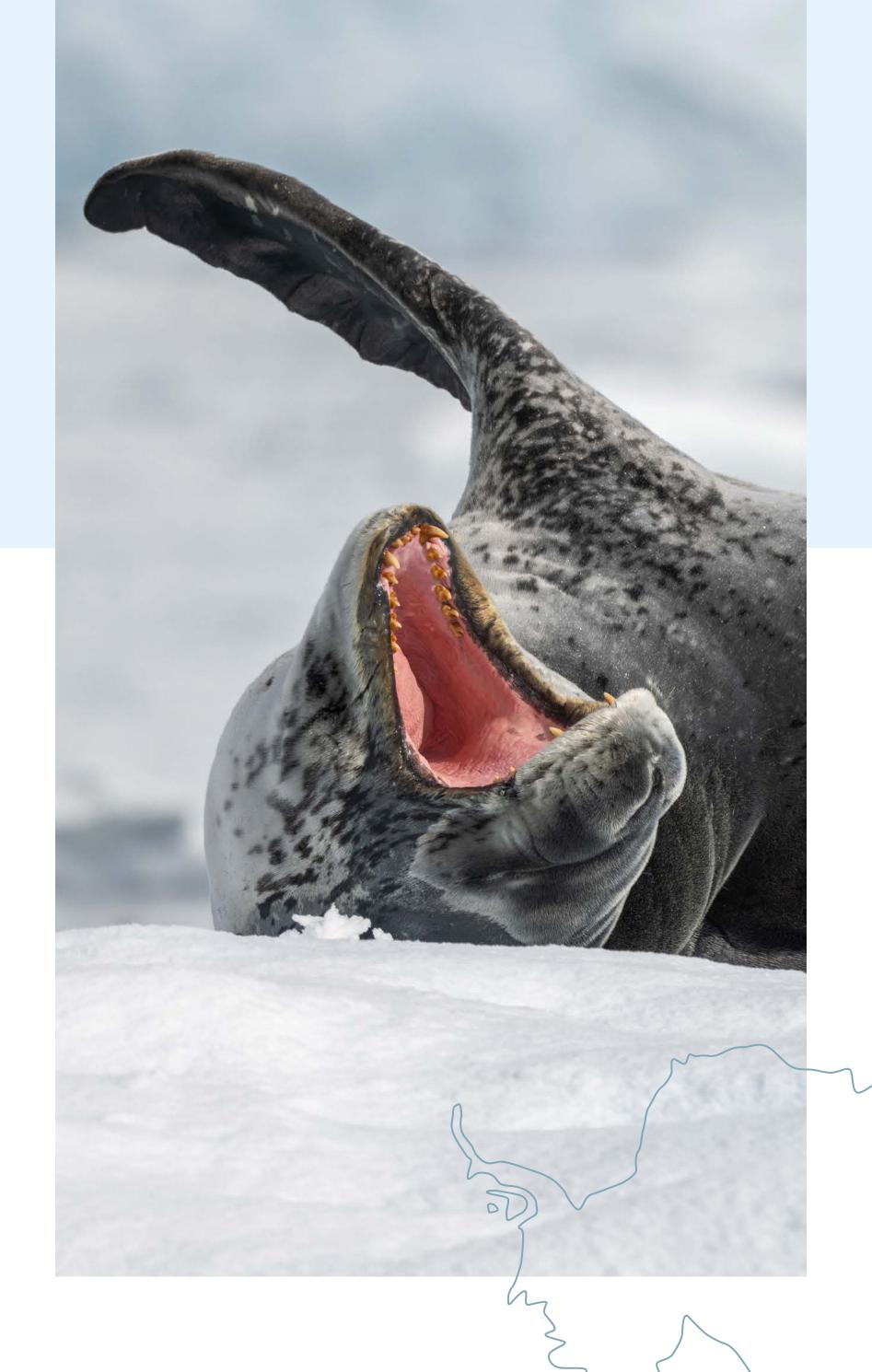
THE LAST UNTOUCHED FRONTIER

ANTARCTICA



90 00 S, 0 00 E





LAND OF SNOW ANDICE

With its otherworldly allure, Earth's seventh continent offers a truly unforgettable cruising experience. Your Antarctica journey promises panoramic views and iceblanketed 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.







WORDS SIMPLY DO NOT GIVE ANTARCTICA JUSTICE

"Antarctica has the ability to speak to every single one of us, but in a different way.

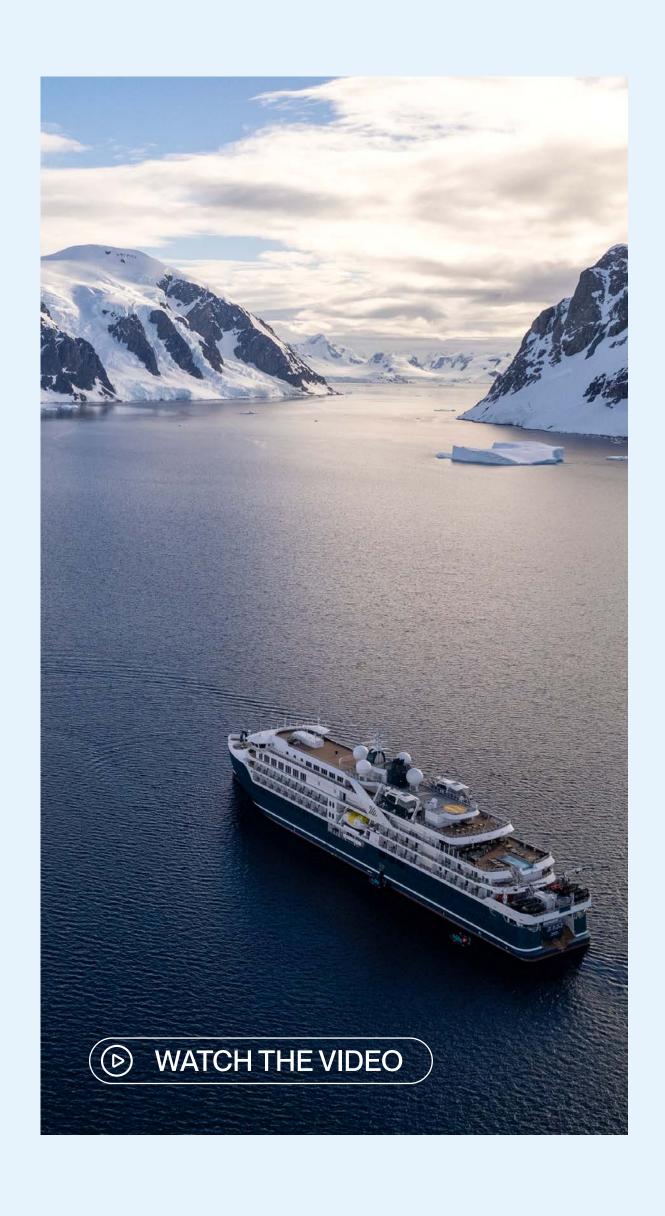
People would describe visiting Antarctica as a life-changing experience. So it's the ability to switch off and just be one with Mother Nature.

It teaches us about ourselves and our place within the natural world. And there's lessons through the things that we see and experience that we can take home and share with our community and our loved ones.

When we go home, part of us will always still be here. Nature and the the beauty of the wilderness is far, far greater than us.

There's just you and the environment, and you never know what you're going to see."

— Antony Jinman, EL



ARGENTINA

CHII F

Ushuaia

AN OVERVIEW OF ANTARCTICA

DRAKE PASSAGE

This treacherous sea route is famous for its unpredictable weather and rough waters. It's where three oceans meet, offering a thrilling challenge for explorers.



Humpback whales return to Antarctica from mid-December to mid-February, a period marked by temperatures around 40°F (5°C) and up to 22 hours of daylight each day. This optimal time offers ideal conditions for observing these magnificent creatures in their icy habitat.



ANTARCTIC PENINSULA

Known for its dramatic landscapes of towering ice cliffs and vast glaciers, The Antarctic Peninsula is a hotspot for diverse wildlife, including penguins, seals, and whales. The peninsula's relatively mild temperatures and long daylight hours during the Antarctic summer make it a prime destination for explorers and scientists seeking to experience one of the planet's most pristine and unspoiled environments.

- Adélie penguins, gentoo and chinstrap penguins, weddell and crabeater seals
- Gerlache Strait, Antarctic Sound

The Antarctic Circle is the most southerly of the five major circles of latitude that mark maps of the Earth.

0

→ Cruise to the Antartic Circle



- ANTARCTIC CIRCLE -



SOUTH ATLANTIC OCEAN

Saunders Island



Port Stanley

FALKLAND ISLANDS

The Falkland Islands, located in the South Atlantic, are renowned for their rugged landscapes and rich ornithological diversity. Home to large colonies of magellanic, gentoo, and rockhopper penguins, as well as albatrosses and numerous seabird species, these islands offer unparalleled opportunities for birdwatching.

- Magellanic, gentoo and rockhopper penguins
- Port Stanley, West Point, Saunders Island



Elephant island



South Georgia is a remote, nearly inaccessible island in the southern Atlantic, renowned for its towering glaciers and thriving wildlife. Despite its isolation, it's home to thousands of penguins and seals —left behind by early 20th-century whalers. A true haven for untouched polar exploration.

- King penguins, albatross, cape petrels
- Shackletons grave





CALVING GLACIERS

From February to March

Gerlache Strait Deception Island



WEDDELL SEA



Did you know?

The wreck of the Endurance, Ernest Shackleton's ship, was rediscovered in remarkable condition over a century later in 2022, lying nearly 10,000 feet below the surface.

Marguerite bay

ANTARCTICA BUCKET LIST

THE DRAKE PASSAGE

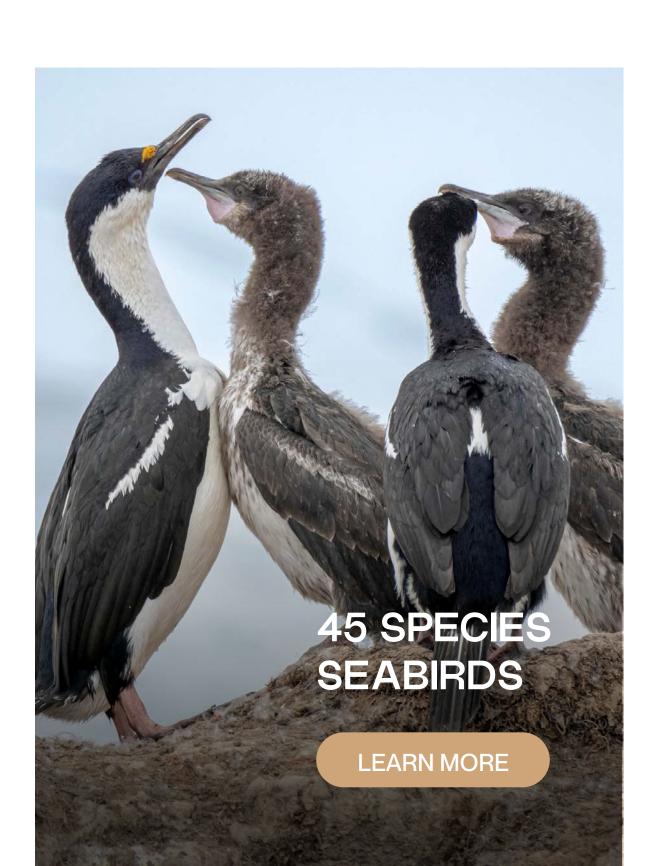
Embarking to
Antarctica means
braving the legendary
Drake Passage, a
600-mile stretch of
wild ocean between
South America and the
Antarctic Peninsula.

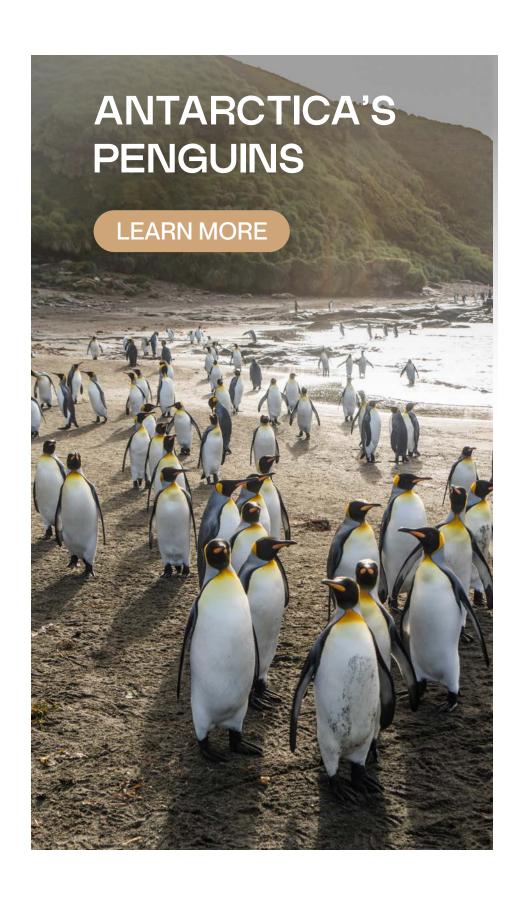




WHALE WATCHING

Whether you're observing from the comfort of your luxury cruise ship or from a Zodiac boat at water level, the opportunity to watch whales in Antarctica is an exclusive, once-in-a-lifetime experience.





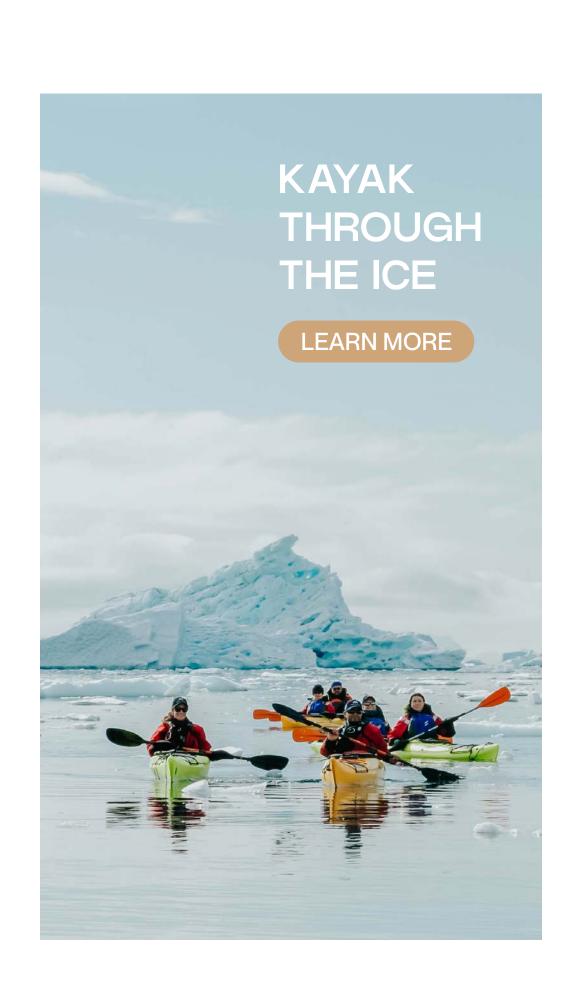




BECOME A CITIZEN SCIENTIST

During your trip, join Swan Hellenic's Citizen Science programs and contribute to real-world environmental research.

LEARN MORE





TAKE THE POLAR PLUNGE

Ready to test your bravery? Swan Hellenic's polar plunge invites you to jump into the icy waters of the Southern Ocean.

WILDLIFE 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.



Always exciting

There are albatrosses to be seen as we cross the Drake Passage with their huge wingspans. Also the tiny Storm-Petrels which flutter alongside the ship. Giant-Petrels follow the ship criss-crossing our wake searching for anything churned up by our propellers.

— Sue Walsh, ornithologist

PENGUINS

With around 12 million penguins living on the Antarctic Peninsula and nearby sub Antarctic islands, 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.





ADÈLIE



GENTOO



CHINSTRAP







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

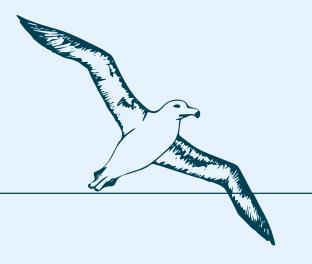
BIRDS

Whether you're a keen ornithologist or an allround 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 the Southern Ocean.

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.



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



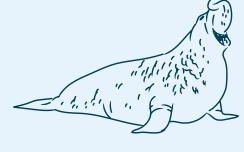


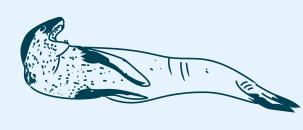
SEALS

Several different species of seal can be found in Antarctica: 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.







FUR

ELEPHANT

LEOPARD



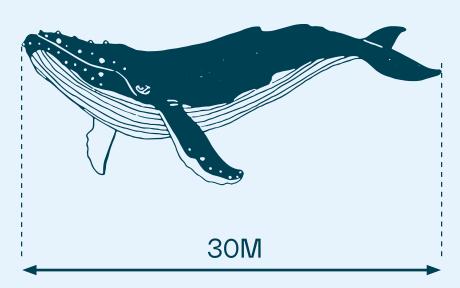
Antarctica — Fur, Leopard, Crabeater, Elephant, Weddell South Georgia & Falklands — Fur, Elephant, South American Sea Lion

WHALES

Humpback whales are the most acrobatic of all the whales you may see in Antarctica. 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. They raise their backs high when swimming,

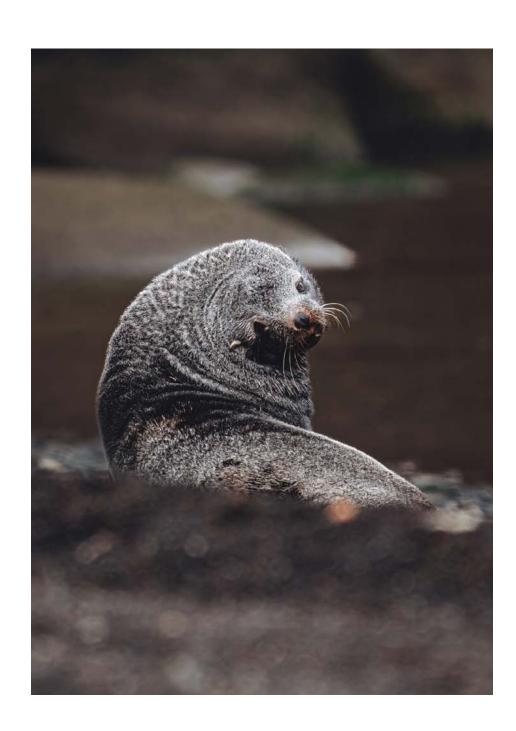


Antarctica — Minke, Orca, Humpback and Fin South Georgia & Falklands — Humpback, Fin, Orca showing a distinctive curved dorsal fin, and when preparing to dive, raise their tail fluke above the water. Every humpback has tail fluke patterns as individual as a fingerprint. Orca, Minke and Fin Whales are also abundant in Antarctica.

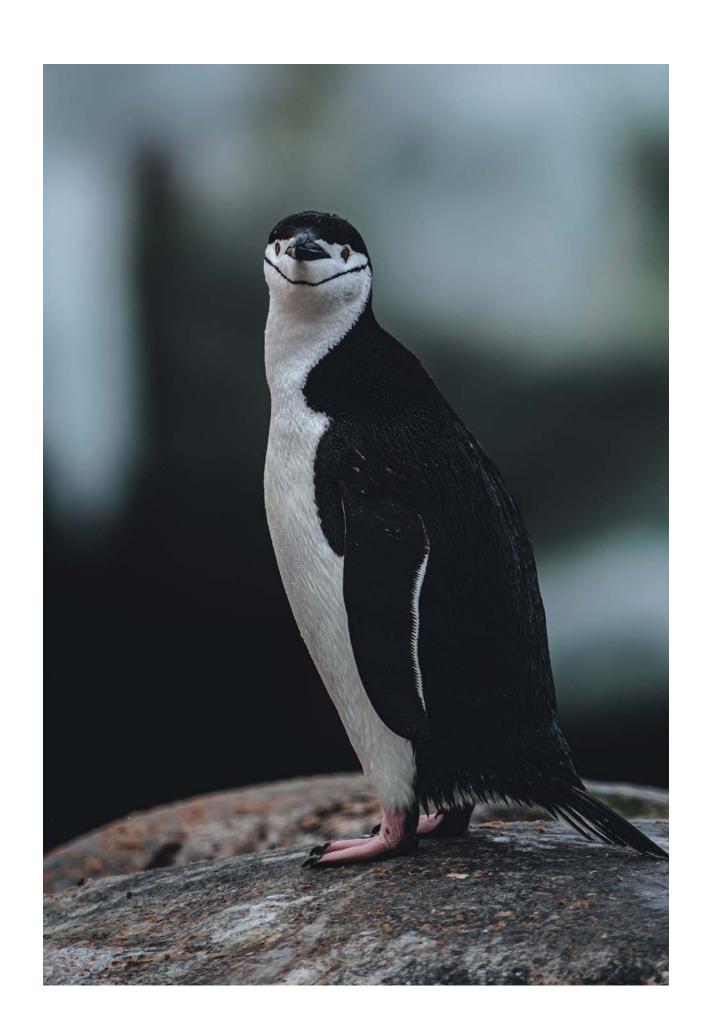


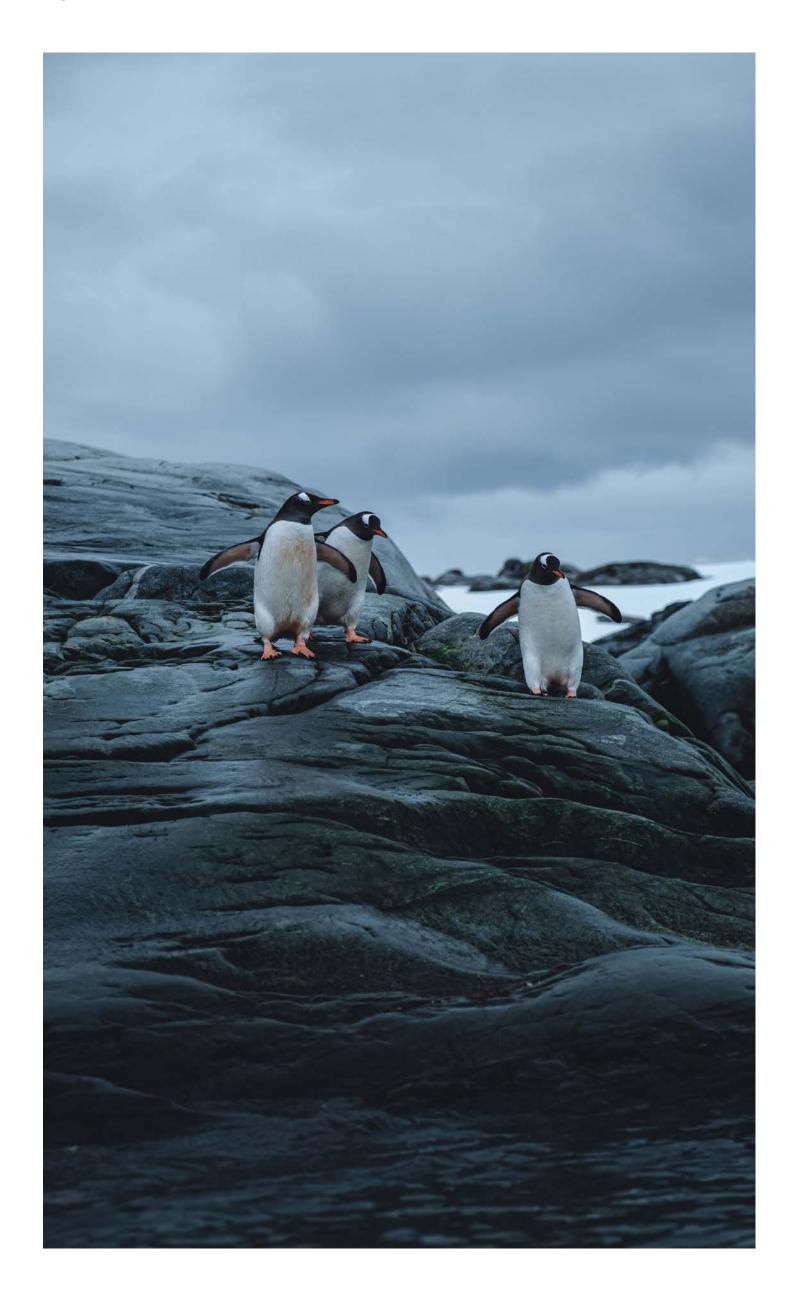
180 TONS

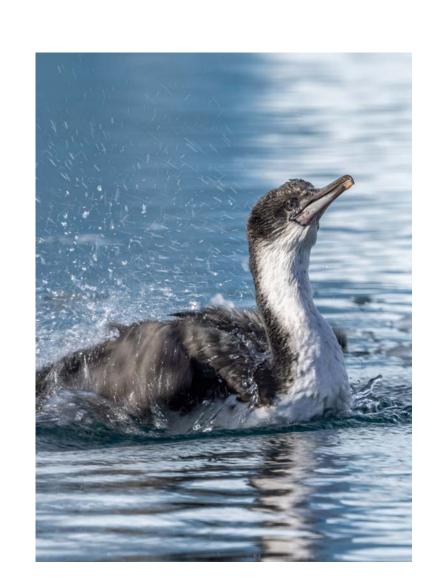
WILDLIFE ______ 2026 / 2027 13



Antarctic fur seals were almost driven to extinction during the 18th century, when man hunted them for their skin and blubber. Today, they breed in dense colonies on beaches and rocks north of the pack-ice, where males fight for the right to rule a harem of females.

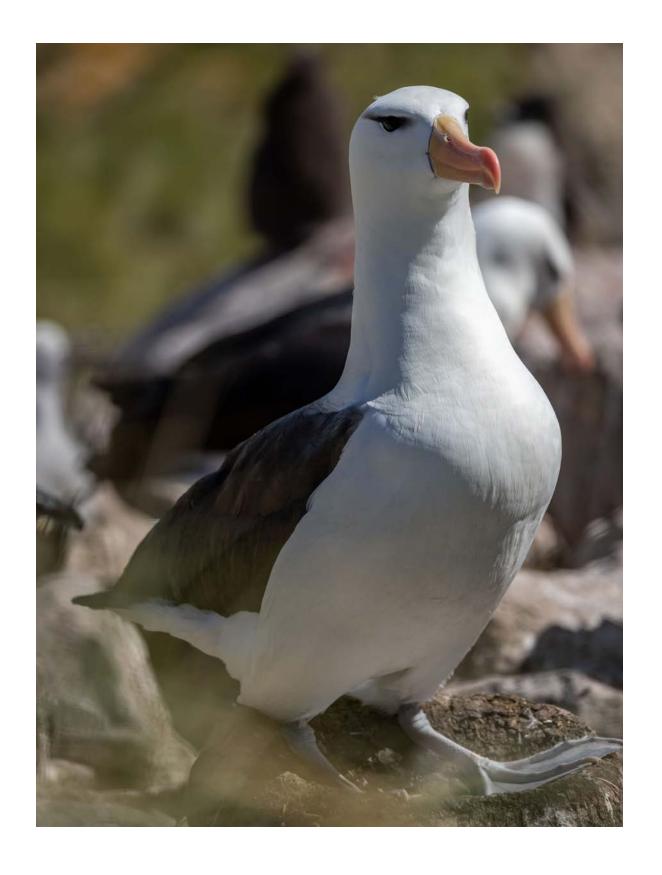






Gentoo penguins are the third-largest penguin species and can reach up to 81cm in height.

They are easily recognisable with white patches above their eyes and a long tail which moves like a brush, hence their species name — Pygoscelis (brush-tailed).

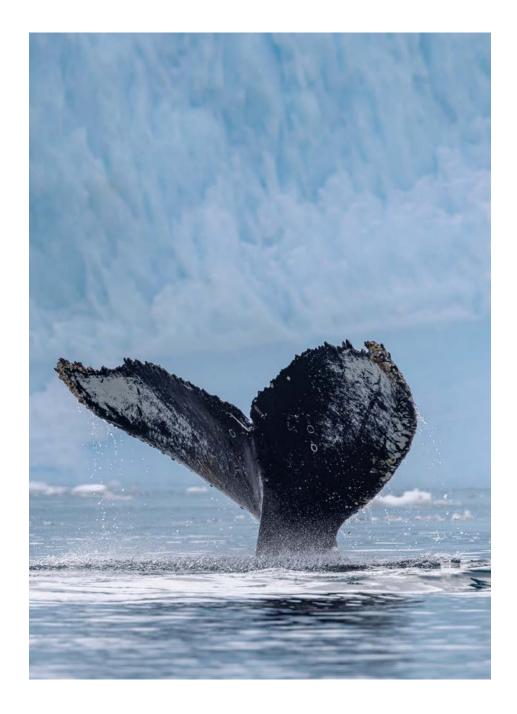


Humpback Whales generally travel alone or in small groups, and are known for their incredible melodies and powerful, high breaches.



Did you know?

With a wingspan of up to 2.5 metres, black-browed albatross is adapted for long-distance gliding over the southern hemisphere ocean waters.





RESPONSIBLE WILDLIFE PHOTOGRAPHY

All pictures and videos of wildlife portraying animals in the wild were taken with a professional zoom lens from a distance required under environmental laws, ensuring the safety of both the wildlife and the environment.





ACTIVITIES

ACTIVE PROGRAM









ENRICHING PROGRAM









17

Remote, wild, and endlessly exhilarating, our expedition activities bring you closer to Antarctica's breathtaking landscapes. Cruise through icy waters by Zodiac, hike across pristine terrain, or glide in silent awe by kayak or snowshoe. Onboard, deepen your experience with hands-on Citizen Science, expert-led lectures, and our **Expedition Laboratory—unlocking** the wonders of the White Continent like never before.

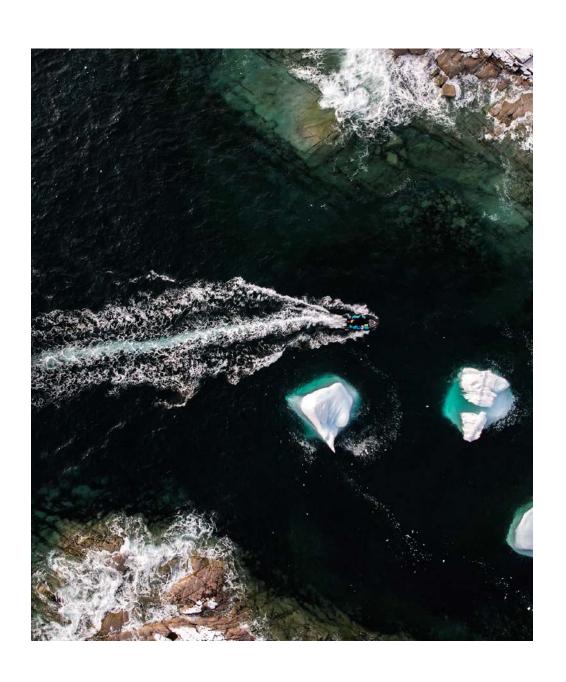


ZODIAC BOATS

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.

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.







Did you know?

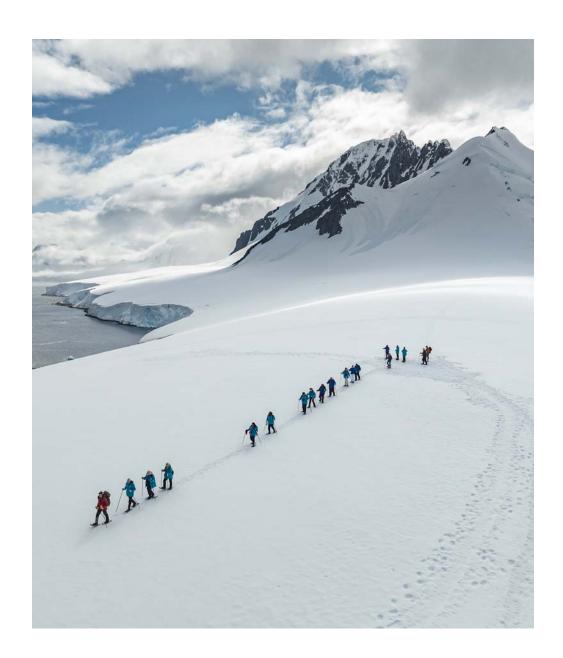
Zodiacs are large, heavy-duty inflatable boats.
These tough rubber crafts are well suited for polar regions, and can easily push through icy Antarctic waters. Zodiacs have thick, flat undersides, which mean their landings are safe and stable, and they're known for their exceptional maneuverability.

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.



SINOWSHOE 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.



Did you know?

A typical snowshoe adventure lasts for about 1.5 hours. They're led by two experienced mountaineers and the route will normally offer an opportunity to explore a little further than a normal landing activity, as the snowshoes enable the user to walk in softer snow with ease.



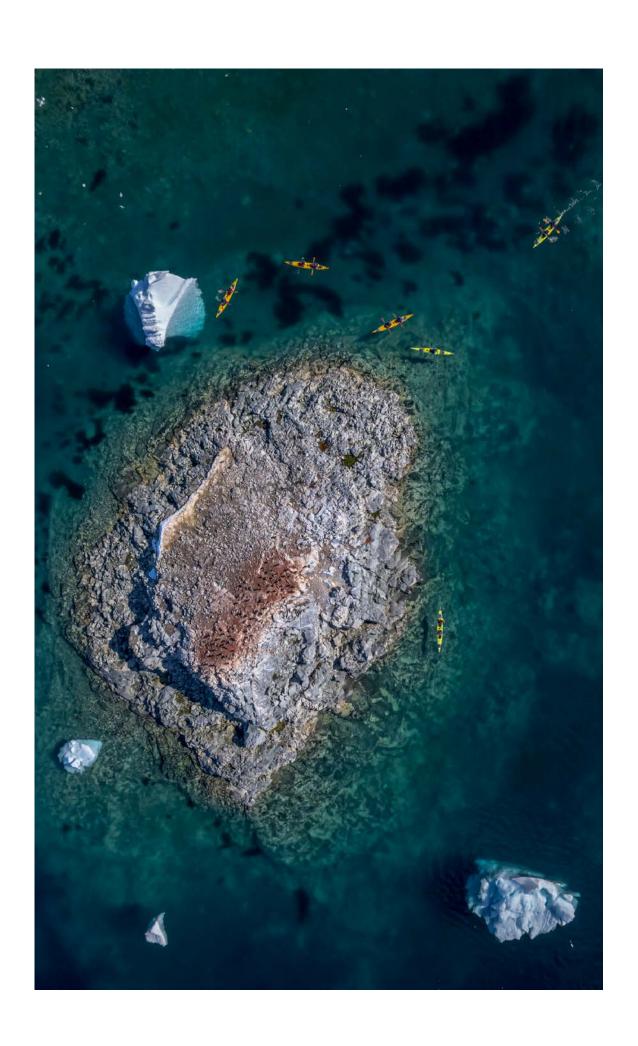
Immerse yourself in the serene silence of the Antarctic waters as you explore the icy landscapes and local wildlife with your expert kayak guide.

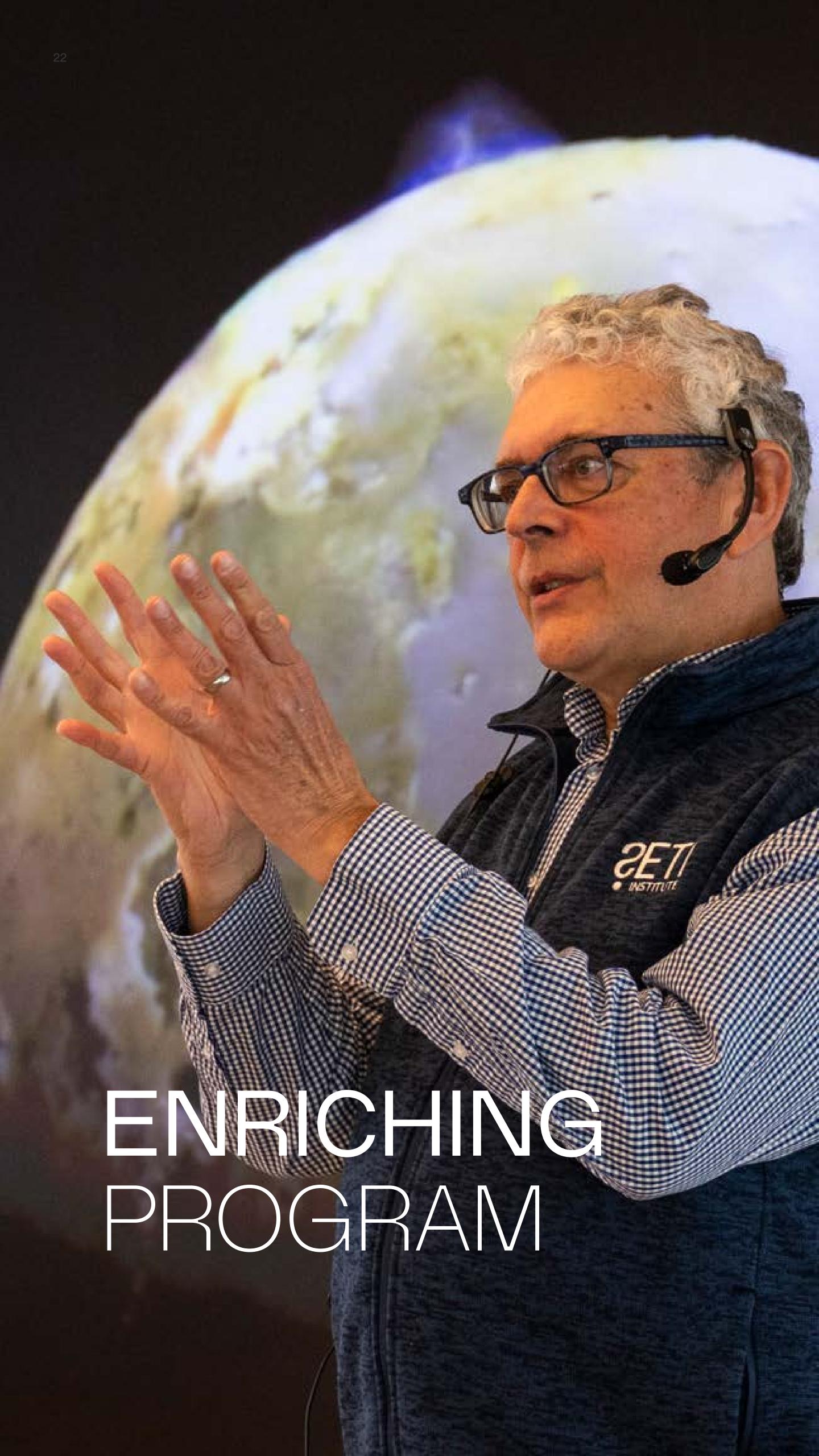


Once-in-a-lifetime

I remember one sunny day when I was on a Zodiac cruise. I was the photographer so I had my own Zodiac. Suddenly we saw around 30 humpback whales feeding.
There was no wind and very good visibility, so we could see blows of humpback whales everywhere. It was such a spectacular sight!

— Rayann Elzein, EL





Discover the essence of Antarctica.

2026 / 2027



LECTURE PROGRAMME

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.



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.



LIBRARY & EXPEDITION OFFICE

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





CALENDAR —————— 2026 / 2027

25

JOIN US

ANTARCTICA 2026

Itinerary	From → To	Ship	₩ Nights	Departure
South Atlantic Cruise: from South Africa to Antarctica	Cape Town → Ushuaia	SH Diana	20	23 Oct
Antarctic Wonders: roundtrip Cruise from Ushuaia	Ushuaia roundtrip	SH Diana	9	12, 21, 30 Nov
Antarctic Wonders: roundtrip Cruise from Ushuaia	Ushuaia roundtrip	SH Vega	9	24 Nov 4, 13 Dec
Antarctic Peninsula Odyssey cruise	Ushuaia roundtrip	SH Diana	10	9, 19, 29 Dec
Roundtrip cruise to Ushuaia	Ushuaia roundtrip	SH Vega	13	22 Dec

ANTARCTICA 2027

Itinerary	From → To	♣ Ship	Mights	O Departure
Antarctic Wonders: roundtrip Cruise from Ushuaia	Ushuaia roundtrip	SH Vega	9	1, 13 Jan 2, 22 Feb 3 Mar
Antarctic Wonders: roundtrip Cruise from Ushuaia	Ushuaia roundtrip	SH Diana	9	8, 28 Jan 6, 15 Feb
Expedition to Antarctica: Weddell Sea cruise	Ushuaia roundtrip	SH Diana	11	17 Jan
Expedition to Antarctica: Weddell Sea cruise	Ushuaia roundtrip	SH Vega	11	22 Jan 11 Feb
Cruise to the Antarctic Circle	Ushuaia roundtrip	SH Diana	13	24 Feb
South Atlantic Cruise: from Antarctica to South Africa	Ushuaia → Cape Town	SH Diana	20	9 Mar
Cruise to the Antarctic Circle	Ushuaia roundtrip	SH Vega	13	12 Mar
Patagonia & Falklands in Depth cruise	Ushuaia → Montevideo	SH Vega	14	25 Mar

SOUTH ATLANTIC CRUISE: FROM SOUTH AFRICA TO ANTARCTICA

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 otherworldly 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.





Cape Town → Ushuaia

20 nights





DAY VISITING

Cape Town

2-5 At Sea

Tristan da Cunha

7-10 At Sea

11-12 South Georgia and the South Sandwich Islands

13-14 At Sea

15-18 Antarctic Peninsula

19-20 At Sea

Ushuaia

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













ANTARCTIC WONDERS: ROUNDTRIP CRUISE FROM USHUAIA

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.



Ushuaia Roundtrip

9 nights

2026 12 - 21 Nov | 21 - 30 Nov | 30 Nov - 9 Dec

2027 8 - 17 Jan | 28 Jan - 6 Feb | 6 - 15 Feb | 15 - 24 Feb

SH Vega 2026 24 Nov - 4 Dec | 4 - 13 Dec | 13 - 22 Dec

2027 4-13 Jan | 13-22 Jan | 2-11 Feb | 22 Feb - 3 Mar 3-12 Mar

DAY VISITING

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

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

















ANTARCTIC PENINSULA ODYSSEY CRUISE

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!





Ushuaia Roundtrip

10 nights

SH Diana

2026 9 - 19 Dec | 19 - 29 Dec | 29 Dec - 7 Jan

DAY VISITING

Ushuaia 2-3 At Sea

4-8 Antarctic Peninsula

9 -10 At Sea

Ushuaia

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

















ROUNDTRIP CRUISE TO USHUAIA

Discover the extraordinary landscape of Antarctica on an epic expedition cruise to one of Earth's most remote and pristine wildernesses.

From mesmerising icebergs and dramatic glaciers to glassy fjords and mountain peaks, your luxury journey around the White Continent will enthral and amaze. Witness waddling penguins, albatrosses, seals and whales in their natural habitat as you explore this unique polar landscape with leading experts.





Ushuaia Roundtrip

13 nights





2026 22 Dec - 4 Jan

DAY VISITING

Ushuaia 2-3 At Sea

4-11 Antarctic Peninsula

12-13 At Sea

Ushuaia 14

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

















EXPEDITION TO ANTARCTICA: WEDDELL SEA CRUISE

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.





Ushuaia Roundtrip

11 nights

SH Diana

2027

17 - 28 Jan

2027 22 Jan - 2 Feb | 11 - 22 Feb

DAY VISITING

Ushuaia 2-3 At Sea

4-9 Antarctic Peninsula

10-11 At Sea

Ushuaia

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

















CRUISE TO THE ANTARCTIC CIRCLE

Seal your status as a true Antarctic explorer on this exceptional voyage. Your 13-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.





Ushuaia Roundtrip

13 nights

SH Diana **O** 2027 24 Feb - 9 Mar

SH Vega **2027** 12 - 25 Mar

DAY VISITING

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





















Ushuaia → Cape Town

20 nights





DAY VISITING

Ushuaia 2-3 At Sea

4-6 Antarctic Peninsula

7-8 At Sea

South Georgia and the South Sandwich Islands

13-15 At Sea

Tristan da Cunha

17-20 At Sea

Cape Town

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

BOOK NOW







transfer

hotel/airport









port/airport

PATAGONIA & FALKLANDS IN DEPTH CRUISE

Embark on an unforgettable journey through the wild and remote landscapes of Patagonia and the Falkland Islands. Departing from Ushuaia, Argentina, this carefully curated expedition takes you through breathtaking glaciers, legendary Cape Horn, and the rugged beauty of the Falkland Islands. Witness dramatic coastlines, encounter unique wildlife, and explore historic ports as you navigate through Chile, Argentina, and Uruguay.

With a mix of stunning natural wonders and cultural highlights, this itinerary offers an immersive experience designed for intrepid travelers seeking to discover some of the most pristine and remote regions of the world. Your voyage concludes in Montevideo, leaving you with unforgettable memories of this extraordinary adventure.



Ushuaia → Montevideo

14 nights





2027 25 Mar - 8 Apr

DAY VISITING

- Ushuaia
 - Pia Glacier & Garibaldi Glacier
 - Cape Horn
 - Isla de Los Estados
 - At Sea
 - Barren Island & Bleaker Island, Falkland Islands
 - Port Stanley, Falkland Islands
 - Pebble Island & Saunders Island, Falkland Islands
 - Carcass Island & West Point Island, Falkland Islands
 - At Sea
 - Puerto Madryn
 - At Sea
- 15 Montevideo

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















WHAT'S INCLUDED

	CRUISE PLUS
Charter flights for cruises starting or ending in Ushuaia	
Group return transfers from airport to cruise port and to the hotel	
One night pre-cruise accommodation with breakfast in a 4/5-star hotel	
Your selected stateroom	
All meals onboard	
Complimentary hot & cold beverages, beer, wine & spirits any time throughout your cruise	
24-hour room service	
Lecture programs by expedition team and guest speakers	
One selected shore excursion per port of call	
All expedition landings	
Entry level WIFI (upgraded packages available)	
Gym, sauna, pool	
24/7 self service laundry	
Waterproof backpack and refillable water bottle, yours to keep	
Branded parka, yours to keep and use of rubber boots	
Memory Package	
Onboard gratuities & port taxes	



Enhance your experience

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

- Bespoke pre & post land programmes
- Additional hotel nights pre or post cruise
- Premium and private shore excursions
- Kayak and private Zodiac tours
- Premium spirits & reserve wine list
- Spa & beauty treatments
- Laundry services
- Retail shop



THANKS FOR EMBRACING OUR TRAVEL PHILOSOPHY



www.ssstravel.de Trogerstr. 40 81675 München Tel.089/472820 info@ssstravel.de





