



OCEANWIDE

EXPEDITIONS

Antarctic Peninsula

23rd November – 3rd December 2018

On board the

M/V *Plancius*



MV *Plancius* was named after the Dutch astronomer, cartographer, geologist and vicar Petrus Plancius (1552-1622). *Plancius* was built in 1976 as an oceanographic research vessel for the Royal Dutch Navy and was named *Hr. Ms. Tydeman*. The ship sailed for the Royal Dutch Navy until June 2004 when she was purchased by Oceanwide Expeditions and completely refit in 2007, being converted into a 114-passenger expedition vessel. *Plancius* is 89 m (267 feet) long, 14.5 m (43 feet) wide and has a maximum draft of 5 m, with an Ice Strength rating of 1D, top speed of 12+ knots and three diesel engines generating 1230 hp each.

Captain Artur Iakovlev

and his international crew

Including:

Chief Officer:	Miia Holma	[Finland]
2nd Officer:	Matei Mocanu	[Romania]
3rd Officer:	Kirill Buriacheck	[Russia]
Chief Engineer:	Teun van't Verlaat	[Netherlands]
Hotel Manager:	Zsuzsanna Varga	[Hungary]
Assist. Hotel Manager:	Bobby Manevski	[Macedonia]
Head Chef:	Ralf Barthel	[Germany]
Sous Chef:	Ivan Ivanovic	[Serbia]
Ship's Physician:	Lieselotte Ras	[Netherlands]

AND

Expedition Leader:	Ali Liddle	[UK]
Assist. Expedition Leader:	Kasper Jeager	[Denmark]
Expedition Guide:	Daniel Höhne	[Germany]
Expedition Guide:	Andreas Alexander	[Germany]
Expedition Guide:	Pippa Low	[UK]
Expedition Guide:	Eduardo Rubio Herrera	[Guatamala]
Expedition Guide:	Mick Mackey	[Ireland]
Expedition Guide:	Zet Freiburghaus	[Sweden]

Welcome you on board!

Day 1 – Friday 23rd November 2018

Disembarkation from Ushuaia

08:00 In Port

Wind:NNW 5-6 Sea State:Alongside Weather:Partly Cloudy Air Temp:+9°C Sea Temp: +8°C

So here we are at last in Tierra del Fuego, at the bottom of the world. Well, from Ushuaia we'll be going south...a long way south. But for today, we ambled about this lovely Patagonian city, savouring the local flavours and enjoying the sights.

Ushuaia marks the end of the road in Argentine Tierra del Fuego, but also the beginning – the beginning of a once-in-a-lifetime adventure.

During the summer this rapidly growing frontier town of 55,000 bustles with adventurous travellers. The duty-free port flourishes with

tourism but also thrives on a sizeable crab fishery and a burgeoning electronics industry. Ushuaia (lit. *“bay that penetrates to the west”* in the indigenous Yaghan tongue) clearly benefits from its magnificent, yet remote setting. The rugged spine of the South American Andes ends here, where two oceans meet. As could be expected from such an exposed setting, the weather has the habit of changing on a whim. However, temperatures during the long days of the austral summer are relatively mild, providing a final blanket of warmth before heading off on our adventures.

For many of us this is the start of a lifelong dream. The excitement comes in different forms for each unique person, but even the most experienced of us feels genuine excitement to depart on a journey to the Great White Continent of Antarctica. Most passengers were promptly at the gangway at 16:00, ready to board our ship MV *Plancius*, home for our Antarctic adventure!

We were greeted at the gangway by members of our Expedition staff who sent us on board to meet Hotel and Restaurant Managers, Zsuzsanna and Bobby. We were then checked into our cabins with the assistance of our fabulous Filipino crew.

A little while after boarding we convened in the lounge on deck five to meet First Officer Miiia, who led us through the details of the required SOLAS (Safety Of Life At Sea) Safety and Lifeboat Drill, assisted by the crew and staff. After the Safety briefing we departed from the jetty of Ushuaia and entered the Beagle Channel with an escort of black browed albatross. On hearing the general alarm we reconvened at the ‘muster station’, the lounge, for the mandatory safety briefing and abandon ship drill donning our huge orange life jackets that will keep us safe should the need arise. Once we were on our way into the channel we were invited once again to the lounge to meet our Hotel Manager Zsuzsanna who gave us an overview of the ship, a floating hotel which will be our home for the next 10 days or so. We then met our Expedition Leader, Ali Liddle and the rest of the Expedition Team who will guide us in Antarctica.

This was also a chance to meet our Captain, Artur Iakovlev and toast our voyage with a glass of Prosecco. At 19:30 we sampled the first of many



delicious meals on board, prepared by Chef Ralf and his galley staff. This first evening on board was occupied with more exploration of the ship, adjusting to her movements, and settling into our cabins. In the early hours of the morning we would be out into the open waters of the Drake Passage and heading South towards Antarctica!

Day 2 – Saturday 24th November 2018

The Drake Passage!

08:00 GPS Position: 56°27' S / 065°16' W

Wind: NW 5-6 **Sea State:** Rather rough **Weather:** Cloudy **Air Temp:** +6°C **Sea Temp:** +5°C

Following a rough night travelling through the Drake, most of us are a little weary from a disturbed night's sleep, but as the day goes on the sea becomes a little kinder and less rough.

A morning lecture from Ali gives a wealth of information about Penguins, and the ones we will hopefully see on the Peninsula. At this time of year, most of the penguins we will see will be getting ready for breeding and nesting season. We learned about penguin highways and the importance of avoiding walking over these as they are important routes for the penguins to reach their nesting sites from the water.

Those of us going kayaking on the expedition met with Zet in the library where we were briefed on the operations involved with kayaking in Antarctica.

After lunch Andreas gave a very informative talk on all things ice; how glaciers and ice caps form, where icebergs come from and the difference between glacial ice and sea ice. A demonstration using tomato ketchup gave a useful and intriguing insight into the flow of glacial ice.

The adventurous campers on board met in the dining room for a briefing about going camping in Antarctica; what to bring, how to wrap up warm and what to expect on a night on the ice!

It is noticed there are a lot of lycra clad people on the ship, with matching jackets; these are a group from Racing The Planet (RTP), a running expedition company which organises ultra-marathons (250km) all over the World; specifically in the four deserts. There are 49 runners onboard who have already completed the other deserts, Antarctica will be the last in this four deserts running series.

Throughout the day we see more and more birds soaring through the air above the waves, the Albatross in particular are incredible to watch; today we saw Southern Royal, Black browed and Wandering Albatross'. Before dinner Ali briefed us in the lounge about the plans for the coming days; including how to read the weather maps, and to watch out for purple monsters on them! We expect some calmer weather tomorrow as we continue to head south, but will still be encountering swell unfortunately for those of us feeling sea sick.

The expedition staff introduced themselves and told us all a little about themselves and their backgrounds. Those of us feeling up to it head to the dining room for another lovely meal before some card games in the lounge or retiring to our beds for some more rocky sleep.



Day 3 – Sunday 25th November 2018

The Drake Passage!

08:00 GPS Position: 59°47' S / 059°51' W

Wind: NNW 4 Sea State: Moderate Weather: Partly Cloudy Air Temp: +3°C Sea Temp: 0°C

The Drake passage gave us more rolls in our bed during the night, and we awoke a little sleepy. However shortly before breakfast whales are spotted in the distance, some of us head to the bridge and catch glimpses of large black backs and tall blows – they were Fin whales; the second largest of the whales. After breakfast we attended the mandatory briefing about Zodiac operations so that we can be familiar with all the safety measures in place to get off the ship, on shore and back on the ship safely. Following this, Ali briefed us on IAATO biosecurity, so that we will have minimal impact on the pristine environment of Antarctica. Firstly, we had to vacuum all our outerwear to ensure we were not carrying any plant material on to the continent, we will also have to ensure all our footwear is cleaned thoroughly, especially the international runners running shoes!



The beautiful light mantled sooty albatross is spotted in the morning also – these are the smaller of the albatrosses, however they are strikingly coloured, with a white crescent above the eye.

After lunch we collect our muck boots, big sturdy, waterproof boots to wear on our landings on Antarctica.

In the afternoon, Pippa gave us a talk on the whales of the Southern Ocean; including information on the whales we had seen already, and the ones we hope to see as we continue our voyage south. The talk was interrupted by our first piece of ice; evidence of our travels south! It was a small iceberg, but many photos were taken in the anticipation of more.



Just before dinner we have recap; Ali gives us a run down of the plans for tomorrow, and our first landing. Just as Bill began his recap we get a call from the bridge; whales! A large group of Fin whales were feeding ahead of us; we all head to the decks for a better view, and we were treated to quite a show. Over 20 Fin whales within close range, and more towards the horizon, were feeding on large patches of krill; lunging through the water at incredible speed, every now and again we saw their large heads come out of the water as they burst through the waves. Seeing this many Fin whales feeding together is an incredible, and rare sight to see – needless to say dinner was postponed!



Day 4 – Monday 26th November 2018

South Shetland Islands–Bellingshausen, King George Island

08:00 GPS Position: 62° 11' S / 58° 55' W

Wind: NW 4-5 Sea State: Slight Weather: Snowing Air Temp: 0°C Sea Temp: 0°C

After enduring a tough crossing of the Drake Passage over the course of two and a half days, we finally arrived at the relatively calm waters of King George Island in the wee hours of Monday. A 4am start awaited most of the staff as they prepared for the opening leg of the Racing the Planet (RTP) marathon – the last of the four deserts – Antarcical! Three Zodiacs of RTP gear were transported from *Plancius* to the snowy shores of the Russian research station, Bellingshausen, in wind and sleet. Setting up the outdoor toilet and large tarpaulin proved challenging in the prevailing conditions, but with all hands-on decks it wasn't too long before all was ready for the 49 competitors, eager to hit the slushy icy-muddy track that ran between the Uruguayan base Artigas and Great Wall the Chinese base 14km further down the coast.



Once all the formalities of photographing the RTP team and competitors in front of the colourful display of representative national flags, the race began with excited whoops from all around as the pace was set from the get-go by the Romanian runners Iulian and Andrei. Iulian was the day's champion as he completed close to 90km!



A more civil start to the day awaited our regular guests after kayaking activities were cancelled due to the random changes in wind conditions. A relaxed tour of the base started proceedings, with an unnecessarily steep climb to the Russian Orthodox Church of the Holy Trinity keeping most amused, before Ann wowed everyone with her spectacular sliding-spinning decent down the same steep, snowy access track – scored 9.4 with a high degree of difficulty.

As the runners kept running, the regular guests returned to *Plancius* for lunch before a Zodiac cruise along King George's coastline with Kasper and Daniel, or returning to Bellingshausen for a snowshoe walk up to the island's precipitous volcanic remains. A wonderful panoramic scene awaited the latter group, as Andreas and Eduardo led an educational stroll, highlighting the island's geological past and botanical present – don't walk on the moss & lichen!

As the winds picked up in the evening, both guests and athletes gathered at the shore and transported back to the ship for a well-deserved dinner. The day ended nicely for those in the bar at around 10pm, as two smallish Humpback Whales surfaced close to the starboard side before saluting with their characteristic fluke up in a choppy sea – Perfect!

Day 5 – Tuesday 27th November 2018

Danco Island

08:00 GPS Position: 63°49' S / 061°11' W

Wind: SW 5-6 **Sea State:** Moderate **Weather:** Partly Cloudy **Air Temp:** 0°C **Sea Temp:** 0°C

Our plan at the Gerlache Strait continued today as we planned, we cruised without problem among the sights of whales and icebergs and the morning went quickly thanks to our activities. The Gerlache Strait is the strait that separates the Palmer Archipelago from Antarctic Peninsula. The Belgica Expedition, under command of Lt. Adrien de Gerlache, who explored the strait in January and February 1898, naming it for the expedition ship Belgica. The name was later changed to honor the commander himself. This strait is characterized by amazing views of the mountains in the peninsula, as well as the spectacular icebergs that cross the strait.



In the morning, Eduardo gave a lecture entitled "Science in Antarctica" describing the overall scientific activities carried on in the white continent. In this lecture, Eduardo describes the main current projects related to Astronomy, Biology, Glaciology, Geosciences, Meteorology and Physiology. The lecture was very well welcomed by our guests, it allowed them to have a better understanding about why there are so many countries with research stations in Antarctica.

Lunch was served at 12:30 and shortly after, we arrived to our destination. Danco Island. Danco Island is 1 mile long, and lies in the South part of the Errera Channel, of the West coast of Graham Land. It was originally charted by the Belgica Expedition, under command of Gerlache (1897-1899) and named after Emile Danco, a Belgian geophysicist member of the Belgica Expedition who died on board the Belgica in the Antarctic.

Here we drop our two groups of guests, we opened the route for our runners and also we opened a route for our regular guests. It was Mike the one who opened the route for our guests and there were Ali, Eduardo and Nick the ones who opened the route for the runners. Both routes lead the groups to the higher areas of the island, being the one for runners longer and ending up far below the summit of the Island. On the contrary, the path for our regular guests ended at the very summit of the island. From both perspectives we were able to enjoy the views of the various Gentoo penguin colonies here.

The plan for our persistent runners was to run from 14:00 until 20:00 hrs and they managed to accomplish their goal. We picked them up later in the afternoon, after their race and it is worth to notice here, that they showed an incredible strength showing an incredible will to endure the long distances they covered every day. We must say that we had the privilege to help an extraordinary group of man and woman who are pushing the limits of what the human body can do.

Our long day ended up sending about 15 guests, two trainees Alexis, Stephanie and our ship's doctor Lizzelotte, under the watchful eyes of our guides Mike and Pippa to Ronge Kerr Point, to spend a night camping in the wild. As they departed our ship, they enjoyed of great weather and stunning sights of the mountains and icebergs along the Gerlache Strait.



Day 6 – Wednesday 28th November 2018

Paradise Bay- Stony Point & Almirante Brown

08:00 GPS Position: 64°51' S / 062°52' W

Wind: SW 2 **Sea State:** Smooth **Weather:** Sunny **Air Temp:** +6°C **Sea Temp:** 0°C

Wow! Wow! that was the reaction of passengers when they awoke and viewed the incredible panorama in front of them. Sun shining brightly in the sky as crystal clear weather enhanced the backdrop of magnificent, snow covered mountains. Dramatic convoluted glaciers sparkling in the sun-light cascading into the sea. Cameras clicked incessantly, as passengers recorded every detail of what was to be a totally memorable day.

Plancius cruised to a halt to drift on the flat calm sea and after breakfast the first zodiacs were lowered, loaded with staff and equipment and sped towards Stony Point the first landing place of the day. The RTP team assisted by Oceanwide Expedition guides set out a course for the runners which led to the top of the dome-shaped hill then zig-zagged back down to the race control point. The views in every direction were spectacular. The remaining passengers landed to explore the island and were issued with snowshoes to facilitate walking in the deep snow.

The kayak group led by the guide Zet paddled offshore along the edge of Skonthorp Cove at times edging through brash ice and investigating close-up, large interestingly shaped 'bergy bits' whilst seals slept soundly on the ice flows.

After lunch in the afternoon Plancius repositioned to lie off Base Brown and passengers were ferried ashore to first explore the location, with incredible panoramic views over Paradise Bay, then participate in a zodiac cruise whilst a kayak group paddled the coastline.

The 49 RTP runners ended their epic 11 hour day at 7.00 with the top runner completing an amazing and exhausting (considering the deep snow) 67.2 kms.



Wow! Another superb Oceanwide Expeditions day! A truly memorable experience.





Day 7 – Thursday 29th November 2018

Damoy Point and Port Lockroy

08:00 GPS Position: 64°49' S / 063°31' W

Wind: NE – 5 Sea State: Slight Weather: Overcast Air Temp: +1°C Sea Temp: 0°C

Yet again today is planned to be a early morning for the staff and the runners onboard, we have arrived to Damoy and our intended landing for the morning, but as the Expedition Staff gets up and starts to prepare themselves for launching the zodiacs at 0430, it is very clear that the fantastic weather from yesterday isn't with us today. This morning the visibility is down to less than 100m, the wind is up to 30knots and its snowing heavily. Our Expedition Leader decides to wait it out for a few hours and then access the situation again later, it is simply not safe for anyone to start operations in this weather. It is also decided to go around the corner to see conditions at Port Lockroy, our intended landing for the afternoon and gladly there is a bit more protection here and the weather improves after breakfast and we can start operation with our regular guests to Port Lockroy. Here we get the chance to visit a proper old-fashioned Antarctic base complex and even the only working post office and souvenir shop in the Antarctic. Many post cards later we have a short visit to the penguin colony of Juglar point just around the bend from Port Lockroy, but the weather isn't great so the visit is short and then its back home for lunch. During this outing for the regulars guests the other half of the expedition team has been working with the runners and set up another stage for them at Damoy Point, so the runners go ashore around 11 to run yet another stage of the race. The weather keeps on improving and after lunch we all go ashore at the same place as the runners to have a nice snow shoe hike at Damoy point. The views are great even with a bit of snow and wind. We wrap it all up at 7pm and return to the ship for a special Antarctic BBQ, but due to the weather we have to do it indoors, but that doesn't dampen the spirits and the good moods and the bar is full much longer than usually in the late evening.



Day 8 – Friday 30th November 2018

D'Hainaut Island in Mikkelsen Harbour

08:00 GPS Position: 63°54.3' S / 060°46.1' W

Wind: W-6 **Sea State:** Slight **Weather:** Overcast **Air Temp:** +2°C **Sea Temp:** 0°C

The final day of our Antarctic experience arrived to overcast, foggy conditions as we approached the final landing site, D'Hainaut Island in Mikkelsen Harbour. Landings started just after 7am, where the staff were greeted to the wonderful stench of Gentoo Penguins nesting amongst the muddy, rocky patches that dotted the snowy landscape like freckles on a sun-kissed redhead. A few penguin couples had also found luxury accommodation under the abandoned Argentine base, which afforded them great shelter from stiff offshore breezes and blizzards. A circuit walk had been set up around the tiny island for the regular guests, which was punctuated by small groups of brooding Gentoos bickering about the rightful ownership of the small, muck-covered pebbles that form the foundations of their nests.



As the guests slowly made their way about the circuit, the Racing The Planet (RTP) team gathered the desert distance runners to hand out the well-deserved medals to all 49 competitors. The loudest cheers and whoops were saved for Chung, Iulian, Isabelle and Andrei, who lead the team throughout the grueling four-day event. As the final medal was awarded, the thunderous roar of a distant and dramatic avalanche momentarily silenced the honks and hollers of the island's local stone-stealing residents.



A mighty buffet was prepared and presented by Plancius' magnificent kitchen staff, who often go unnoticed on life-changing trips such as these. With full bellies and seasickness patches attached, many of the ship's complement retired for a siesta to recharge the batteries drained by a testing four-day slog.

Eduardo continued his rich vein of lecturing form in the afternoon with an educational look at the development of deep-sea exploration, from Alexander the Great to Jacque Cousteau, Auguste Piccard, Don Walsh and *Titanic*'s James Cameron. The oceans of the world are broken up in to different regions, from shallow waters of the continental shelf to the deep offshore waters of the basins, plains, trenches and seamounts, where life abounds and the secrets of the earth's geological past lurk amongst the chemosynthetic tubeworm communities associated with the tectonically active vents in areas such as the Mid-Atlantic Trench.



Oceanwide's trio of trainees, Stephanie, Monika & Alexis, all presented at the recap after Ali gave us the weather forecast for the next day or two – grim to start with, easing as we approach Ushuaia on Sunday.

Heading northwards across the Bransfield Strait in the company of Black-browed Albatross, Southern Fulmars and Cape Petrels, we're reminded that the Antarctic leg of our journey is drawing to a close, and the daunting prospect of crossing a bouncy Drake Passage lies ahead of us like a visit to the dentist.

Day 9 – Saturday 1st December 2018

Drake Passage!

08:00 GPS Position: 60°43' S / 063°21' W

Wind: NW-6 **Sea State:** Rather Rough **Weather:** Overcast **Air Temp:** +1°C **Sea Temp:** 0°C

Our day started sailing in heavy seas under a white-grey overcasted sky. The rolling of the ship affected the daily life on board and early in the morning, less than half of our guests had breakfast.

The rolling was gentler in the morning, and increased during the afternoon and evening, to the point of being uncomfortable. At moments, we were listing up to 20 degrees, and consequently, glasses and a few other items flew over.

In the morning, we had one lecture given by Mick, under the title, '900 Days at Bird



Island.' In his lecture, he described his experiences as a marine biologist living on this tiny island of South Georgia, counting seals and taking samples of them. His lecture was complemented with a great show of pictures that were taken by him during this time there.

The morning passed quickly and most of our guests retreated to their bunks after Mick's lecture. Lunch was brief, and many of our guests had a long nap after it.

At 15:00 Eduardo presented his lecture about the life of Ernest Shackleton, presenting stories related to his different expeditions to the Antarctic, namely, the one of the Discovery in 1902, the Nimrod Expedition, the famous and ill-fated Imperial Transantarctic Expedition and the Quest expedition.

Later on, in the afternoon, Kasper gave another presentation with the title, "Modern Expeditions" describing the modern challenges that expeditioners have to face, the new challenges like the 7 summits, the 3 poles, the prominences and who climbs the fastest and the highest. His lecture is a refreshing review of the latest adventures undertaken by modern adventurers.

The state of the sea could be described as confused and the rolling and pitching of the ship increased and became more violent during the evening. This is due to the fact that the Drake passage is a place where oceanic currents converge as well as wind currents of different temperature.

The mixing of these currents and the mixing of the wind can produce thunderous waves and a heavy swell such as the one we witnessed during our crossing of the Drake Passage.

Day 10 – Sunday 2nd December 2018

Drake Passage!

08:00 GPS Position: 56°26' S / 065°17' W

Wind: N – 6 **Sea State:** Rather Rough **Weather:** Rainy **Air Temp:** +6°C **Sea Temp:** +4°C

After a rocky night thanks to the Drake Passage it's a late start for most of us. The expedition team hosts the day with lectures and documentaries in the lounge. Mick starts off the entertainment with the second part of his stories about 'Life on Bird Island', with information on disentanglements, leopard seals and the birds of Bird Island. Shortly after, our onboard artist/guide Bill presented his lecture on Art and the Sea; an insightful look into the world of paintings of the sea.

The sun shone in the afternoon as we came in sight of Tierra Del Fuego at the southern tip of South America. We begin to see familiar faces throughout the day as we head North; the black browed albatross, sooty shearwaters, Wandering albatross and white chin petrels.

One last lunch is prepared for us by the galley team, and after we laze in the lounge watching an episode of Frozen Planet.

As we come closer to the coast, we begin to see more coastal marine species; Southern Sea lions porpoising through the water and a pod of Dusky Dolphins riding the waves. Far off blows from larger whales, likely Sei whales, are seen regularly throughout the day.

As we cruise into the Beagle Channel, the rolls of the ship become less and the sight of snow capped mountains tells us it will be soon time to leave dear Plancius. We are joined by Captain Artur in the lounge to toast the incredible expedition we have been on, and thanks are given from Ali and her team.

After our last dinner on board, the Racing the Planet team present the trophies and medals to the runners who managed to complete the desert races. Afterwards the media team put on an incredible display of the footage and pictures of the runner's efforts.

The sun sets over Argentina and Chile as we have some final farewell drinks, exchange contacts and stories of our unforgettable trip.

Day 11 – Monday 3rd December 2018

Disembarkation in Ushuaia

At 5am we approached the port of Ushuaia ready to disembark for the final time, no zodiac ride ashore and a dry landing. The last 10 days have taken us on a remarkable journey to Antarctica and allowed us a glimpse of life in this remote and sometimes inhospitable place. We will all have different memories of our trip but whatever the memories, whether it was the Gentoo penguins at Danco or the sight of icebergs for the first time they are memories that will stay with us for the rest of our lives.



Your Expedition Team!

Thank you all for such a wonderful voyage, for your company, good humour and enthusiasm. We hope to see you again in the future, wherever that might be!

Total distance sailed on our voyage: 1773 nm

On behalf of Oceanwide Expeditions, Captain Artur Iakovlev, Expedition Leader Ali Liddle and all the crew and staff, it has been a pleasure travelling with you.





PHOTOGRAPHY CONTEST 2019

Your chance to win a € 1000 gift voucher for your next polar adventure.

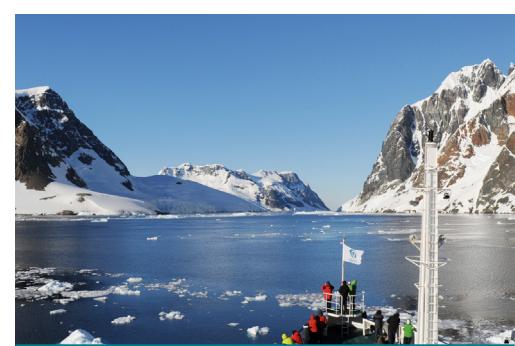
EVERYONE KNOWS A PICTURE IS WORTH A THOUSAND WORDS, BUT DID YOU KNOW THAT YOUR PHOTOS MIGHT NOW ALSO BE WORTH A **€ 1000 GIFT VOUCHER?**

Share your experience!

Did you catch a rare seabird on the fly? Do you have a panorama of the Northern Lights filling the sky? Did you get up close and personal with a penguin? Did you capture a look of awe or wonder on a fellow passenger's face?

If you've been a passenger on any one of our past voyages we want to see your pictures.

You're free to send in as many pictures as you wish. The best pictures are the ones that capture what it's like to take one of our special expeditions to the remote and beautiful ends of the Earth.



PRIZES



€ 1000

GIFT VOUCHER

for Oceanwide Expeditions



€ 500 gift voucher

for Oceanwide Expeditions



€ 250 gift voucher

for Oceanwide Expeditions

UPLOAD YOUR PHOTO AT

WWW.OCEANWIDE-EXPEDITIONS.COM/GALLERY

The size of your photo should be between 2MB and 8MB. Our lucky winners will be contacted by e-mail and Facebook by 30 April 2019. The photography contest runs from 01 November 2018 until 31 March 2019.

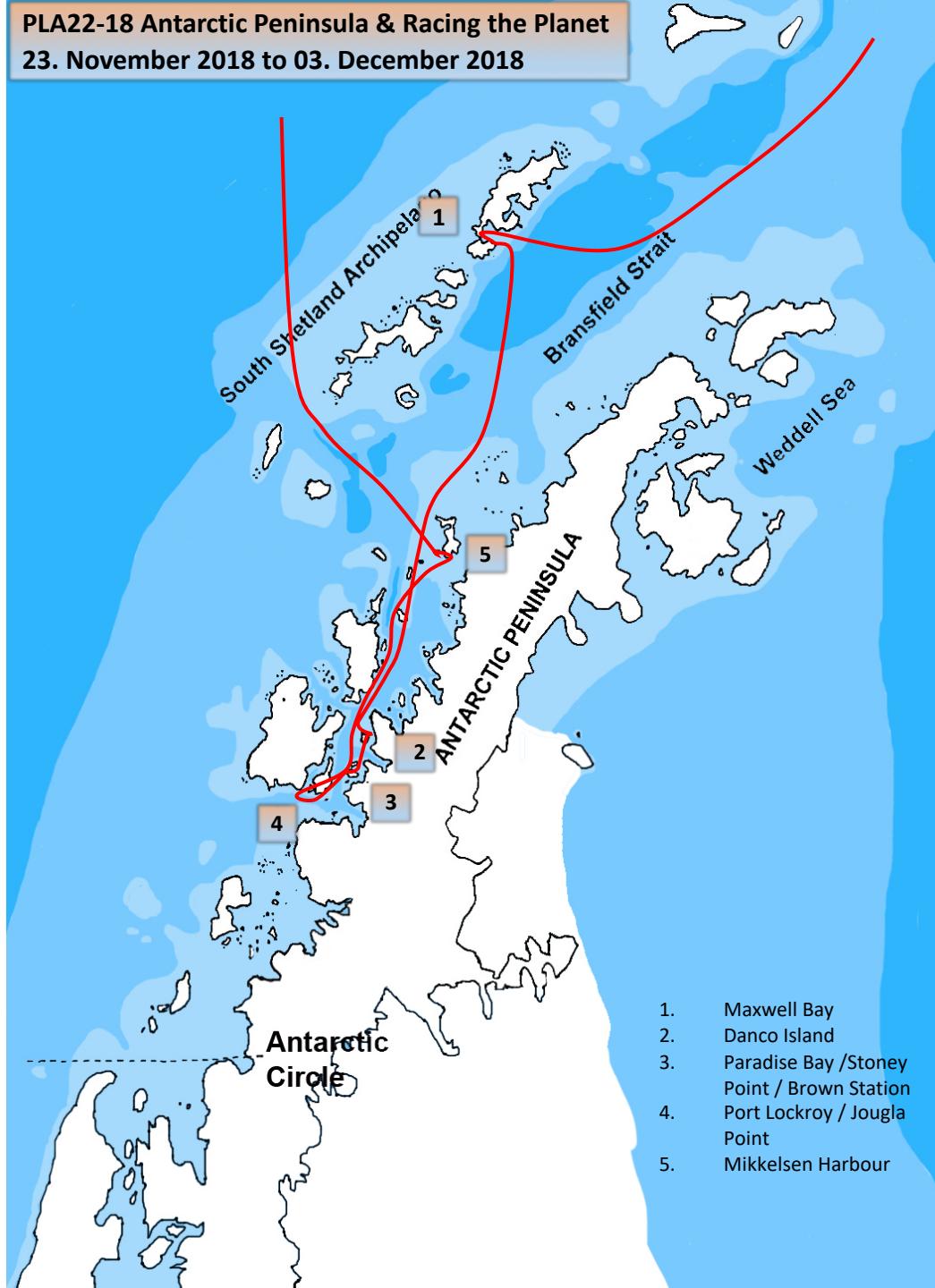
Read the terms and conditions of the contest on www.oceanwide-expeditions.com/page/contest-terms

Species list: Common birds and marine mammals of the Antarctic region



PLA22-18 Antarctic Peninsula & Racing the Planet
23. November 2018 to 03. December 2018

PLA22-18 Antarctic Peninsula & Racing the Planet
23. November 2018 to 03. December 2018



Ali Liddle — Expedition Leader



English

Originally from the UK, Ali spent 15 years living in the Falkland Islands where she worked as a Primary school teacher both teaching out in 'camp' and at the school in Stanley. Latterly, she was employed as Education Officer for Falklands Conservation and shared her time between classroom teaching and conservation. In 1997, she spent 9 months living on South Georgia where she ran the Post Office and took every opportunity to hike, ski and explore the surrounding peaks and coastline.

She has published three books to date: *Plants of the Falkland Islands* and two art and craft books for children using penguins and albatross as the inspiration. Ali is a keen runner, having

completed three marathons in the Falkland Islands and two in the UK, and she also enjoys cycling, hiking and camping. Ali has been working on Antarctic and Arctic expedition cruises with Oceanwide for more years than she cares to remember and works on all of the Oceanwide vessels at some point during the year. She has recently relocated from Northumberland to the Isle of Skye where she is renovating a cottage and enjoying the hiking opportunities of the island.

Her particular interest is natural history and the wildlife, and she enjoys sharing her knowledge of and passion for the polar regions.

Deutsch

Ali kommt ursprünglich aus Großbritannien und hat 15 Jahre lang auf den Falklandinseln gelebt. Dort arbeitete sie als Grundschullehrerin im sogenannten "Camp" wie auch in der Schule von Stanley. Später war sie zuständig für den Bereich Bildung des Umweltamtes und teilte ihre Zeit zwischen Klassenzimmer und Naturschutz. 1997 verbrachte sie neun Monate in Südgeorgien, wo sie das Postamt betrieb. Gleichzeitig nutzte sie jede Gelegenheit, um zu wandern, Ski zu laufen und die umliegenden Gipfel und Küstenlinien zu erkunden. Sie hat drei Bücher veröffentlicht: *Pflanzen der Falklandinseln* und zwei Kunst- und Handwerksbücher für Kinder, die von Pinguinen und Albatrossen inspiriert sind. Sie ist eine leidenschaftliche Läuferin und hat bereits drei Marathons auf den Falklandinseln und zwei in Großbritannien absolviert. Außerdem fährt sie gerne Rad und liebt das Wandern und Zelten.

Ali arbeitet bereits seit vielen Jahren auf allen Schiffen der Oceanwide-Flotte, sowohl in der Antarktis wie auch der Arktis. Sie ist vor kurzem von Northumberland in England auf die Isle of Skye in Schottland gezogen, wo sie zur Zeit eine alte Kate renoviert. In ihrer Freizeit genießt sie die unglaublichen Wandermöglichkeiten der Insel.

Ihr besonderes Interesse gilt der Natur und der Tierwelt: dieses Wissen und ihre Leidenschaft für die Polarregionen teilt sie gerne mit Euch.

Kasper Jæger

Born in:

Copenhagen, DK

Lives in:

Oslo - Norway.

Speaks:

Scandinavian & English



Kasper is a big city boy, born and raised in the inner part of Copenhagen city, but has always known that his place on earth, was further north. The longing for wilderness and high mountains came early, at the age of 12 he went on his first week long trekking trip in the Norwegian mountains and age 15 he climbed his first 4000m mountain. He comes from a Greenland loving family and therefore, after finishing his first education, Kasper went to the arctic, never to look back.

Now, years later, Kasper has managed to make a living out of his biggest interest: the great outdoors! That has given him the opportunity to work and live different places in the arctic. Even with several different activities, like sailing and hiking in Greenland, skiing and snow scooter driving in Svalbard. Strongest is his love to dogsledding. He spent 4 years working with Alaskan husky's as a life style. For about 4 years he was living in Longyearbyen, Svalbard, working as a full time guide. He lives together with his girlfriend and alaskan husky's in Oslo today, the first time in 10 years south of the arctic circle. For the last 4 years, he has been part owner and main guide, of the Norwegian based company "TurGleder", whom specialises in tailor made expeditions in the arctic, mainly in winter. Kasper is an experienced full time arctic guide, with an university education as Arctic Nature Guide, and more than 100 field days and tent nights, in the high arctic winter landscapes every year. Kasper is a highly practical person, with a wide range of skills for safe travel in the arctic, glaciers, sea ice and so on. His main interests and speciality's are ICE in every single form, from Glaciers to powder and the history of the arctic, from Inuit's in Greenland to trappers and explorers in Svalbard.

Daniel Höhne - Expedition Guide



"Ein stimmungsgeladenes und gut fotografiertes Bild ist nicht nur immer wieder schön anzusehen. Es ist viel mehr. Es ist gelebte Leidenschaft und Emotion, ein unvergessliches Naturgefühl.

Was über viele Jahre hinweg für mich ein leidenschaftliches Hobby war, ist mittlerweile mein Beruf geworden. Menschen, die sich für

Themen rund um die Fotografie und Umwelt interessieren mit hinaus auf Tour zu nehmen und dabei neben fotografischen Inhalten auch die Geographie unserer Landschaften zu vermitteln, macht mir persönlich die größte Freude.

Die meisten Menschen tragen den Wunsch in sich, Natur in ihrer Ursprünglichkeit und intakter Form, sei es während eines Urlaubs oder der Freizeit am Wochenende, erleben zu wollen. Dafür muss diese aber auch erhalten werden.

An das Zitat von Goethe angelehnt "Man sieht nur, was man weiß" gilt für mich auf meinen Foto-Reisen grundsätzlich immer, dass jeder nur achtet und schützen kann, was man kennt und versteht. Dabei hilft mir die Naturfotografie, die eigene Blickrichtung und Wahrnehmung vieler natürlicher Schönheiten zu verändern und meinen Horizont zu erweitern.

Wenn wir beginnen zu verstehen, dann lernen wir auch, Natur und natürliche Einflüsse, bzw. natürliche Gegebenheiten nicht als "unsere", des Menschen Gegner, zu betrachten, sondern im Einklang mit unserer Umwelt zu leben und sie als Teil unseres Lebens zu betrachten. Wenn wir uns auf das Naturerlebnis einlassen, werden wir die einmalige Chance bekommen, uns als gleichberechtigt mit allen anderen Lebensformen dieser Erde zu betrachten.

Fasziniert von der Kraft der Natur und der Sensibilität der Ökosysteme absolvierte ich mein Studium der Geographie an der Universität Tübingen bis 2009. Seit 2002 bin ich im Naturfotografischen Feld in stetiger Selbst- und Weiterentwicklung. Dabei hatte ich in den letzten Jahren immer die Möglichkeit, unterschiedlichste Projekte im Bereich Fotografie und geographischer Umweltbildung durchzuführen.

Hierzu zählen neben den fotografischen Workshops und Tagestouren auch Buchprojekte zusammen mit dem Hinstorff Verlag in Rostock und Kooperationen

mit dem Deutschen Jugendherbergswerk, sowie die Zusammenarbeit mit unterschiedlichen Reiseveranstaltern, welche alle sehr auf umweltverträgliches Reisen und Naturverständnis bedacht sind.

Sich auf die Natur einzulassen, bedeutet für mich Emotion, Leidenschaft, persönliche Entwicklung und Freiheit."



Daniel Höhne

A well photographed picture is more than just looking at it again and again. It is emotional and unforgettable passion.

Most oft he past years it was more or less my hobby to get outside and take nature photos. But today it is my profession and I work with it.

Taking people hand by hand outside and show them what to see and what outside can be felt is one oft he greatest things form e to do. To understand why things in nature happen and what our part in different environments is and could be.

From 2004 to 2009 I studied Geography and Geology in the south of Germany, Tübingen. Since then I was fascinated by the power and sensibility of our ecosystems. Combined with nature photography since 2002 I am today self employed within different kinds of guiding nature and photography journeys.

My hot spots are Iceland. Here I do spend 18 weeks a year guiding and taking own pictures. But also Svalbard/Spitsbergen is one of my favorite areas as well as Finnish Lapland and new: Antacrtic!

ANDREAS ALEXANDER – EXPEDITION GUIDE



Andreas hat seine Karriere als einer der „bad guys“ begonnen: Als Maschinenbauingenieur auf fossilen Kraftwerksbaustellen. Nicht so ganz davon überzeugt, ging es in der Materialforschung weiter, um dann letztendlich der Faszination der Polarforschung zu folgen. Während des parallelen Studiums des Maschinenbaus und der Geologie ging es dann auch schnell Richtung Norden: Auf eine Forschungsbohrung in die schwedischen Kaledoniden, auf Vulkane nach Alaska und nach Spitzbergen. Dort verbrachte Andreas knapp drei Jahren und hat an der dortigen Universität Arktische Geologie und Geophysik studiert. Dabei konnte er regelmäßig, im Rahmen seiner Forschungsprojekte, kriechend und kletternd in und unter Gletschern angetroffen werden. Mittlerweile arbeitet Andreas als Doktorand in der Satellitenfernerkundung von Gletschern an der Universität in Oslo und verbringt seine Zeit in Norwegen, Spitzbergen, Grönland, Japan und Alaska. Wenn er mal nicht im Hörsaal steht, im Büro hockt oder auf Gletschern herumklettert, dann arbeitet Andreas als Guide auf Schiffen in der Arktis und Antarktis. Ein Job, bei dem er seine polare Faszination mit den Gästen teilt und gerne über gerne über das Leben in der Polarforschung, Gletscher und Geologie referiert.

Andreas started his career as one of the „bad guys“: As a mechanical engineer on fossil power plant construction sites. Not completely convinced by that, he continued in materials research to finally follow his fascination for polar research. The direction was clear during the parallel studies in mechanical engineering and geology: North. Scientific drilling in the caledonic mountains in Sweden, volcanoes in Alaska and finally Svalbard. Andreas lived almost three years there and studied Arctic Geology and Geophysics at the University Centre in Svalbard. Hereby he could regularly be found crawling and climbing in and under glaciers for his research. Meanwhile Andreas is working as a PhD Research Fellow at the University of Oslo and spends his time in Norway, Svalbard, Greenland, Japan and Alaska. When he is not standing in the lecture room, sitting in his office or doing fieldwork in the Arctic, he works as an Expedition Guide in the Arctic and Antarctic. A job, where he shares his polar fascination with his guests and gladly talks about the life in polar sciences, glaciers and geology.

Pippa Low – Expedition Guide



Pippa has worked as a marine guide and skipper for 7 years, primarily in Scotland, Australia and New Zealand. A marine scientist specialising in marine mammal research and conservation, she splits her time between the hemispheres, and loves showing the public the marine world and all it has to offer. Growing up on the coast of the incredible Moray Firth sparked a love for the marine world and its inhabitants. Spending every spare minute in, on or under the water; professional life reflected this love from a young age, becoming an instructor in various marine disciplines and going on to study Marine biology at university in Scotland, then later, Australia. Upon completion of her degree, Pippa worked in Australia on marine science research projects as a marine mammal observer, scientific diver and research assistant. After returning to Scotland, Pippa set up a wildlife tour boat company in her hometown of Findhorn and has spent the past 6 years working summer in Scotland, showcasing the wonders of the Moray coastline and wildlife to adventurers on board, and then spending the winter in southern hemisphere working on marine research projects; including photo ID, migration, distribution and behavioural studies on a range of marine mammals. She has developed a keen interest in marine mammal conservation through outreach and research. Most recently, Pippa worked in the Ross Sea on a New Zealand Ecosystem voyage, realising a life dream to work in Antarctica. On this voyage she assisted in the collection of baseline data on the World's largest Marine Protected Area; primarily on the distribution of cetaceans in this region. The 2018/19 season will be Pippa's first working as a guide in this region.

Pippa arbeitete 7 Jahre als Guide und Skipper, vornehmlich in Schottland, Australien und Neuseeland. Es fand eine wissenschaftliche Spezialisierung auf marine Säugetiere und deren Schutz statt. Dafür verbringt Sie je die Hälfte des Jahres auf den unterschiedlichen Hemisphären und zeigt Menschen mit Begeisterung die Meereswelten und was diese zu bieten haben. An der Küste vom wunderschönen Moray Firth aufgewachsen begeisterte sich Pippa schon früh für die marinen Lebensräume und deren Bewohner. So verbrachte Sie jede freie Minute auf, im und unter Wasser, was dazu führte, dass Pippa Meeresbiologie an der Universität Schottland und später Australien studierte. Über Ihren Abschluss hinaus, arbeitete Pippa in australischen Forschungsprojekten zur marinen Lebewelt, als Beobachter mariner Säugetierarten, wissenschaftlicher Taucher und Forschungsassistent. Nach der Rückkehr nach Schottland baute Pippa eine Agentur für Bootstouren und Beobachtung in Ihrem Heimatort Findhorn auf und arbeitete die letzten 6 Sommer in Schottland, um Begeisterten die Einmaligkeit dieses Küstenstreifens näher zu bringen. Die Wintermonate verbrachte Sie auf der Südhalbkugel und arbeitete in marinen Forschungsprojekten, sowie der Foto-Identifikation und Verhaltensforschung mariner Säugetiere. Damit einher ging ein wachsendes Interesse am Schutz und Erhalt dieser Ökosysteme. Die letzten Jahre verbrachte Pippa im Gebiet der Ross Sea auf eine neuseeländischen Schiff für Ökoforschung und realisierte sich somit einen Traum, in der Antarktis zu arbeiten zu können. Während dieser Zeit half Sie, grundlegendes Datenmaterial hinsichtlich dieses grössten, geschützten marinen Lebensbereiches zu generieren. Die Saison 2018-2019 ist Ihre Erste als Guide in dieser Region.

Eduardo Rubio Herrera - Expedition Guide

Eduardo describes himself as an astronomer by profession with a passion for nature, particularly for the sea, mountains, sunrises and sunsets.

Trained as an astronomer, he got a PhD in Astronomy from the University of Amsterdam in 2010. After a postdoctoral position, in 2013 he decided to split his time between lecture halls and ships. Hence you could find him part of the year lecturing physics and astronomy and the other part giving lectures and guiding in ships to Antarctica and in the South Atlantic Ocean.

Eduardo's interests vary from history of exploration to the intricacies of astronomy. During the trips he has undertaken, he has given lectures about polar explorers, the science carried out in Antarctica (astronomy in particular), our Universe, famous battles at sea and optical phenomena, to mention some. At sea, besides being an engaged guide and lecturer, he loves to show constellations to people, pointing out their names and their lore.

Eduardo always aims to raise the enthusiasm of guests towards science, and their awareness towards the unique and fragile planet where we live.



Mick Mackey – Expedition Guide



Mick began his journey as a Marine Biologist when he completed his honours degree at the Institute of Antarctic and Southern Ocean Studies (IASOS), at the University of Tasmania in 1995. As a part of his studies, Mick travelled to Antarctica studying the productivity of sea ice algae during the austral winter. Mick went on to spend a further three months with Australian Antarctic Division participating in a dedicated marine mammal survey of the Southern Ocean in 1996. Mick then Travelled to Ireland where he has been employed, on and off, with University College Cork for the past 22 years, working on various projects involving marine mammal strandings, the by-catch of marine mammals in a variety of Irish gillnet fisheries, the abundance and distribution of cetaceans and seabirds in Irish territorial waters from ship-based and aerial surveys.

In the interim, Mick was employed by the British Antarctic Survey (BAS) where he worked Bird Island, South Georgia as a Seal Biologist between 2009 and 2012. His work focussed on the breeding & feeding biology of Antarctic Fur Seals during the summer months and the feeding behaviour and site fidelity of Leopard Seals during the winter. Mick has been taking photographs for over 25 years, and has been able to conduct four solo photographic exhibitions. *Shots from a Dark Light*, illustrated the trials of living and working amongst the charismatic wildlife on Bird Island. Another significant display, entitled *Wind, Wings & Waves*, was composed of dramatic offshore images that highlight the harsh conditions that constantly confront those who seek to eek out an existence in the unforgiving environment of the NE Atlantic.

Mick begann seine Arbeit 1995 als Meeresbiologe nach seinem Abschluss am Antarctic and Southern Ocean Studies (IASOS) an der Universität in Tasmanien. Als Teil der Studien reiste Mick bereits in die Antarktis und erforschte das Leben von unterschiedlichen Algen im Winter. Bis 1996 führte die Studien bis 1996 fort. Danach arbeitete Mick weitere 22 Jahre in Irland an der Universität in Cork. Dort beschäftigte er sich mit Studien hinsichtlich Fischereibeifangs mariner Säugetiere, sowie der Vogelwelt in Form von Schiffs- und Luftbeobachtungen. Zwischenzeitlich arbeitete Mick für British Antarctic Survey (BAS) als biologischer Spezialist für Studien hinsichtlich Robben in Süd Geogrien auf Bird Island von 2009 bis 2012. Die Forschung konzentrierte sich auf das Paarungsverhalten und die Nahrungsaufnahme von antarktischen Pelzrobben während der Sommermonate und das Verhalten der Nahrungsaufnahme von Seeleoparden im Winter. Ebenso fotografiert Mick seit 25 Jahren und konnte in dieser Zeit vier herausragende Ausstellungen präsentieren. *Shots from a Dark Light*, zeigt das Leben und Arbeiten auf Bird Island. Eine Andere Ausstellung, *Wind, Wings & Waves*, zeigt beeindruckende und dramatische Bilder derer, die sich den rauen und lebensfeindlichen Bedingungen des Nordostatlantiks gegenüber gestellt sehen.

ZET FREIBURGHAUS Kayak guide



Zet is a former successful member of the Swedish national kayak team who after his active career has travelled around the world. Just last year he hiked and rode a horse in the Tien Shen mountains of Kyrgyzstan and explored big parts of Ethiopia, where he saw the Ethiopian wolf and were standing on the rim on an active volcano. His sharp eyes and great experience in nature implies he rarely misses an animal.

Zet has a Master of Science in Biology from Lund University. Today he works as a guide with the whole world as his office. Zet is new to the Oceanwide crew and very excited to share his enthusiasm and energy on board our vessels this season.



Captain Artur Iakovlev

and his international crew

Including:

Chief Officer:	Miia Holma	[Finland]
2nd Officer:	Matei Mocanu	[Romania]
3rd Officer:	Kirill Buriacheck	[Russia]
Chief Engineer:	Teun van't Verlaat	[Netherlands]
Hotel Manager:	Zsuzsanna Varga	[Hungary]
Assist. Hotel Manager:	Bobby Manevski	[Macedonia]
Head Chef:	Ralf Barthel	[Germany]
Sous Chef:	Ivan Ivanovic	[Serbia]
Ship's Physician:	Lieselotte Ras	[Netherlands]

AND

Expedition Leader:	Ali Liddle	[UK]
Assist. Expedition Leader:	Kasper Jaeger	[Denmark]
Expedition Guide:	Daniel Höhne	[Germany]
Expedition Guide:	Andreas Alexander	[Germany]
Expedition Guide	Pippa Low	[UK]
Expedition Guide:	Eduardo Rubio Herrera	[Guatemala]
Expedition Guide:	Mick Mackey	[Ireland]
Expedition Guide:	Zet Freiburghaus	[Sweden]

Welcome you on board!

Welcome on board! Your luggage should be in your cabin. Please check that you are not missing anything and if you have something that does not belong to you then please take it to Reception. Feel free to explore the ship – Tea and Coffee in the Lounge on Deck 5

~1715 Mandatory Safety and Lifeboat Briefing in the Lounge. ALL passengers MUST to attend this very important safety briefing.

~1800 Approximate sailing time. As we leave the pier at Ushuaia we recommend that you enjoy the views from the outside decks as we set out into the Beagle Channel.

~1815 Mandatory Safety Drill. We will conduct our safety drill in accordance with our briefing. Please listen for alarms and announcements.

~1845 After our departure, we would like to invite you to the **Lounge (Deck 5) for a welcome from Expedition Leader **Ali Liddle** and an introduction to the ship by Hotel Manager **Zsuzsanna Varga**.**

Afterwards there will be **Captain's Cocktails!**

Captain Artur Iakovlev invites you to join him for a welcome drink in the Lounge, where you will also meet the Expedition Team.

1930 Dinner is served in the Dining Room located on Deck 3 behind reception. Bon appétit!

By Midnight we will be leaving the shelter of the Beagle Channel and entering the Drake Passage. You will feel the ship begin to move so please make sure your belongings are secured.

Please ensure your valuables (cameras, computers, etc.) are secure in your cabin to prevent any accidents. Always keep at least one hand free to hold on to the ship.

Thank you.

0745 Wake Up call from Ali. Good Morning!

0800 Breakfast Buffet is served in the Dining Room for one hour.

During the morning we will be sailing South in the Drake Passage. Take some time to get your 'sea legs' and enjoy the seabirds that will follow us on our voyage.

1030 **Penguins!** Please join Ali in the Lounge for a presentation about some of the penguins we hope to see in Antarctica.

1200 **Kayakers:**

If you have pre-booked and pre-paid for Kayaking during this trip please meet Zet in the Library to find out more about your Kayaking activities on board Plancius.

1230 Lunch is served in the Dining Room.

1500 **Ice.** We are heading to the coldest continent on the planet. Please join Andreas in the Lounge for a presentation about the glaciers, ice sheets and all things icy.

1630 **Campers:**

If you have pre-booked and pre-paid for a night of Camping on this trip please meet the camping guides in the Dining Room to find out more. If you haven't booked but would like to camp then please join them at this time and we can try to arrange a night on the ice.

1830 Please join Ali and the Expedition team in the Lounge for our daily re-cap.

1900 Dinner is served in the Dining Room. Bon appétit. *Das Abendessen wird im Restaurant serviert.*

Please ensure your valuables (cameras, computers, etc.) are secure in your cabin to prevent any accidents. Always keep at least one hand free to hold on to the ship.

Thank you.

0745 Wake Up call from Ali. Good Morning!

0800 Breakfast Buffet is served in the Dining Room for one hour.

0945 **Zodiac Briefing.** This is a mandatory briefing for all passengers who wish to go ashore during this voyage. It will outline our Zodiac operations on board Plancius. This will be followed by a mandatory IAATO briefing which outlines the guidelines regarding our expedition to Antarctica. This will be followed by Bio-security procedures on board which will involve vacuuming your outer clothing, particularly Velcro fastenings as well as camera bags and back packs. You then need to sign a bio-security declaration. We will call you to the Lounge by Deck number/cabin number so please listen for announcements.

Racing The Planet. You will need to bring your compulsory running bags and your drop bags to be cleaned please.

1230 Lunch is served in the Dining Room.

We will continue with vacuuming during the afternoon. Please listen for announcements.

1530 At this time we would like to give you your Rubber Boots. We will call you by Deck so please listen for announcements over the PA system. Bring a pair of socks with you!

1700 **Whales.** Please join Pippa in the Lounge for a presentation about some of the whales we hope to see on our voyage to Antarctica.

1830 Please join Ali and the Expedition team in the Lounge for our daily re-cap.

1900 Dinner is served in the Dining Room. Bon appétit. *Das Abendessen wird im Restaurant serviert.*

Please ensure your valuables (cameras, computers, etc.) are secure in your cabin to prevent any accidents. Always keep at least one hand free to hold on to the ship.
Thank you.

4 des ers

**Racing the Planet team will be going ashore early in the morning.
Please make sure you have all the timing information from your
race organizers for this.**

For everyone else.....

0715 Wake Up call from Ali. Good Morning!

0730 Breakfast Buffet is served in the Dining Room for one hour.

~0900 **King George Island.** At this time, we would like to take you ashore at King George Island where there are a number of International research stations. You will have time to explore the main area near Bellingshausen Base, which is a Russian station, including their small church. From here the guides will offer an easy walk across the island to see what we can find. There are often penguins along the shore line here.

Kayakers please be ready at the gangway at ~0900.

1230 Lunch is served in the Dining Room.

~1430 We will still be anchored off King George Island in order for the Racing the Planet team to continue with their event. For the afternoon we would like to offer you 2 options:

An extended Snow Shoe Hike – approx. 8 - 10km

A Zodiac cruise in the bay with possibly a landing in another location depending on weather conditions. 20 people maximum for this. Please sign at Reception for this.

1830 Please join Ali and the Expedition team in the Lounge for our daily re-cap.

1900 **Buffet Dinner** is served in the Dining Room. Bon appétit.



There will be no running stage this morning. Rest, relax and enjoy our journey down the Gerlache Strait.

0745 Wake Up call from Ali. Good Morning!

0800 Breakfast Buffet is served in the Dining Room for one hour.

During the morning we will be sailing down the Gerlache Strait to our afternoon destination of Danco Island. The scenery is spectacular and we will certainly see some icebergs. We often see Humpback whales at this time of year enjoy the views from the deck or Lounge.

1000 **Science In Antarctica.** We saw lots of research bases during our landing at King George Island. Please join Eduardo in the Lounge for a presentation about the science that is taking place on the Great White Continent.

1130 Please join Ali in the Lounge to find out more about our plans for the afternoon. Campers please attend this meeting as we will give you more information about your night on the ice!

1230 Lunch is served in the Dining Room.

TBA **Danco Island.** This island is home to large colonies of Gentoo penguins so we hope to be able to take you ashore to spend time with these Antarctic residents. If conditions allow, we will also offer a hike to the top of the island. Please follow the marked route and give penguins right of way at their Highways.

At the end of the landing we will offer the chance to do a 'Polar Plunge', an Antarctic swim.

We'll bring the towels, you bring the insanity!

1830 Please join Ali and the Expedition team in the Lounge for our daily re-cap.

1900 **Buffet Dinner** is served in the Dining Room. Bon appétit.

CAMPERS!! After dinner we will take you ashore! Please listen for announcements for timings.



**Racing the Planet team will be going ashore just after breakfast.
Please make sure you have all the timing information from your race
organizers for this.**

In the morning we will collect our campers at around 6am and sail around to our morning destination in Paradise Bay

0715 Wake Up call from Ali. Good Morning!

0730 Breakfast Buffet is served in the Dining Room for one hour.

~0915 **Stony Point.** We will take our runners on shore as soon as we are in location and we will take you ashore shortly after this. It isn't a large landing area but it is in a very beautiful location with glaciers surrounding the small promontory. At this time, we will take half of you on shore for a landing and the other half will go on a Zodiac cruise in the bay where there will be some icebergs and, of course glacial scenery. After 1 hour we will swap the groups. Everyone will have the opportunity do everything so you don't need to sign up this time!

1230 Lunch is served in the Dining Room.

After lunch the runners will continue to run at Stony Point and we will reposition the ship further down the bay area to go ashore at Almirante Brown.

~1430 **Almirante Brown.** We will take you ashore for a Continental landing at Almirante Brown. There is a small Argentinean research station which is occupied for a few months during the summer and there are also Gentoo penguins. There is a hike up to a viewpoint for views around Paradise Harbour. On the way back to Plancius we will Zodiac cruise into Skontorp Cove which is surrounded by glaciers and often full of icebergs.

1830 Please join Ali and the Expedition team in the Lounge for our daily re-cap.

1900 **Buffet Dinner** is served in the Dining Room. Bon appétit.



Racing the Planet team will be going ashore very early in the morning. Please make sure you have all the timing information from your race organizers for this.

0715 Wake Up call from Ali. Good Morning!

0730 Breakfast Buffet is served in the Dining Room for one hour.

~0900 **Damoy Point.** We hope to take you ashore at Damoy Point where there are lots of Gentoo penguins around the point as well as some fantastic Antarctic scenery. We will offer you the chance to enjoy the penguins and also take a guided walk up to the top of the ridge which was once used as a runway for planes taking scientists further into Antarctica. There is a small historic hut. Please check with the guides before going in.

1230 Lunch is served in the Dining Room.

After lunch the runners will continue to run at Damoy Point and we will reposition the ship around the corner for our landing at Port Lockroy.

~1430 **Port Lockroy.** This was known as Base A by the British Antarctic Survey and is now a small museum with a Post Office and gift shop. There are also hundreds of Gentoo penguins around the buildings so please take care where you are walking. Due to the island and buildings being small we will split the group so that the first group go ashore at Port Lockroy while the others go across the bay to Jougla Point where you will find Gentoo penguins and Antarctic cormorants nesting. We will swap the groups after an hour or so. You will all do both landings.

At the shop and Post Office they take Credit/Debit cards, Euro, Dollars and Pounds sterling.

1830 Please join Ali and the Expedition team in the Lounge for our daily re-cap.

1900 **Special Antarctic Dinner! Dress warmly! Bon appétit.**



The Racing the Planet team you will join us for a regular landing with penguins here at Mikkelsen Harbour. Enjoy your time on shore!

0645 Wake Up call from Ali. Good Morning!

0700 At this time there will be coffee and pastries available in the Lounge

~0730 **D'Hainaut Island in Mikkelsen Harbour.** We hope to take you ashore on this small island where there are colonies of Gentoo penguins and where we often find Weddell seals resting on the snow. The surrounding glacial scenery is beautiful so we will enjoy our last views of Antarctica here.

1030 Brunch Buffet is available in the Dining Room for 1 hour.

During the afternoon we will be sailing north into the Bransfield Strait and then into the Drake Passage. Please make sure your cabins and belongings are secure and you have taken your sea sickness medication.

~1500 **Exploration of the Deep.** Please join our very clever Guatemalan scientist, Eduardo for a voyage to the deep oceans of the world. These areas are the least explored regions of our planet. This will be in the Lounge.

1730 Please join Ali and the Expedition team in the Lounge for an extended daily re-cap and some stories from staff!

1830 Dinner is served in the Dining Room. Bon appétit.

There will be no Wake Up call this morning! But Zsuzannah will wake you up for breakfast!

0800 Breakfast Buffet is served in the Dining Room for one hour.

1000 **Life on Bird Island.** Mick spent two and a half years living on Bird Island, a very small island off the north west coast of the sub Antarctic island of South Georgia. Please join him in the Lounge for Part 1 of his 2 part story of life on the island.

1230 Lunch is served in the Dining Room.

1500 **Sir Ernest Shackleton.** Please join Eduardo in the Lounge to hear stories of the life of the famous Polar Explorer Ernest Shackleton, who led expeditions to Antarctica in the early 1900's.

1630 **Modern Antarctic Expeditions.** Having heard stories of early Polar exploration from Eduardo. Please join Kasper in the Lounge for a presentation about some of the modern expeditions that have taken place in Antarctica.

1830 Please join Ali and the Expedition team in the Lounge for our daily re-cap.

1900 Dinner is served in the Dining Room. Bon appétit.

Please ensure your valuables (cameras, computers, etc.) are secure in your cabin to prevent any accidents. Always keep at least one hand free to hold on to the ship.

Thank you.

There will be no Wake Up call this morning! But Zsuzannah will wake you up for breakfast!

0800 Breakfast Buffet is served in the Dining Room for one hour.

0930 **Life on Bird Island. Part 2.** If you enjoyed the first of Mick's stories of life on Bird Island, near South Georgia and his love affair with a seal called Wendy then please join him in the Lounge for Part 2 of his 2 part story of life on the island.

1100 **Art and the Sea.** You will all have seen the cartoon drawings around the ship by our Staff Trainer, Bill. Please join him in the Lounge for a presentation about art and paintings and the sea.

1230 Lunch is served in the Dining Room.

1400 During the afternoon we will screen an episode from the brilliant BBC series, **Frozen Planet.** This will be in the Lounge.

1530 At this time we will collect your rubber boots! We will call you by deck to the boot room on deck 3 so please listen for announcements from the Expedition team.

1600 **Accounts.** You will be called by deck to settle your accounts with Zsuzsanna and Bobby at Reception. Please listen for announcements.

1815 **Captain's Cocktails.** Please join us in the Lounge for a celebratory drink to toast the success of our Antarctic voyage and the achievement of our Racing the Planet competitors.

1900 Dinner is served in the Dining Room. Bon appétit.



After dinner, around 2100 the Racing the Planet team will meet in the Lounge.
Congratulations to you all for your incredible achievements in Antarctica! From all of the Expedition Team and the Crew on board Plancius!