

# The last untouched frontier


Antarctica Expedition Cruises  
2025-26



# 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.





### 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 Antarctic 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.



# A culture of care for people and planet

Swan Hellenic has always been passionate about our planet's rich environmental and cultural heritage. It's in our name and nature, and it's what inspires us to experience the world's wild unspoilt places and explore its rich and diverse cultures, ancient sites and civilisations.

Landscape Peninsula Antarctica

## Proud member of



Association of  
Arctic Expedition Cruise  
Operators



## Our focus areas

Swan Hellenic's sustainability policies are fully compliant with, and exceed, the cruise industry's global standards governing its safety, environmental and labour aspects. In line with the UN sustainable development goals, we are focusing on the following 6 key areas.

## Responsible Cruising

We are committed to preserving the beauty of the world we explore for future generations, taking urgent and innovative concrete action to reduce our environmental footprint.

## Climate Action

Exploring the globe, we constantly encounter dramatic evidence of global warming and climate change. This strengthens our resolve to take urgent action – within our organisation and in the destinations we travel to – to combat their causes and mitigate their effects.





## Equality, Diversity & Inclusion

Dynamically inclusive companies and societies are key to sustainable development. As the pioneer of cultural expedition cruising, we welcome adventurers of every age, gender, orientation, nationality and interest to explore the world. We promote gender equity and women and girls' empowerment worldwide, and have strong internal policies that ensure our employees enjoy equal opportunities of employment and professional development, irrespective of gender, ethnicity, culture, religion, age, sexual orientation, functional ability and political view.

## Life in the Water

With our strong seafaring heritage, we are committed to the responsible use of marine resources for sustainable development. This is vital in promoting and conserving the health and biodiversity of the Earth's waters.

## Legacies of the Land

We strive to preserve the natural and cultural landmarks that our expedition cruises explore, promoting and advancing the conservation, restoration and sustainable use of terrestrial ecosystems and historic sites for future generations.

## Thriving Communities

We build strong connections with the communities that host our cultural expedition cruises, respecting their cultural and environmental integrity, while partnering with them to generate positive impacts.

## Quality Education

Education and research empower human potential. Proud of our roots in British academia, we work to support regional research initiatives, ensuring access to inclusive and equitable education and providing lifelong learning opportunities for all.

# 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.







SH Diana and SH Vega, Antarctic Peninsula Meet Up

# Exploring with head and heart

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

Zodiac cruising, Antarctica





## 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.



# Learn from the best

Renowned in their respective fields, our onboard experts have unparalleled knowledge of the regions we visit.

From historians to naturalists, meteorologists to biologists, our friendly experts will offer you incredible insight into the wildlife, history and geology of the places we visit. Tap into their expertise via our extensive lecture programme, or feel free to interact with them throughout your trip. On board our boutique ship, you're likely to grab a coffee with an expert, birdwatch on the deck alongside an accomplished ornithologist, or chat with them over dinner — they're more than happy to share their knowledge with you!







### Geologists

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



### Photographers

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



### Expedition Leaders

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



### 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.



### Marine Biologists

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



### Naturalists

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



### Activity Leaders

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

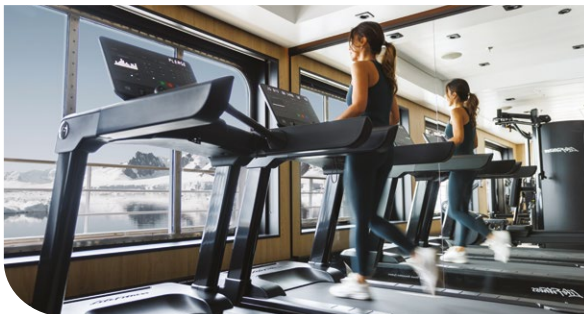
# Endless ways to spend your day

There's no such thing as a typical day with Swan Hellenic. We bring you endless possibilities to tailor every moment to your interests and mood, so you'll always have your dream day on board.

Plan your perfect day

## 6am

Waking comfortably refreshed in your stateroom, early risers can join the team on deck for an early morning breakfast. Breathe in the invigorating Antarctic air as you sip your fresh tea or coffee. What a wonderful way to prepare for the day ahead exploring this icy wilderness.



## 7am

Early risers have the time to take a fitness class or workout in our gym. Refuel with a light continental or substantial cooked breakfast – a perfect foundation for the action-packed day ahead.

## 8am

Get ready for another day of Antarctic exploration. Today's adventures might include Zodiac cruising, kayaking through a new frozen world, searching for wildlife or perhaps disembarking and visiting one of the region's remote communities.





## 12pm

Back on board, you'll have the time to share experiences over lunch, whether snacking in the Club Lounge or savouring something a little more substantial in the Swan Restaurant or Pool Bar & Grill.



## 2pm

There may be time after lunch for another Zodiac cruise or on-shore activity. Come face to face with impossibly large glaciers and icebergs, sail through ice-choked waterways or learn about the incredible human and natural history that shaped these lands.



## 4pm

Indulge in our High Seas High Tea or retreat to the comfort of your stateroom for a movie on your flatscreen TV. Sweat it out in our stunning panoramic sauna, take a dip in the pool, take a mindfulness class, or pop to the salon for a relaxing treatment.



## 6.30pm

Each evening a member of our expert team or a guest lecturer will talk you through the day's highlights. We will then discuss the shore excursion plans for the following day.

## 7pm

Time to enjoy the pleasures of elegant dining where our chefs have prepared international delights along with wines chosen by our sommelier.



## 9.30pm


End a perfect day with your favourite drink and a wonderful piano performance. Or head out to the deck for some stargazing under the clear night sky.

# All-inclusive experience

We've taken care of the finer details, allowing you to focus your full attention on your cultural expedition cruise experience. Our cruise fares are all-inclusive, so there are no surprise extras or unexpected gratuity bills. Relax in the full knowledge that all you have to do is have a wonderful time.





- 
- 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

## 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 accommodation pre or post cruise | • Laundry services  |
| • Premium and private shore excursions                                | • Retail shop purchases   |
| • Kayak and private Zodiac tours in the expedition areas              | • Quick turnaround laundry service, allowing you to travel as light as you like |

# Extraordinary Encounters

Diverse, unique and undeniably beautiful, Antarctica's awe-inspiring range of marine wildlife and birds has to be seen to be believed.

There's no other place on Earth where you can witness the majesty of breaching minke and humpback whales, glimpse leopard seals lounging on ice, and watch thousands of penguins nesting in their natural habitat.





Gentoo penguins, Neko Harbour



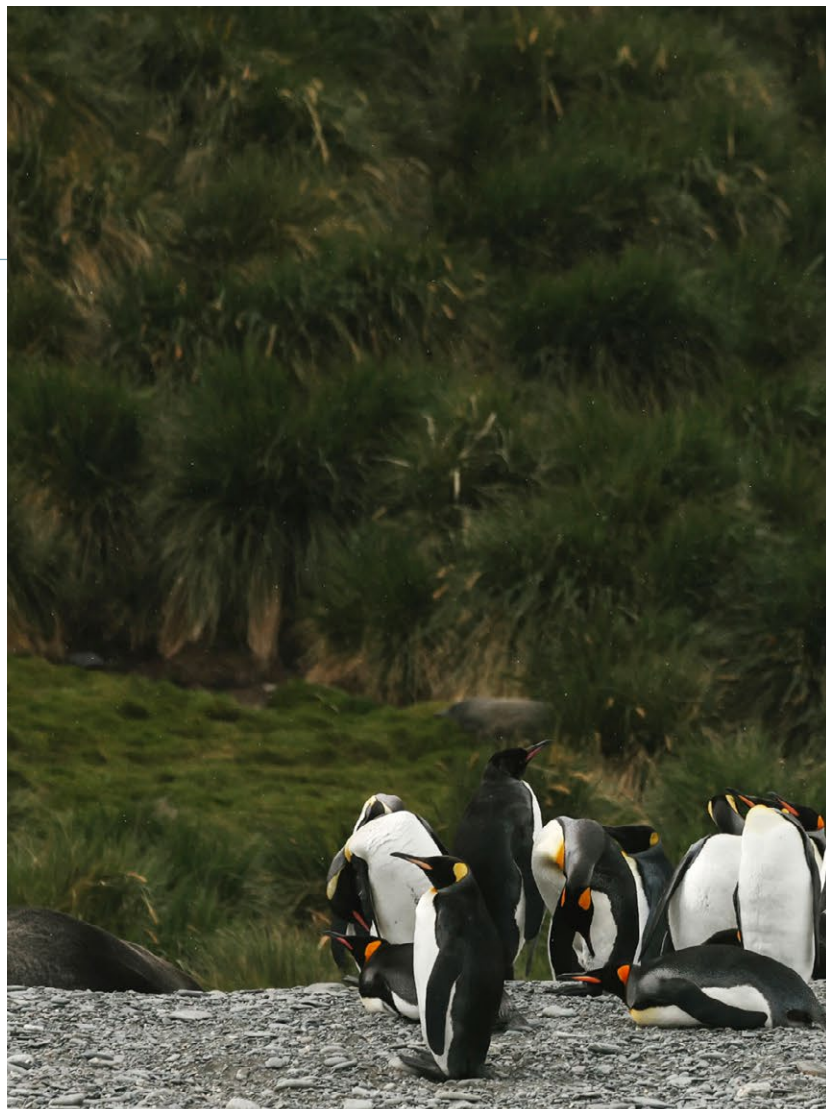
# Penguin discoveries

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, Adélie*
- **South Georgia & Falklands**  
*Magellanic, Chinstrap, Gentoo, King, Macaroni, Rockhopper*







Gentoo penguins, Antarctic Peninsula



Chinstrap Penguins, South Shetlands



King penguins, South Georgia



Blue Eyed Shag



Snowy sheathbill







# Birds abound

Whether you're a keen ornithologist or an all-round nature lover, Antarctica has a profusion of rare and special birds to admire. From **terns** and **petrels** to **skuas**, **shearwaters** and **shags**, over 45 species of birds inhabit this icy land. **Albatrosses** are a common sighting, gracefully gliding on the ocean winds. With a wingspan of up to 3.35 metres, they are the largest flying birds in the world.

## Whereabouts

- **Antarctica**  
*Sheathbill*
- **Antarctica, South Georgia & Falklands**  
*Albatross, Petrels, Prions, Gulls, Blue-eyed Shag, Skua, Terns*



Skua



Fighting albatross



## 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*
- **South Georgia & Falklands**  
*Fur, Elephant*







Elephant seal

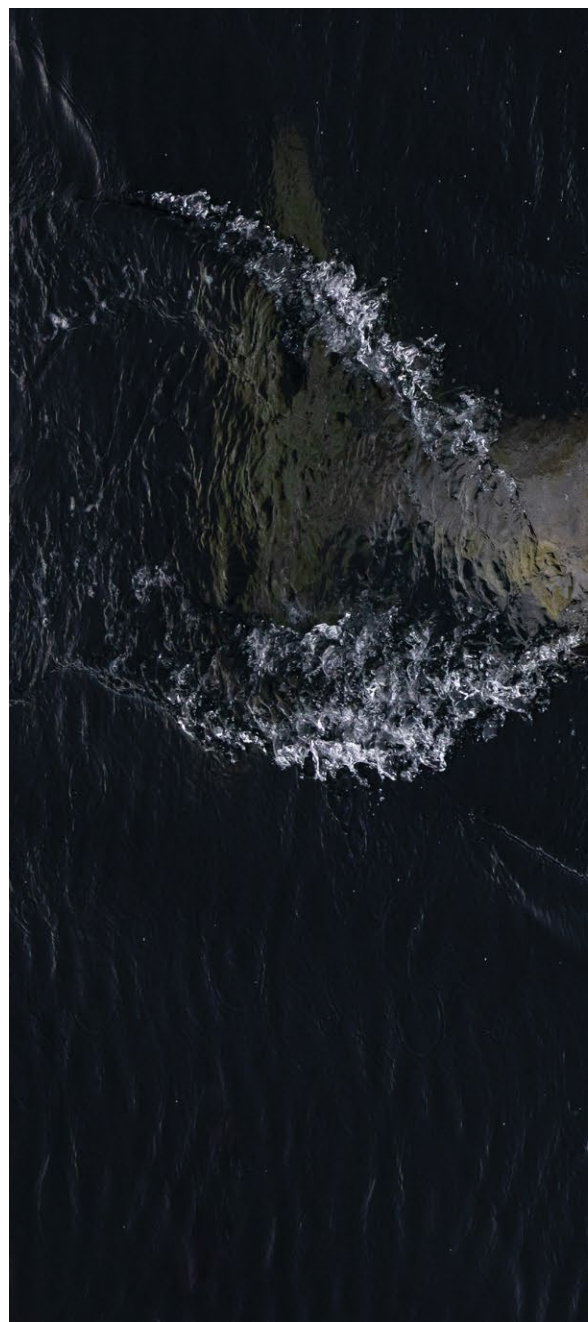


Fur seal



Leopard seal









# 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.

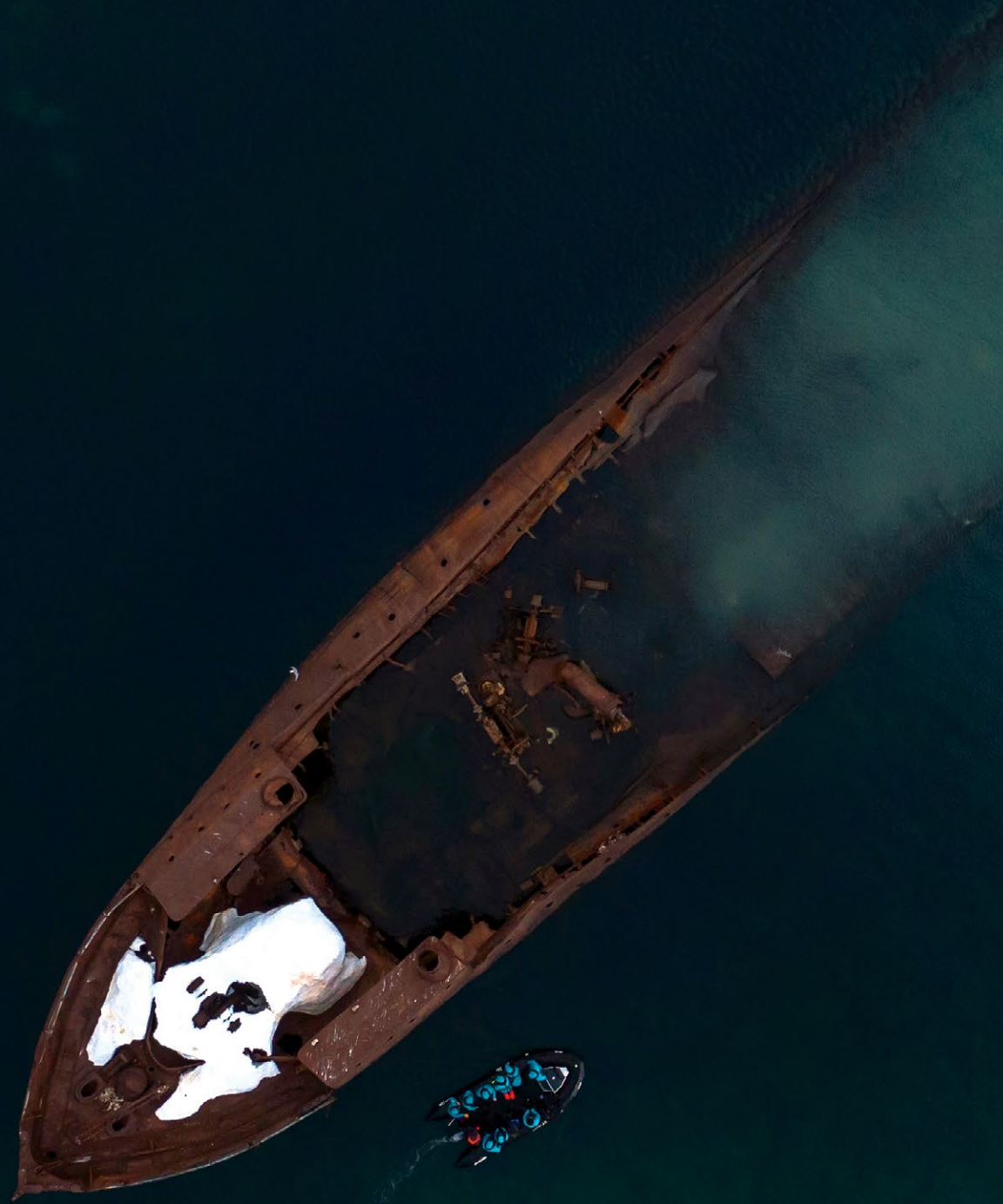
## Whereabouts

- **Antarctica**  
*Minke, sperm whale*
- **Antarctica, South Georgia & Falklands**  
*Humpback, Fin, Orca*



Humpback whales









# Expedition Activities

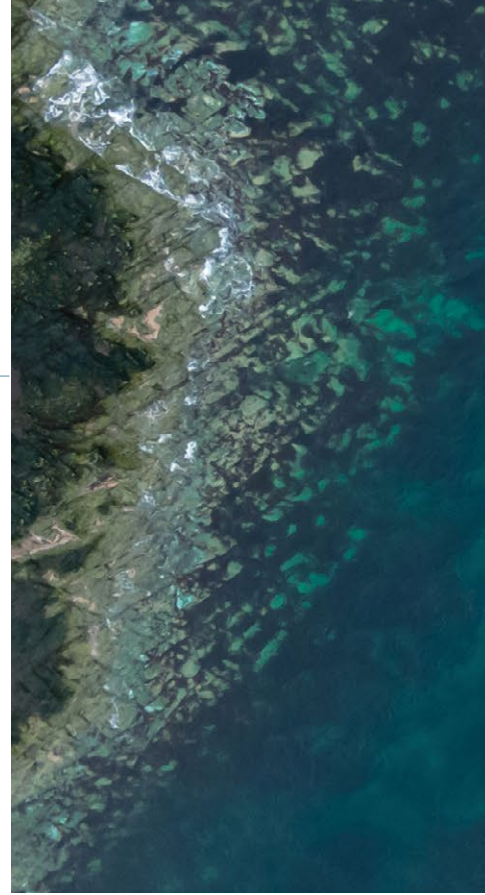
Landscape Enterprise Island, Antarctica



# Zodiac boats

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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 cruising





A Zodiac in action



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## 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.

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## 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.





## 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.

## Snowshoe excursions

Antarctic sites are often buried in snow, and the best way to explore is with a guided snowshoe walk.

The sound of crunching snow and ice, teamed with the fresh, clean air on your face, is **unforgettable**.







Kayaking

# 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.



Hiking

# 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.



# Lecture programme

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







Expedition laboratory

## 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.



## Library & expedition office

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







Landscape, Antarctic Peninsula





# 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 enthrall 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 awe-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.



# Long Arc to Antarctica

🌐 Antarctic Peninsula, South Georgia & South Atlantic Islands

📍 Buenos Aires – Ushuaia 📅 17 nights

🚢 SH Vega 🕒 2025 14 Nov–1 Dec



## 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..



Excursion, South Shetland Islands





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

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



## Antarctica Focus

Around 65% of the world's black-browed albatross nest in the Falklands. Experience Patagonia, the wild, remote southern part of Argentina. Named by the Portuguese explorer Ferdinand Magellan in 1520, Patagonia is known for dramatic mountain peaks, and an array of unique wildlife.



# Africa to America Antarctic Epic

🌐 Antarctic Peninsula, South Georgia & South Atlantic Islands

📍 Cape Town – Ushuaia 📅 20 nights

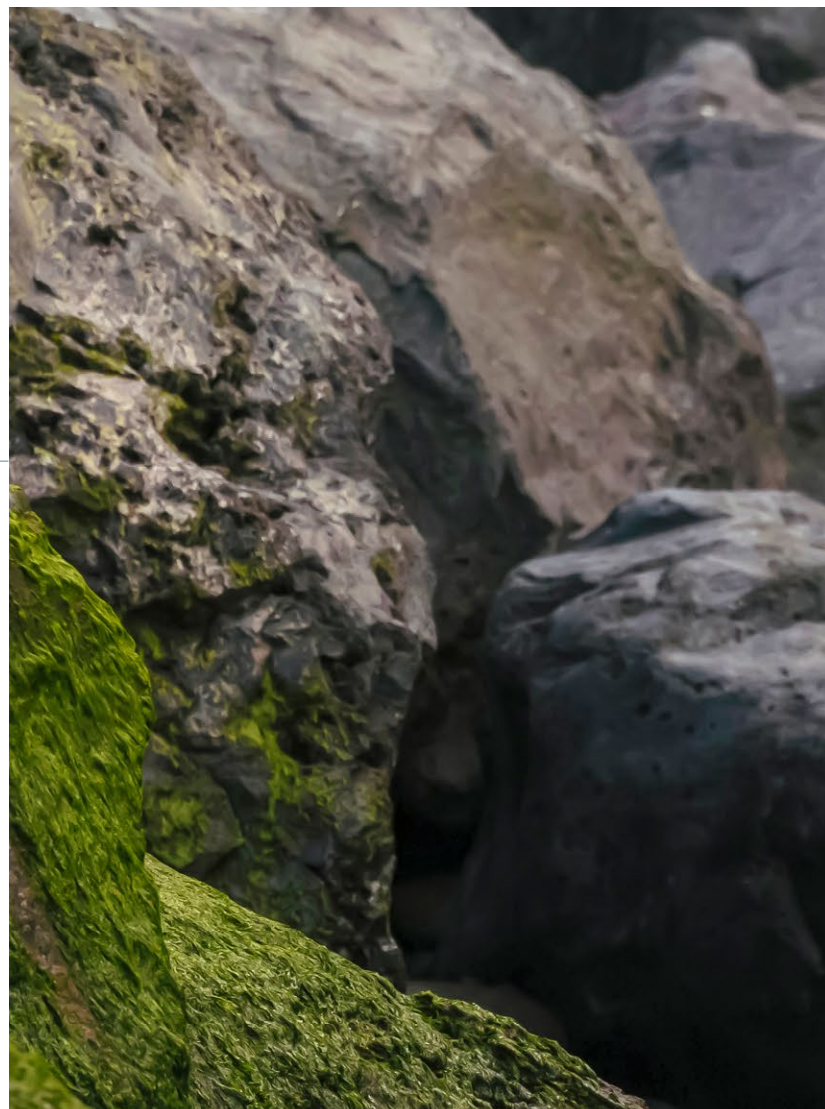
🏠 SH Diana 🕒 2025 15 Nov–5 Dec



## Overview

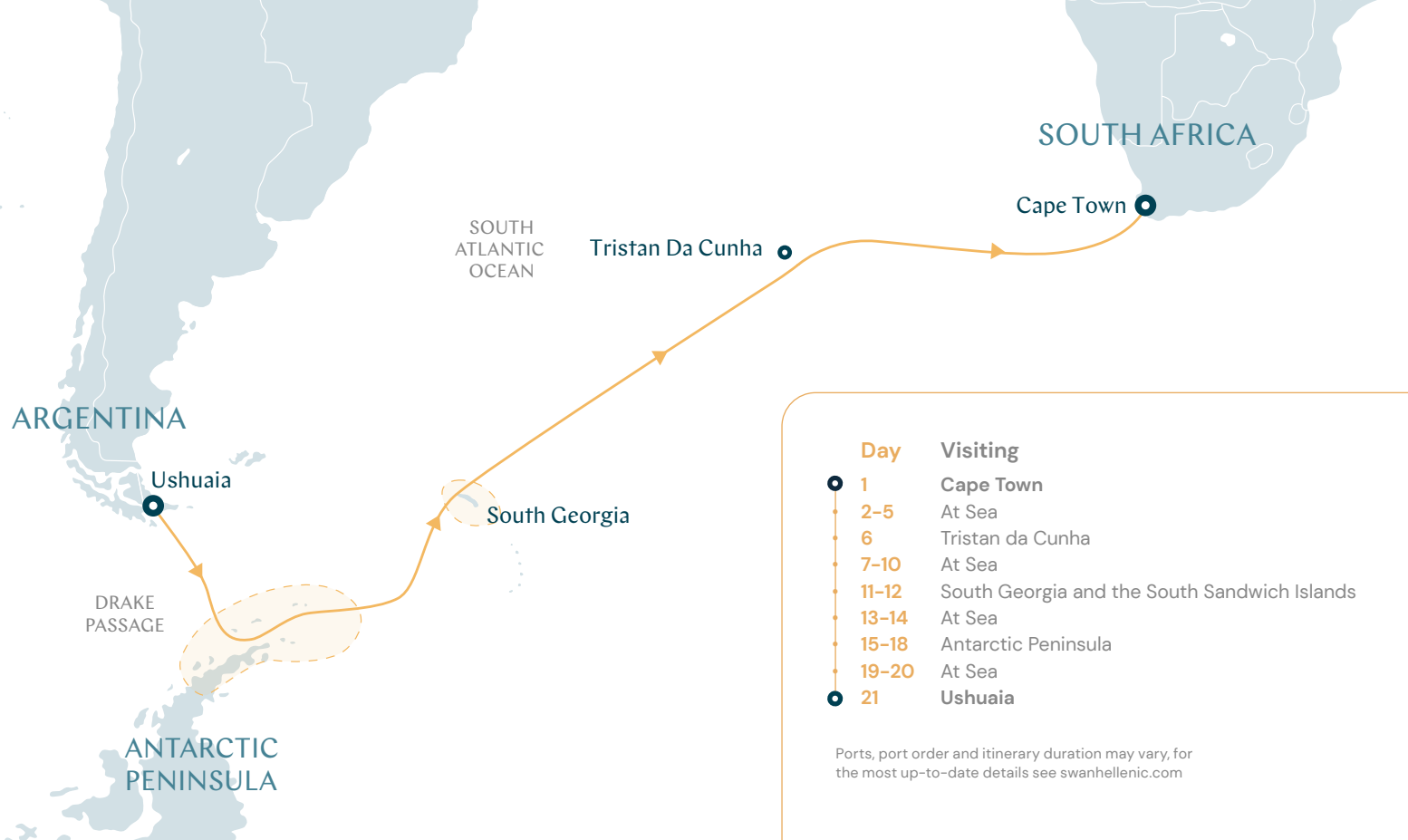
Departing cosmopolitan Cape Town, we'll begin our South Atlantic crossing, exploring the flora and fauna on these remote islands, which have evolved in complete isolation, with fascinating results.

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.



Macaroni Penguin – Tristan da Cunha





## Antarctica Focus

Pay homage to explorer Ernest Shackleton as we discover the island where he spent his last days. Keep an eye out for blackbrowed albatross in the Falklands as we come ashore to these remote communities.



# Antarctic Peninsula Discovery

🌐 Antarctic Peninsula    📍 Ushuaia – Ushuaia    🗓️ 9 nights

🏠 SH Vega    ⌚ 2025 1-10 Dec | 10-19 Dec | 19-28 Dec | 28 Dec-6 Jan  
2026 17-26 Jan | 23 Feb-4 Mar

🏠 SH Diana    ⌚ 2026 15-24 Feb | 24 Feb-5 Mar



## 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.



Zodiac cruising Pleneau Island, Antarctic Peninsula



#### Day

#### Visiting

- 1 Ushuaia
- 2-3 At Sea
- 4-7 Antarctic Peninsula
- 8-9 At Sea
- 10 Ushuaia

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

## Antarctica Focus

An extension of the Andes Mountains, the Antarctic Peninsula is the only part of Antarctica that extends north of the Antarctic Circle.

The Antarctic Peninsula was frequented by sealers and whalers long before any officially documented discovery.





# Antarctic Peninsula Odyssey

🌐 Antarctic Peninsula   📍 Ushuaia – Ushuaia   📅 10 nights

🏞️ SH Diana   ⌚ 2026 9–19 Jan | 5–15 Feb



## 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.

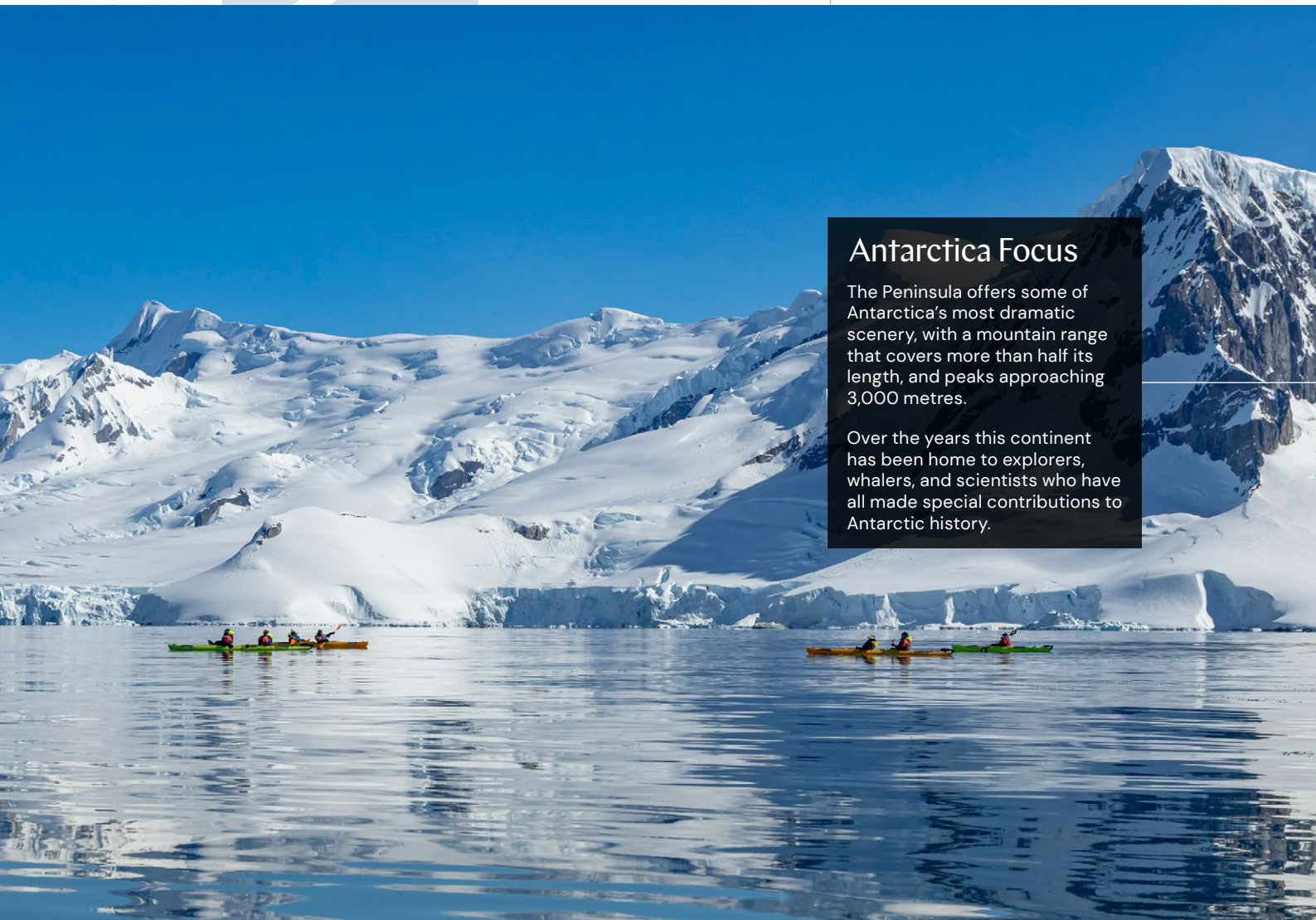
Watch out for extraordinary wildlife in this icy world too, including **elephant seals, humpback whales**, and thousands of **Adélie penguins**. This voyage lets you live your Antarctic dream, and visit places where few people have ever been!





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

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



## Antarctica Focus

The Peninsula offers some of Antarctica's most dramatic scenery, with a mountain range that covers more than half its length, and peaks approaching 3,000 metres.

Over the years this continent has been home to explorers, whalers, and scientists who have all made special contributions to Antarctic history.



# Antarctica Peninsula in Depth

🌐 Antarctic Peninsula & Marguerite Bay 📍 Ushuaia – Ushuaia 📅 13 nights

🏴 SH Diana 🕒 2025 5–18 Dec

🏴 SH Vega 🕒 2026 4–17 Mar



## 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.



SH Diana, Antarctic Peninsula



#### Day

#### Visiting

- 1 Ushuaia
- 2-4 At Sea
- 5-11 Antarctic Peninsula
- 12-13 At Sea
- 14 Ushuaia

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

## Antarctica Focus

Our Antarctica Peninsula in Depth cruise sails further south than most other tourist vessels, offering you the chance to visit incredible places others only dream of seeing.

The Antarctic Circle is the most southerly of the five major circles of latitude that mark maps of the Earth. The region south of this circle experiences 'midnight sun' (periods of 24-hour daylight), and 'polar night' (where darkness lasts for over 24 hours).





# In Shackleton's Footsteps

🌐 The Falklands, South Georgia and Antarctica 📍 Ushuaia – Ushuaia 📅 17 nights

🏠 SH Diana 🕒 2026 19 Jan–5 Feb

🏠 SH Vega 🕒 2026 6–23 Feb



## 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.



Gentoo penguins, Antarctic Peninsula



Day	Visiting
1	Ushuaia
2	At Sea
3	West Point & Saunders Islands, Falkland Islands
4	Port Stanley, Falkland Islands
5-6	At Sea
7-9	South Georgia and the South Sandwich Islands
10-11	At Sea
11-15	Antarctic Peninsula
16-17	At Sea
18	Ushuaia

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



## Antarctica Focus

Immerse yourself in history with a visit to Grytviken on South Georgia Island. This atmospheric former whaling station is dotted with abandoned buildings and wreckage of old ships, and is the resting place of Ernest Shackleton.

Shackleton and a few of his men arrived almost unrecognisable at South Georgia Island on May 10, 1916 after a harrowing, 17-day journey from Elephant Island.



# Weddell Sea Discovery

🌐 Weddell Sea and Antarctic Peninsula 📍 Ushuaia – Ushuaia 📅 11 nights

🏴 SH Diana ⌚ 2025 18–29 Dec | 29 Dec–9 Jan

🏴 SH Vega ⌚ 2026 6–17 Jan | 26 Jan–6 Feb



## 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.

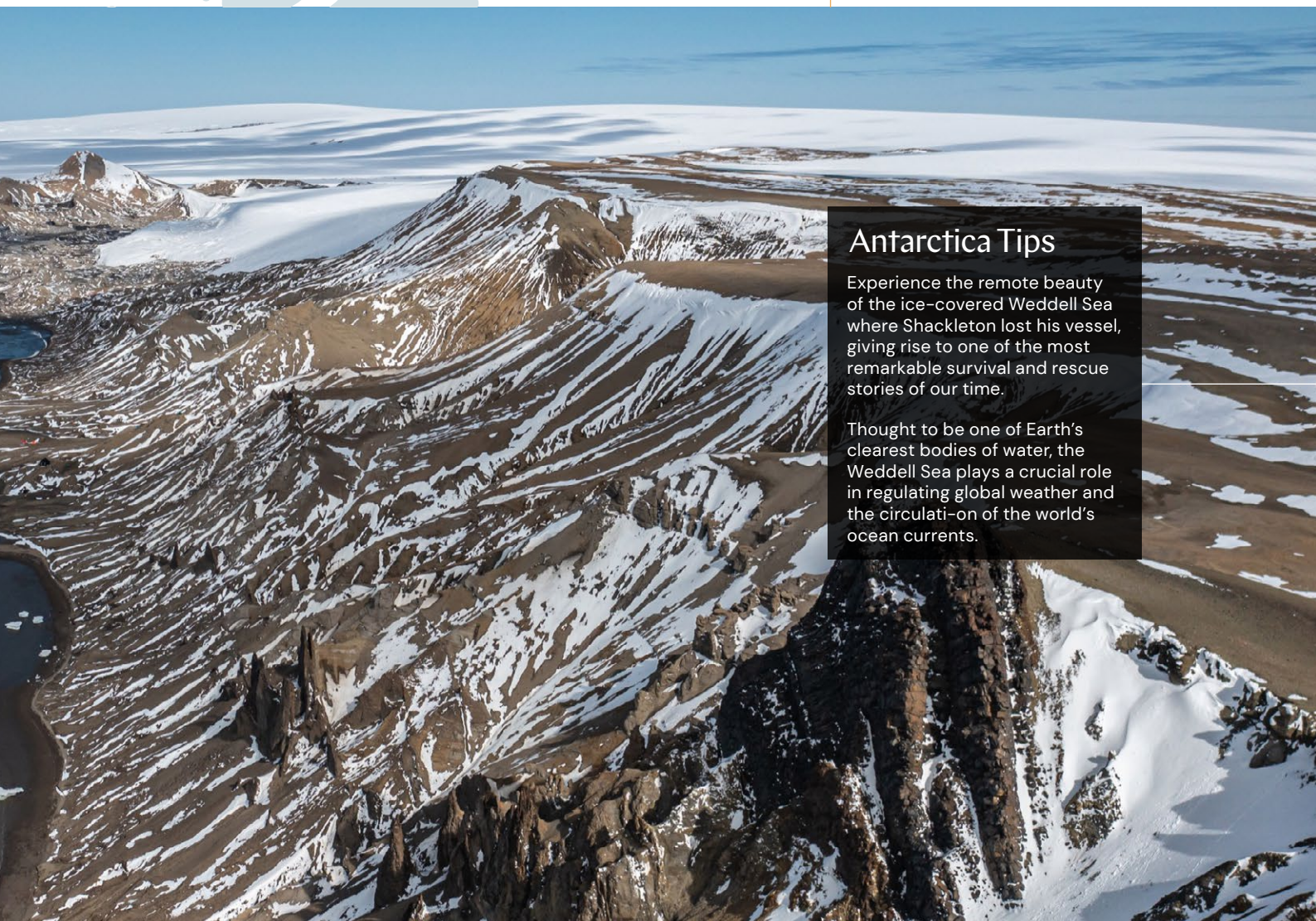


Weddell Sea Landscape



Day	Visiting
1	Ushuaia
2-3	At Sea
4	Antarctic Sound & Weddell Sea
5-9	Antarctic Peninsula
10-11	At Sea
12	Ushuaia

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



## Antarctica Tips

Experience the remote beauty of the ice-covered Weddell Sea where Shackleton lost his vessel, giving rise to one of the most remarkable survival and rescue stories of our time.

Thought to be one of Earth's clearest bodies of water, the Weddell Sea plays a crucial role in regulating global weather and the circulation of the world's ocean currents.

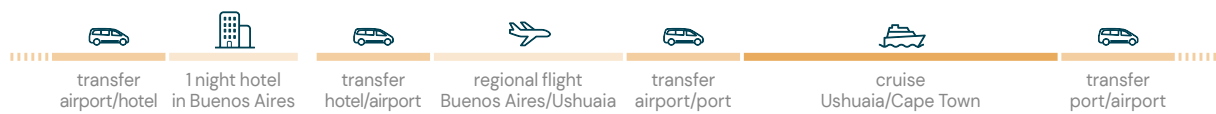


# South Atlantic Semi-Circumnavigation

🌐 Antarctic Peninsula, South Georgia & South Atlantic Islands

📍 Ushuaia – Cape Town 📅 20 nights

🚢 SH Vega 🕒 2026 17 Mar–6 Apr



## Overview

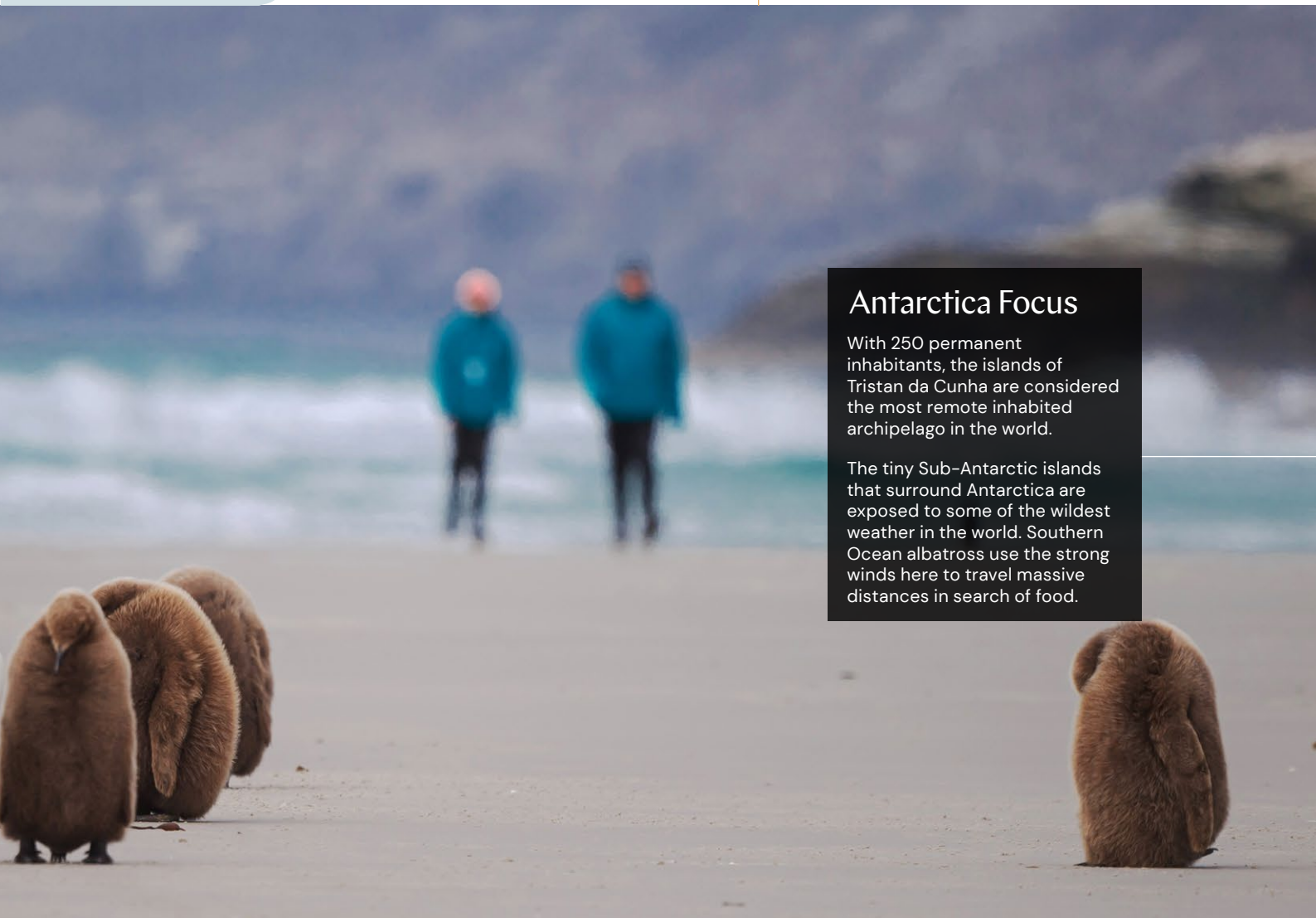
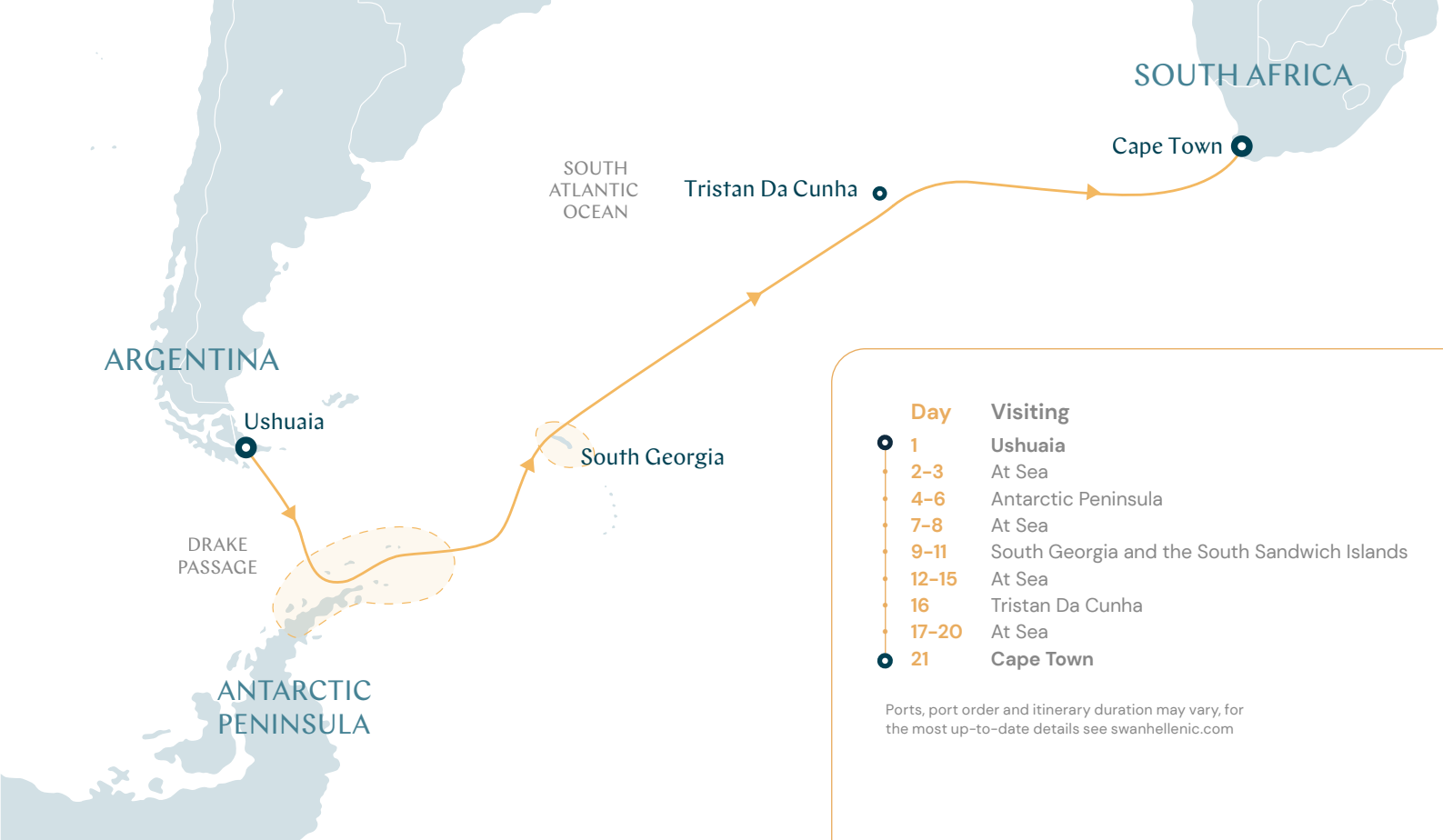
Gaze at captivating glaciers and majestic icebergs as we sail from Ushuaia to the icy wilderness of the **South Shetland** islands on this unforgettable 21-night cruise.

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.



Wildlife encounters, Falkland Islands



## Antarctica Focus

With 250 permanent inhabitants, the islands of Tristan da Cunha are considered the most remote inhabited archipelago in the world.

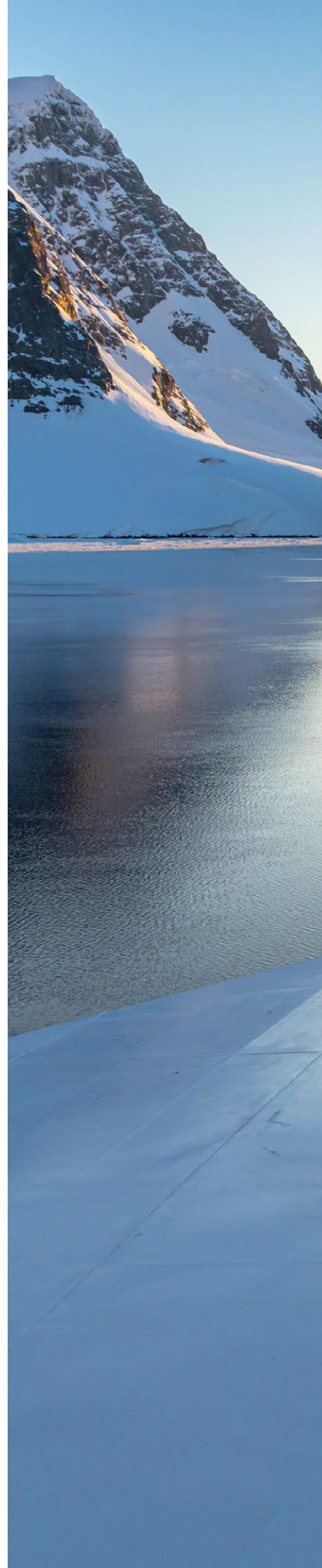
The tiny Sub-Antarctic islands that surround Antarctica are exposed to some of the wildest weather in the world. Southern Ocean albatross use the strong winds here to travel massive distances in search of food.



# A new class of exploration

Immerse yourself in breathtaking panoramic views, elegant interiors, and sophisticated onboard facilities.

Our fleet of 5-star boutique ships—SH Minerva, SH Vega and SH Diana—have taken expedition cruising to new heights. Built in the Helsinki Shipyard in Finland, these ships combine the latest in expedition technology with stylish, sophisticated design. Featuring elegant interiors, wide unobstructed views throughout the ship and dedicated expedition facilities for a remarkable travel experience. Explore off-the-beaten-track destinations in style and comfort as you take in the scenery from a panoramic sauna, warm up in an outdoor hot tub, dine in a world-class restaurant, and unwind in your elegant stateroom.










The Swan's Nest, on board SH Diana




# Boutique cruising at its finest

SH Minerva, 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 Minerva & SH Vega

 117 crew  
 152 guests  
 9 decks

## SH Diana

 127 crew  
 192 guests  
 9 decks

Our heated outdoor pool



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, savor 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.



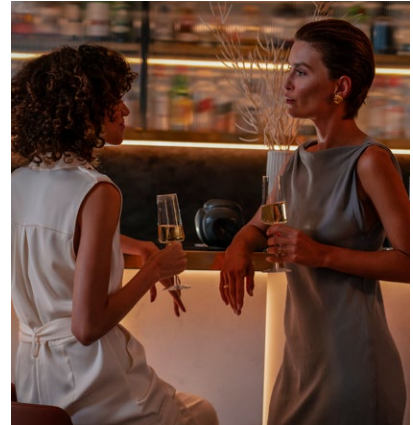
### The Swan Restaurant

As the main venue for breakfast, lunch and dinner, our 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, serving Afternoon Tea or 24-hour tapas-inspired dining, paired with panoramic ocean views.



### Observation Lounge

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



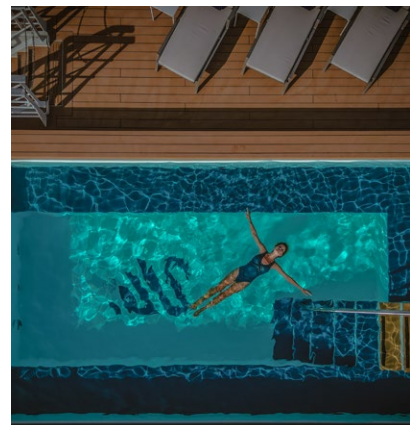
### Basecamp

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

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:

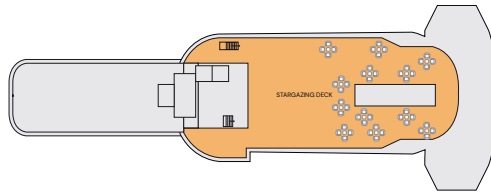
Oceanview D4:	4 (20m <sup>2</sup> ) ●
Oceanview M4:	12 (20m <sup>2</sup> ) ●
Balcony D5:	8 (25m <sup>2</sup> ) ●
Balcony M5:	22 (25m <sup>2</sup> ) ●
Balcony D6:	24 (25m <sup>2</sup> ) ●
Suite:	4 (40m <sup>2</sup> ) ●
Premium Suite:	2 (47m <sup>2</sup> ) ●

## Ship Specification:

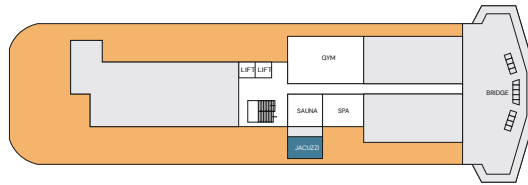
Guest Capacity	152
Staff	117
No. of Decks	9
Staterooms	76
Length	372ft (113.5m)
Breadth	79.7ft (24.3m)
Gross Tonnage	10,617
Service Speed	12 knots
3rd Guest Capacity	▲
4th Guest Capacity	■
Connecting Staterooms	↔
Wheelchair Accessible Staterooms	♿ 415
Propulsion	Hybrid Diesel Electric, Polar Class PC5
Registered	Panama
Lifeboats	2 (fully closed)
Zodiacs	10 MK5 2 MK6

SH Vega, Antarctic Peninsula





Deck 9  
Stargazing Deck



Deck 8

Gym  
Sauna  
Jacuzzi  
Spa  
Bridge



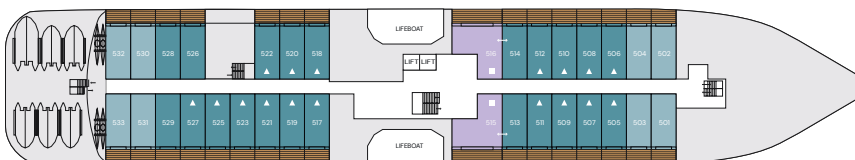
Deck 7

Shop  
Swimming Pool  
Pool Bar & Grill  
Club Lounge  
Observation Lounge



Deck 6

Premium Suites  
Suites  
Balcony Staterooms D6  
Swan's Nest



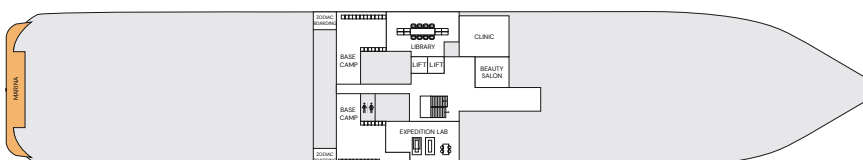
Deck 5

Balcony Staterooms D5, M5  
Suites



Deck 4

Reception  
Laundrette  
Swan Restaurant  
Oceanview Staterooms D4, M4



Deck 3

Clinic  
Library  
Basecamp  
Beauty Salon  
Expedition Lab



# SH Diana

The largest 5-star ship in our fleet, SH Diana (named after the Roman goddess of light, the moon, hunting and the wilderness) is elegant, spacious and built to explore the Mediterranean's famous sites of antiquity and beyond.



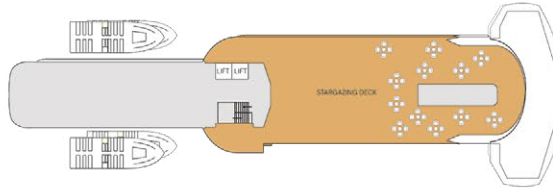
## Stateroom Category:

Oceanview D4:	6 (20m <sup>2</sup> )	●
Oceanview M4:	14 (20m <sup>2</sup> )	●
Balcony D5:	12 (25m <sup>2</sup> )	●
Balcony M5:	25 (25m <sup>2</sup> )	●
Balcony D6:	29 (25m <sup>2</sup> )	●
Junior Suite:	4 (32–36m <sup>2</sup> )	●
Suite:	4 (41m <sup>2</sup> )	●
Premium Suite:	2 (41m <sup>2</sup> )	●

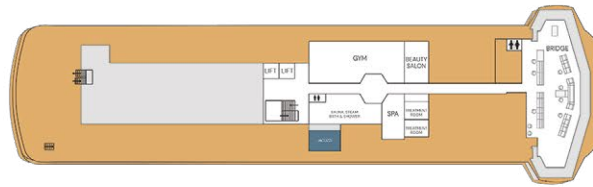
## Ship Specification:

Guest Capacity	192
Staff	127
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 Staterooms	♿ 419, 635
Propulsion	Hybrid Diesel Electric, Polar Class PC6
Registered	Panama
Lifeboats	2 (fully closed)
Zodiacs	14 MK5
Tenders	2 ODC Marine

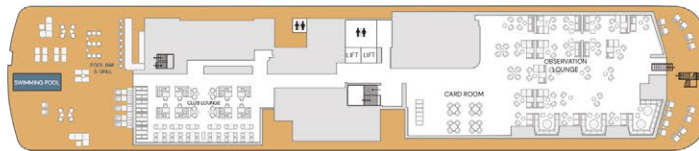




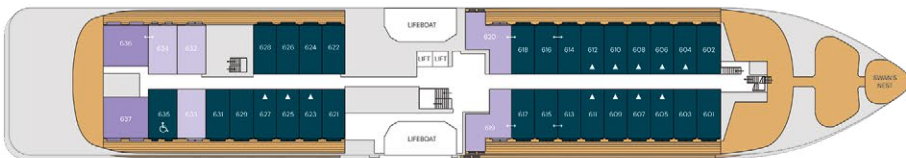
**Deck 9**  
Stargazing Deck



**Deck 8**  
Gym  
Sauna  
Jacuzzi  
Spa  
Beauty Salon  
Bridge



**Deck 7**  
Swimming Pool  
Pool Bar & Grill  
Club Lounge  
Card Room  
Observation Lounge



**Deck 6**  
Premium Suites  
Suites  
Junior Suites  
Balcony Staterooms  
Swan's Nest



**Deck 5**  
Balcony Staterooms  
Junior Suites  
Suites



**Deck 4**  
Swan Restaurant  
Reception  
Oceanview Staterooms  
Launderette



**Deck 3**  
Marina Deck  
Zodiac Boarding  
Basecamp  
Library  
Expedition Lab  
Clinic  
Laundry



# 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 exceptional 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 sunsets and surprise sightings won't be missed.

## Your perfect space

Each of our beautifully designed staterooms has everything you need for a pampered stay. Fluffy robes, 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.



Onboard stateroom suite.  
Suite sizes and categories vary by ship.



# Amenities in your cabin

- Welcome Champagne bottle
- Snacks
- Stocked minibar with soft drinks & beer
- Illy Espresso coffee machine with coffee pods
- Tea kettle and Kusmi tea bags
- Free Wi-fi connection, subject to satellite reception
- TV service
- 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

SH Diana → 41m<sup>2</sup> (441ft<sup>2</sup>) including balcony

SH Vega → 47m<sup>2</sup> (506ft<sup>2</sup>) including balcony

### Sleeps 4

Premium Suites have a king size bed, separate living room, and flame-effect fireplace. There's also a luxurious ensuite bathroom – with separate bath tub and shower – walk-in wardrobe, and a 8-12m<sup>2</sup> (86-129ft<sup>2</sup>) private balcony.



## Suite

SH Diana → 41m<sup>2</sup> (441ft<sup>2</sup>) including balcony

SH Vega → 40m<sup>2</sup> (431ft<sup>2</sup>) including balcony

### Sleeps 4

Suites feature a king size bed, and have a separate living room, with a flame-effect fireplace. There's also a luxurious ensuite bathroom – with separate bath tub and walk-in shower – and a 5-10m<sup>2</sup> (54-108ft<sup>2</sup>) private balcony.



### Junior Suite

SH Diana → 32–36m<sup>2</sup> (344–388ft<sup>2</sup>)  
including balcony

**Sleeps 2/3**

Junior Suites are only available on SH Diana, and feature a king size bed, separate living room area, luxurious en-suite bathroom, and a 6m<sup>2</sup> (65ft<sup>2</sup>) private balcony.



### Balcony

25m<sup>2</sup> (269ft<sup>2</sup>) including balcony

**Sleeps 2/3**

Balcony Staterooms feature two single beds or a double bed, bedroom with living room area, a luxurious bathroom, and a 5m<sup>2</sup> (54ft<sup>2</sup>) private balcony.



### Oceanview

20m<sup>2</sup> (215ft<sup>2</sup>)

**Sleeps 2/3**

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



# Book your Antarctic expedition cruise

From icy blue glaciers and soaring mountain peaks, to mesmerising icebergs and sparkling, clear fjords, the incredible natural wonders of Antarctica have enchanted explorers for over 200 years.

The world's seventh continent is still as wild and inhospitable as it was hundreds of years ago, but the world-class technology of our new boutique ice-class ships mean this rarely visited corner of the world is now more accessible than ever.

Visit the largest desert on Earth and embrace the outstanding beauty and breathtaking wildlife of this never-to-be-forgotten destination.

Join us for an epic expedition cruise like no other – it's sure to be an adventure you'll never forget.



## Cruise Calendar

 Itinerary	 From → To	 Ship	 Night	 Departure
Long Arc to Antarctica	Buenos Aires → Ushuaia	SH Vega	17	14-Nov-25
Africa to America Antarctic Epic	Cape Town → Ushuaia	SH Diana	20	15-Nov-25
Antarctic Peninsula Discovery	Ushuaia → Ushuaia	SH Vega	9	1-Dec-25
Antarctic Peninsula in Depth	Ushuaia → Ushuaia	SH Diana	13	5-Dec-25
Antarctic Peninsula Discovery	Ushuaia → Ushuaia	SH Vega	9	10-Dec-25
Weddell Sea Discovery	Ushuaia → Ushuaia	SH Diana	11	18-Dec-25
Antarctic Peninsula Discovery	Ushuaia → Ushuaia	SH Vega	9	19-Dec-25
Antarctic Peninsula Discovery	Ushuaia → Ushuaia	SH Vega	9	28-Dec-25
Weddell Sea Discovery	Ushuaia → Ushuaia	SH Diana	11	29-Dec-25
Weddell Sea Discovery	Ushuaia → Ushuaia	SH Vega	11	6-Jan-26
Antarctic Peninsula Odyssey	Ushuaia → Ushuaia	SH Diana	10	9-Jan-26
Antarctic Peninsula Discovery	Ushuaia → Ushuaia	SH Vega	9	17-Jan-26
In Shackleton's Footsteps	Ushuaia → Ushuaia	SH Diana	17	19-Jan-26
Weddell Sea Discovery	Ushuaia → Ushuaia	SH Vega	11	26-Jan-26
Antarctic Peninsula Odyssey	Ushuaia → Ushuaia	SH Diana	10	5-Feb-26
In Shackleton's Footsteps	Ushuaia → Ushuaia	SH Vega	17	6-Feb-26
Antarctic Peninsula Discovery	Ushuaia → Ushuaia	SH Diana	9	15-Feb-26
Antarctic Peninsula Discovery	Ushuaia → Ushuaia	SH Vega	9	23-Feb-26
Antarctic Peninsula Discovery	Ushuaia → Ushuaia	SH Diana	9	24-Feb-26
Antarctic Peninsula in Depth	Ushuaia → Ushuaia	SH Vega	13	4-Mar-26
South Atlantic Semi-Circumnavigation	Ushuaia → Cape Town	SH Vega	20	17-Mar-26



Thanks for embracing  
our travel philosophy

Contact your FROSCH Travel Advisor