina

Ports, port order and itinerary duration may vary, for the most up-to-date details see swanhellenic.com



# Beyond the Antarctic Circle

## ANTARCTIC PENINSULA

🕒 9 - 21 Feb 2023 | 21 Feb - 5 Mar 2023 📍 Ushuaia, Argentina - Ushuaia, Argentina 📅 13 days 🏠 SH Vega



This legendary journey provides you with the best of an Antarctica cruise combined with the unique flora and fauna of The South Shetland Islands. Test your mettle as you cross the notorious Drake Passage to reach the world's most beautiful ice-filled waters where magnificent icebergs creak and breaching minke and humpback whales swim gracefully. Breathe in the icy air on this life-changing voyage across the southern seas and capture memories in your mind that will last a lifetime.

### HIGHLIGHTS

- Discover rarely-visited islands where the world's rarest birds live among exceptional flora
- Discover the seldom visited and well-preserved historical huts of the early explorers
- Join a whale spotting session on deck with our knowledgeable expedition team



Day	Visiting
1	Ushuaia, Argentina
2-4	At Sea
5	Marguerite Bay
6-9	Antarctic Peninsula
10	South Shetland Islands
11,12	At Sea
13	Ushuaia, Argentina

Ports, port order and itinerary duration may vary, for the most up-to-date details see swanhellenic.com

# Ultimate Antarctica Adventure

SEMI-CIRCUMNAVIGATION FROM ANTARCTICA TO NEW ZEALAND

🕒 7 Feb - 11 Mar 2023   📍 Ushuaia, Argentina - Dunedin, New Zealand   📅 32 days   🚢 SH Minerva



Half Moon Island



Tunnel Beach, Dunedin

Escape into another realm as you board our luxury boutique ice-class ship on this once-in-a-lifetime trip from South America to New Zealand. Our epic semi-circumnavigation cruise of Antarctica fulfils the ultimate bucket list, sailing on glassy seas, passing by monumental icebergs, unheralded landscapes and phenomenal wildlife. We explore icy waters to reach the world's southernmost islands where only a handful of adventurers, explorers and scientists have been before. And as we cross the polar circle, you get to join an elite group of people who have been to some of the least-visited places on the planet.

Day	Visiting
1	Ushuaia, Argentina
2	At Sea
3-5	South Shetland Island & Antarctic Sound
6-7	Antarctic Peninsula
8-9	Belinghausen Sea
10	Belinghausen Sea & Peter I Island
11	Belinghausen Sea
12-14	Amundsen Sea
15	Ross Sea
16-18	Ross Sea & McMurdo Sound
19,20	Ross Sea & Terra Nova Bay
21,22	Ross Sea
23	At Sea
	Cross international date line (Loose one day)
24	Balleny Islands, Antarctica
25,26	At Sea
27	Macquarie Island, Australia
28	At Sea
29	Campbell Islands & Auckland Islands, New Zealand
30	Enderby Islands, New Zealand
31	At Sea
32	Dunedin, New Zealand

Ports, port order and itinerary duration may vary, for the most up-to-date details see swanhellenic.com





# Grand Voyage from Ushuaia to Cape Town

ANTARCTIC PENINSULA, SOUTH GEORGIA & SOUTH ATLANTIC ISLANDS

🕒 5 - 25 Mar 2023   📍 Ushuaia, Argentina - Cape Town, South Africa   📅 21 days   🚢 SH Vega



Macaroni penguin



Cape Town

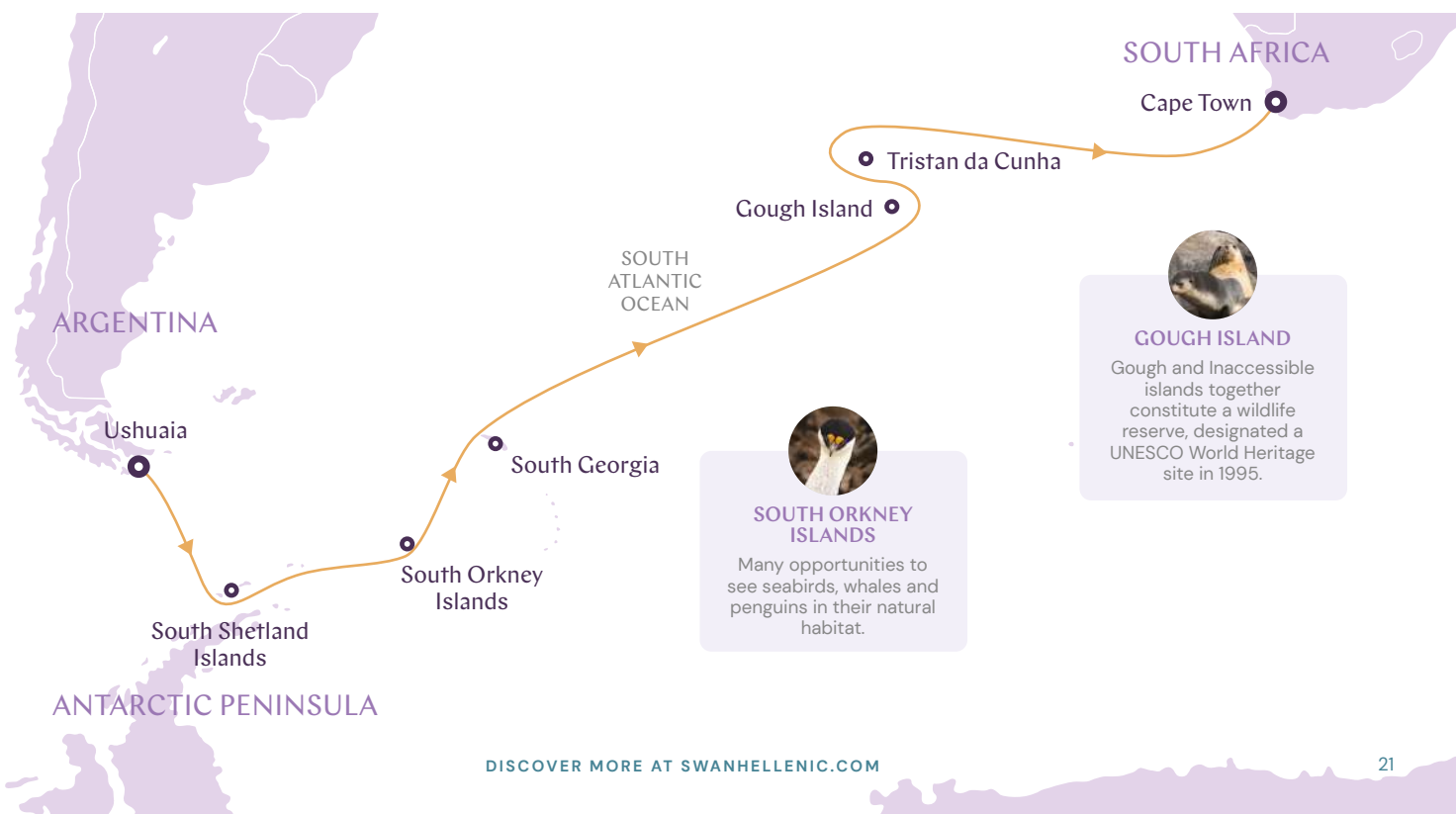


SH Minerva at sea

Departing Ushuaia, we'll 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. Next, we begin our South Atlantic crossing, exploring the rarely visited South Orkney Islands, South Georgia, Gough and Tristan de Cunha Islands. The flora and fauna on these remote islands have evolved in complete isolation, with fascinating results. We'll end our cruise in cosmopolitan Cape Town, a perfect setting for reminiscing on this unforgettable transatlantic voyage.

Day	Visiting
1	Ushuaia, Argentina
2,3	At Sea
4	South Shetland Islands, Antarctica
5,6	Antarctic Peninsula
7	South Shetland Islands, Antarctica
8	South Orkney Islands
9	At Sea
10,11	South Georgia
12-14	At Sea
15	Gough Island
16	Tristan Da Cunha
17-20	At Sea
21	Cape Town, South Africa

Ports, port order and itinerary duration may vary, for the most up-to-date details see swanhellenic.com





# SH Minerva & SH Vega

Our elegant 5-star ships offer a boutique home-from-home, with chic Scandinavian-inspired design perfectly paired with world-class technology to offer you an expedition cruise like no other.

**Ship Specification:**

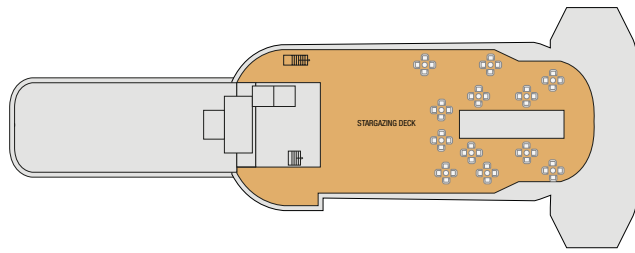
- Guest Capacity: 152
- Staff: 120
- No. of Decks: 9
- Length: 337ft (115m)
- Breadth: 75ft (23m)
- Tonnage: 10,500
- Cruising Speed: 14.5 knots
- Propulsion: Hybrid Diesel Electric, Polar Class PC5
- Registered: Malta
- Lifeboats: 2
- Zodiacs: 11 MK V (10 MK V for SH Vega)  
2 MK VI

**Stateroom Category:**

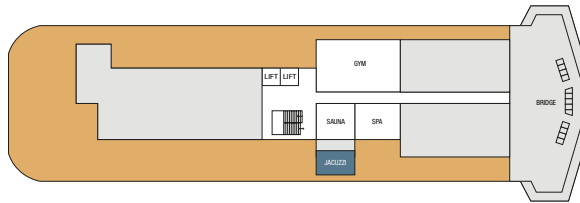
- Oceanview: 16 (19m<sup>2</sup>) ●
- Balcony: 54 (28m<sup>2</sup>) ●
- Suite: 4 (44m<sup>2</sup>) ●
- Premium Suite: 2 (49m<sup>2</sup>) ●



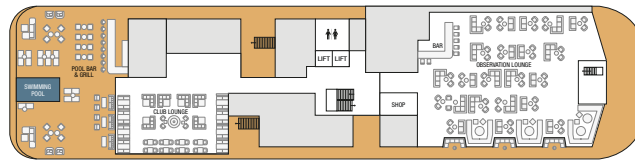




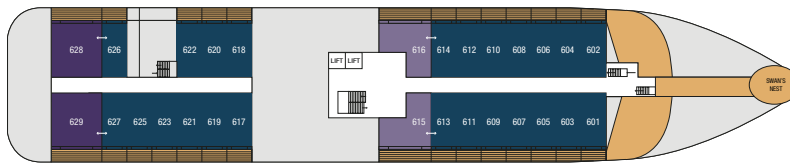
Deck 9  
Stargazing Deck



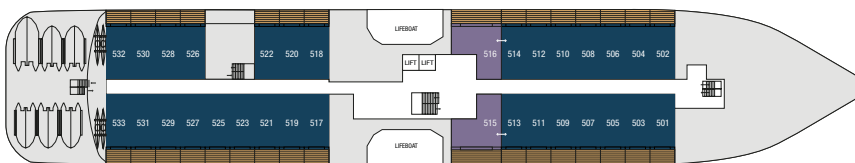
Deck 8  
Gym  
Sauna  
Jacuzzi  
Spa  
Bridge



Deck 7  
Shop  
Swimming pool  
Pool Bar & Grill  
Club Lounge  
Observation Lounge



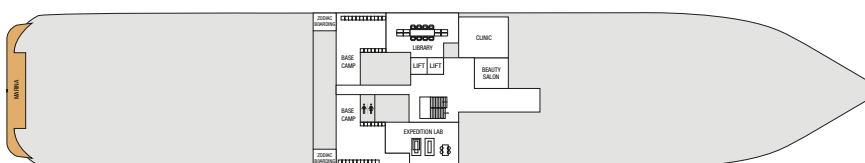
Deck 6  
Premium Suites  
Suites  
Balcony Staterooms  
Swan's Nest



Deck 5  
Balcony Staterooms  
Suites



Deck 4  
Reception  
Laundrette  
Swan Restaurant  
Oceanview Staterooms



Deck 3  
Clinic  
Library  
Basecamp  
Beauty Salon  
Expedition Lab



SEE WHAT OTHERS DON'T

SWANHELLENIC.COM



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