



**Antarctica-Basecamp-free camping, kayaking,  
snowshoe/hiking, photo workshop, mountaineering**

Ushuaia – Ushuaia

23<sup>rd</sup> November – 5<sup>th</sup> December, 2024

On board *M/V Hondius*



M/v *Hondius* was built in 2019, as the first-registered Polar Class 6 vessel in the world, meeting the latest and highest Lloyd's Register standards for ice-strengthened cruise ships. Surpassing the requirements of the Polar Code adopted by the International Maritime Organization (IMO), *Hondius* represents the most flexible, advanced, innovative touring vessel in the polar regions, thoroughly optimized for exploratory voyages that provide you the utmost first-hand contact with the Arctic and Antarctica. *Hondius* complies with the latest SOLAS-regulations (Safety Of Life At Sea). M/v *Hondius* is 107.6 m long, 15.3 m wide and has a maximum draft of 5.3 m, Polar Class 6 (equivalent 1A-Super), 15 knots average cruising speed and has 2 x ABC main engines; total 4,200 kW.



## Captain Ernesto Barria

and his international crew of 57 sailors

Staff Captain:	Jan Dobrogowski
Chief Officer:	Sven Holzhausen
Second Officer:	Igor Nazarov
Third Officer:	Anar Babaiev
Hotel Manager:	Jeroen William Barnes
Head Chef:	Ralf Barthel
Sous Chef:	Donald Rivas Cielo
Ships doctor:	Anne-Mieke Theunissen
Expedition Leader:	George Kennedy
Ass. Expedition Leader:	Chris Long
Ass. Expedition Leader:	Jerry Zhao
Mountain Leader:	Jonathan Baird
Mountain Guide:	David McKinley
Mountain Guide:	Owain Jones
Mountain Guide:	David Rudkin
Kayak Leader:	Nick Cunliffe
Kayak Guide:	Alexis Bellezze
Expedition Guide:	Aitana Vazquez
Expedition Guide:	John Yeh
Expedition Guide:	Rose Li Hong
Expedition Guide:	Charlotte Taplin
Expedition Guide:	Juan Berenstein
Expedition Guide:	Keith Lepor
Expedition Guide:	Lucia Romero
Expedition Guide:	Yvonne Lin
Expedition Guide:	Meike Sjoer
Expedition Guide:	Zoy Li
Camping Guide:	Alexander Romanovskiy
Camping Guide:	Saskia van der Meij
Camping Guide:	Valeria Sainz Herrera

## WE WELCOME YOU ON BOARD!

### Day 1 – Saturday 23<sup>rd</sup> November, Ushuaia, Embarkation Day

08h00 GPS Position: 54°48,5S / 068°18.10'W

Wind: NW4 • Sea: Calm • Weather: Overcast • Air temperature: +6°C

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Today was a day many of us been waiting so long for, the day we embark *Hondius*! It was a trip of a lifetime and we couldn't wait to get started. The weather started off beautiful and sunny, we all felt in a good mood, ready for an adventure. At 1600, as we started to embark and the sun was out yet again shining upon us. We were shown to our cabins and shortly afterwards at 1700, we were called to the lounge

for a safety drill. We were shown a safety video and had to don our bright orange lifejackets where we were then taken out to the lifeboats. After, it was time for the Captain's cocktail, the Expedition Team handed us prosecco and delicious canapes while we were introduced to the trip by the Expedition Leader George. We met the rest of the team, all 24 of them! Wow, what an interesting bunch.

We had a delicious buffet, and after, followed the IAATO briefing. We were all exhausted, but it was good to get the briefing finished before the notorious Drake Passage!



## Day 2 – Sunday 24<sup>th</sup> November, Drake Passage - At sea sailing towards Antarctica

08h00 GPS Position: 56°38.9'S / 065°53.5'W

Wind: W7 • Sea: Moderate • Weather: Overcast • Air temperature: +4°C

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The first full day at sea on the Drake Passage had finally arrived, marking the true beginning of our Antarctic adventure. The night had been a bit rough, with waves rocking the ship, giving us all our first taste of the Drake Passage's reputation. While some passengers battled seasickness, most of us slowly adjusted to the ship's rolling rhythm.

The day began with the cheerful wake-up call from George, our expedition leader,

who greeted us over the intercom with his signature, "good morning, good morning, good morning!" It was a signal that the day's adventures and preparations were about to unfold. At 9:15 AM, George and Gerry kicked things off with the Zodiac and IAATO briefings, laying the groundwork for safe and respectful exploration. By 11:00 AM, it was time for the mountaineering team's mandatory briefing, further fueling our anticipation for the activities ahead.

Midday brought another important task: the distribution of the famous boots. As we laced them up, it felt like a tangible step closer to setting foot on the frozen continent. The excitement carried us into the dining room, where a delicious lunch was served - a welcome pause before the afternoon briefings. In the afternoon, we gathered for the kayaking briefing, imagining ourselves gliding through icy waters. Then, at 3:30 PM, we learned the details of the camping adventure, each slide and instruction painting vivid pictures of the experiences awaiting us. By the time the briefings concluded, we felt ready for the incredible activities ahead. In the late afternoon, Meike invited us out onto the decks to observe the magnificent seabirds soaring around the ship. It was a breathtaking moment, especially when we spotted a southern royal albatross, its wings stretching an astonishing 3.2 meters across. The sheer size and grace of the bird left everyone in awe.



### Day 3 – Monday 25<sup>th</sup> November, Drake Passage – At sea sailing towards Antarctica

08h00 GPS Position: 61°01.8'S / 064°03.5'W

Wind: NW5 • Sea: Moderate • Weather: Overcast • Air temperature: 0°C

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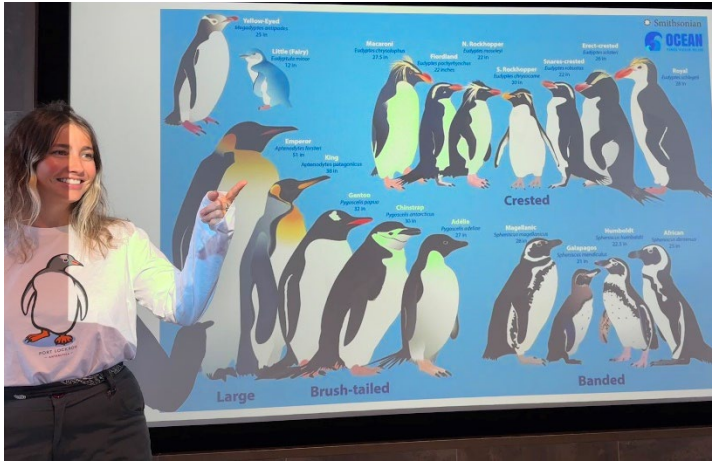
Our second day crossing the Drake Passage was a turning point for most of us as we found our sea legs. A slight tailwind propelled *Hondius* gracefully over the rolling waves, inching us closer to Antarctica—our much-anticipated destination for the days ahead. The day began with a delicious breakfast prepared by Chef Ralf and his talented galley team, setting the perfect tone for what would be an exciting and informative day. After breakfast, we gathered in the lecture room, buzzing with energy and excitement. It was sign-up day for the basecamp activities! Mountaineering, camping, kayaking—each specialist was at the ready with signup

sheets and eager to answer all our questions. The room hummed with the thrill of upcoming adventures.

Outside, the decks were closed due to icy conditions and large waves, but the spirit aboard remained high. As the ship pressed forward, we enjoyed a series of captivating lectures. Sasha kicked things off with an enlightening session on the unique geography of Antarctica, setting the stage for our journey.



By the afternoon, Johnny and Lucia immersed us in the fascinating world of penguins, preparing us to better understand the lives of the waddling residents we'd soon meet on the Peninsula. In the afternoon, we turned our focus to biosecurity—a crucial step for any visitor to this pristine wilderness. To ensure we don't inadvertently bring anything harmful ashore, we meticulously cleaned our clothing, bags, and equipment during what was playfully dubbed the "vacuum party." Once everything was inspected and spotless, we signed self-declaration forms, ready to tread lightly in Antarctica.



Of course, it wasn't all serious business! To our delight, Hotel Manager William and Assistant Victoria surprised us with ice cream in the lounge—a sweet treat that added to the excitement as we approached the icy splendor of the Peninsula. The day wrapped up with the daily recap hosted by EL George. We were thrilled to hear the next day's plan: stepping foot

on Antarctica and embarking on thrilling Zodiac cruises. Aitana shared fascinating insights about the Antarctic Convergence, a vital region for marine life. Meike added to the magic by showing photos of the different seabirds we'd spotted during our Drake Passage crossing, including the majestic southern royal albatross soaring near the stern of *Hondius*. As the day came to a close, we enjoyed a plated dinner while the waves outside began to calm. The sun broke through the clouds, painting the sky in breathtaking hues as we sailed into a stunning sunset. With only a few hours to go before waking up in Antarctica, the anticipation aboard was electric.

## Day 4 – Tuesday 26<sup>th</sup> November – Palaver Point and Foyen Harbour

08h00 GPS Position: 64°08.3'S / 061°47.2'W

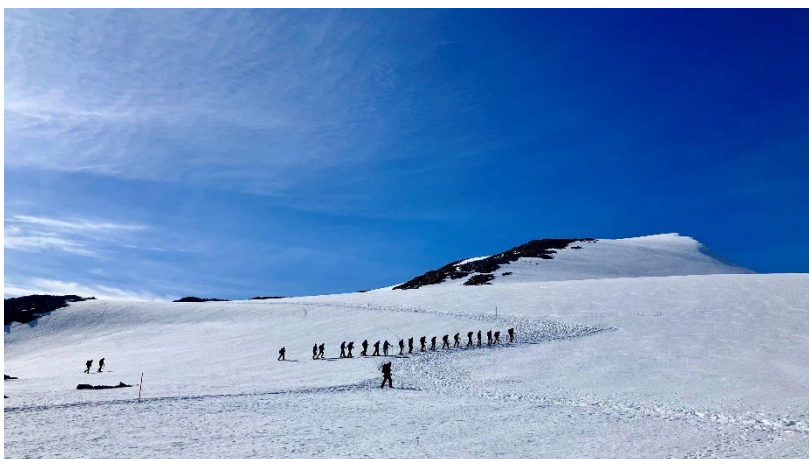
Wind: 1W • Sea: Calm • Weather: Overcast • Air temperature: +6°C



With the morning wake-up call from our Expedition Leader, everyone excitedly got out of bed. After a quick breakfast, we eagerly awaited the first day's activities of our Antarctic adventure.

Today's activity

location is Palaver Point. In the morning, we first allowed the mountaineering group passengers to disembark and head to the landing site. Then, the other two groups followed with their landing activities, followed by a Zodiac cruise, and finally the kayaking



participants. The weather was perfect—bright sunshine, calm winds, and smooth seas. At the landing site, we encountered many chinstrap penguins, and the sight was incredible. From the highest point, we could see icebergs floating in the sea, and the beautiful mountain range was

covered in snow and ice. After spending over an hour exploring the area, guests continued with the Zodiac cruise activity. During the cruise, everyone had the opportunity to enjoy massive icebergs and penguin colonies along the shore. The morning's activities ended in happy laughter, and all passengers returned to the ship by 11:45 AM.

For the kayakers, the first morning of our Antarctic adventure began under bright cloudless skies, with only a gentle breeze rippling the waters of the Palaver Point landing site. Our



team of intrepid kayakers deployed from the Zodiacs to the kayaks and began an exploration of the headland. Heading south past a noisy colony of gentoo and chinstrap penguins, we



rounded a pair of stranded icebergs to encounter the open waters of Palaver Point's western shoreline. Our kayakers confidently navigated a cluster of small icebergs, past a resting crabeater seal, before arriving on the south side of the headland. Here we found a real sense of isolation, with only penguins

and giant petrels for company. Our return journey followed a more offshore route in a 1-meter ocean swell, as the gentle breeze assisted our progress back to the landing site. We returned to *Hondius*, marveling at our exceptional Antarctic kayak adventure.

Day one of mountaineering was simply stunning! Blue skies and huge vistas as we ascended to the high point of Palaver Point on Two Hummock Island, located in the Palmer Archipelago to the west of the Antarctic Peninsula mainland. What a literal high to start on!

Lunch was a delicious buffet was served and afterward, guests could relax and rest as the ship sailed toward the next activity destination—Foyen Harbour. Foyen Harbour is a place rich in history with the wreck of the Whaling ship the 'Governoren' lying in the bay which has done so since 1915. In the afternoon, we conducted a two-and-a-half-hour Zodiac cruise. During this, visitors not only marvelled at the spectacular scenery, but also learned about the region's exploration history. We saw abandoned whaling ships, dilapidated wooden water boats, icebergs, and seals.



Our mountaineers explored the flanks of the harbor itself, renowned for the wreck of the whaling ship *Governoren*. Avalanche prone slopes in the upper reaches of our ascent foiled our plan to access the higher plateau. We enjoyed a circular loop of the high ground around us and enjoyed the magnificence of our surroundings.

Once back on the ship, everyone had some time to rest. At 6:15 PM, we gathered in the observation lounge for a briefing on the day's activities and plans for the following day. Charlotte shared knowledge about the Weddell seals we saw during the cruise and George provided detailed instructions for the upcoming camping night activity. Dinner was served shortly after, and as everyone enjoyed the meal, they exchanged stories

and excitement about the day's adventures. After dinner, we landed on the first night of camping in Antarctica, with the camping site chosen at Punta Andrews. Tonight, one-third of the passengers would head to the campsite, and everyone was filled with anticipation and a bit of nervousness. For most, this would be a unique and unforgettable experience.

Our afternoon kayak adventure took place at the magnificent Foyen Harbour on Enterprise Island, in breezy cloudy weather that offered a taste



of Antarctica's challenging climate. Our capable group of sea kayakers launched in the shelter of the island's east-facing coastline, close to the entrance to the Governoren inlet. We ventured into this narrow, protected cove, to view the remains of a shipwrecked whaling vessel, now a seasonal home to nesting Antarctic terns. A cluster of Weddell seals lay hauled out on the flat icy shoreline at the back of the bay. We continued north towards the tip of the island, weaving between grounded icebergs and occasionally battling stronger gusts of wind. Beyond the fine protecting headland, we felt a hint of the powerful waters of the Gerlache Strait, waves lifting our kayaks as we returned downwind around the outside of the island's rocky outcrops. We finally returned to the ship, to celebrate a wonderful afternoon of coastal Antarctic explorations.

#### **Camping: False Island / Fournier Bay / Anvers Island**

**64° 29 S      062° 50W**

We arrived at our campsite. Our little, own private island surrounded by glaciers and overlooking vast Fournier Bay. We were so excited to be the first group to go camping in this serene environment. We found ourselves a spot to start digging our pits. Meanwhile, a few penguins decided to join us for a brief



moment to rest on the edge of our island and looked at how some of us created true 'villas', whilst others seemed happy with a tiny 'one-bedroom' apartment. There we were, all alone, overwhelmed by the silence of this amazing continent. A frosty night which would forever be in our memories.

## Day 5 – Wednesday 27<sup>th</sup> November – Neko Harbour and Brown Station

08h00 GPS Position: 64°50.7'S / 062°32.6'W

Wind: 0 • Sea: Calm • Weather: Snow/Overcast • Air temperature: -2°C

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The day started pretty early for the campers, with a 4am pickup. Shuttled back to *Hondius*, they were welcomed by hot drinks, pastries and a well-deserved lie-in. We then transferred to Neko Harbour, Captain Ernesto guiding us carefully through waters strewn with icebergs. Landing at Neko, steps hacked out of the ice and a fixed rope meant that everyone got to go mountaineering at least for a few meters. Even on the snow

above the beach, massive blocks of ice attested to the frequent tsunamis that sweep across from the huge glacier front to the left. On shore, we were greeted by innumerable gentoo penguins parading up and down the beach, as well as making their way up and down the highways to their nesting spots. Meanwhile Zodiac cruisers were treated to sightings of crabeater seals and a close encounter with that gentle giant of the Southern Ocean, a humpback whale.

Captain Ernesto navigated *Hondius* through dense brash ice to Neko Harbour, where we launched our kayaks beneath the towering ice cliffs of this steeply glaciated shoreline. We headed deeper into the ice along the coastline beyond the landing site, to a place of solitude surrounded by a crowded pack of frozen chunks of sea ice and glacial calving. The mountainous landscape combined with the silence of the bay, creating a powerful sensation



of wild grandeur. We continued our journey, deeper into the inlet and around a substantial iceberg that briefly blocked our view of our now-distant ship. Towards the back of our group, a solitary humpback whale surfaced only a few meters from the kayaks, its plume of breath clearly audible in our peaceful icy surrounding. We

headed back towards our launch point, the denser brash ice forcing course changes and a sustained effort to make progress towards the bay. We finally climbed back into the Zodiacs and returned to *Hondius*.

Luck was on our side for the mountaineers for this landing site, and our intrepid mountaineering teams enjoyed great underfoot snow conditions and good visibility.



All was complete by midday and while we feasted on fish and chips (some said it was the best lunch so far!). *Hondius* transited further south to Brown Station in the stunning Paradise Harbour. With wind gusting up to 30 knots, it didn't feel especially like paradise at first. Luckily, a line of grounded icebergs formed a protective reef just in front of our proposed landing spot. We were able to explore around the unoccupied

Argentinian base named after Almirante Brown, while Zodiac cruisers spotted a colony of blue-eyed shags on cliffs just south of the base, and Weddell seals basking on the fast ice to the north. Back aboard *Hondius*, Valeria's recap talk was interrupted by a humpback whale

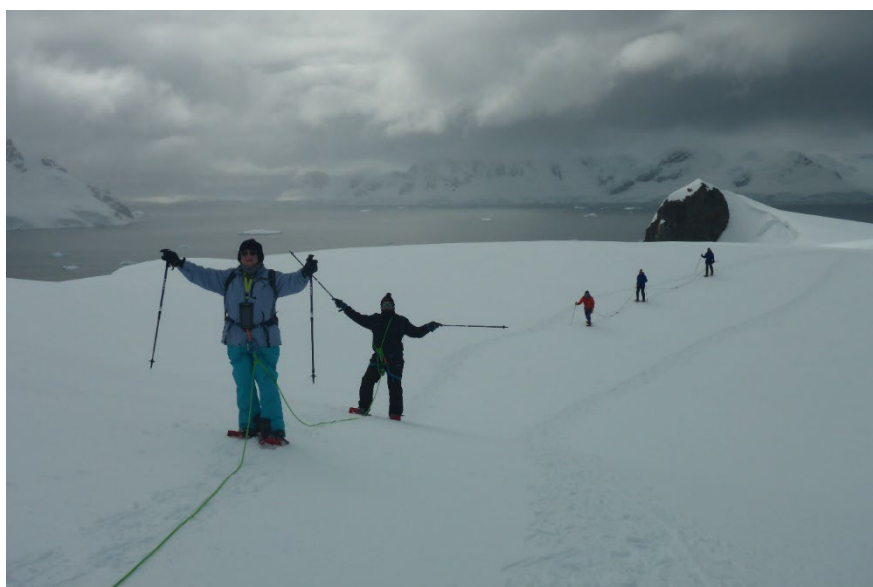
just 20m off the ships starboard side. It was a special moment for us all, rounding off a wonderful day in the Peninsula.

Our afternoon arrival in Paradise Bay coincided with a fresh westerly wind that brought steeper wave

crests to the waters of Brown Station. Beyond the Antarctic shag colony, Skontorp Bay offered calmer conditions and a possible destination for our adventurous team of sea



kayakers. We travelled by Zodiac to a suitable launch point and climbed into our kayaks in the lee of a sheltering ice floe. We traveled deeper into the bay, slaloming through brash ice and bergy bits until we rounded a rocky headland into a sheltered inlet beneath steep snow



slopes. Here, a resting Weddell seal lay sleepily on the shoreline - we quietly observed this beautiful animal, at home in its harsh surroundings. We continued across the bay, following a course only 200m from the terminal face of a small tidewater glacier. We arrived at a low rocky corner, where three

Weddell seals rested ashore on a low icy plateau. Here, we enjoyed a magnificent view of the Skontorp glacier, a dramatic tumbling river ice falling into the ocean. We sat quietly, taking in our awesome surroundings, deep in the heart of the Antarctic Peninsula. Our Zodiacs drew close, ready for the return trip to *Hondius* and the end of a magnificent sea kayaking experience.

Our mountaineering team enjoyed a circular journey of the high ground known as Punta Proa behind the Argentine research station. Located in the large sea inlet of Paradise Harbour on the rocky Sanaviron Peninsula, Danco Coast, Graham Land. The plateau provides a truly captivating panorama and a haven of peace and tranquillity in a wild setting.

## Day 6 – Thursday 28<sup>th</sup> November – Petermann Island and Hovgaard

08h00 GPS Position: 65°10.25'S / 064°07.0W

Wind: NW3 • Sea: Moderate • Weather: Overcast • Air temperature: +1°C

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The day in Antarctica began with an enchanting scene of fresh snow blanketing the outer decks and dense fog shrouding the landscape - a mysterious and serene start to the morning. The first stop of the day was Petermann Island, where the group had the long-awaited opportunity to see Adélie penguins in their natural habitat. Their playful antics and stark black-and-white plumage stood out beautifully against the icy

backdrop. A Zodiac cruise around the island followed, providing stunning close-up views of the surrounding rocky terrain, glacial formations, and abundant wildlife.

At our most southerly venue, we launched into the semi-protected waters of Peterman Island's east coast with an enthusiastic team of kayakers. We explored the rocks and ice floes of the landing bay



among surfacing gentoo penguins, as a light westerly wind created occasional challenges for our intrepid paddlers. Soon after launching, we were visited by an impressively large leopard

seal, its nostrils flaring above the surface of the water and its eyes staring us down as we retreated into the shelter of the inner bay.

We organized ourselves for an onward journey, heading north towards the Porquoi Pas inlet as we weaved along the rocky shoreline between grounded icebergs. Blocked by dense early-season ice, we returned to the landing bay, pausing to raft for photographs amid dramatic scenery in this exposed corner of the Antarctic Peninsula. Delighted to experience this grand kayaking adventure, we returned thankfully to *Hondius* with our excellent Zodiac drivers.

After returning to the ship, we group enjoyed a delicious lunch, recharging for the next adventure. The afternoon was spent exploring the Hovgaard area, particularly the renowned iceberg graveyard. Boarding the Zodiacs once more, the group navigated through a maze of immense icebergs, some towering high above the water, while others displayed intricate shapes and dazzling shades of blue. Penguins could be seen perched on floating ice, and seals lounged lazily on bergs, occasionally slipping into the frigid waters.



In the late afternoon, the group embarked on a stunning passage through the magnificent Lemaire Channel, often referred to as the "Kodak Gap" for the most photographed channel in the world. Towering cliffs, glassy waters, and the occasional glacial backdrop created an awe-inspiring scene that captured the essence of Antarctica's dramatic landscape. As the journey through the channel concluded,

the experience was elevated to a thrilling climax when the group found themselves surrounded by humpback whales. These majestic creatures were feeding actively in the area,

surfacing close to the Zodiacs and the ship. The sound of their exhalations echoed across the calm waters, and their graceful movements created an unforgettable spectacle. It was a profound and intimate encounter with Antarctica's rich marine life, providing a perfect ending to an already remarkable day.

In damp snowy weather, we launched into a grey Antarctic world of still water, ice cliffs and grounded icebergs. We were close to a shoreline of glacially smoothed rocks, beneath Pleneau Island's steep snowy landscape. Heading south, we followed the steepening coastline to a bay fringed with vertical ice cliffs and balanced seracs. Keeping a safe distance, we paused to admire this powerful and wild scene. Deteriorating weather brought the trip to an end; after a damp and chilly Zodiac ride, all the team were relieved to return to the welcoming warmth of Hondius.



The mountaineering team had a great journey up the long spine of this narrow 3.5-mile-long Island. On this day we experienced very poor visibility known as 'whiteout' conditions. Progress in the enveloping mist was only possible with great

caution! Our Mountain Guides stayed close whilst maintaining safe roped up distances within each team in case of hidden crevasses! Full use of GPS devices and prerecorded location data from the guides previous visits was essential in such testing conditions. But the day is not over yet we were greeted by a delicious Thanksgiving dinner and a hope to go camping tonight.

## Day 7 – Friday 29<sup>th</sup> November – Port Lockroy and Damoy Point

08h00 GPS Position: 64°49.6'S / 063°30.2'W

Wind: 0 • Sea: Calm • Weather: Overcast • Air temperature: -2°C

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Today was an unforgettable day in Antarctica, full of adventure, wildlife, and rich history. The morning began with our arrival at Port Lockroy, a small harbor on Goudier Island, located in the Antarctic Peninsula. As we disembarked from *Hondius*, the cold air was

brisk, and the atmosphere was electric with the excitement of exploring this historic site. Port Lockroy, once a British research station, has been transformed into a living museum, offering a glimpse into the life of early Antarctic explorers. We toured the old station, which dates back to the 1940s, learning about the challenges and sacrifices made by those who lived here. The station also houses a museum and a small gift shop, where proceeds go to maintaining the buildings.

The mountaineering team climbed to a fantastic col high on Jabet Peak in the Comer Range, Wiencke Island, in the Palmer Archipelago. The col



stands proud and clearly visible overlooking Port Lockroy, Damoy Point and Dorian Bay. The view from up high is magnificent.

## Camping night at Kerr Point / Ronge Island

64° 42 S

062° 37 4 W



We had to be a little patient before we could 'dig' into our camping adventure. The weather hadn't been in our favor, but the camping team and the bridge managed to finally get us to the beautiful spot; Kerr Point on Ronge Island. We were greeted by a Weddell seal and a single penguin, who kept an eye on us from a distance. Not bothered by us at all, whilst we were preparing our 'bedrooms'. Before we turned in, we enjoyed the reflections of

the mountains and islands surrounding us. When were all lying in our pit, the perfect silence was broken a few times by the thundering sound of breaking ice in the glacier beside us. We woke up and found our bivvy bags covered in a little layer of snow. This was pure Antarctica!

For the kayakers we spent a happy morning in Port Lockroy's protected waters, admiring magnificent mountain scenery as the Antarctic Peninsula's 'Seven Sisters' formed an impressive, jagged backdrop to our kayaking explorations. Winds remained light, with ideal conditions for our new team of adventurous paddlers. On the north side of the former British Base buildings, an enclosed inlet offered a fine encounter with a resting Weddell seal that lay



dozing on a flat sheet of fast ice. Our team quietly observed this magnificent animal, perfectly adapted and comfortably at home in its frozen habitat. The far side of the bay provided a grand view of Port Lockroy's sheltering ice cliffs; an entertaining paddle through a field of brash ice brought us back to *Hondius* and the end of our

kayaking adventures.

One of the highlights of our visit was the abundance of penguins. Gentoo penguins were scattered across the rocky shore, some waddling clumsily while others playfully interacted with each other. It was a magical sight, as these curious creatures didn't seem fazed by our presence, allowing us to observe them up close. After a morning full of history and wildlife, we set sail toward Damoy Point for the afternoon. This is another iconic location, nestled near the Antarctic Peninsula, known for its dramatic landscapes and vibrant penguin colonies. Upon arrival, we were greeted by a stunning view of penguin colonies and glaciers in the back.



At Damoy Point, we had the privilege of exploring another active penguin colony, home to



both gentoo penguins. The colony was teeming with life, as penguin pairs stood guard over their nests, while others ventured out into the sea for food. We also visited the small building that served as a historic staging post for early expeditions, adding another layer of intrigue to our exploration.

Damoy Point was in benign mood this day, offering an afternoon of windless exploration along the coastline past Casablanca Island and as far as the entrance to Dorian Bay. Our team of delighted paddlers enjoyed encounters



with gentoo penguins swimming and were able to closely observe their rookeries along the



low shoreline. We followed a natural slalom course between the ground icebergs in the shallow waters around Casablanca Island, beyond which the coastline to the north rose up impressively as an unbroken line of sea cliffs. We paused a while to take in the magnificent scenery, and to gaze in awe at the grand mountain vista of

nearby Anvers Island. We retraced our route towards Hondius, finally transferring to the Zodiacs a short distance from the security of our floating Antarctic home.

The mountaineering team enjoyed a sublime glacial trek on this expansive plateau of land close to Port Lockroy. Accessing our trek from Damoy Point we took a counterclockwise tour passing beneath the towering Jabet Peak. Amazing to note that this site was historically used as a makeshift runway for flights transporting personnel and equipment to nearby research stations!

## Day 8 – Saturday 30<sup>th</sup> November – Danco Islands and Orne Harbour

08h00 GPS Position: 64°43.8'S, 062°36.4'W

Wind: 0 • Sea: Calm • Weather: Overcast • Air temperature: +1°C

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Waking up in Errera Channel with snowflakes we approached our destination for the morning: Danco Island. The expedition team went ashore to scout the landing and before long we were boarding Zodiacs bound for the beach. Danco is a small rounded island home to thousands of gentoo penguins, skuas, and is a resting spot for seals. Once ashore we picked

our way carefully up the slope, taking care to avoid the network of penguin highways, and stopping frequently to let the inquisitive birds waddle past us on their way to feed their young.

The vantage point above the landing spot was the perfect place to take in our spectacular surroundings. Mountains more than 1000 m high form the flanks of the



Errera Channel and large cirque glaciers, and huge snow cornices adorn the jagged peaks.

A cool grey morning - thankfully without wind - brought the opportunity to explore the west side of Danco Island, where the inner Errera Channel offered a fantastic

kayaking playground past steep ice cliffs and among floating icebergs in the waters towards Ronge Island. We launched close to Danco's landing site before heading north for a short distance to discover silence and solitude in a huge aquatic amphitheater fringed with tumbling tidewater glaciers.

A delightfully eroded iceberg drew our attention, which led to an impromptu photo session in the middle of the Errera Channel. We finally drifted back towards Hondius, to happily reflect on our memorable Antarctic kayaking experiences.

After a glorious few hours ashore it was time to head back to the ship and we arrived just in time to take in a sumptuous buffet lunch. With



full stomachs and a cup of coffee we were soon recharged and ready for an afternoon of activities. The afternoon landing was on the continent of Antarctica at the spectacular setting of the mountains and

glaciers of Orne Harbour. We all climbed the saddle of the at the top of the hill to see the beautiful chinstrap colony. That made two penguin species in the same day! We had a bonus of big snowflakes coming down which made our snowshoes come in extra handy on this steep slope.

True Antarctic weather greeted our arrival at Orne Harbour, where a patter of damp snowfall fell from the sky and low misty clouds obscured the summit of Spigot Peak. Our small team of hardy adventurers launched their kayaks at the south side of Orne Harbour, following a close inshore route past a cluster of chinstrap penguin colonies as the shoreline steeply in a stepped series of rocky ledges.



Beyond the landing site, we ventured into a more isolated world of brash ice and growlers, threading a route through these icy obstructions into the heart of the bay. Alone and surrounded by steep glacial landforms, we drifted in this powerful and austere world of ice, rock and water. A weaving route between larger icebergs finally led us to the mouth of the bay and a final short transfer to *Hondius*.

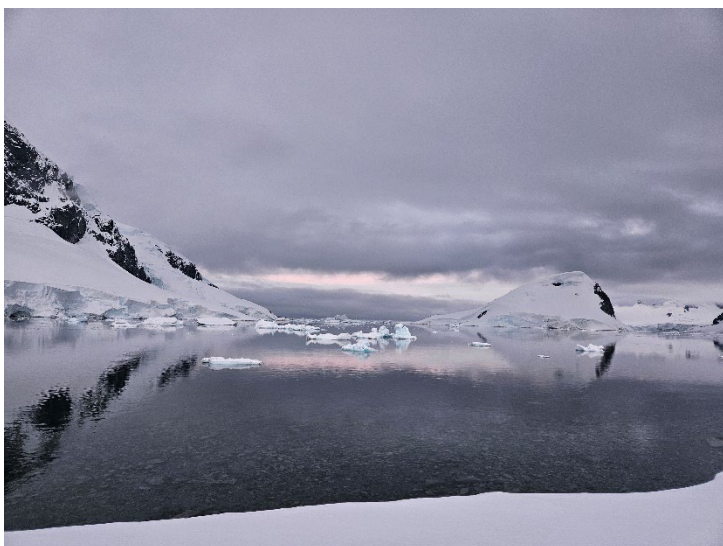
The big question was if the campers were able to go out due to the snowfall, the bridge team and George put all the effort to find the best possible place. The weather was with us as suddenly the sun came out, the wind dropped and Kerr point was the ideal place for a night camping in the wilderness. But first things first, celebrating a good exploring with an outdoor BBQ in a breathtaking setting on deck 5 aft. With good vibes and even better food. All made possible by the galley team and hotel department, with complementary drinks on the house. Wrapped up this day with a good party on the dancefloor and waving to the campers who were driven off with the Zodiacs.

#### **Camping: Kerr Point / Ronge Island**

**64° 42 S      062° 37 4W**



After an exciting barbecue evening we found out that camping was happening! We got



ourselves ready to go camping at Kerr Point. What a night! Hardly any wind, temperature just  $-1^{\circ}\text{C}$  and a beautiful soft light of blue, pink and different kinds of white. Within the perimeter that was set by the camping team we dug our pits in the snow. We stayed up late to enjoy the breathtaking view over the Errera Channel and Cuverville Island. In the morning, we all were eager to return to the ship. Although we enjoyed being

out for the night. For some of us an experience we never thought we would have.

## Day 9 – Sunday 1<sup>st</sup> December – Cuverville and Orne Islands

08h00 GPS Position:  $64^{\circ}40.3'S$ ,  $062^{\circ}37.7'W$

Wind: 0 • Sea: Calm • Weather: Overcast • Air temperature:  $+5^{\circ}\text{C}$

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The twilight of the night quickly dissipated. *Hondius* was slowly manoeuvring among the icebergs, yet it remained almost stationary. The Errera Channel is known for its strong currents, so to stay in one spot, the ship had to maintain a low speed. A light frost had turned droplets on the railings into ice. They occasionally sparkled like

crystals. A profound silence was looming over Antarctica, and we were part of it. The winch began to hum softly, and a Zodiac was lowered into the water. Two more followed. Three sleepy guides set off to pick up campers who had been awake and waiting for them onshore. Once the campers returned onboard and retreated to their cabins for a couple more hours of sleep, *Hondius* quietly began to move towards the Gerlache Strait. Her next stop was off the coast of Cuverville Island, the site of the morning's activities.

After breakfast, we scattered to different pursuits: the kayakers set out to measure distances with the strokes of their paddles, and the mountaineers, being the first to



disembark, started climbing to the highest point of Cuverville Island. The rest of the group split into two equal halves. One half landed onshore to observe the largest gentoo penguin colony in Antarctica, while the other half embarked on a short Zodiac cruise around the icebergs. Midway through, we swapped activities. Lunchtime

came unnoticed. We returned aboard *Hondius* and headed straight to the restaurant. Meanwhile, the ship weighed anchor and sailed toward the Orne Islands, where a landing was planned for the afternoon.

The weather deteriorated slightly — a strong wind began to blow — but it didn't deter us. We landed on one of the Orne Islands, home to both gentoo and chinstrap penguins. The island was covered in snow, and some of us needed snowshoes to navigate. In the evening, as usual, we attended the recap in the observation lounge and had dinner in the restaurant. After dinner, as we sailed northward, we gazed one last time at the sharp mountain peaks of the Antarctic Peninsula. Tomorrow, the South Shetland Islands await!

An excited team of ship's crew joined us for a final kayak session at Cuverville Island. The weather again delivered light winds and grey skies, the perfect opportunity to attempt a circuit of the entire island. We paddled from the landing site through shallow water in the channel between the island's west shore and Ronge Island, then headed south towards distant Danco Island. Rounding Cuverville's southern point, we headed into the ice-choked waters of the Errera Channel's north entrance. Here we navigated a complex route through extensive brash ice and occasionally larger growlers. Finally returning Cuverville's north shore, we admired the noisy Gentoo Penguin colonies as they crowded their rocky promontories.



Our final mountaineering teams headed out to Georges Point on the Northern tip of Ronge Island. Exposed to the Gerlache Strait and marking the top of the Errera Channel it can be a bit wild and windy! Luckily our teams enjoyed

great conditions with cold clear weather and excellent snow conditions as they ascended to an exposed high col.

## Day 10 – Monday 2<sup>nd</sup> December – Whalers Bay and Half Moon Island

08h00 GPS Position: 62°58.9 S, 060°33.6'W

Wind: SW1 • Sea: Calm • Weather: Partly Cloudy • Air temperature: +2°C

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© Keith Lepor

*Hondius* cut smoothly through the icy waters as it approached the narrow mouth of Neptune Bellows, flanked by towering cliffs. The entrance, only 230 meters wide, posed a challenge even for seasoned sailors, especially with Ravn Rock lurking just beneath the surface. Yet, the experienced Captain navigated with

ease, bringing the ship safely into Whaler's Bay. This remote location held a haunting history, once serving as a Norwegian whaling station in the early 20th century, before being transformed into a British research base after World War II. The base, which operated until volcanic eruptions in the late 1960s destroyed much of it, now lay abandoned. Despite its eerie atmosphere, life thrived here—gentoo penguins waddled across the shore, while cape petrels, kelp gulls, and skuas soared overhead.

Seals hauled out on the ice, and the landscape, still marked by the ruins of human activity, offered a striking contrast to the vibrant wildlife.

A short walk from the Zodiac landing brought passengers to Neptune's Window, a breathtaking viewpoint that overlooked both the caldera and the open ocean. The clear, windless day enhanced the serene

beauty of the landscape, with the calm waters of the bay reflecting the towering cliffs and remnants of the old whaling station. During a Zodiac tour, a solitary leopard seal called 'Chunk' (according to Happywhale), missing a flipper from a likely encounter with an orca,



added a touch of raw reality to the peaceful surroundings. The animal's presence reminded the adventurers of the untamed wildness of the Antarctic waters. Later, in an iconic moment, several intrepid passengers took the plunge into the icy seas, a rite of passage for many who venture to this

remote corner of the world. Amid the laughter and cold splashes, gentoo Penguins observed curiously, their unbothered nature adding to the sense of surreal calm in the face of such extreme conditions.

The journey continued with a visit to Half Moon Bay, where chinstrap penguins filled the shores and the air was alive with seabirds. The island's rugged beauty and the energetic movements of the penguins made for a perfect end to the Antarctic Peninsula exploration. The Argentine Camara Station, partially snowed in for the winter, provided a stark backdrop to the bustling wildlife. After a





successful Zodiac cruise with a humpback whale and a minke whale and a final walk through the cove, the group returned to *Hondius* for the journey back across the Drake Passage.

## Day 11 – Tuesday 3<sup>rd</sup> December – At sea Drake Passage

08h00 GPS Position: 60°09.2' S, 062°13.1'W

Wind: E5 • Sea: Moderate • Weather: Overcast • Air temperature: -1°C

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Day eleven of our Expedition finds *Hondius* plying the vast Drake Passage back to our point of embarkation, Ushuaia. As the day progressed, AEL Chris presented a fascinating lecture on sea and glacier ice to our English speaking audience while AEL Jerry did the same in Mandarin for

our Chinese guests. Expedition Guide Johnny also made a presentation for the Mandarin speaking guests on the apex predator of the Southern Ocean.

In the afternoon Charlotte, one of our intrepid guides and marine mammal expert, presented a lecture on whales of the Southern Ocean and in particular focused on feeding, reproduction and diving adaptations. Later in the afternoon our resident bird expert and polar guide Mieke made a presentation on Fulmars of the Southern Ocean, and the impacts of plastic pollution. Finally, one of the outstanding polar guides and historian, Rose, made a presentation on Antarctic geology. Meanwhile, outside there was a beautiful spectacle going on; nine light mantled sooty albatross and a Tristan albatross, a rare and incredible sight!

After dinner, 'the Juan and only' orchestrated a photography competition amongst the guests. The imagery was exceptional and enjoyed by all.

## Day 12 – Wednesday 4<sup>th</sup> December – At sea towards Ushuaia

08h00 GPS Position: 56°22.3' S, 066°50.9'W

Wind: S5 • Sea: Moderate • Weather: Cloudy • Air temperature: +4°C

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Today was our last day at sea, it was the perfect opportunity to catch up on some rest, and listen to the last lectures of the trip. George gave us a passionate talk on geopolitics with Rose at the same time on Charcot, the famous French explorer. After a fantastic lunch, Aitana spoke to us about oceanography with Jerry giving us the story of the 'Race to the South Pole'. Mid morning we

past 'Cape Horn' the Southern most tip of South America, a place where so many sailors lost their lives trying to round the horn. The last lecture of the day was followed by Lucia and Valeria on a 'mate' workshop.

Mate is an infusion made from yerba mate leaves which a plant native to Paraguay and Parana river basins in South America. It has been consumed since the pre-Hispanic era. At 18:15, we all met for the Captains farewell, the staff offered us a glass of bubbly and showed us the slideshow of the trip which Aitana has been working so meticulously on. It brought a tear to our eyes, what a trip, we could never have dreamt it would have been so incredible.

## Day 13 – Thursday 5<sup>th</sup> December - Arrival back into Ushuaia

08h00 GPS Position: 54°48,5S / 068°18.10'W

Wind: SW1 • Sea: Calm • Weather: Overcast • Air temperature: +2°C

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Today was the day we had to leave our floating palace we called home for 13 days to be set free into the big wide world. We said our goodbyes to the staff, picked up our bags and left. We all hope to return one day, thank you so much everyone!! 😊



**Total distance sailed on our voyage: 1,786 nm**

**Southernmost position: 65°10.59'S, 064°7.18'W (Petermann Island)**

On behalf of Oceanwide Expeditions, Captain Ernesto Barria, Expedition Leader George Kennedy, Hotel Manager Jeroen William Barnes and all the crew and staff of M/V Hondius, it has been a pleasure travelling with you.

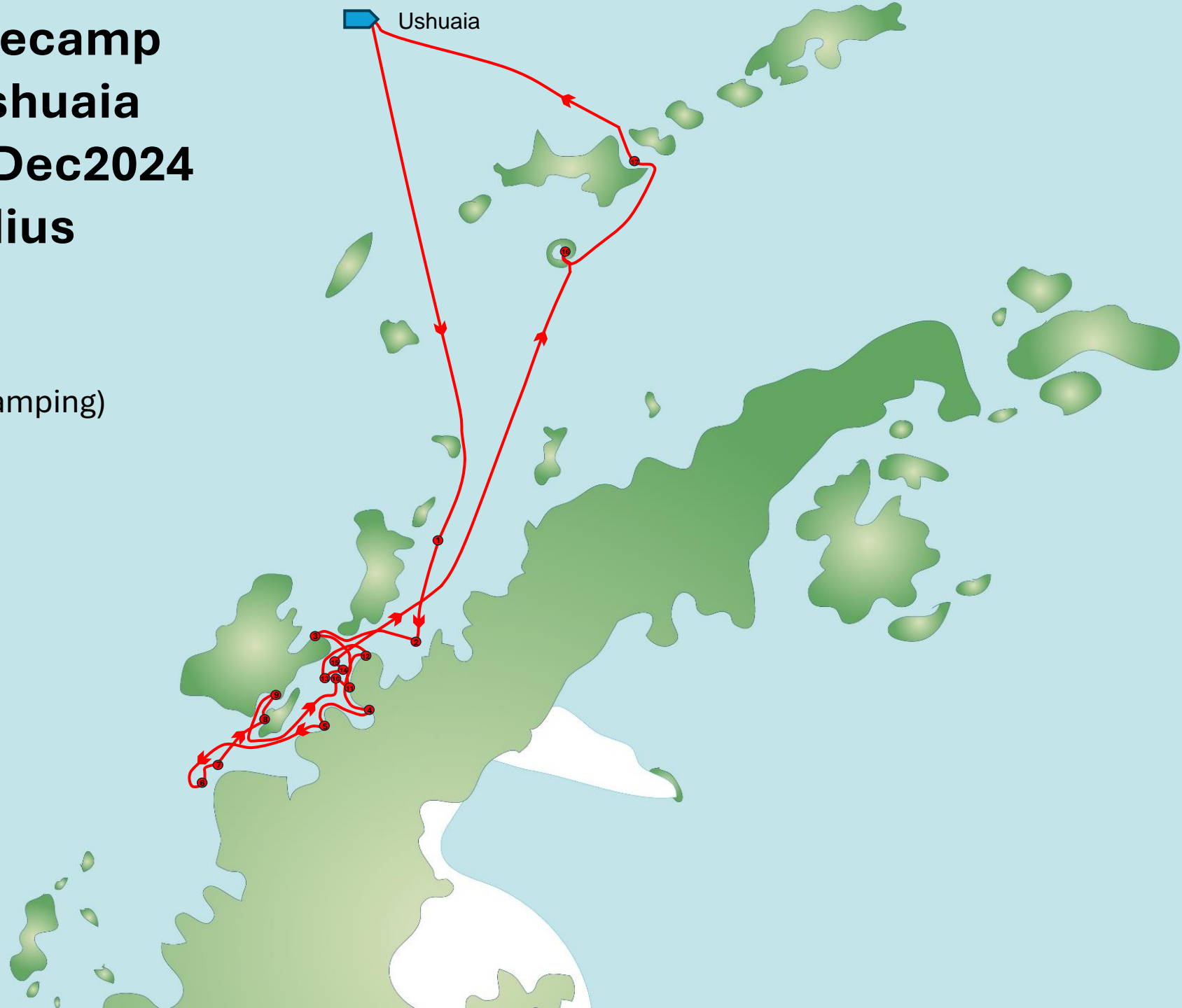
# Antarctica-Basecamp

## Ushuaia – Ushuaia

23rd Nov – 5th Dec 2024

### M/V Hondius

1. Palaver Point
2. Foyen Harbour
3. Schollaert Channel (Camping)
4. Neko Harbour
5. Brown Station
6. Petermann Island
7. Port Charcot
8. Port Lockroy
9. Damoy Point
10. Kerr Point (Camping)
11. Danco Island
12. Orne Harbour
13. Kerr Point (Camping)
14. Cuverville Island
15. Orne Island
16. Whalers Bay
17. Half Moon Island



## *Birds and Marine Mammals of the Antarctic region*

[illegible]

[illegible]

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# George Kennedy – Expedition Leader

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George is an Australian social scientist specialising in polar geopolitics. He completed a Masters of International Development Practice at Monash University in 2016 and a Graduate Diploma in Antarctic Governance at the Australian Institute for Marine and Antarctic Science in 2021. Since completing his studies, George has worked within the policy office of the Australian Antarctic Division, collaborating with other Antarctic Treaty Parties to develop sustainable tourism policy, as well as representing Oceanwide at the IAATO general meetings.

Alongside polar geopolitics, George has worked as an ALS paramedic for over a decade, and is now in the final stages of completing his Doctorate of Medicine at Deakin University where he hopes to specialise in Remote Medicine.

George has a passion for travel, boats, and motorcycles. Over a three-year period, he rode a motorcycle from Patagonia to Mexico, exploring Latin America on two wheels. It was during his time in

Patagonia that his passion for the Polar Regions developed, working closely with conservation organisations in Tierra del Fuego and visiting Antarctica for the first time in 2017. George has been guiding in Antarctica and the Arctic since 2019, sharing stories of its incredible wildlife, landscapes and, of course, its unique politics!

## 中文

乔治是一名澳大利亚社会科学家，专门研究极地地缘政治。他于2016年在莫纳什大学获得国际发展实践硕士学位，并于2021年在澳大利亚海洋和南极科学研究所获得南极治理研究生文凭。完成学业后，乔治在澳大利亚南极司政策办公室工作，与其他南极条约缔约国合作制定可持续旅游政策，并代表Oceanwide参加国际南极旅行社协会（IAATO）大会。

在从事极地地缘政治研究的同时，乔治还从事了十多年的ALS辅助医疗工作，目前正处于迪肯大学医学博士学位的最后完成阶段，他希望在该校专攻远程医学。

乔治对旅行、船只和摩托车情有独钟。在三年的时间里，他骑着摩托车从巴塔哥尼亚到墨西哥，用两个轮子探索拉丁美洲。在巴塔哥尼亚期间，他与火地岛的保护组织密切合作，并于2017年首次访问了南极洲。自2019年以来，乔治一直在南极洲和北极地区担任向导，分享其令人难以置信的野生动物、地貌，当然还有其独特政治的故事！

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# Christan Long – Expedition Leader

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Chris grew up as a part of New Zealand's remotest family two long days hike from the nearest road at a place called Gorge River, on the South Islands West Coast, New Zealand.

His family lives as self-sufficiently as possible in a small cabin surrounded by the jungled rainforest, the rough rugged coastline, and an untouched emerald green river. Most of their food comes from a huge vegetable garden or is fished from the ocean. This wild untouched natural corner of New Zealand was Chris's home for the first 17 years of his life, until, one day, he set off to explore what the rest of the world had to offer.

Since leaving Gorge River, Chris has set out to see, explore and experience as much of the globe as possible. This constant search for adventure has seen him travel to over 65 countries on all seven continents. Along this journey, he spent two full summer seasons living and working as a field trainer at Scott Base, a New Zealand research station in Antarctica, as well as multiple voyages to the Ross Sea, Antarctic

Peninsula, East Antarctica and the Atlantic Ocean.

Chris is also no stranger to the arctic. He once sailed the notorious northwest passage across the top of Greenland, Canada, and Alaska on a small yacht and spent much of the covid pandemic living with 150 husky dogs in Tromso, northern Norway. Here he endured two long cold dark arctic winters training for long distance dog races. He also guides with Oceanwide in Svalbard each summer.

In 2022, Chris published a best-selling autobiography *"The Boy From Gorge River"* and when he is not at sea you will find him training for his commercial fixed-wing pilot's license or exploring a new corner of the globe.

## 中文

克里斯在新西兰最偏远的乡村长大，他们家距离最近的公路需要跋涉两天的山路，那条公路就位于新西兰西海岸的乔治河边。

他的家人在小木屋里过着尽可能自给自足的生活，木屋四周被丛林环绕，海岸线崎岖，河流翠绿。他们的大部分食物来自一个巨大的菜园或从海洋中捕捞。在这个未受破坏的自然角落，克里斯度过了人生中的前17年，直到有一天，他决定开始探索世界其他有趣的地方。

离开乔治河后，克里斯开始尽可能多地去体验和探索世界。对冒险的不断追求让他走遍了七大洲60多个国家。此外，他在新西兰南极洲研究站斯科特基地作为野外训练员度过了两个完整的夏季工作，并多次航行到罗斯海和东南极洲。

克里斯对北极也不陌生。他曾经在凶险的西北航道航行，穿越格陵兰岛、加拿大和阿拉斯加的顶部，并在新冠大流行期间在挪威北部小城特罗姆瑟，和150只哈士奇狗一起生活，忍受了两个漫长寒冷黑暗的北极冬季，为雪地赛狗耐力赛训练。

最近返回新西兰后，带着亲身经历的真情实感和切身感受，克里斯出版了一本自传，并正在接受商业固定翼飞行员执照的培训。

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# Jerry Zhao – Asst. Exp. Leader

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Jerry has been in love with nature and wildlife and traveling all his life. Soon after completing his degree in Business Administration at Drexel University in Philadelphia, Jerry began a career in the travel industry. Jerry first started as an international travel consultant and tour leader and led exclusive small high-end groups throughout Europe.

He then became partner in an international traveling consulting firm and focused on route planning and employee training.

As he searched for more adventure, He collected skills and knowledge while he traveled around to world. Finally, his step stopped at Polar regions, and joined Oceanwide Expeditions as Expeditions Guides, He has guided expeditions to the North Pole, Svalbard, Greenland, Antarctic Peninsula, South Georgia many times.

Along the way as he spent more time in polar regions, learns more about polar regions, he is more interested in polar regions. He has self-studied the geography,

wildlife and history of the Polar regions. He is beginning to learn wildlife photography.

When he is not in polar regions, he likes to spend his time in the forest, dessert, and plains in Northwestern part of China. He loves nature, wildlife, and he loves to share all that he knows to everyone who comes across.

## 中文

Jerry 一直都很喜爱自然野生动物和旅行。从美国 Drexel University 毕业后，开始从事旅游业。开始作为高端客户旅行顾问和领队走遍了欧洲。然后作为一家旅行社的合伙人，主要从事路线规划和员工培训。为寻找更多的冒险，Jerry 去往世界各地学习所需技能，足迹踏遍 7 大洲 4 大洋，然后在 2015 年作为探险队员加入 Oceanwide 探险队。他曾多次前往北极点，北极斯瓦尔巴地区，和南极地区，在这期间他自学关于极地的地理，野生动物和环境知识。他热爱大自然和野生动物并喜爱与人分享他的故事。

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# Jonny Baird – Mountain Leader

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Jonny started climbing and skiing where he grew up on the West coast of Scotland. He is now based in the French Alps, close to the Chamonix Valley, and has been living and working there as an IFMGA Mountain Guide since 2005.

In winter, Jonny guides on skis locally in France and in neighbouring Italy and Switzerland with usually one or two trips each year taking clients further afield. This has included ski mountaineering trips to Arctic Norway, Greenland, Lofoten Islands, and the Troll peninsula in Iceland. In November 2017 Jonny worked as a mountaineering guide from Ortelius in the Antarctic Peninsula, he then returned to the Antarctic Peninsula in January 2019 and November 2019 again as a mountaineering guide.

During the summer Jonny takes clients mountaineering and climbing, drawing on his vast experience of climbing in the last 30 years. He has had a vast variety of work over the years including television, film and photography safety work in the mountains. Jonny has travelled, climbed and skied all over the world over the years, visiting all the continents.

Jonny is a member of the BMG British Mountain Guides where he was a committee member for a number of years, he is also a member of the SNGM Syndicat National Guides De Montagne.

## 中文

乔尼·贝尔德（Jonny Baird）从小就在苏格兰西海岸开始攀岩和滑雪。他现居在法国，靠近夏蒙尼山谷的阿尔卑斯山，自2005年以来一直作为国际登山向导联合协会的登山向导在那里生活和工作。

冬季，乔尼会带队1-2次在法国当地以及邻国意大利和瑞士滑雪，带客户深度游玩更远的地方；也包括前往挪威北极、格陵兰岛、罗弗敦群岛和冰岛巨魔半岛的滑雪登山之旅。在2017年11月，乔尼在南极半岛的奥特柳斯（Ortelius）担任登山向导，随后于2019年1月和2019年11月再次返回南极半岛担任登山向导。

夏天，乔尼凭借过去30年丰富的攀岩经验，带客户登山和攀岩。多年来，他从事过各种各样的工作，包括在山区的影视和摄影安全工作。多年来，乔尼在世界各地旅行、攀岩和滑雪，涵盖了各大洲。

乔尼是英国登山向导（BMG）的成员，他曾多年担任委员会成员；他也是国家登山向导联盟（SNGM）的成员。

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# David McKinley – Mountain Guide

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Dave McKinley is an IFMGA Climbing and Ski Guide with 25 years of professional experience.

He lives in the small town of Twizel, just south of Aoraki/Mt Cook with his wife, 3 kids (when they're home) and 4 dogs and spends much of the year sharing adventures in the NZ Southern Alps with guests. Either mountaineering or Heliskiing/touring.

Dave has worked and climbed in NZ, Europe, Alaska, Nepal, Tibet and South America including ascents of Everest, Lhotse, Manaslu, Denali (which with his last name of McKinley originates his nickname of "Narly") and Aconcagua amongst many others. He is passionate about sharing his experience and joy in exploring the more remote parts of our world with people and, having a previous life as a chef, he has a belief that guiding is a part of the "hospitality" industry at its heart. Dave has also been involved in the Search and Rescue aspect of the outdoors environment, and in particular with the use and deployment of dogs in Avalanche and

wilderness/Open Area searching. Dave is a guide with a strong skill-set and an even stronger desire to enable and assist others to engage and learn from our natural and wild spaces.

## 中文

戴夫-麦金利是一名拥有 25 年专业经验的 IFMGA 攀岩和滑雪向导。

他与妻子、3 个孩子（他们在家时）和 4 只狗居住在奥拉基/库克山以南的小镇特维泽尔（Twizel），一年中的大部分时间都在与客人分享新西兰南阿尔卑斯山的探险经历。无论是登山还是直升机滑雪/旅游。

戴夫曾在新西兰、欧洲、阿拉斯加、尼泊尔、西藏和南美工作和登山，包括登顶珠穆朗玛峰、洛子峰、马纳斯鲁峰、丹那利峰（他的绰号 “Narly ” 源于他的姓氏麦金利）和阿空加瓜峰等。他热衷于与人们分享探索世界偏远地区的经验和喜悦，他曾是一名厨师，因此坚信向导是 “酒店” 行业的核心部分。戴夫还参与了户外环境中的搜救工作，特别是在雪崩和荒野/开阔地搜索中使用和部署搜救犬。戴夫是一名拥有高超技能的向导，他更希望能够帮助他人参与到我们的自然和野生空间中并从中学习。

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# Owain Jones – Mountain Guide

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Owain is a fully certified IFMGA Mountain Guide and full member of the British Association of Mountain Guides.

Owain started climbing and mountaineering with his father at the age of nine and the passion continues to this day. He has led several mountaineering expeditions and glacial treks in the Indian and Nepalese Himalaya. On ski he has led remote first ascents in East Greenland.

His experience as a mountain guide in the European Alps, on foot and ski, spans many seasons and includes more than fifty successful summits of Mont Blanc with his clients.

Rock climbing and ice climbing are his foremost passions, and he has made several first ascents across these disciplines in the United Kingdom.

Owain takes great pride in helping others fully experience the mountain environment; not just leading but using every available opportunity to share his knowledge and top tips!

In addition to his work as a Mountain Guide, Owain is a professionally qualified youth worker and safety consultant for outdoor educational activities with young people in the United Kingdom.

## 中文

欧文·琼斯（Owain Jones）是一位获得 国际登山向导协会联盟（IFMGA）完全认证的登山向导，也是英国登山向导协会的正式会员。

欧文九岁时就开始和父亲一起攀岩和登山，这种热情一直持续到今天。他曾数次在印度和尼泊尔喜马拉雅山带队登山探险和冰川徒步。在滑雪方面，他曾在东格陵兰带队完成首次远程攀登。

他在欧洲阿尔卑斯山作为登山向导的经历，包含徒步攀登和滑雪，跨过了数个季度，其中与客户一起成功登顶勃朗峰（Mont Blanc）就多达五十多次。

攀岩和攀冰是他最热衷的运动，他在英国完成了数次这些项目的首次攀登。

欧文为能帮助他人充分体验山地环境而感到自豪；不仅仅是带队，他会利用一切可用的机会分享他的知识和顶级技巧！

除了担任登山向导外，欧文还是英国一名专业的具备各种技能的青年工作者和安全顾问，负责年轻人的户外培训活动。

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# David Rudkin – Mountain Guide

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Dave is an avid, lifelong enthusiast of climbing, alpinism, and skiing. He loves nothing more than questing into the unknown, whether that's on remote expeditions around the globe or exploring the mountains in his back garden of Snowdonia. He's travelled the world and experienced some of the best climbing and skiing there is, and is still thirsty for more. Dave has spent the last 30 years having adventures, with trips and expeditions to Pakistan, Kyrgyzstan, Greenland, Alaska, USA, Canada, New Zealand, and Australia. He's also explored the mountains of Europe extensively, in particular France, Switzerland, Italy, Austria, Norway, and Spain. He especially loves climbing on the sea cliffs of the British Isles, the granite big-walls of Yosemite and Arctic Greenland, and skiing fresh powder snow from summit to sea in Arctic Norway.

Dave's interest has grown deeply in the polar and mountain environment: the flora and fauna, and the geography and geology.

Dave is as psyched about guiding and teaching as he is about doing it himself, and he loves seeing people

challenged, achieving their goals, visiting places they might not ordinarily go to, and having fun in wild places.

Dave has guided and instructed since completing his first qualification in the late 90's, and is now involved in the delivery of training of new Mountain Guides and Instructors.

He is qualified as a IFMGA Mountain and Ski Guide as well as a Summer and Winter Mountaineering Instructor (WMCI).

## 中文

戴夫一生热衷于攀岩、登山和滑雪运动。他最喜欢的事情就是探索未知世界，无论是在全球遥远的地方进行探险，还是在自家后花园斯诺多尼亚（Snowdonia）的群山中探险。他周游世界，体验了最棒的攀岩和滑雪运动，但他仍渴求更多。在过去的 30 年里，戴夫一直在冒险，曾前往巴基斯坦、吉尔吉斯斯坦、格陵兰岛、阿拉斯加、美国、加拿大、新西兰和澳大利亚旅行和探险。他还广泛探索了欧洲的山脉，尤其是法国、瑞士、意大利、奥地利、挪威和西班牙。他尤其喜欢攀登不列颠群岛的海崖、优胜美地和北极格陵兰的花岗岩大墙，以及在挪威北极地区从山顶到海边的滑雪运动。

戴夫对极地和山区环境的兴趣与日俱增：动植物、地理和地质。

戴夫对向导和教学的热情不亚于他自己探索，他喜欢看到人们接受挑战、实现目标、游览他们通常不会去的地方，以及在野外享受乐趣。

戴夫在上世纪 90 年代末获得了第一个登山向导资格，之后一直从事向导和教学工作，现在主要负责新登山向导和教练的培训工作。

他拥有 IFMGA 登山和滑雪向导资格，以及夏季和冬季登山教练（WMCI）资格。

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# Nick Cunliffe – Kayak Leader

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Nick is a professional sea kayak guide in North Wales, United Kingdom. He has been paddling for about 30 years and owes many rewarding experiences to his involvement in sea kayaking. This is Nick's second Antarctic season with Oceanwide Expeditions - he is excited to share his developing knowledge of this remarkable coastal environment. Nick's background in sea kayaking spans 30 years and includes many expedition sea kayaking experiences: Arctic Norway Lofoten islands outer coast:

Å to Svolvaer Chilean Patagonia Chonos archipelago / San Rafael glacier British Columbia Mainland coast / Vancouver Island W coast SE Alaska Sitka to Glacier Bay / Admiralty Island Nick has also led many sea kayaking expeditions in Scotland's Outer Hebrides. Personal highlights include the Barra island group, St Kilda archipelago, and the isle of Skye. In addition to wilderness sea kayaking, Nick loves to explore mountain environments, as a skier and climber in the European Alps. Closer to home, Wales' Snowdonia peaks remain a personal favourite playground. Nick loves to share the

experience of exploring wilderness places, and encountering coastal & marine life in its natural environments. He places great value on the rewards that such encounters can offer - the Antarctic Peninsula provides these experiences in abundance. Nick looks forward to sharing unforgettable Antarctic experiences with his Oceanwide Expeditions guests.

## 中文

尼克·坎里夫（Nick Cunliffe）是英国北威尔士的专业海上皮划艇向导，从事这项运动约30年，拥有丰富的海上皮划艇经验。这是尼克加入Oceanwide探险队的第二个南极季，他很高兴能与大家分享这片独特沿海环境的相关知识。尼克在海上皮划艇领域拥有 30 年的经验，并拥有多次海上皮划艇探险经历：北极挪威罗弗敦群岛外海岸：

A镇到斯沃尔韦尔 智利巴塔哥尼亚乔诺斯群岛 / 圣拉斐尔冰川 不列颠哥伦比亚省大陆海岸 / 温哥华岛西海岸 阿拉斯加东南部 锡特卡至冰川湾 / 阿德默勒尔蒂岛 尼克还在苏格兰赫布里底群岛外数次带队海上皮划艇探险。个人亮点包括巴拉岛群、圣基尔达群岛和斯凯小岛。除了荒野海上皮划艇之外，尼克还喜欢探索山区环境，是欧洲阿尔卑斯山的滑雪和登山常客。言归正传，威尔士的斯诺登尼亚山峰仍然是个人最喜欢的游乐场。尼克喜欢分享探索荒野、在自然环境中邂逅沿海海洋生物的经历。他非常重视此类奇遇所带来的惊艳回馈——而南极半岛可以提供丰富的此类体验。尼克非常期待与各位贵宾分享难忘的南极经历。

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# Alexis Bellezze – Kayak Guide

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Alexis Bellezze was born in San Luis, Argentina in 1973. He spent his childhood in the centre of the country, in a rural area, then moved to the city of Mendoza close to the Central Andes and studied in the Army High School where he fell in love with the mountains and the outdoors. Then moved to Cordoba where he spent 3 years in the Air Force Academy.

After that he moved to Italy where he worked and finished a paragliding course, then returned to Argentina to finish his studies as a Veterinarian. In 2006, he did a Residency in the ICU Service of the Large Animal Hospital of the Royal “Dick” Veterinary College in Edinburgh, Scotland. In 2006 and 2008 he did an internship as a veterinarian surgeon at Milano, Italy. Then he moved to Villa La Angostura, an isolated village in the middle of the Patagonian Lake District where he works as a veterinarian surgeon and runs a kayak company in the Nahuel Huapi National Park.

Since 2018 he works as a Polar Kayak Guide and Expedition Guide.

He has guided in the Antarctic Peninsula many times, reached the Antarctic Polar Circle, Fair Island, Jan Mayen, Svalbard, North Spitsbergen into the Pack Ice, circumnavigated Spitzbergen, West and East coast of Greenland, Canada, Iceland, Ibiza (Spain), Telluride (Colorado, USA) and many lakes in Patagonia. He travelled the south and north of Chile and Argentina as a Wilderness First Responder instructor working in different environments like the jungle of Paraguay, the Patagonian mountain range, the windy Patagonian estepa and the desert of Atacama.

Since 2014 Alexis is the owner and Director of endurance kayak expeditions based in Patagonia Argentina, offering multiple day kayak trips in this pristine area. He speaks fluently Spanish, Italian and English.

## 中文

亚历克西斯于 1973 年出生于阿根廷圣路易斯。他在该国中部的一个农村地区度过了童年，后来搬到了靠近中安第斯山脉的门多萨市，在陆军高中学习，在那里他爱上了山脉和户外。然后搬到了科尔多瓦，在空军学院学习了3年。

之后，他搬到了意大利，在那里工作并完成了滑翔伞课程，然后回到阿根廷完成兽医学业。2006年，他在苏格兰爱丁堡皇家“迪克”兽医学院大型动物医院的重症监护室担任住院医师。2006年和 2008年，他在意大利米兰担任兽医外科医生实习生。随后，他搬到了巴塔哥尼亚湖区中部的一个偏僻村庄 Villa La Angostura，在那里他担任兽医外科医生，并在纳韦尔瓦皮（Nahuel Huapi）国家公园经营一家皮划艇公司。

2018年以来，他一直担任极地皮划艇向导和探险向导。

他曾多次在南极半岛担任向导，也到达过南极极圈、费尔岛、扬马延岛、斯瓦尔巴群岛、北斯匹次卑尔根岛进入浮冰区，环游斯匹次卑尔根岛、格陵兰岛西海岸和东海岸、加拿大、冰岛、伊比沙岛（西班牙）、特柳赖德（美国科罗拉多州）和巴塔哥尼亚的许多湖泊。他曾作为荒野急救员教练游历智利和阿根廷的南部和北部，在巴拉圭丛林、巴塔哥尼亚山脉、多风的巴塔哥尼亚埃斯特帕和阿塔卡马沙漠等不同环境中工作。

自2014年以来，亚历克西斯是阿根廷巴塔哥尼亚耐力皮划艇探险队的老板兼总监，在这个原始地区提供多日皮划艇之旅。他能说流利的西班牙语、意大利语和英语。

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# Aitana Forcén-Vázquez – Exp. Guide

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Aitana is a passionate oceanographer and adventurer, bringing a wealth of knowledge and experience to her role as a polar guide. Originally from Spain, she spent 12 years in New Zealand, where she earned her PhD in Physical Oceanography— focusing on unravelling the mysteries of how the ocean moves.

Her expertise extends to large-scale currents, waves, ice and water mass formation, and climate, with an unwavering enthusiasm for discussing these topics. Aitana's conversations can seamlessly transition from the intricacies of oceanography to her love for endurance sports and the art of knitting. With a strong background in ocean-going fieldwork, Aitana served as the Principal Investigator for the Ross Sea Outflow Experiment, a groundbreaking initiative examining the export of cold water from the Ross Sea. She made history as one of the most junior-ever physical scientists to assume the role of voyage leader on the R V Tangaroa, New Zealand's esteemed research vessel, during an oceanographic voyage to the Southern Ocean.

Aitana's career has been as diverse as the marine environments she has explored. From driving a weather boat for two editions of the America's Cup as a meteorological technician to transitioning into the private sector, where she provided vital marine forecasts for port operations and Defence exercises. In these roles she has been a key player in ensuring the safety and efficiency of maritime operations. When adventure allows it, Aitana shares her knowledge with university students as an associate lecturer, fostering the next generation of marine scientists. In her free time, Aitana is an avid open water swimmer, a dedicated communicator and content creator, and a seeker of unconventional road trips off the beaten path.

## 中文

艾塔娜是一位充满热情的海洋学家和冒险家，她为我们的团队带来了丰富的知识和经验。她来自西班牙，在新西兰生活了 12 年，并在那里获得了“物理海洋学”博士学位，专注于揭开海洋运动的奥秘。艾塔娜的专业知识延伸到大规模洋流、海浪、冰和水团的形成以及气候等领域，且对这些问题研究的热情从未消散。如果你听了艾塔娜的学术演讲，她可以游刃有余的在错综复杂的海洋学及她热衷的耐力运动和编织艺术之间自由切换。

凭借在远洋实地考察方面的丰富经验，艾塔娜正担任“罗斯海流出实验”的首席研究员，这是一项开创性的研究，旨在检查罗斯海寒流的出口。艾塔娜搭乘著名的研究船坦伽罗号前往南大洋，并在这次海洋学航行中担任航海领队。艾塔娜就此也创造了一个新的记录，她成为了新西兰最年轻的物理科学家之一。和变化多端的海洋环境一样，艾塔娜的职业生涯也同样丰富多彩。从作为气象技术员，驾驶气象船参加两届“美洲杯”帆船赛，到转入公司，为港口运营和国防演习提供的海洋天气预报，在这些职位上，她一直扮演着确保海上作业安全和效率的关键角色。在探险季的空余时期，艾塔娜作为大学副讲师与学生们分享她的知识，培养下一代海洋科学家。

在空闲时间，艾塔娜是一位狂热的开放水域游泳运动员、一位不走寻常路的非常规公路旅行的追求者和视频博主。她会在旅途中耐心解答游客的任何问题。

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# John Yeh - Expedition Guide

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I was born in 1958 in Taiwan but have lived in Sydney, Australia since 1991. I joined the “Chinese Boy Scouts” from Junior High School level and continued with them until college. During these years I learned a lot about teamwork, camping, the art of tracking, wildlife, plants, amongst other things. I served in the Army for 2 year as a Lieutenant and spent time in the Gobi Desert orienteering, and really enjoyed this outdoor challenge.

I have a bachelor's degree in Engineering and worked as an engineer for 7 years before a complete change of career to a regional sales manager in South Europe, Australia and New Zealand. This work allowed me to travel to six continents and countless countries across the globe. Since 2013 I have been working in the tourism industry as a Senior International Business Consultant and Polar Expedition Guide.

Due to the increase in Chinese travelers visiting the Arctic and Antarctic my work now primarily revolves around these incredible regions and I enjoy educating our guests as to the conservation and environmental issues at stake in them. I hope our future generations can enjoy these last great wilderness areas and I am committed to sharing my knowledge and passion for them with our guests.

## 中文

我于1958年出在台湾, 1991 年移居澳洲雪梨. 初中到专校我参加”中国童子军”, 在这期间我学会了团队合作的重要性, 露营技巧, 野外求生及追踪技巧, 野生动植物的辨识及应用. 服过两年兵役, 少尉分队长.

2013 参与两项戈壁徒步赛事及高中拓展训练. 我喜爱旅行及户外挑战运动.

我已取得电机工程学士学位, 有7年电子线路研发经历, 也担任过南欧区域业务经理及澳洲/新西兰公司总经理. 在这些年工作期间走访过27个国家及6大洲. 2013转换职场到旅行业, 担任公司资深国际业务顾问及荷兰南北极探险旅行探险队员. 截至 2015年12月, 已去过南极7次, 北极2次, 享受跟旅客对话及互动的过程.

鉴于南北极旅行中国旅客数量逐年增加, 做为探险队员可以有很好的机会传递生态保育教育, 好让我们后代子孙可以欣赏到地球上最后一块野生净土. 这是我热衷的事, 希望未来能做得更多.

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# Rose Li Hong – Expedition Guide

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Originally from China, Rose Li Graduated from Wuhan college with a major in Interior Design. She has worked on well-known international cruise ships since 2014 as an expedition guide and in Asia as a VIP services shift leader and Head cruise ambassador on a Mediterranean cruise line.

She has worked in the polar regions since 2017, as expedition guide, Zodiac driver, Chinese interpreter and guest services manager.

She has many talents such as dancing, drawing, skiing, hosting, and loves creating new activities. Her two academic passions are history and geology.

During her spare time, she has continued to develop her passion for traveling, and has visited more than 40 countries and looks forward to visiting many others in the near future.

## 中文

罗斯李来自中国，毕业于武汉学院室内设计专业。自 2014 年以来，她一直在知名国际游轮上担任探险导游，并在亚洲的地中海游轮上担任 VIP 服务值班领队和首席游轮大使。

自2017年起，罗斯一直在极地工作，担任探险导游、冲锋舟司机、中文翻译和宾客服务经理。

罗斯多才多艺，她拥有舞蹈、绘画、滑雪、主持等多项才能，并且乐于开发新爱好。此外，她还喜欢钻研历史和地质两门学科。在业余时间，罗斯继续培养对旅行的热情。截至目前，她已经访问了 40 多个国家，并期待在未来访问更多国家。

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# Charlotte Taplin – Expedition Guide

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Charlotte grew up by the Coast in Cornwall, United Kingdom. From a young age she has always been fascinated by wildlife and the ocean. She studied Wildlife Conservation at University and then spent the next 10 years travelling through South America, Australasia and Africa. Charlotte's love for boats began in 2013 where she worked on research and dive vessels visiting remote regions of the Great Barrier Reef. Her interest in Marine Biology grew in Australia and New Zealand while studying Humpback, Minke and Sperm Whales.

After driving overland in a land rover from South Africa to Jordan she then moved to Mozambique in 2018 where she started her own backpacker hostel. In her spare time Charlotte worked as a Researcher studying Whale sharks and Manta Rays along the Coast of Mozambique. During 2020-2022 she worked as a Deckhand/Divemaster on superyachts and ice breaker explorer vessels. Her hobbies include scuba-diving, surfing, free-diving and hiking. Being surrounded by the ocean is Charlotte's favourite place to be and she

is so excited to have started her first season with Oceanwide in 2022.

## 中文

夏洛特在英国康沃尔郡的海岸长大。从很小的时候起，她就一直对野生动物和海洋着迷。她在大学学习野生动物保护，然后在接下来的十年里游历了南美洲、澳大利亚和非洲。

夏洛特对船只的热爱始于 2013 年，当时她在潜水船上工作，前往大堡礁的偏远地区，在澳大利亚和新西兰研究座头鲸、小须鲸和抹香鲸的经历，让她对海洋生物学的兴趣与日俱增。

在乘坐路虎越野车从南非陆路前往约旦后，她于 2018 年搬到了莫桑比克，在那里她开设了自己的背包客旅馆。夏洛特在业余时间担任研究员，研究莫桑比克海岸的鲸鲨和蝠鲼。2020 年至 2022 年期间，她在超级游艇和破冰探险船上担任甲板手/潜水长。她的爱好包括水肺潜水、冲浪、自由潜水和徒步旅行。被大海包围的感觉，是让夏洛特最向往的，因此，自2022年起，夏洛在泛海探险开启了她人生的新旅程。

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# Juan Berenstein – Expedition Guide

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Juan is a professional photographer and drone pilot born in Ushuaia, Argentina and is a Zodiac driver, expedition and photography guide.

He is a young and highly motivated person, who loves enjoying the outdoors and being in the mountains. His hobbies are hiking, FPV drone flying and photography.

His passion for nature started at an early age with his family, who enjoyed the weekends camping at the end of the world and travelling around the country on holidays.

He studied photography in Buenos Aires and decided to return to his hometown to start his career and develop an independent way of life.

Juan has been working in the polar regions for several years now, including Antarctica, South Georgia, Falkland Islands, Svalbard, Greenland, and the Great Lakes in North America.

## 中文

胡安·贝伦斯坦（Juan Berenstein）是一位出生于阿根廷乌斯怀亚的专业摄影师和无人机飞行员，也是冲锋舟驾驶员、探险队员和摄影向导。

他是一个年轻且积极进取的人，喜欢享受户外活动和山里的时光。他的爱好是户外徒步、FPV 无人机飞行和摄影。

他对自然的热情源于从很小的时候，他的家人给他的户外启蒙，他们喜欢周末在世界的尽头露营，并在假期环游全国。

他在布宜诺斯艾利斯学习摄影，但最后决定回到他的家乡开始自己的职业生涯并发展独立的生活方式。

胡安多年来一直在极地地区工作，包括南极洲、南乔治亚岛、福克兰群岛、斯瓦尔巴群岛、格陵兰岛和北美五大湖。

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# Keith Lepor – Expedition Guide

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Keith is an adventure travel photographer focused on capturing imagery and telling stories from the world's most amazing places. Earlier this year he traveled to Mongolia to photograph snow leopards and Kazakh eagle hunters in the Altai Mountains and cross part of the Gobi Desert by camel.

Keith previously worked as a freelance photojournalist focused on war-torn and 'complex countries' throughout Africa, the Middle East, Southwest and Southeast Asia. He has also embedded with Special Operations Forces from around the world

For many years Keith worked as an information/communications specialist. He has much experience traveling off the grid and capturing 'atmospherics' or moods, sentiments, and perceptions from local populations. He has considerable research, writing and analytical experience as a published author, columnist and strategic analyst. His book, with a Foreword by Mikhail Gorbachev, *After the Cold War* (University of Texas Press, 1997) helped articulate debate on the future of US Foreign Policy. He also worked as a political risk analyst in Hong Kong and has

an evolving interest in the strategic competition in the Polar regions between the United States, People's Republic of China and Russian Federation.

Keith has experience training foreign national journalists in investigative reporting, photography, and photojournalism. Keith's academic background includes undergraduate work in Soviet Studies and petroleum economics at Harvard University; Middle East politics/history, Sinology and 'international politics of business' at Boston University; and graduate work in Middle East Studies at the American University in Cairo as well as post graduate work on international terrorism, country risk analysis and political economy at St. Antony's College, Oxford University.

## 中文

基思·莱波尔 (Keith Lepor) 是一位探险旅行摄影师，专注于拍摄世界上最令人惊叹的地方并分享故事。今年早些时候，他前往蒙古拍摄阿尔泰山脉的雪豹和哈萨克鹰猎人，并骑骆驼穿越部分戈壁沙漠。

基思曾是一名自由摄影记者，专注于非洲、中东、西南亚和东南亚饱受战争蹂躏的“复杂国家”。他还加入了来自世界各地的特种作战部队。

基思多年来一直担任信息和通信专家。他拥有丰富的远离网络旅行并捕捉当地居民具有神秘感的“气氛”或情绪、观点和看法的经验。作为出版作家、专栏作家和战略分析师，他拥有丰富的研究、写作和分析经验。他的书《冷战之后》，在1997年由德克萨斯大学出版社出版，并由米哈伊尔·戈尔巴乔夫 (Mikhail Gorbachev) 作序，有助于阐明关于美国外交政策未来的辩论。他还曾在香港担任政治风险分析师，对美国、中华人民共和国和俄罗斯联邦之间在极地地区的战略竞争逐渐感兴趣。

基思在培训外国记者调研报道、摄影和新闻摄影方面拥有丰富的经验。他的学业背景包括在哈佛大学的苏联研究和石油经济学的本科学业；波士顿大学中东政治/历史、汉学和“国际商业政治”的本科学业；并在开罗的美国大学进行中东研究的研究生课程，以及在牛津大学圣安东尼学院进行国际恐怖主义、国家风险分析和政治经济学的研究生课程。

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# Lucia Romero – Expedition Guide

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Lucia is an extroverted and curious person always looking for new challenges and experiences worldwide.

Born and raised in Puerto Madryn, a small town of Argentinian Patagonia coast, she grew up surrounded by marine wildlife and outdoor lifestyle. This led her to choose her career, with a bachelor degree in hospitality and tourism and becoming a professional tour guide and kayak guide.

She loves sharing her passion for exploration, learning, discovering, conservation and wildlife.

With over 12 years of experience on leading groups around Patagonia, she is now focusing on the wonders and biodiversity of the polar environments.

## 中文

露西娅·罗梅罗（Lucia Romero）是一个外向的且充满好奇心的人，总是在世界各地寻找新的挑战 and 经历。

她在阿根廷巴塔哥尼亚海岸的一个小镇马德林港出生和长大，在海洋野生动物和户外生活方式的包围下长大。这促使她选择了自己的职业走向，获得了酒店和旅游学士学位，并成为一名专业导游和皮划艇向导。

她喜欢分享她对探索、学习、发现、保护和野生动物的热情。

她拥有超过 12 年带队巴塔哥尼亚旅行的经验，现在专注于极地环境的奇观和生物多样性。

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# Yvonne Lin - Translator

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Born in Taiwan in 1978, Yvonne moved to Melbourne, Australia, with her family in 1990. She holds a Bachelor's degree in Optometry and a Bachelor of Science with Honors in Pharmacology, and pursued a PhD in Vision Sciences, specializing in myopia research, from the University of Melbourne. Fluent in both Mandarin and English, she has worked in Taiwan and Australia as clinical instructor, optometrist, and lens expert in a renowned optical lens company.

An adventurous spirit with a deep curiosity for the world, Yvonne enjoys local cuisine and beer while immersing herself in different cultures. Since 2009, she has spent more than six months traveling each year, visiting over 150 countries, primarily through solo overland backpacking. Her overland journeys include the Silk Road, South America, East Africa and West Africa. Her adventures have also taken her to great heights and into the depths of the ocean. Yvonne has scaled peaks such as Kilimanjaro (5895m), Chachani (6057m), Stok Kangri (6153m), and has ascended to the base camps of some of the world's highest mountains, including Everest (Cho

La Pass 5643m), K2 (Gondogoro Pass 5585m), Kanchenjunga (5143m), Manaslu (Larkya La Pass 5106m), and Broad Peak (4900m). Additionally, she is a certified Rescue Diver, exploring diverse marine life worldwide. Her experiences in both the mountains and the ocean reflect her passion for adventure and discovery.

Driven by her interest in polar regions, Yvonne has undertaken four expeditions to the Arctic and Antarctica, where she has witnessed breathtaking beauty of these remote landscapes. She is eager to share her travel discoveries and her love for the wonders of the polar regions, inspiring others to explore and appreciate the unique environments our planet has to offer.

## 中文

1978年出生于台湾，Yvonne于1990年随家人移居澳大利亚墨尔本。她毕业于墨尔本大学，获得验光学学士学位和药理学荣誉理学学士学位，并攻读了视光科学博士学位，专攻近视研究。她精通中文和英文，曾在台湾和澳大利亚担任临床讲师、验光师以及知名镜片品牌的讲师。

Yvonne是一个充满冒险精神且对世界充满好奇的人，同时也热爱享受各地美食啤酒及体验当地风俗民情。从2009年起，她每年旅行超过六个月，以背包独旅的方式探访了150多个国家。她喜欢长途的陆路旅行，足迹遍及丝绸之路、南美洲、东非和西非。她的冒险旅行还包括了极具挑战的高山徒步与心肺潜水。Yvonne曾攻顶过吉力马扎罗山（5895公尺）、查查尼山（6057公尺）、斯托克康格里山（6153公尺）和科托帕希火山（5897公尺），也参加过世界上几座八千高峰的基地营健行，如珠穆朗玛峰（Cho la垭口，5643公尺）、K2峰（Gondogoro垭口，5585公尺）、干城章嘉峰（5143公尺）、马纳斯鲁峰（Larkya la垭口，5106公尺）以及布洛德峰（4900公尺）。此外，为了探索世界各地的丰富海洋生物，她还考取了救援潜水员执照。她在山脉与海洋中的丰富经历，充分展现了她对冒险与探索世界的热情。

因为对极地的兴趣，Yvonne进行了四次北极和南极探险，她亲眼见到了极地中令人叹为观止的美景，使她更热衷于分享自己在旅行中的发现和对极地奇观的热爱，激励他人去探索并珍惜我们地球上这些独特而珍贵的自然宝藏。

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# Meike Sjoer - Expedition Guide

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From early on Meike has been a passionate naturalist and traveller who just loves birds.

At the age of 7 she bought her first bird book. Being outdoors all the time, she wanted to learn more about the amazing creatures she encountered. Investigating and learning about nature and wildlife has been a passion ever since.

Meike has a master degree in film and television from the University of Utrecht. For the last 25 years she has been working as a television director. Her stories involve nature, wildlife and environmental topics. If not travelling she is directing the prime-time wildlife television program Vroege Vogels.

When time permits, she volunteers as a nature guide for the Dutch institute for nature and education. As a teenager Meike started sailing the oceans but her true love for the life in the oceans began 14 years ago when she started working with Sea Shepherd on the mediateam.

Meike is thrilled to be your guide on this trip, and looking forward to sharing knowledge and the passion for this magical polar world with you.

## 中文

麦卡很早就是很喜欢鸟类的有热情的自然学者和旅行者。

7 岁时自己买了第一本关于鸟类的书。为了看到接触到这些鸟类而长时间身处户外，并研究学习自然和野生动物。

她有电影电视系的硕士学位，过去的 25 年她一直是电视节目导演，她的节目都是有关自然，野生动物和环境的话题。

有时间的时候她在荷兰的自然教育机构做志愿者，因为对大海的热爱，她在 14 年前就开始为海洋保护组织工作。

麦卡非常荣幸能成为探险队员，并非常高兴和大家分享她的知识经历和热情。

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# Zoy Li - Translator

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Originally from China and major in tourism management with bachelor's degree.

Worked for a high-end tailor-made travel agency in China which focused on operating groups to polar region since 2014. There she had several job functions: travel consultant, product planning, sales-support, tour operation & tour leader, and got many chances to lead groups to Arctic, Europe, Central America, Galapagos, South America till Antarctic. In 2019, she started to join the expedition cruises, worked as Interpreter & Expedition guide on board, and had experienced a multiple of wildlife expeditions in various remote areas in this world, and so fascinated by every element from nature, she has great passion on sharing the most breathtaking scenes with every distinguished passenger for the polar region.

## 中文

来自中国湖南，本科学历，旅游管理专业；

从 2014 年开始，在中国的一家高端定制旅行社工作，主要负责极地地区的团队运营。在那里，她身兼数职：旅游顾问、产品规划、销售支持、出团操作和出行领队；曾带领团队前往北极、欧洲、中美洲加拉帕戈斯群岛、南美洲和南极；

2018年转邮轮行业，在船上担任歌诗达邮轮亚洲航线的旅游经理；从2019年开始转探险邮轮，在船上担任翻译和探险向导。多次参与野生动物探险活动的经历，足迹遍布世界各个偏远地区，逐渐增强了她对大自然各种元素的迷恋，尤其热衷于极地，每年就像动物迁徙一样夏季回到北极，南半球的夏季回到南极。

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# Alexander Romanovskiy – Exp.Guide

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Aleksander Romanovskiy comes from Saint-Petersburg, the Northern capital of Russia. He was born in 1981. After having graduated from the boarding school Alexander entered Saint-Petersburg State University, where he spent 5 years studying physical geography, ecology, regional geography and international tourism. Afterwards he was working on his PhD thesis in Herzen State Pedagogical University of Russia, doing geoeological researches.

In the year of 2011 however, Alexander decided to pause his scientific career and start doing something completely different, which means working in tourism and traveling the world. He spent 2 seasons working as a trekking guide in Fann mountains (Tajikistan), 1 season on Novolazarevskaya Antarctic scientific station (Queen Maud Land, Antarctica) working as a member of a guesthouse crew.

Since February of 2012 most part of the year he spends on Svalbard. For five seasons in a row Alexander has been living and working as a guide in a ghost town of

Pyramiden. In 2016 a new page in Alexander's guiding career was opened: he started working as a naturalist guide on cruise ships in polar regions of the world – Svalbard and Antarctica.

3 to 4 months a year Alexander dedicates to his main passion – traveling the world. No public transport, no hotels, only hitch-hiking and staying overnight with locals or sleeping in a tent. This way he has already visited almost all Soviet republics, Middle East (Iran, Turkey), Asia (China), South America (Argentina, Chile, Paraguay), and it is hopefully far not the end! The world is big, friendly and interesting to explore!

## 中文

亚历山大·罗曼诺夫斯基来自俄罗斯北部首都圣彼得堡，他出生于1981年。从寄宿学校毕业后，亚历山大进入圣彼得堡国立大学，5年中，他学习了包括自然地理学、生态学、区域地理学和国际旅游在内的许多课程。随后，他在俄罗斯赫尔岑国立师范大学攻读博士学位，涉足地质生态学研究。

然而 2011 年，亚历山大决定暂停他的科研生涯，开始从事一些与研究完全不同的事情——环游世界。他在范恩山脉（塔吉克斯坦）担任了两个季节的徒步向导，在 Novolazarevskaya 南极科学站担任了一整个冬季的酒店工作人员。

自 2012 年 2 月起，亚历山大一年中的大部分时间都在斯瓦尔巴群岛度过。其中，亚历山大连续五个冬季都在皮拉米登，这个被俄罗斯政府废弃的城市生活和工作。2016年，亚历山大的导游生涯翻开了新的一页，他开始在世界极地地区——斯瓦尔巴群岛和南极洲的游轮上担任博物学家和导游。

每年，亚历山大有3 到 4 个月的时间仍致力于他的主要爱好——环游世界。没有公共交通，没有酒店，只能搭便车，与当地人一起过夜或睡在帐篷里，就这样他已经走遍了几乎所有的前苏联加盟共和国、中东（伊朗、土耳其）、亚洲（中国）、南美洲（阿根廷、智利、巴拉圭），但他的旅程还远没有结束，对亚历山大来说，世界很大，很友好，也很有趣，他将继续他的探索之旅。

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# Saskia van der Meij – Exp. guide

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Saskia is an enthusiastic girl born in The Netherlands. With a huge national park in her backyard, she felt at a young age how great it is to be active in & part of nature. Multiple-day hikes in the Andes or the Himalayas, kayaking around remote islands in Canada or camping on mountain tops overlooking Alaska's glaciers.

Saskia has a background in tourism and hospitality. For almost twenty years she was a product manager for a nature-oriented tour operator. She travelled to develop interesting products in Alaska, Canada, Argentina, Chili, Southern Africa, Australia and New Zealand. In that time, while co-guiding a trip in Iceland, she knew she wanted to be a nature guide. In 2019 she worked for three months in Namibia as an assistant hotel manager in two different private game lodges. Two fantastic years followed while spending her time in North Norway, Spitsbergen and the Baltic Sea as a hotel manager on a three mast Barque (Tallship).

But her heart told her to go guiding. She spent almost every season in Spitsbergen and became an expedition guide on several ships. She called Antarctica home for three months last winter/summer. As a camping guide she took guests out for a night on this amazing continent. She has a wide interest and understanding, from animals and landscapes to ice and history with its interesting explorer stories.

Hospitality lies in her core and her ongoing 'sunshine' is what guests remember Saskia by. She welcomes you on board and likes to share her knowledge and enthusiasm for these breathtaking destinations.

## 中文

萨斯基亚·凡·德尔·梅杰 (Saskia Van Der Meij) 是一位出生在荷兰的热情女孩。她的后院有一个巨大的国家公园，她从小就感受到活跃在大自然中并成为大自然的一部分是多么美好。

在安第斯山脉或喜马拉雅山脉进行多日徒步旅行，在加拿大的偏远岛屿周围划皮划艇，或在俯瞰阿拉斯加冰川的山顶露营。

萨斯基亚拥有旅游和酒店业背景。近二十年来，她担任一家专注自然体验的旅行社的产品经理。她前往阿拉斯加、加拿大、阿根廷、智利、南部非洲、澳大利亚和新西兰开发有趣的旅行产品。在当时，在与他人一起带队冰岛旅行时，她知道自己想成为一名自然类向导。

2019年，她在纳米比亚的两家不同的私人游猎酒店担任酒店经理助理三个月。接下来的两年的美妙时光在挪威北部、斯匹次卑尔根和波罗的海的一艘三桅帆船上担任酒店经理。

但她的内心告诉她要去做向导。她几乎每个北极季都在斯匹次卑尔根岛度过，并成为多艘探险船只的探险队员。去年冬天/夏天，她在南极呆了三个月。作为露营向导，她带客人登陆并在这片神奇的大陆上度过一个难忘的夜晚。

她有着广泛的兴趣和了解，从动物和景观到冰和历史以及及其有趣的探险家故事。热情好客是她的核心特质，她持续的“阳光”是客人对她的深刻印象。她非常期待大家的到来，并迫不及待地想与大家分享她对这些人惊叹的目的地的知识与热爱。

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# Valeria Sainz Herrera – Exp. guide

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Valeria Sainz Herrera is an Argentine photographer. She grew up in Buenos Aires, capital of Argentina. Throughout the years she has found that one of her greatest passions is to travel to the wildest and remotest places around the world. So, traveling as much as she could, she found in the photography, a profession that gives her the freedom to know and live in different locations.

Nowadays she spends her life between “the poles”, working as a guide for Oceanwide Expeditions, and during the rest of the year you could find her in a beautiful island names Ilhabela in Brazil, working in tourism area.

Living in different countries allows her to learn and practice many activities that she enjoys, especially in naturals environments, like rock climbing and skiing in the Argentinian Patagonian Andes or camping and hiking in the central region of Argentina and, in Brazil, she learned other kinds of sports like scuba diving, kayaking and sailing.

She is also particularly interested in the history of the expeditions that discovered and mapped some of the places we are about to visit. This gives her the chance to share fascinating stories on board.

The Antarctic and The Arctic were always a dream of her, and now are part of her life.

## 中文

瓦莱里娅 (Valeria Sainz Herrera) 是阿根廷摄影师。她在阿根廷首都布宜诺斯艾利斯长大。多年来，她发现自己最大的爱好之一就是到世界各地最荒凉、最偏远的地方旅行。因此，在尽可能多的旅行中，她发现摄影是一个能让她自由了解和生活在不同地方的职业。

如今，她在 “两极 ” 之间生活，为 Oceanwide Expeditions 担任向导，其余时间则在巴西一个名叫 Ilhabela 的美丽小岛上从事旅游工作。

在不同国家的生活让她学习和实践了许多她喜欢的活动，尤其是在自然环境中，比如在阿根廷巴塔哥尼亚安第斯山脉攀岩和滑雪，或者在阿根廷中部地区露营和远足，在巴西，她还学习了潜水、皮划艇和帆船等其他运动。

她还对我们即将拜访的目的地的探险史和地图绘制历史感兴趣。这让她有机会在船上分享精彩的故事。

南极和北极一直是她的梦想，现在已成为她生活的一部分。

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# Anne-Mieke Theunissen – Doctor

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Drs.Theunissen, Anne-Mieke (Anna), is a medical doctor from the Netherlands. She has a background in acute and chronic medical care and is currently a resident in anaesthesiology. She is enthusiastic about emergency medicine and pre-hospital care and has an interest in providing medical care in remote areas.

In her professional and personal life she embraces a challenge. She loves to be in the outdoors and to travel. Through her passions of rock climbing, hiking and mountaineering, she has seen the most beautiful places in the world and has had the chance to experience unique environments while connecting with different cultures. She is looking forward to seeing Antarctica and its wildlife.

As your doctor on this beautiful adventure, she wishes you safe travels and an extraordinary experience in the far south. Feel free to contact her with questions and to ask her for advice.

## 中文

安娜 (Theunissen, Anne-Mieke) 博士是来自荷兰的医学博士。她拥有急性和慢性医疗护理背景，目前是麻醉科住院医师。她热衷于急诊医学和院前护理，并对为偏远地区提供医疗服务感兴趣。

在职业和个人生活中，她勇于接受挑战。她喜欢户外活动和旅行。通过攀岩、徒步旅行和登山，她见识了世界上最美丽的地方，并有机会体验独特的环境，同时与不同的文化交流。她非常期待去南极洲看看，看看那里的野生动物。

作为您这次美丽探险的医生，她祝您一路平安，在遥远的南方获得非凡的体验。如有问题或建议，请随时联系她。

## WELCOME ABOARD!

*Luggage will be delivered to your cabin. Please check to ensure you have received all your luggage. If you have any extra luggage in your cabin – please notify a crew member.*

**\* \* Tea and coffee are always available in the lounge on deck 5 \* \***

±1715 **Welcome & safety briefing** - Please join us in the **lounge** (deck 5, forward) for a welcome to the voyage, followed by a **mandatory** safety briefing and lifeboat drill.

### **Lifeboat Drill**

All guests accommodated on Deck 3 (Cabins 301-337) will go to MUSTER STATION A, located in the Restaurant on Deck 4

All guests accommodated on decks 4, 6, and 7 will go to MUSTER STATION B, located in the Observation Lounge on Deck 5

±1800 **Departure from Ushuaia.**  
The bridge will be closed during these operations.

1830 **Expedition Introduction & Captain's Welcome** – Please join us in **The Observation Lounge** (deck 5) for the Captain's toast, a welcome to your new home from the Hotel Manager and an introduction to your Expedition Team.

1930 **Buffet dinner** is served in the **Dining Room** (deck 4)

*Tonight, we will sail into open sea and the ship may move – please secure your belongings and be careful when moving around the ship. Take your seasickness medication before we head out into open sea- the doctor will be available in the lounge after dinner to assist.*

*Quote of the day*

*"Adventure is just a romantic name for trouble" – Roald Amundsen*

- 0745      **Wakeup call** - Good Morning!
- 0800-0900      **Breakfast** is served in the **Dining Room** (deck 4).
- 0915      **Zodiac & IAATO Briefing** - Please join us in either the **Observation Lounge** (English) or **Lecture Room** (Mandarin) for our mandatory zodiac and IAATO briefings.
- 1100      **Mountaineering briefing** – Please join Jonny, Owain, Gnarly and Dave in the **Observation Lounge** (deck 5) for a mountaineering introduction and briefing. If you plan to go mountaineering during our voyage this briefing is mandatory. *If you have brought mountaineering boots – **please bring one of your boots to this briefing.***
- 1200      **Muck Boots** - We will call you by colour group to collect your Muck boots from the boot room on **deck 3**. *Please bring thick socks to make sure you have the perfect fit! **Please listen for announcements.***
- 1230-1330      **Lunch** will be served in the **Dining Room** (deck 4).
- 1400      **Kayaking briefing**– Please join Nick and Alexis in the **Observation Lounge** (deck 5) for a kayak introduction and briefing. If you plan on kayaking during our voyage, this briefing is mandatory.
- 1530      **Camping Briefing** – Campers please meet Saskia, Valeria and Sasha in the **Observation Lounge** (deck 5) for your camping briefing. If you plan to go camping during our voyage, this briefing is mandatory.
- 1700      **Photography** – Please meet Juan and Keith in the **Observation Lounge** (deck 5) for your Introductory lecture on polar photography.
- 1815      **Recap** – Please join the Expedition team in the **Observation Lounge** (deck 5) for our first daily recap and briefing.
- 1900      **Dinner** is served in the **dining room** (deck 4) – *Tonight's dinner will be plated – please make your way to the dining room promptly.*

*It is in our nature to explore, to reach out into the unknown. The only true failure would be not to explore at all" - Ernest Shackleton*

- 0745      **Wakeup Call** – Good Morning :)
- 0800      **Breakfast** is served in the **dining room** (deck 4).
- 0915      **Activities sign up** - We will call you by colour group to the **Lecture Room**, (deck 5) to sign up for the activities you plan to do in Antarctica. These include Mountaineering, Kayaking and Camping. If you wish to Mountaineer, please sign up for this activity first. You can then sign up for kayaking and camping afterwards. ***Please listen for announcements.***
- 1130      **Geographical Introduction to Antarctica** - Please join Sasha in the **lounge** (deck 5) to learn about the unique geography of Antarctica.
- 1230      **Lunch** is served in the **dining room** (deck 4).
- 1400      **Biosecurity:** We will call you by colour groups to the lounge on **deck 5** to complete our biosecurity cleaning – please bring all your outerwear, backpacks, footwear, and tripods/walking sticks to be cleaned and/or checked. ***Please listen for announcements.***
- 1630      **Antarctic Penguins (English)** - Please join Lucia in the **Lecture Room** (deck 5) for her lecture exploring the penguins of the Southern ocean.
- 1630      **Antarctic Penguins (Mandarin)** - Please join John in the **Lounge** (deck 5) for his lecture exploring the penguin species of the Southern ocean.
- 1730      **Kayaking Gear** – For those Kayaking tomorrow morning - please come to **deck 3** to collect it.
- 1800      **Recap** – Please join the Expedition Team in the **lounge** (deck 5) for our daily recap and briefing.
- 1900      **Dinner** is served in the **dining room** (deck 4) – *Tonight's dinner will be plated – please make your way to the dining room promptly.*

*"I thought, dear, that you would rather have a live ass than a dead lion."  
Sir Ernest Shackleton to his wife Emily, after deciding to turn back 97 miles from the Pole.*

- 0645      **Wake up call.** Good morning, and welcome to Antarctica.  
0700      **Breakfast** is served in the **dining room** (mountaineers please eat first)

*This morning we hope to offer a landing and zodiac cruise at Palava Point – a rocky outcrop on Two Hummock Island, home to several Chinstrap Penguins rookeries. The **GREEN** and **RED** groups will land first, whilst the **YELLOW** and **BLUE** groups will zodiac cruise first. Halfway through the morning we will swap on the beach, meaning everyone will enjoy both a landing and cruise.*

- 0730~      **Mountaineers** - Please come (dressed & ready) to the **forward zodiac boarding area**.  
0805      The **GREEN** and **RED** - Please come to the **zodiac boarding area** for a landing at Palava Point.  
0830      The **YELLOW** and **BLUE** - Please come to the **zodiac boarding area** for a zodiac cruise in the bay surrounding Palava Point.  
0830      **Kayakers** - Please come to the **forward zodiac boarding area**.  
1200      **Lunch** will be served in the **dining room**.

*This afternoon we hope to offer a zodiac cruise at Foyen Harbour. We will explore the shores of Enterprise Island and the ship wreck of the Governoren, a whaling factory ship that caught fire and shipwrecked here in 1915.*

- 1400      **Mountaineers** - Please come (dressed & ready to go) to the **forward zodiac boarding area**.  
1430      The **GREEN** and **BLUE** - Please come to the **zodiac boarding area** for a zodiac cruise at Foyen Harbour.  
1445      The **YELLOW** and **RED** - Please come to the **zodiac boarding area** for a zodiac cruise at Foyen Harbour.  
1445      **Kayakers** - Please come to the **forward zodiac boarding area**.  
1815      Please join the expedition team for **daily recap** in the **observation lounge on deck 5**.  
1900      **Buffet dinner** - is served in the dining room. **Bon Appetit!**  
2115+/-      **Campers Group One**- Please come to the **zodiac boarding area**, we hope to take you ashore for the night.

0645 **Wake up call.** Good morning, and welcome to Antarctica.

0700-0800 **Breakfast** is served in the **dining room**.

*This morning we hope to offer a landing and zodiac cruise at Neko Harbour, a continental landing surrounded by towering glaciers, panoramic Antarctic views and home to Gentoo penguins. Like yesterday, half will land first, whilst the others will zodiac cruise first. We will then swap halfway through the morning.*

0745 **Mountaineers** - Please come (ready to go) to the **zodiac boarding area**.

0830 The **YELLOW** and **RED** - Please come to the **zodiac boarding area** for a landing at Neko Harbour.

0845 The **GREEN** and **BLUE** Please come to the **zodiac boarding area** for a zodiac cruise in the bay surrounding Neko Harbour.

0845 **Kayakers** - Please come to the **zodiac boarding area**.

1230 **Lunch** will be served in the **dining room**.

*This afternoon we hope to land at Brown Station, a continental landing and home to an unoccupied Argentinian base. We also hope to offer a zodiac cruise around Paradise Bay. Like this morning, half will land first, whilst the others will zodiac cruise. We will then swap halfway through the afternoon.*

1345 **Mountaineers** - Please come (ready to go) to the **zodiac boarding area**.

1430 The **YELLOW** and **BLUE** - Please come to the **zodiac boarding area** for a landing at Brown Station.

1445 The **GREEN** and **RED** Please come to the **zodiac boarding area** for a zodiac cruise around Orne Island.

1445 **Kayakers** - Please come to the **zodiac boarding area**.

1815 Please join the expedition team in the **observation lounge** for **daily recap**

1900 **Buffet dinner** - is served in the dining room. **Bon Appetit!**

2030 **Tomorrows kayakers** - Please come to the **zodiac boarding area** to receive your kayaking gear for tomorrow

2115+/- **Campers** - Please come to the **zodiac boarding area**, we will take you ashore for the night.

*"Penguins are extraordinarily like children, these little people of the Antarctic world, either like children, or like old men, full of their own importance and late for dinner, in their black tail-coats and white shirt-fronts and rather portal withal" – Aspley Cherry-Garrard, British Explorer*

*This morning we hope to transit the spectacular Lemaire Channel, considered by many as Antarctica's most photogenic passage. Please enjoy the towering glaciers and wildlife as we transit through this narrow passage aboard Hondius at ~0630.*

0715      **Wake up call.** Good morning, and welcome to Antarctica.

0730-0830   **Breakfast** is served in the **dining room**.

*This morning we aim to land and zodiac cruise at Petermann Island. On land, we will enjoy Adelie penguins and spectacular views, whilst in the zodiacs, we will cruise amongst icebergs in search of wildlife. Like yesterday, half will land first, whilst the others will zodiac cruise first. We will then swap halfway through the morning.*

0800      **Mountaineers** - Please come (ready to go) to the **zodiac boarding area**.

0845      The **GREEN** and **RED** - Please come to the **zodiac boarding area** for a landing at Peterman Island.

0900      The **YELLOW** and **BLUE** - Please come to the **zodiac boarding area** for a zodiac cruise in the bay surrounding Peterman Island.

0900      **Kayakers** - Please come to the **zodiac boarding area**.

1230      **Lunch** will be served in the **dining room**.

*This afternoon we hope to zodiac cruise Salpêtrière Bay, a stunning 'iceberg graveyard' just south of the Lemaire Channel. Please come dressed and prepared for an extended zodiac cruise in the ice.*

1345      **Mountaineers** - Please come (ready to go) to the **zodiac boarding area**.

1415      The **YELLOW** and **RED** - Please come to the **zodiac boarding area** for a zodiac cruise in Salpêtrière Bay.

1430      The **GREEN** and **BLUE** - Please come to the **zodiac boarding area** for a zodiac cruise in Salpêtrière Bay.

1430      **Kayakers** - Please come to the **zodiac boarding area**.

1815      Please join the expedition team for Daily Recap in the **Observation Lounge**

1900      **Buffet dinner** - is served in the dining room. **Bon Appetit!**

2030      **Tomorrows kayakers** - Please come to the **zodiac boarding area** to receive your kayaking gear for tomorrow

2115+/-   **Campers** - Please come to the **zodiac boarding area**, we will take you ashore for the night.

*"I am just going outside and may be some time."*

*Captain L. E. G. Oates of the Inniskilling Dragoons. In March 1912, returning from the Pole, he walked willingly to his death in a blizzard to try to save his comrades, beset by hardship.*

- 0715 **Wake up call.** Good morning, and welcome to Antarctica.  
0730 **Breakfast** is served in the **dining room**.

*Our morning well begin with a presentation from the UKAHT in the lounge. We then hope to offer a landing at both Port Lockroy Post Office and a zodiac cruise at Jougla Point, where we hope to see nesting Gentoo Penguins and Cormorants. Given the limited space at Port Lockroy, only one colour group will visit at a time. The remaining group will enjoy the cruise, before rotating through to the Post Office. Then we do it all again with the second two colour groups in the second half of the morning. Please follow your guides instructions. All purchases are card only*

- 0745 **Mountaineers** - Please come (ready to go) to the **zodiac boarding area**.  
0830 Please join the **UKAHT** in the **Observation Lounge** for a presentation about their work at Port Lockroy.  
0900 The **YELLOW** and **BLUE** - Please come to the **zodiac boarding area** for a landing at Port Lockroy and Jougla Point.  
0915 **Kayakers** - Please come to the **zodiac boarding area**.  
1015 The **GREEN** and **RED** - Please come to the **zodiac boarding area** for a landing at Port Lockroy and Jougla Point.  
1200-1300 **Lunch** will be served in the **dining room**.

*In the afternoon we hope to land and cruise at Dorian Bay, home to Damoy Hut, a former British Antarctic Service 'airport'. Here we will enjoy gentoo penguins, an extended walk and a visit inside Damoy Hut.*

- 1415 **Mountaineers** - Please come (ready to go) to the **zodiac boarding area**.  
1430 The **YELLOW** and **RED** - Please come to the **zodiac boarding area** for a landing at Orne Island.  
1445 The **GREEN** and **BLUE** - Please come to the **zodiac boarding area** for a zodiac cruise around Orne Island.  
1445 **Kayakers** - Please come to the **zodiac boarding area**.  
1815 Please join the expedition team for **daily recap** in the observation lounge.  
1900 **Buffet dinner** - is served in the dining room. **Bon Appetit!**  
2115+/- **Campers** - Please come to the **zodiac boarding area**, we will take you ashore for the night.

*"Need to put footprint of courage into stirrup of patience." – Ernest Shackelton*

0645      **Wake up call.** Good morning, and welcome to Antarctica.  
0700-0800   **Breakfast** is served in the **dining room**.

*This morning we hope to land and zodiac cruise at Danco, a small island in the Errera channel surrounded by icebergs and home to several gentoo penguin rookeries. The **GREEN** and **BLUE** will go to shore while the group **YELLOW** and **RED** will zodiac cruise first. We will then swap halfway through the morning.*

0800      The **GREEN** and **BLUE** - Please come to the **zodiac boarding area** for a landing at Danco Island  
0815      The and **RED** and **YELLOW** - Please come to the **zodiac boarding area** for a Zodiac cruise in the Errera Channel, surrounding Danco Island.  
0815      **Kayakers** - Please come to the **zodiac boarding area**.

1200-1300   **Lunch** will be served in the **dining room**.

*This afternoon we hope to offer a landing and zodiac cruise at Orne harbour – a continental landing with beautiful Antarctic scenery, and home to around 1000 Chinstrap Penguins. The **YELLOW** and **RED** will go to shore first while the groups **GREEN** and **BLUE** will zodiac cruise. We will then swap halfway through the afternoon.*

1400      The **YELLOW** and **RED** - Please come to the **zodiac boarding area** for a landing at Orne Harbour.  
1415      The **GREEN** and **BLUE** - Please come to the **zodiac boarding area** for a Zodiac cruise in Orne Harbour.  
1800      **Recap** – Please join the expedition team in **the lounge** for our daily recap.  
1830      **Buffet dinner** - is served in the dining room. **Bon Appetit!**

*“Need to put footprint of courage into stirrup of patience.” – Ernest Shackleton*

0645      **Wake up call.** Good morning, and welcome to Antarctica.  
0700-0800   **Breakfast** is served in the **dining room**.

*This morning we hope to offer a landing and a zodiac cruise at Cuverville Island. Here we hope to enjoy a beautiful gentoo penguin colony. The **YELLOW** and **RED** will go to shore while the group **GREEN** and **BLUE** will zodiac cruise first. We will then swap halfway through the morning.*

0800      The **YELLOW** and **RED** - Please come to the **zodiac boarding area** for a landing at Cuverville Island  
0815      The **GREEN** and **BLUE** - Please come to the **zodiac boarding area** for a Zodiac cruise in the Errara Channel, surrounding Cuverville Island.

1200-1300   **Lunch** will be served in the **dining room**.

*This afternoon we hope to offer a landing and zodiac cruise at Orne Islands –home to several Chinstrap Penguins rookeries. The **GREEN** and **BLUE** will go to shore first while the group **YELLOW** and **RED** will zodiac cruise. We will then swap halfway.*

1400      The **GREEN** and **BLUE** - Please come to the **zodiac boarding area** for a landing at Orne Islands.  
1415      The **YELLOW** and **RED** - Please come to the **zodiac boarding area** for a Zodiac cruise in Orne Islands.  
1815      **Recap** – Please join the expedition team in **the lounge** for our daily recap.  
1900      **Buffet dinner** - is served in the dining room. **Bon Appetit!**

*“With friends like these, one might endure, I would say, under any circumstances” –  
Andre Solomon, Swedish Expeditioner*

*This morning we aim to sail through Neptune's Bellows into Deception Island, an active volcano. Please join us on the outer decks at ~0630 to enjoy this impressive navigation through the caldera's only opening..*

0615      **Wake up call.** Good morning, and welcome to Antarctica.

06:30-07:30 **Breakfast** is served in the **dining room**.

*This morning we hope to offer a landing at Whlaes bay, within the volcano's caldera. Here, we will enjoy an extended hike to the craters rim. The **YELLOW** and **RED** will go to shore whilst the **GREEN** and **BLUE** groups zodiac cruising. We will then swap halfway through the morning.*

*At the end of the morning, we'll be offering a **Polar Plunge** for those feeling brave! Please wear your **swimsuit underneath your expedition's waterproof gear**. Towels will be provided, so **do not** bring the towel from your cabin along.*

0730      The **YELLOW** and **RED** - Please come to the **zodiac boarding area** for a landing at Whales Bay.

0745      The **GREEN** and **BLUE** - Please come to the **zodiac boarding area** for a landing at Whales Bay.

1200      **Lunch** will be served in the **dining room**.

1315      **Dumpling Making** will be in the **dining room**.

*In the afternoon we aim to land on Half Moon island, one of the South Shetland Islands. It is the site of Argentine research station Cámara Base. During our landings on Half Moon Island, we might see chinstrap penguins, and other Antarctic wildlife*

1530      The **GREEN** and **BLUE** - Please come to the **zodiac boarding area** for a landing at Half Moon Island.

1545      The **YELLOW** and **RED** - Please come to the **zodiac boarding area** for a Zodiac cruise around Half Moon Island.

1840      **Recap** – Please join the expedition team in **the lounge** for our daily recap.

1900      **Plated dinner** - is served in the dining room. **Bon Appetit!**

2045      Please Join **Juan** in the **lecture room** for his **Photo Editing Workshop**.

**No wakeup call** – Have a lovely morning!

0800      **Breakfast** is served in the **dining room**.

0915-1015    **Photo competition** – Did you take some amazing images during our trip? Enter your best shot into our photo competition! Please join **Juan and Keith** in the **library** near the coffee machine to submit your best images.

*Pictures will be displayed all day in the lounge throughout the afternoon where you will be able to vote for your favourite pictures.*

1030      Please join us for our lecture all about **Sea Ice and Glacier Ice**. Chris will present in English in the **Lecture Room**, and Jerry will present in Mandarin in the **Observation Lounge**

1200      **Muck Boot & Rental Gear Collection** – We will call you by deck to return your muck boots and any rental gear to the **shell doors on deck 3**.

1230      **Lunch** will be served in the **dining room**.

1400      Please join us for our lecture all about **Whales of the Southern Ocean** – **Charlotte** will present in the **Observation lounge** and **John** in the **Lecture Room** in Mandarin.

1615      Please join Meike in the **Lecture Room** for her lecture about **Fulmars of the Southern Ocean and the impacts of plastic pollution** in English.

1615      Please join Rose in the **Observation Lounge** for her lecture about **Antarctic Geology** in Mandarin

1800      **Recap** - Please join the expedition team in the **lounge** for our daily recap.

1900      **Dinner** will be served in the **dining room**.

2045      **Photo competition** - Please join **Juan and Keith** in the **lounge** to reveal the competition winners.

2100      We will be showing the movie Happy Feet in the lecture room. This will be accompanied by Popcorn!

*Please walk slowly on the ship, never rush. Keep one hand for yourself but at least one hand for the ship. Shut all doors firmly and keep fingers away from door frames.*

**No wakeup call** – Enjoy your morning!

0800      **Breakfast** is served in the **dining room**.

*After breakfast you will receive your bill in your cabin. We will call you by deck to make payments at reception – **Please listen for announcements.***

1115      **Antarctic geopolitics** – Please join George in the **lounge** for a lecture exploring the wonderful world of polar politics and the emergence of the Antarctic Treaty.

1115      Rose invites you to the lecture room for her history lecture in mandarin about the polar explorer Charcot

1230      **Lunch** will be served in the **dining room**.

1400      Aitana invites you to the lecture room for her lecture about How the Ocean Moves

1400      Please join Jerry in the Observation Lounge for his lecture about Amundsen and Scott and the race to the South Pole.

1600      Valeria invites you to the Observation Lounge for her **Mate Workshop**

1815      **Farewell Toast & Trip Slideshow** - Please join the Captain and the expedition team in the **lounge** for a toast to our voyage through the Southern Ocean and a slideshow of our expedition.

1900      **Farewell dinner** will be served in the **dining room**.

*Please walk slowly on the ship, never rush. **Keep at least one hand for the ship.**  
Shut all doors firmly and keep fingers away from door frames.*

*"The Sea, once it casts its spell, holds one in its net of wonder forever."  
— Jacques Cousteau*

0715      **Wakeup call – Good Morning!**

0730-0830   **Breakfast** will be served in the dining room.

*Please place your large/check-in luggage outside your cabin no later than 0730. During breakfast we will collect your luggage and deposit it on the pier where it will be your responsibility to identify and collect each item.*

0830-0900   **Disembarkation – Please listen for announcements.** We will inform you once we have been cleared by local authorities. Once clearance has been completed, we will invite you to the gangway to disembark Hondius.

*Upon disembarkation, **please identify and collect your luggage** from the pier and:*

- 1. Take it with you into Ushuaia and walk into town.*
- 2. Put it on the airport bus and get on the bus.*
- 3. Put it in the luggage truck, you can pick up at the luggage depot before 14:00.*
- 4. If you have arranged your own transport – please take your luggage*

***On behalf of all at Oceanwide Expeditions and all aboard Hondius we thank you for a truly incredible expedition. Safe travels home.***

*Why then do we feel this strange attraction for these Polar regions, a feeling so powerful and lasting, that when we return home we forget the mental and physical hardship, and want nothing more than to return to them?" – Jean-Baptiste Charcot, French Explorer*

## 欢迎登船！

托运行李将会被直接运送到您的房间，请确认您已收到所有行李。如果您的房间内有任何额外的不属于您的行李 - 请通知工作人员。

\*\* 在 5 楼的观景厅有 24 小时免费提供的茶和咖啡 \*\*

±1715 **登船安全说明会** - 请前往 5 楼船头观景大厅参加欢迎登船安全说明会，接着是强制性的安全演习说明会和救生艇弃船演习，每个人都必须参加。

### 救生艇弃船演习

说明会结束后会进行弃船演习，紧急集合警铃会响起，您需要回到房间穿保暖衣服以及房间内的橙色救生衣。所有住在 3 楼（301-337 房间）的乘客请前往紧急集合点 A 也就是 4 层餐厅集合。所有住在 4, 6, 7 楼的乘客请前往紧急集合点 B 也就是 5 楼观景大厅集合。

±1800 **启航**  
在此期间，驾驶室将关闭。

1830 **探险团队介绍和船长欢迎酒会** - 全体船员邀请您前往观景大厅（5 楼船头）参加，酒店经理及探险队长将在此向您介绍船上生活须知以及接下来的行程计划，您也将在此与所有探险队员见面。

1930 **自助晚餐**（4 楼餐厅）

今晚，我们的船将驶向公海，今晚的船只会比较晃 - 请确保您所有物品放在安全稳固位置并在船上行走时要小心，上下楼梯时注意手扶扶梯。对于晕船的乘客，建议您在船进入公海之前，服用晕船药（需付费） - 晚饭后，医生将在 5 楼船头大厅提供帮助。

今日语录

“冒险只是麻烦的浪漫别称”——罗尔德·阿蒙森

- 0745          叫早广播
- 0800-0900    自助早餐（4 楼餐厅）
- 0915          冲锋舟和 IAATO 讲解（强制性，每个人必须参加）请携带房卡以便签到  
IAATO（国际南极旅游组织协会）  
中文讲解地点：5 楼船尾方向演讲厅  
英语讲解地点：5 楼船头观景大厅
- 1100          登山活动讲解 - 请前往 5 楼船头观景大厅，参与由 Jonny、Owain、Gnarly 和 Dave 主讲的登山活动介绍。如果您计划在此次旅途中参加登山活动，请务必参加此强制性讲座，未参加者，之后不能参与任何一次的登山活动。如果您有自己的登山靴，请带上一只登山靴参加此讲座。
- 1200          登陆靴领取 - 我们将按颜色组别广播通知您前往 3 楼领取登陆靴。请带上一双厚袜子以确保靴子合脚！请您注意广播通知。
- 1230-1330    午餐（4 楼餐厅）
- 1400          皮划艇活动讲解 - 请前往 5 楼船头观景大厅，参与由 Nick 和 Alexis 主讲的皮划艇活动介绍。如果您计划在此次旅途中参加皮划艇活动，请务必参加此强制性讲座，未参加者，之后不能参与任何一次的皮划艇活动。
- 1530          露营活动讲解 - 请前往 5 楼船头观景大厅，参与由 Saskia、Valeria 和 Sasha 主讲的露营活动介绍。如果您计划在此次旅途中参加露营活动，请务必参加此强制性讲座，未参加者，之后不能参与任何一次的露营活动。
- 1700          摄影讲座 - 主讲人：Juan 和 Keith  
地点：在 5 楼船头观景大厅
- 1815          每日总结 - 请前往 5 楼船头观景大厅参加由探险队主讲的当日的行程总结。
- 1900          三道式晚餐（4 楼餐厅），请准时前往餐厅用餐。

— “探索是我们的天性，去触及未知的领域。唯一真正的失败，是从未探索。”

——欧内斯特·沙克尔顿

- 0745 叫早广播 – 早安 :)
- 0800 自助早餐 (4 楼餐厅) 享用丰盛的早餐，开始一天的活动
- 0915 **活动报名 (5 楼船头观景大厅)，讲座厅**  
活动报名 - 我们将按**颜色分组**呼叫您前往 5 层甲板的讲座厅，报名参加您计划在南极进行的活动。这些活动包括登山、皮划艇和露营。  
如果您希望参加登山活动，请首先报名该活动。之后，您可以报名参加皮划艇和露营活动。请留意广播通知。
- 1130 **南极地理介绍** - 请前往 5 楼船头观景大厅，与 Sasha 一起了解南极的独特地理。
- 1230 午餐 (4 楼餐厅)
- 1400 **生物安全检查(强制性，每个人必须前往参加)**：我们将按颜色分组呼叫您前往 5 楼船头观景大厅进行生物安全清洁，请携带所有外套、背包、鞋子以及三脚架/登山杖进行清洁和/或检查。请留意广播通知。
- 1630 **南极企鹅 (英文)** - 请前往 5 楼船头观景大厅，与 Lucia 一起聆听她关于南大洋企鹅的讲座。
- 1630 **南极企鹅 (中文)** - 请前往 5 楼讲座厅，与 John 一起聆听他关于南大洋企鹅物种的讲座。
- 1730 **皮划艇装备** – 对于明天早上参加皮划艇活动的人员，请前往 3 楼甲板领取装备。
- 1800 **每日总结** – 请前往 5 楼船头观景大厅参加由探险队主讲的当日的行程总结
- 1900 三道式晚餐 (4 楼餐厅) - 请准时前往餐厅。

*"亲爱的，我觉得你宁愿拥有一头活的笨驴，而不是一只死狮子。"*  
欧内斯特·沙克尔顿爵士在决定距南极点 97 英里返回时对妻子艾米莉说的话。

- 0645 叫早广播 – 早安 :)  
0700 自助早餐 (4 楼餐厅) (请登山成员先用餐)

今天早上，我们计划在**帕拉瓦角**进行登岛和冲锋舟巡游活动。帕拉瓦角是位于**双峰岛**上的一个岩石突出部，是数个帽带企鹅栖息地的家园。**绿色**和**红色**小组将先**登岛**；**黄色**和**蓝色**小组将先进行**冲锋舟巡游**。上午活动进行到一半时，我们将在沙滩上交换，确保**每个人都能享受登岛和冲锋舟巡游的体验**。

- 0730~ **登山参与者**- 请前往 **3 楼前冲锋舟登艇区**准备登山活动 (穿着暖和，防水衣裤，穿上登山靴和救生衣，一切准备就绪下船)  
0805 请**绿组**和**红组**前往 3 楼登艇区准备在帕拉瓦角登陆活动。  
0830 请**黄组**和**蓝组**前往 3 楼登艇区准备在帕拉瓦角进行冲锋舟巡游。

- 0830 **皮划艇参与者**- 请前往 **3 楼前冲锋舟登艇区**

- 1200 午餐 (4 楼餐厅)

今天下午，我们计划在**福音港**进行冲锋舟巡游活动。我们将探索企业岛的海岸以及“**哥伦诺恩号**”沉船遗址，这是一艘捕鲸工厂船，1915 年因起火而在此沉没。

- 1400 **登山参与者**- 请前往 **3 楼前冲锋舟登艇区**准备登山活动 (穿着暖和，防水衣裤，穿上登山靴和救生衣，一切准备就绪下船)  
1430 请**绿组**和**蓝组**前往 3 楼登艇区准备在福音港的冲锋舟巡游。

- 1445 **黄组**和**红组**前往 **3 楼登艇区**准备在福音港的冲锋舟巡游。

- 1445 **皮划艇参与者**- 请前往 **3 楼前冲锋舟登艇区**

- 1815 **每日总结** – 请前往 **5 楼船头观景大厅**参加由探险队主讲的当日的行程总结

- 1900 自助晚餐 (4 楼餐厅)

- 2115+/- **露营第 1 组成员**- 请前往 3 楼冲锋舟登艇区，希望能外出露营成功

0645 叫早广播 – 早安！

0700-0800 自助早餐（4 楼餐厅）（请登山成员先用餐）

今天早上，我们计划在**尼克港**进行南极大陆登陆和冲锋舟巡游活动。这里是一个被高耸的冰川环绕的南极大陆登陆点，拥有南极全景景观，并且是金图企鹅的栖息地。和昨天一样，一半的乘客将首先登陆，而另一半则首先进行冲锋舟巡游，随后进行交换。

0745 **登山参与者**- 请穿好你的装备前往 **3 楼前冲锋舟登艇区**。

0830 **黄组**和**红组**请穿好你的装备前往 **3 楼登艇区**准备在尼克港登陆。

0845 **绿组**和**蓝组**请穿好你的装备前往 **3 楼登艇区**准备在尼克港进行冲锋舟巡游。

0845 **皮划艇参与者**- 请穿好你的装备前往 **3 楼前冲锋舟登艇区**

1230 午餐（4 楼餐厅）

今天下午，我们计划在**布朗站**进行登陆，这是一个南极大陆登陆点，也是一个无人驻守的阿根廷基地。我们还计划提供一次环绕天堂湾的冲锋舟巡游活动。和早上的活动一样，一半的乘客将首先登陆，另一半则先进行冲锋舟巡游，随后进行交换。

1345 **登山参与者**- 请穿好你的装备前往 **3 楼前冲锋舟登艇区**。

1430 **黄组**和**蓝组**请穿好你的装备前往 **3 楼登艇区**准备在布朗站进行登陆活动。

1445 **绿组**和**红组**请穿好你的装备前往 **3 楼登艇区**准备绕奥恩岛进行冲锋舟巡游。

1445 **皮划艇参与者**- 请穿好你的装备前往 **3 楼前冲锋舟登艇区**。

1815 **每日总结** – 请前往 **5 楼船头观景大厅**参加由探险队主讲的当日的行程总结

1900 自助晚餐（4 楼餐厅）

2030 明天的皮划艇出席成，请到 **3 楼前冲锋舟登艇区**领取明天的皮划艇装备

2115+/- **露营**- 请前往 3 楼冲锋舟登艇区，希望能外出露营成功

“企鹅像极了孩子，这些南极世界的小生灵，要么像孩子，要么像老年人，充满了自我重要感总是晚饭迟到，穿着黑色尾礼服和白色衬衫，显得有些庄重。”——阿斯普利·切里-加拉德，英国探险家

今天早晨，我们希望穿越壮观的勒梅尔海峡，这被许多人认为是南极最具摄影价值的航道。大约会在早上 6:30 穿过这条狭窄的航道，您可前往外甲板欣赏高耸的冰川和丰富的野生动物。

0700 叫早广播 – 早安 :)  
0730-0830 自助早餐 (4 楼餐厅) (请登山成员先用餐)

今天早晨，我们计划在皮特曼岛登陆并进行冲锋舟巡游。上岸后，您可以欣赏阿德利企鹅和壮丽的景色；而乘坐冲锋舟时，我们将穿梭于冰山之间，寻找野生动物。与昨天一样，**一半的团队将先登陆，另一半则先进行橡皮艇巡游**，上午中途我们将交换活动顺序。

0800 **登山参与者** - 请穿好你的装备前往 **3 楼前冲锋舟登艇区**。  
0845 **绿色组和红色组** - 请穿好你的装备前往 **3 楼登艇区** 准备，准备在皮特曼岛登陆。  
0900 **黄色组和蓝色组** - 请穿好你的装备前往 **3 楼登艇区** 准备，准备在皮特曼岛周围的海湾进行橡巡游。  
0900 **皮划艇参与者** - 请穿好你的装备前往 **3 楼前冲锋舟登艇区**  
1230 午餐 (4 楼餐厅)

今天下午，我们希望在萨尔佩特里耶湾进行橡皮艇巡游，这是一片位于勒梅尔海峡以南的壮丽“冰山墓地”。请穿戴适当，并做好长时间冰上**冲锋舟**巡游的准备。

1345 **登山参与者** - 请穿好你的装备前往 **3 楼前冲锋舟登艇区**。  
1415 **黄组**和**红组** - 请穿好你的装备前往 **3 楼登艇区** 准备在萨尔佩特里耶湾进行巡游  
1430 **绿组** and **蓝组** - 请穿好你的装备前往 **3 楼登艇区** 准备进行橡巡游  
1430 **皮划艇参与者** - 请穿好你的装备前往 **3 楼前冲锋舟登艇区**  
1815 **每日总结** – 请前往 **5 楼船头观景大厅** 参加由探险队主讲的当日的行程总结  
1900 自助晚餐 (4 楼餐厅)  
2030 明天的皮划艇出席成, 请到 **3 楼前冲锋舟登艇区** 领取明天的皮划艇装备

2115+/- **露营** - 请前往 3 楼冲锋舟登艇区，希望能外出露营成功

“我要出去一会儿，可能需要些时间。”

——英尼斯基林龙骑兵团的 L.E.G. 奥茨上尉。

1912 年 3 月，在从南极点返回的途中，他在暴风雪中自愿走向死亡，以试图挽救陷入困境的同伴。

0715 叫早广播 – 早安 :)  
0730-0830 自助早餐 (4 楼餐厅) (请登山成员先用餐)

我们的早晨将从 UKAHT 在五楼观景大厅的讲座开始。随后，我们计划在 Port Lockroy 邮局进行登陆，并在朱古拉角进行冲锋舟游览，我们希望能看到栖息的金图企鹅和鸕鹚。由于洛克罗伊港的空间有限，每次只有一个颜色组可以登陆参观，剩余的组将进行冲锋舟巡游，之后轮换至邮局参观。接着，我们将在上午后半段对第二组两个颜色组进行相同的安排。请遵循向导的指示。岛上所有购物均仅接受信用卡支付。

0745 登山参与者- 请穿好你的装备前往 3 楼前冲锋舟登艇区。  
0830 洛克罗伊港的讲座 (讲师: UKAHT) (地点: 五楼船头观景大厅)  
0900 请绿组和蓝组前往 3 楼登艇区，一组准备在邮局登陆，另外一组在朱古拉角进行冲锋舟巡游，随后更换双方活动。  
0915 请皮划艇参与者前往 3 楼前冲锋舟登艇区  
1015 请黄组和红组前往 3 楼登艇区，一组准备在邮局登陆，另外一组在朱古拉角进行冲锋舟巡游，随后更换双方活动。  
1200-1300 午餐 (4 楼餐厅)

下午，我们计划在多里安湾进行登陆和冲锋舟巡游活动，这里是达莫伊小屋的所在地，曾是英国南极服务队的“机场”。在这里，我们可以看到金图企鹅，进行一次较长的徒步旅行，并参观达莫伊小屋。

1415 登山参与者- 请穿好您的装备前往 3 楼前冲锋舟登艇区。  
1430 请黄组和红组前往 3 楼登艇区准备奥恩岛进行登陆。  
1445 请绿组和蓝组前往 3 楼登艇区准备准备环绕奥恩岛进行冲锋舟巡游。  
1445 请皮划艇参与者前往 3 楼前冲锋舟登艇区。  
1815 每日总结 – 请前往 5 楼船头观景大厅参加由探险队主讲的当日的行程总结。  
1900 自助晚餐 (4 楼餐厅)  
2030 明日的皮划艇参与者, 请到 3 楼前冲锋舟登艇区领取您明天的皮划艇装备。  
2115+/- 露营- 请前往 3 楼冲锋舟登艇区，希望能外出露营成功

0645 叫早广播 – 早安 :)  
0700-0800 自助早餐 (4楼餐厅)

今天早上，我们计划在丹科岛着陆并进行小型巡游，丹科岛位于埃雷拉海峡 (Errera Channel)，四周被冰山环绕，是多个企鹅群落的栖息地。**绿组**和**蓝组**将先登岛，**黄组**和**红组**则先进行小型巡游。我们将在上午中途交换活动。

0800 **绿组**和**蓝组** - 请穿好你的装备前往**3楼登艇区**准备着陆丹科岛。  
0815 **黄组**和**红组** - 请穿好你的装备前往**3楼登艇区**准备准备在埃雷拉海峡进行小型巡游，环绕丹科岛。  
0815 **皮划艇参与者** - 请穿好你的装备前往**3楼前冲锋舟登艇区**

1200-1300 午餐 (4楼餐厅)

今天下午，我们计划在奥尔内港 (Orne Harbour) 进行着陆和小型巡游。这是一次大陆着陆，拥有美丽的南极风光，并且是约1000只帽带企鹅的栖息地。**黄组**和**红组**将先登岛，**绿组**和**蓝组**组则先进行小型巡游。我们将在下午中途交换活动。

1400 **黄组**和**红组** - 请穿好你的装备前往**3楼登艇区**准备在奥尔内港着陆。  
1415 **绿组**and**蓝组** - 请穿好你的装备前往**3楼登艇区**准备在奥尔内港进行小型巡游。  
???? **皮划艇参与者** - 请穿好你的装备前往**3楼前冲锋舟登艇区**  
1800 **每日总结** – 请前往**5楼船头观景大厅**参加由探险队主讲的当日的行程总结  
1830 自助晚餐 (4楼餐厅)

0645 叫早广播 – 早安 :)  
0700-0800 自助早餐 (4 楼餐厅)

今天早上，我们计划在库弗维尔岛进行登陆和冲锋艇巡游。我们希望在这里欣赏到一座美丽的巴布亚企鹅栖息地。**黄组**和**红组**将首先上岸，**绿组**和**蓝组**将先进行冲锋艇巡游，中途两个活动进行交换。

0800 **黄组**和**红组** - 前往 3 楼登艇区准备在库弗维尔岛进行登陆。  
0815 **绿组**和**蓝组** - 前往 3 楼登艇区准备在埃拉拉海峡环绕库弗维尔岛进行冲锋艇巡游。

1200-1300 午餐 (4 楼餐厅)

今天下午，我们计划在奥恩群岛进行登陆和冲锋艇巡游，这里是多处帽带企鹅栖息地。**绿组**和**蓝组**将首先上岸，而**黄组**和**红组**将先进行冲锋艇巡游。中途两个活动进行交换

1400 **绿组**和**蓝组** - 前往 3 楼登艇区准备在奥恩群岛进行登陆。  
1415 **黄组**和**红组** - 前往 3 楼登艇区准备在奥恩群岛进行冲锋艇巡游。

1815 **每日总结** – 请前往 5 楼船头观景大厅参加由探险队主讲的当日的行程总结。

1900 自助晚餐 (4 楼餐厅)

“有这样的朋友陪伴，无论什么环境，我想都能坚持下去。”  
——安德烈·所罗门，瑞典探险家

今天早上，我们将穿越**海神的风箱**进入欺骗岛，这是一个活火山；推荐您早上**6:30**来到外甲板，欣赏通过火山口唯一开口的壮丽航行。

0615          叫早广播  
0630-0730 **自助早餐（4 楼餐厅）**

今天早上，我们计划将在位于火山口内的捕鲸湾进行登陆活动。在这里，我们将进行一次延伸的徒步旅行。**黄组**和**红组**将先进行登陆活动，**绿组**和**蓝组**进行冲锋舟巡游；随后，我们将在上午的中途活动交换。

在上午活动结束时，直接在岸边，我们将为勇敢的朋友提供一次**极地游泳**体验！如果您想参加此次活动，请您在上午活动出行时，**在最底层穿上泳衣**，再穿上正常外出保暖衣服和防水衣裤，我们将提供毛巾，因此无需携带船舱里的毛巾出行。

0730          **黄组** 和 **红组** - 请您前往 3 楼登艇区准备在捕鲸湾进行登陆活动。

0745          **绿组** 和 **蓝组** - 请您前往 3 楼登艇区准备在岛内进行冲锋舟巡游。

**1200-1300 午餐（4 楼餐厅）**

1315          在餐厅包饺子

下午我们计划登陆南设得兰群岛之一的半月岛，也是阿根廷科研站卡马拉基地的所在地。在半月岛登陆期间，我们可能会看到帽带企鹅以及其他南极野生动物。

1530          **绿组** 和 **蓝组** - 请您前往 3 楼登艇区准备在半月岛进行登陆活动。

1545          **黄组** 和 **红组** - 请您前往 3 楼登艇区准备在半月岛进行冲锋舟巡游。

1840          请您前往 5 楼船头观景大厅参加由探险队主讲的当日的行程总结。

**1900          三道式晚餐（4 楼餐厅）**

2045          请您前往 5 楼船尾**演讲厅**参加由 Juan 主讲的关于他的图片编辑工作室。

没有叫醒服务 – 祝您早上愉快!

0800      自助早餐 (4楼餐厅)

0915-1015    **摄影比赛** – 在我们的旅程中拍摄了令人惊叹的照片吗? 将您最棒的作品提交到我们的摄影比赛! 请前往**图书馆**的咖啡机旁, 提交您的最佳照片给Juan和Keith。

*所有摄影比赛照片将在下午整天展示在5楼船头观景大厅,  
您可以在这里投票选出您最喜欢的照片。*

1030      请加入我们的讲座, 主题是**海冰和冰川冰**。Chris将在**5楼讲座厅**用英语进行讲解, Jerry将在**5楼船头观景大厅**用中文进行讲解。

1200      **防水靴和租赁装备归还** – 我们将按甲板顺序通知您, 将防水靴和任何租赁装备归还到3甲板的冲锋舟登艇区门口

1230      **午餐 (4楼餐厅)**

1400      请加入我们的讲座, 主题是**南极海洋的鲸类**。Charlotte将在**5楼观景大厅**讲解, John将在**5楼讲座厅**用中文讲解。

1615      请加入Meike, 在**5楼讲座厅**参加她关于**南极海洋信天翁及塑料污染影响**的讲座 (讲解语言为英语)

1615      请加入Rose, 在**5楼观景大厅**参加她关于**南极地质**的讲座 (讲解语言为中文)。

1800      **行程总结: 请您前往5楼船头观景大厅。**

1900      晚餐将在**4楼餐厅**供应。

2045      **摄影比赛获奖者公布** – 请加入Juan和Keith, 在**5楼观景大厅**一起揭晓比赛获奖者。

2100      我们将在讲座厅放映电影**《快乐的大脚》Happy Feet**。期间将提供爆米花!

*请在船上走路时慢慢行走, 切勿急躁。时刻保持一只手为自己, 但至少要有手扶稳船。  
关门时请确保门完全关紧, 避免手指接触门框。*

没有叫醒服务 – 祝您早安！

0800          自助早餐（4 楼餐厅）

早餐后，您将在客舱内收到账单。我们将按甲板顺序通知您前往接待处付款，**请留意广播通知。**

1115          南极地缘政治 – 请加入 George，在 **5 楼船头观景大厅** 参加讲座，探索极地政治的奇妙世界以及南极条约的形成（英文）。

1115          Rose 邀请您前往 **5 楼讲座厅**，参加她关于极地探险家夏尔科（Charcot）的历史讲座（中文）

1230          午餐（4 楼餐厅）

1400          Aitana 邀请您前往 **5 楼讲座厅**，参加她关于《海洋如何运动》的讲座。

1400          请加入 Jerry，在 **5 楼船头观景大厅** 参加他关于阿蒙森和斯科特以及南极点竞赛的讲座。

1600          Valeria 邀请您前往 **5 楼船头观景大厅** 参加她的阿根廷马黛茶工作坊。

1815          告别酒会与旅行幻灯片放映 – 请加入船长和探险团队，在 **5 楼船头观景大厅** 为我们的南极之旅举杯庆祝，并观看我们探险的幻灯片。

1900          告别晚宴将在餐厅供应。

请在船上慢慢行走，切勿急躁。始终保持至少一只手扶稳船。关门时请确保门完全关紧，避免手指接触门框。

“海洋，一旦施下它的魔咒，便永远把人囚禁在它的奇妙网中。”  
— 雅克·库斯托 (Jacques Cousteau)



南极大本营  
2024年12月5日，星期四  
离船 - 乌斯怀亚

0715 叫早广播 – 早安 :)

**请您在早上7:30前把绑好行李带的大件行李放在房间门口。在早餐期间，我们会收取您的行李并将其送到码头，届时由您负责识别和领取每件物品。**

0730-0830 自助早餐（4楼餐厅）

**0830-0900 离船 – 请留意广播通知。一旦我们获得当地当局的通关许可，我们将通知您离船。通关完成后，我们将邀请您前往舷梯下船。**

下船后，请从码头识别并领取您的行李，然后：

1. 将行李带入乌斯怀亚，步行进入市区。
2. 将行李放到机场巴士上，并上车。
3. 将行李放入行李卡车中，你可以在14:00之前取行李。
4. 如果您已经安排了自己的交通工具，请带上您的行李。

**谨代表海洋广域Oceanwide探险公司和全体“宏迪斯号”船员，感谢您参与这次真正难忘的探险之旅。祝您一路平安，顺利回家。**

*“那么，为什么我们对这些极地地区会产生如此强烈和持久的吸引力，以至于当我们回到家时，我们会忘记曾经的身心劳累，恍若不见，只想再度回到那里？”——让-巴蒂斯特·夏尔科，法国探险家 Jean-Baptiste Charcot, French Explorer*