



Atlantic Odyssey

Ushuaia, Argentina – Jamestown, St Helena (GB)

23rd March 2025 – 15th April 2025

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 Vargas

and his international crew of 57 sailors

Staff Captain:	Matei Mocanu
Chief Officer:	Igor Nazarov
Second Officer:	Eline Shuurman
Third Officer:	Anar Babaiev
Hotel Manager:	Ingrid Van Der Loo
Head Chef:	Ralf Barthel
Sous Chef:	Donald Rivas Cielo
Ships doctor:	Jaye Martin
Expedition Leader:	Hans Verdaat
Ass. Expedition Leader:	Pippa Low
Ass. Expedition Leader:	Hazel Pittwood
Expedition Guide:	Aitana Forcen Vasquez
Expedition Guide:	Elizabeth Robinson
Expedition Guide:	George Kennedy
Expedition Guide:	William Kennedy
Expedition Guide:	Conrad Glass
Expedition Guide:	Andrew Crowder
Expedition Guide:	Meike Sjoer
Expedition Guide:	Zoy Li
Expedition Guide:	Bob Brown
Expedition Guide:	Nicole Verdaat
Expedition Guide:	Eduardo Herrera
Expedition Guide:	Martin Anstee
Expedition Guide:	Marijke De Boer

WE WELCOME YOU ON BOARD!

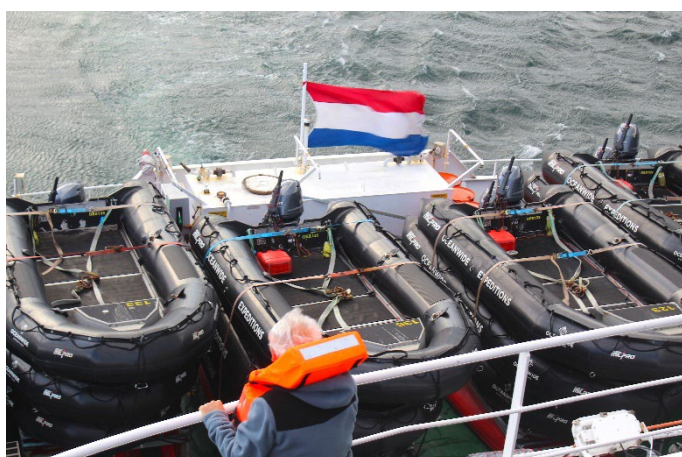
Day 1 – Sunday 23rd March - Ushuaia, Embarkation Day

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

Wind: NW2 • Sea: Calm • Weather: Partly cloudy • Air temperature: +11°C



Our Atlantic Odyssey begins in Ushuaia, the southernmost city in the world, nestled between majestic mountains and the famous Beagle Channel. Having travelled from all parts of the globe, we eagerly boarded Hondius, our state-of-the-art expedition vessel, which would be our home for the next ten days.



Upon arrival, we were warmly welcomed by the expedition and hotel teams, who guided us to our cabins and helped us settle into our new surroundings. This was followed by a mandatory safety briefing in the lounge, where we learned how to wear lifejackets, were introduced to the lifeboats, and had our first interactions with the 174 other guests onboard.

As Hondius slowly pulled away from the dock, it gracefully turned southeast and began its journey along the 150-mile (240 km) Beagle Channel. During this time, we gathered again in

the lounge for the Captain's welcome introduction, accompanied by a celebratory toast to mark the start of our journey.

Next, we met Hans, our Expedition Leader, and her team of expert guides, who shared their knowledge and deep passion for the ocean, it's wildlife and history, sparking excitement for the days ahead.

The day concluded with a delicious buffet dinner in the restaurant, followed by an evening spent outside on the bow and open decks — but not for long. As we sailed further toward the open ocean, with anticipation of the big swell in the coming days, our Doctor, Jaye, shared her



best tips and advice as we prepared for the expected 5-metre waves, making for an interesting start to our expedition!

For safety reasons we stood put in the Beagle channel over night and resumed our voyage early in the morning thus avoiding the worse of the storm ahead of us. High seas are to be expected, let the adventure begin!

Day 2 – Monday 24th March - At sea towards South Georgia

08h00 GPS Position: 55°04.1'S / 065°18.5'W

Wind: SW10 • Sea: High • Weather: Overcast • Air temperature: +6°C



As we left the American continent, bounded for South Georgia we set course south and overnight we started the crossing of the Mar Argentino, the body of water that separates the South American Continent with Isla de los Estados and the Falklands. This is rather an infamous body of water: the area is being constantly punished by strong winds and ferocious swells coming from Cape Horn.



The weather forecast was not very auspicious. We knew we were going to encounter waves at least 5-8 meters high and winds over 50 knots. Consequently we prepared our ship for those conditions and as predicted, overnight we started to feel the wind and the swell. Our ship rocked, pitched and rolled and as we went further east of the continent and we

were awoken occasionally by the violent moves due to the swell.

Our first morning onboard came with various types of weather and through the morning we could enjoy of Sun, rain, fog and wind each following in repetitive patterns.

Immediately after breakfast we had our first presentation. This one under the title of "Birds of the Drake" was presented by Martin, one of our team's ornithologist. In

his presentation he prepared our guests to be able to spot the birds typically seen on this teracheous stretch of water such as numerous shearwaters, petrels, albatrosses and prions.



The presentation ended around shortly before midday. By 12:30 we all enjoyed our lunch on board.



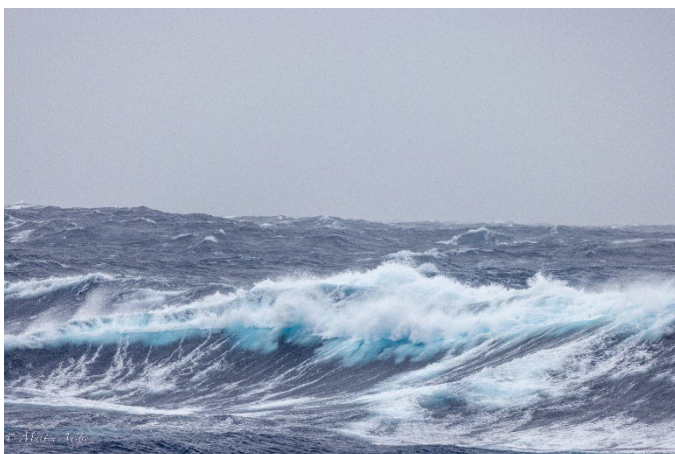
Given the vast expanse of water that lies ahead of us, Aitana armed with the latest knowledge on oceanography, brought a great presentation with the title "Going with the Flow". As the oceanographer on board she described the methods used by scientists to study the ocean currents and how they have managed to find that the water below us circulates. Yes, you read

well. The water of the oceans of the world circulates and mixes at this very spot where we are.

Our session in the afternoon was led by Hazel, who with charm and eloquence gave an introductory talk on cetaceans. With great passion about this topic, Hazel explained in an amenable way the major species of cetaceans that we may encounter along our voyage. She put special attention to explain the major characteristics such as size, colours and biological characteristics of these incredible adapted creatures.



By the end of the day, we had our daily recap. Hans showed us the plans for the next day at sea and the weather, which surprisingly seemed to be better. Our staff surprised our guests with a couple of great stories.



After dinner we had our first meeting in which our experts in cetaceans and birds reunite to discuss the species of animals seen during the day. Led by Andrew and Martin, they managed to present and discuss the types of Albatrosses seen.

As the darkness came, we continued sailing south-east bounded. For a few brief moments we had the chance to

see patches of blue skies above a bank of fog. Some stars shone also briefly, just to disappear into the clouds. We are all so excited and thrilled about what's coming next!

Day 3 – Tuesday 25th March – At sea towards South Georgia

08h00 GPS Position: 55°36.1'S / 056°59.5'W

Wind: NW6 • Sea: Moderate • Weather: Cloudy • Air temperature: +4°C



We had gone to bed the night before expecting a rough, tough night. However, thanks to the skill of Captain Ernesto and his bridge team, many of us enjoyed a relatively peaceful night. We awoke to seas that were still rough, causing us to rock and roll and remembering the 'one hand for the ship' rule. Because of this the decks were closed and so many of us visited the bridge to spot wildlife and look

in amazement at the awesome seas.

Breakfast was, unusually, a plated service for obvious safety reasons but the food was no less delicious. Decks started to open and the wildlife watching began. A call of "Beaked Whale" came over the radio and got us all excited. Only a few people got to see or photograph the animal and the images captured left our whale experts uncertain about what we had just seen! Mid-morning, we had to come inside for our



mandatory briefings on the IAATO code of behaviour in Antarctica and zodiac safety. During our absence a tiny South Georgia Diving Petrel was found stranded on one of the decks; it was collected, assessed for health and released back to the ocean by the Expedition team.



Even with extremely limited space open on Deck 5, Martin, one of the Expedition Guides, was able to spot a group of approaching Hour-glass Dolphins amongst the waves and even managed some photos. After lunch we collected our muck boots from the stores and then made our way to the lounge with all our

outdoor kit to be inspected under the biosecurity protocol, so vital for the protection of the extremely sensitive environment of South Georgia that we would be privileged to visit in the next few days.



Back outside, the number of open decks began to increase and so did the number of bird species. Kerguelen and Grey Petrels were excellent finds, as was a Great Shearwater. Wandering, Southern Royal and Grey-Headed Albatross were joined later in the afternoon by our first

Light-mantled Albatross.

The evening started with a recap of the day's activity and the plans for tomorrow, followed by two short presentations from the Expedition Team. The conditions were still rough, so dinner was served in two sittings. After that many of us met in the lecture room for the daily wildlife review where, amongst other images, Martin was able to share his Hour-glass dolphin photos with those who weren't lucky enough to be outside at that time.



Day 4 – Wednesday 26th March, At sea towards South Georgia

08h00 GPS Position: 55°05.8'S / 045°52.1'W

Wind: SW8 • Sea: Very Rough • Weather: Overcast • Air temperature: +5°C



Our day started grey and overcast, with a heavy sea running, that kept Hondius pitching and rolling. Of necessity our dining arrangements were rather constrained, but everyone was in good heart, and even within the observation lounge we had some good sightings.



Eventually it was possible to open the decks to a limited extent, safety always being paramount, and outside were greeted with a brisk wind of 1°C whilst the sea was a reported 6°C. Nonetheless visibility was good and soon the sightings were coming in, hourglass dolphins, black bellied and Wilson's petrels, soft plumaged petrels, and even the occasional king

penguin out foraging, probably from South Georgia.

Inside, there was a diverse range of lectures. Pippa gave a lecture on the pinnipeds (seals) of Antarctica and the southern oceans, and this was followed by Will with a lecture on the heroic Tom Crean, in many ways regarded as the right hand man for Ernest Shackleton.

With our onward easterly progress, we entered a new time zone, with clocks being advanced by one hour. Naturally this shortened the afternoon somewhat, but we put it to good use. George gave an introductory talk on photography, and as



the weather eased further, deck 5 was opened on the more sheltered port side, giving spectacular views as the remaining swell from the storm continued to drive Hondius forward. More birds made their appearance, including a wonderful show of no less than five light mantled albatross together, wheeling over the turbulent sea.



We put the evening to good use, our recap considering the hydrography of the Antarctic convergence which we are approaching, and the intricacies of the South Georgia flag and crest which features reindeer, an anachronism from before they were removed from the island. After dinner Andrew gave a talk summarizing the

identification features of prions which are pesky things to sort at the best of times, followed by Martin discussing the distinguishing features of soft plumaged petrels and Kerguelen petrels.

Day 5 – Thursday 27th March – At sea, towards South Georgia

08h00 GPS Position: 55°05.8'S / 045°52.9'W

Wind: SW8 • Sea: Rough • Weather: Partly Cloudy • Air temperature: +2°C



Our fourth day at sea brought a welcome sense of calm after a wild night on the Southern Ocean. Winds had reached up to 70 knots and waves towered at nearly 9 meters, rocking the Hondius through the darkness. By morning, though still rolling, the sea began to settle, offering us a chance to catch our breath and dive into a full day of activities.



The expedition team delivered a brilliant lineup of lectures, keeping us engaged and excited for what lies ahead. Andrew kicked things off with a fascinating overview of the penguin species of South Georgia, painting a vivid picture of the kings, gentoos, chinstraps, and macaronis we hope to see soon. Then Aitana took us on a journey through sea ice and icebergs, explaining how these frozen giants form, drift, and eventually shape the ecosystems they pass through. Elizabeth followed with an insightful talk on the conservation of whales, shedding light on the recovery of these majestic animals and the ongoing threats they face.

Martin and George hosted a hands-on smartphone photography workshop, proving that you don't need a giant lens to take great photos. From composition tips to light tricks, they showed us how to make the most of the cameras in our pockets. Who says you need a massive setup

to capture magic?

The Traveler's Century Club members on board had a chance to meet and connect during a casual meet-and-greet session, swapping stories and ticking off yet another remote destination on their impressive travel lists.

Just when we thought the day couldn't get any better, the bridge team surprised us all. They adjusted our course to bring us up close to a piece of ice that had broken off iceberg A23a, one of the world's largest icebergs, which recently drifted and lodged on the continental shelf of South Georgia.

To add a touch of old-school exploration, the officers broke out a sextant to calculate the height of the ice wall. After taking multiple measurements and doing the math, the estimate came in at an astonishing 55 meters tall, a wall of ice taller than a 15-story building, floating silently beside us. The ship eased closer, and for a few moments, it felt like we were in another world. You could hear the waves crashing against the ice, and the cold wind radiating off its surface cut through even the thickest layers.



As the sun began to set, we gathered in the lounge for our daily recap, where the expedition team shared exciting plans for tomorrow's arrival in South Georgia. Spirits are high and cameras are ready. The day closed, as always, with the daily species list, recapping our sightings and giving us a moment to reflect on the incredible diversity of life already encountered on this voyage.

Tonight, we go to sleep with the promise of adventure just over the horizon. South Georgia awaits.

Day 6 – Friday 28th March – Fortuna Bay and Grytviken

08h00 GPS Position: 54°10.4'S / 036°79.1'W

Wind: NNE2 • Sea: Slight • Weather: Partly Cloudy • Air temperature: +4°C



The morning of March 28th was filled with long awaited excitement and the feeling of success. Hondius left Ushuaia five days prior and finally reached South Georgia after a few tough days at sea with challenging swell and wind conditions. For some, this Oceanwide Atlantic Odyssey trip had been years in the making and the moment has finally arrived. After the wake-up call from Expedition Leader

Hans, guests onboard were provided with their first breath-taking views. Views of snow-capped mountains, jagged peaks towering over the shorelines, giant seabirds soaring effortlessly on our leeward, and marine life energetically leaping through the waves almost as if to welcome our arrival. Views, which some of us regard as our favourite place on earth.

We started our first South Georgia expedition day at Fortuna Bay. The name originating from one of the first whaling vessels Carl Larsen brought with him to the island to commence the bustling whaling industry. This sorrow past of South Georgia whaling would be discussed often in the days to come with plans to visit Grytviken in the afternoon, another old whaling station.

However, this morning was not about the whales, it was about the penguins. For most, today was their first time ever seeing Southern elephant seals, Antarctic fur seals, and perhaps the most important, king penguins! Fortuna Bay is home to one of the largest king penguin colonies and it is a spectacle everyone must see. We landed all guests in the morning with over three hours to walk amongst the wildlife.



The king penguin colony is situated at the back of the wide glacial out washed plain, which houses beautifully braided streams lacing from the sea to König Glacier. Not only is the colony

a sight for our eyes but also our ears! The sound of hundreds of king penguins of all ages could be thought as the symphony of South Georgia; spectacular! Fortuna is not only to be enjoyed from the land but also from the water. We dropped zodiacs in the water and had a short cruise along Whistle Cove, which offered a different perspective from the water. The young and rambunctious fur seal and king penguins had a peculiar curiosity towards the zodiacs which was simply a delight.



Above us towered the peaks of Breakwind Ridge, in front of us a plethora of species went about their daily lives, and below us kelp strongly hung onto the seabed floor while it swayed side to side with the constantly moving current. Although king penguins were the main attraction, other species we had the pleasure of seeing during the zodiac cruise and landed

included: gentoo penguins, light-mantled sooty albatross, snowy sheathbill, brown skua, elephant seals and fur seals. After taking the zodiacs back to the ship we indulged in a delicious lunch as the ship transited to Cumberland Bay towards our afternoon landing, Grytviken.



Once we were in position, just off King Edward Point, we brought on representatives from the South Georgia government and the British Antarctic Survey. They checked to make sure our biosecurity requirements were being fulfilled and gave a presentation about the whale research they are conducting. We were happy to hear the ship received 100% on our biosecurity;

thank you to all the guests for cleaning their gear so diligently!



Next, we headed to shore to explore Grytviken, encounter the wildlife and learn about its troubled past. It is an old whaling station, which is open to visitors to walk around the buildings and get a feel for what life was like back then. Tens of thousands of whales were caught out at sea and brought to shore here to be proceeded and sold for parts. It is a tragic history, and the feeling of sadness is undeniable when onshore at

Grytviken. Guests also could explore the museum and the post office, sending numerous of post cards back home for friends and family. However, for some, the previous whaling was not the most important piece of Grytviken's history. It is significant because is the location where Shackleton is buried. At the cemetery, guests were able to toast 'the boss', Shackleton where he is laid to rest and pay their respects.

Despite an ugly history, it is a beautiful place. The shoreline is littered with playful fur seal pups desperately chasing their mothers asking for food, endemic pintail ducks, as well as the towering peaks of Mt Duse, Mt Hodges, and Brown Mountain situated around the bay protecting this significant place. What a fantastic first day on South Georgia and an undeniable happiness for the ability to land twice today. The evening was spent looking through photos from the day, trying on fun souvenirs from the post office shop, and charging camera batteries in preparation for what was in store tomorrow!



Day 7 – Saturday 29th March – Cooper Bay and Larsen Fjord

08h00 GPS Position: 54°62.6'S / 035°94.2'W

Wind: NNE6 • Sea: Slight • Weather: P.Cloudy • Air temperature: +2°C



Bright and early on this second day, we rose to meet second and last day in South Georgia! We have little time and much to see!



The day was shy, overcast, and took time to warm up to our presence. Gold harbour was to be our destination this morning. We stood on deck, on this true Antarctic morning, our fingertips slowly numbing as they were kissed by the fresh morning breeze. The sight of this place took over all senses, the thousands of penguins and

the overhanging glacier overlooking the lagoon. But it was not to be, as the waves were surging heavily on the shore, this made our chances of landing null. Hans and captain Ernesto took the wise decision to not waste more time and head due south for a more promising adventure.



We set sail as soon as the expedition team were back on board and made our way to Cooper bay. After a couple of hours on the move this welcoming bay offered sunshine and calm seas, along with breathtaking landscapes and dense wildlife.

Boarding the zodiacs for a cruise we were taken on a tour of wonders. We got to see two new species of penguins today! The chinstrap and their elegant stroll were gathered on their beach making sure the pebbles were all in order. On the other side of the bay were the Macaronis! The charismatic small angry looking penguins were delivering once again with their punk hairstyle and funny ways. Between both colonies we encountered not one but four leopard seals! A lucky shot as they are usually shy and keep to themselves.

We made a small transit to Larsen fjord where we took another zodiac ride in this narrow and mysterious channel. As we made our way in the scenic gateway, a large white glacier crowned with heavy grey clouds loomed over us. In the Fjord were many seals, we came upon an all blonde female, a rare sighting and a Weddell seal!



As we got back on board Ingrid and the hotel team welcomed us with a serving of hot chocolate on the bow as our wildlife list kept growing when a southern right whale made an unexpected appearance.

It was a short but delightful time we had in South Georgia, now let us set sail north

towards the immaculate Gough Island!



Day 8 – Sunday 30th March – At sea towards Gough Island

08h00 GPS Position: 52°50.5'S, 031°55.6'W

Wind: NW5 • Sea: Calm • Weather: Foggy • Air temperature: +2°C



The weather has certainly been kind to us! For a sea that has proved to us to have a rather stormy reputation, it was wonderful to wake up to a gently rolling ocean, patches of fog, occasional early sunlight and an overcast sky. Common diving petrels, Wilson's and Black-bellied Storm-petrels and frequent Soft-plumaged Petrels were accompanying the vessel. Some excitement occurred when the first Sooty Albatross appeared from the fog!



After the usual delicious breakfast our brains were fed too: William started, with a heroic talk on Amundsen, explaining more about his life and what a true Polar professional he was. Pippa followed shortly after with a talk about the History of Whaling in South Georgia and the harsh conditions those early whalers

had to work in and just why and how whale numbers started to tumble so fast and why some species are still not recovered nowadays.

In the meantime, Hondius continued to make good progress, clocking about 11 knots, traveling on a roughly northeasterly course towards Gough Island. The sky became a little less obstructed by fog and the sea assuming a deep grey, but conditions remained settled. A few

A photograph of a Brown Noddy swimming in the ocean. The bird is brown with a white eye and a long, dark beak. It is surrounded by blue, wavy water. The copyright notice "© Marijke de Boer" is visible in the bottom left corner.

© Marijke de Boer

With another recap and delicious dinner behind us, most of us headed back up to the lounge to celebrate with a glass of bubbles our 100% pass score in our biosecurity checks in South Georgia. Well done! The alcohol also helped to get us in the spirit for the South Georgia Heritage Trust (SGHT) Auction, which was brilliantly hosted by our auctioneer, George. With many items up for auction, we managed to raise over £1000 for SGHT and contributed nicely to the excellent work SGHT are doing in South Georgia.



Day 9 – Monday 31st March – At sea towards Gough Island

08h00 GPS Position: 49°37.2'S, 025°43.1'W

Wind: NW5 • Sea: Moderate • Weather: Foggy • Air temperature: +7°C

Despite the warming temperatures (sea 9°C, air 7°C), dense fog persisted throughout the day. But that didn't stop our activities on board, improving both our minds and bodies!

Even before the indulgences of breakfast, Elizabeth was leading a group of folks exercising, we hope vigorously, and perhaps shaking off some of the calories consumed in the previous days. Then, after breakfast, Nicole gave a talk about her experiences aboard the German icebreaker Polarstern, and subsequent work at the Neumayer station in Antarctica, both very important projects advancing our knowledge of Antarctica's environment. This was then followed by George giving a lecture on the complex geopolitics of Antarctica, the territorial competition between nations, and the Antarctic Treaty whereby such claims have been suspended for the term of the Treaty. We can only hope it will be renewed.



With visibility so poor, there were few sightings of wildlife but we did our best. There were various sightings of Wilson's and black-bellied storm petrels, Atlantic and soft-plumaged petrels, and several hourglass dolphins were seen. The only whale to be surely spotted was a Sei.

After lunch, Bob gave a talk exploring the intriguing differences and similarities between the Arctic and the Antarctic, through their origins, culture, and natural history. Then Hans held a detailed briefing about our activities on Tristan, the nature of the small harbour, the various activities of interest to be had on the island and the booking arrangements.

Finally, after dinner, the evening's wildlife roundup took the form of a photo show with contributions from many of our passengers, led by Andrew and Martin, offering identifications and various pithy comments!

Day 10 – Tuesday 1st April – At sea towards Gough Island

08h00 GPS Position: 46°48.9'S, 020°58.0'W

Wind: N7 • Sea: Moderate • Weather: Foggy • Air temperature: +8°C



This morning we woke to an increase in temperature, both air and sea temperatures were at 10°C which was a great sign as we travelled further north east. Sadly, for the wildlife watchers this temperature increase was accompanied by more fog.



After another very tasty breakfast Bob treated us to the first of his lectures on the islands of the south Atlantic. We barely had time to go and look at the fog before Marijke gave a fascinating introduction to the little-known world of beaked whales. So little is known of these species that any records and especially photographs help to increase our global understanding of these

elusive creatures.

Just as lunch started the fog cleared to reveal the horizon and a blue sky, a very welcome change from the last two days, with that came our first Spectacled Petrel, a largely brown bird but with a large, conspicuous white ring around the eye. This got all the birders excited, for some it was a short lunch and straight back out to see more birds and the hope of whales or dolphins. A few more new species for the trip were seen across the afternoon along with the fog that drifted in and out as we progressed.



During the afternoon Conrad gave us an insight into Gough Island and its wildlife followed by Eduardo, our resident astronomer, who gave another amazing lecture on sky charts and other aids to enjoy the night sky.

Before we knew it, it was time for recap and then another very enjoyable dinner from the galley team.

Dinner was followed by the wildlife meeting and in a departure from the norm, Elizabeth told us about the sea stars that live for a hundred years in South Georgia followed by Nicole who presented and explained all about the plants of the same islands.

Day 11 – Wednesday 2nd April – At sea towards Gough Island

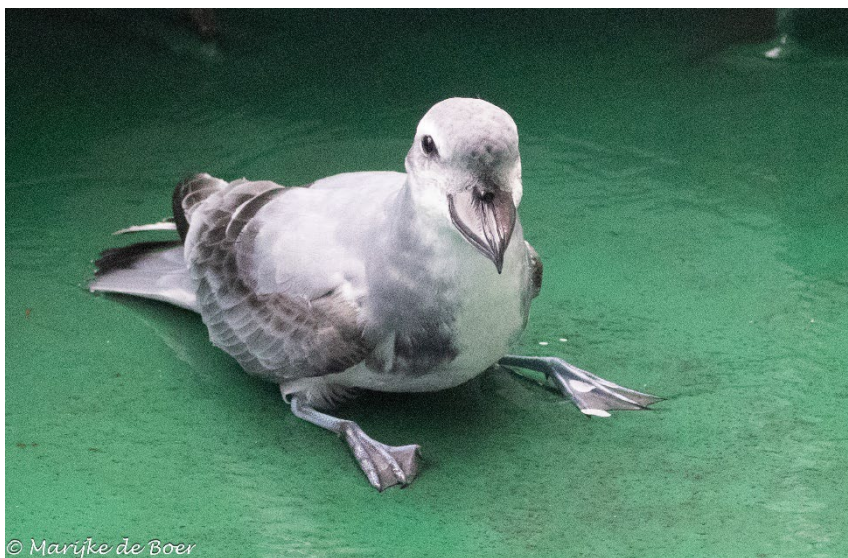
08h00 GPS Position: 43°48.5'S, 015°27.5'W

Wind: SSW • Sea: Moderate • Weather: Overcast • Air temperature: +10°C



The fog is with us yet again. The long foggy slog, playing tricks on our minds making time long when on deck but thankfully we are racing our way to Gough thanks to favorable currents and winds and our expedition team has prepared a series of activities to keep us well entertained.

Bob started in the morning with his Krill lecture, highlighting the essential role of these tiny organisms play in the balance of our planet. Antarctic krill are crucial to the Antarctic ecosystem as a keystone species, forming the base of the Southern Ocean food web and serving as a primary food source for numerous marine animals, while also playing a vital role in carbon cycling.



Early in the afternoon our Chef Ralf invited all passengers to the dining room for a dumpling making afternoon. Our Chinese black belt dumpling making passengers took the lead and invited those for whom it was the first time and all together shared this staple of Chinese culture. In fact, making and eating dumplings (jiaozi) is a

significant tradition, particularly during the Lunar New Year, symbolizing wealth and prosperity due to their shape resembling ancient gold ingots.

The dumpling making was followed by Crafternoon!! Aitana inviting those creative ones for a time where one can create, while sipping on a warm drink and talking and dreaming together.

At 4pm Elizabeth talked to us about Right whales. After spending two years on a yacht researching the impact of human activity on their population north Atlantic right whales face many threats, including entanglement in fishing gear, vessel strikes, climate change—which may alter their migratory patterns and feeding areas—and the impacts of ocean noise on their ability to communicate, find food, and navigate.

Throughout the day, birds and marine mammals gave us the show they could on account of the challenging visibility. A pod of southern long finned pilot whales payed us a visit along with many birds and sub Antarctic fur seals. A few landed on deck and we had the opportunity to see them up close.



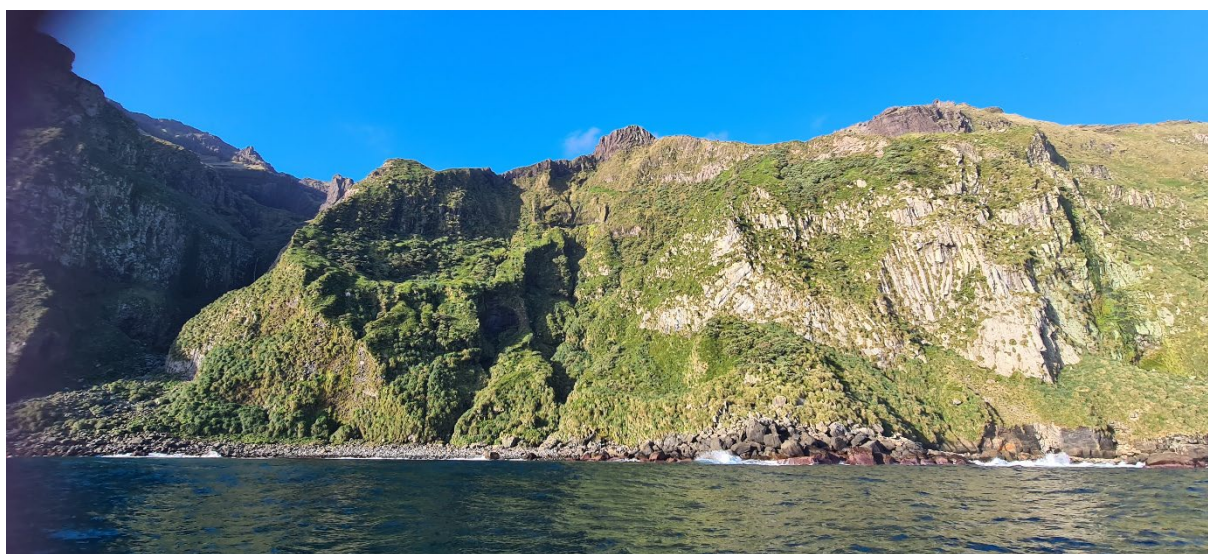
Day 12 – Thursday 3rd April – Gough Island

08h00 GPS Position: 40°31.9'S / 009°93.5'W

Wind: SSE6 • Sea: Moderate • Weather: Overcast • Air temperature: +12°C



We were awakened gently at 07.30 by Hans's call announcing that we were still a little away off Gough Island. So began a rather windy but memorable day experiencing the drama and wildlife of this remote and (apart from a weather station) uninhabited island.



With the wind in this direction, it clearly made good sense to find more sheltered conditions on the west facing coast of Gough, and this worked well. Initially it still looked very fresh but as Hondius neared the shores, off about a mile, it was very settled. So after an early lunch we

soon went out with the zodiacs, whilst Tristan albatross's and Great Shearwaters circled around us, we boarded zodiacs to explore. Our explorations spread between Gaggins point and the appropriately named Saddle Island, a stretch of mountainous cliffs covered in tussock grasses, with many high waterfalls tumbling into the sea. Low clouds swirling around the peaks added to the feeling of drama and mystery but the sun gave such beautiful light!

There were hundreds if not thousands of sub-Antarctic fur seals howling around the boulders, their calls echoing off the cliffs. We also had the pleasure of seeing numerous northern rockhopper penguins in small colonies dotted up the lower slopes, whilst our birders managed to get good sightings of the endemic Gough bunting/finch.



Finally, after two hours of investigating all the corners and inlets below the cliffs, we made our way back to Hondius – a lively passage as the swell was building significantly, even in this sheltered spot.



Our late afternoon was spent circling further around Gough Island. We had excellent views of the main bird species, following and circling the ship, including storm petrels and great shearwaters. We also got good views of the numerous offshore rock outcrops rising precipitously above the waves, a truly heroic scenery. Then, as we cleared the northern point of the island, the course was adjusted, and Hondius set her bow towards Nightingale Island, and Gough gradually disappeared into the clouds and mist far behind.

Day 13 – Friday 4th of April – Nightingale Island

08h00 GPS Position: 35°25.1'S / 012°28.4'W

Wind: NE3 • Sea: Slight • Weather: Foggy • Air temperature: +15°C



Today felt like stepping into another world. We landed on Nightingale Island, a place so wild and untouched it felt like *Jurassic Park on steroids*. From the moment we arrived, we were surrounded by countless albatrosses, soaring and nesting so close we could hear the whoosh of their wings and the clatter of their beaks. The air was thick with the sound of seabirds, a living symphony of calls, cries, and wingbeats.



The Atlantic fur seals lounged across the shoreline, some curious, others dozing. The island itself was steep, muddy, and raw, and the hike to the top was a slippery challenge, but absolutely worth it. From the summit, the island's wild heart was on full display.

We also had the rare chance to visit the small vacation settlement for the locals on Tristan, offering a glimpse into life on one of the most remote inhabited islands in the world.

The day began foggy and mysterious, the island shrouded in low cloud. But as the day

unfolded, the sky cleared, revealing Inaccessible Island in the distance and Tristan da Cunha peeking through the clouds.

This was no ordinary landing, the last time Oceanwide Expeditions made it ashore here was in 2016. Nearly a decade later, being here again was a true privilege. A reminder of how remote and unpredictable these opportunities can be.



We spent the entire day on the island, immersed in its wild energy. And just when we thought it couldn't get better, the sunset lit the sky on fire, casting a golden glow over cliffs, birds, and sea. A surreal ending to a day we won't soon forget.

Day 14 – Saturday 5th April – Tristan Da Cunha

08h00 GPS Position: 37°10,5'S / 012°27.2'W

Wind: SSE • Sea: Slight • Weather: Overcast • Air temperature: +20°C



Today we arrived at the beating heart of this remote Island group. As we rose from our rest and gazed out through the early morning mist, we observed this tiny community come to life - locals emerging from their homes and beginning their daily routines. About 250 people live in the settlement, charmingly named Edinburgh of the Seven Seas, and today, we get to walk its streets, meet its people, and explore the rugged landscape they call home.

We started the day early, fuelled by another wonderful breakfast from our galley team and aided by a sandwich or two stashed for later. Then, after customs clearance, we zipped ashore

aboard our flotilla of zodiacs, landing on the small stone dock and finally setting foot upon the most remote inhabited island on the planet— a tiny green speck in the vast Atlantic Ocean. Fortunately, the sea was calm, and the approach to the island was stunning—sheer cliffs, rolling green hills, and the unmistakable silhouette of the volcano that reshaped this place back in 1961.

Once on land, groups split off for various adventures. Some headed out on a walking tour up to the volcano site, passing the Traditional Thatched House Museum, a tiny but heartfelt tribute to the island's past. It was surreal to stand where the eruption had once driven every resident off the island—only for them to return, rebuild, and carry on.

Others explored the road west toward the Potato Patches in

search of the rugged western coastline and, for a lucky few, the endemic Moorhen. The potato



patches is a quirky collection of buildings, where islanders tend to their crops and spend time at their rustic holiday huts. It's a windswept, peaceful patch of land that says a lot about the Tristanians' relationship with nature.



In the afternoon, we wandered the quiet streets of Edinburgh of the Seven Seas, where kids waved as we passed and laundry flapped in the breeze. The post office was a hotspot—not just for postcards and stamps, but for chatting with locals. Some of us visited the school, others went fishing or enjoyed a round of golf, and a few partook in a local pint or

two at the Albatross bar.

Finally, our wonderful day at Tristan came to an end as the last zodiacs whisked us back aboard Hondius where we shared stories and photos as we enjoyed a glorious barbeque on the outer decks prepared by our incredible galley team. It's hard to describe the feeling of spending time in such a remote and resilient community, where life moves at its own pace and every face you meet has a story worth hearing.



As we reflected on our time at this beautiful island, it was clear the Tristan was no longer just a dot on a map, but a cherished memory for us all.

Day 15 – Sunday 6th April – Inaccessible Island

08h00 GPS Position: 37°30.4'S / 012°67.3'W

Wind: SW4 • Sea: Calm • Weather: Overcast • Air temperature: +20°C



Today was a proper expedition day during our Atlantic Odyssey trip! We had made up some hours while underway from South Georgia to the Tristan archipelago and luckily had those hours to spare today. The plan was to spend all day near Inaccessible Island in attempt to get off the ship for a zodiac cruise or a landing. A landing has not been successfully done in over 10 years, which meant slim chances, but it was still exciting to be there and assessing conditions.

Inaccessible Island is an extraordinary uninhabited oceanic island that has remained relatively undisturbed and therefore has special conservation significance. It is home to many species, including endemic species, meaning they are only found on this specific island. It boasts three endemic subspecies, one endemic land bird, and eight endemic plant



species. It is also the only place where the Spectacles Petrel breeds, a species we have enjoyed for many days throughout this voyage. Inaccessible Island, as well as Gough Island, make up the Tristan Endemic Bird Area and are designated UNESCO World Heritage Sites. Inaccessible Island is one of the few oceanic islands with no introduced mammals or other invasive species, meaning for our wildlife hobbyist onboard, this was a special site to see.

After assessing conditions, it was decided that a zodiac cruise would go ahead! Our deck team lowered the zodiacs into the water, our expedition team put a driver in each boat and headed to the gangway to collect their passengers. We had about 2.5 hours on the water to cruise in amongst the kelp



beds and soaring steep cliff sides. The shorelines were littered with animal life, both marine mammal and birds. The young fur seal pups played in the water, zooming in and out of the kelp forest playground; whilst the finches and thrushes effortlessly glided from one rock to the next. The chance to see these endemic species is incredibly special for all!



After the zodiac cruise and we were all back onboard, our bridge team navigated us around the island to see the remarkable shoreline, towering cliff sides, and crashing waterfalls. A plethora of birds flocking were seen as well as a few sharks! The feeling of being in a warmer climate and

heading for the tropics was clear.

In the early afternoon we say farewell to Inaccessible and headed for Tristan. We had to sadly say goodbye to Kieran and Trsiton, two local boys from the conservation group who had joined us onboard for the last two days. They were integral in helping our operations and we all send a big thank you to them! The lovely people of Tristan sent out a boat to collect them and we all waved goodbye to these beautiful islands. The ship turned it heading north bound and we started our journey towards St. Helena. Thank you Tristan da Cunha for such a warm welcome to your beautiful home!

Day 16 – Monday 7th April – At sea towards St Helena

08h00 GPS Position: 35°33,0'S / 011°47.7'W

Wind: NW5 • Sea: Slight • Weather: Overcast • Air temperature: +20°C

Behind us lies Tristan da Cunha, one of the most remote and isolated inhabited islands in the world. Ahead of us lies an enormous distance, more than 2400 km which can be translated into about 6 days at sea. As we entered lower latitudes, we started to enjoy of better weather conditions and the day started with a spectacular sunrise. The horizon had plenty of cumulus clouds and we could spot some cirrus clouds above as well. Conditions seemed to be perfect for observing the sky later in the night.



Shortly after the first rays of the Sun illuminated the vast ocean and our small ship, our expedition leader woke up the ship with his traditional call. Shortly after, our team of sports led by Elizabeth and Aitana started their session of morning stretching/dancing and yoga in our lecture room. This was followed by breakfast in the dining room.

Immediately after breakfast we had the first presentation of the day. We have the privilege of having on board Conrad Glass, one of the inhabitants of Tristan da Cunha and today's morning, Conrad presented the film "The Forgotten Island; Life on Tristan" in the lecture room. Most of our passengers came to watch the film which was commented later by Conrad.

In the second half of the morning, Bob one of our marine biologists, presented the final part of his series of lectures about the Atlantic islands. With the title The Atlantic Islands - Gough to Ascension, Bob gave a comprehensive overview of the geological and ecological history of these places. He described the volcanic origin of all these islands and the unique flora and fauna that populate them.

Aiming to prepare our guests for the days coming ahead, Ingrid our Hotel Manager meet all the guests that will leave the ship in Santa Helena. Here she describe the disembarkation procedures, the setting of their accounts and what to expect from the service on board upon arrival.

At noon, and after all these presentations, we all enjoyed lunch on board.

After lunch, our expedition staff led by Hans, Hazel and Pippa organised a quick meeting to present the tours and excursions available during our time at Santa Helena. They took their time to explain some of the tours in the town of Jamestown, some of the excursions inland and some of the excursions offshore.



Eduardo continued with this workshop during the second half of the afternoon. In today's presentation he finished the description of the Solar System and the details on how to observe the planets in the sky.

By the end of the day, we had our daily recap. At this moment of the day the spirits were high and everybody on board enjoyed a magnificent sunset. The skies cleared up and the night was optimal for stargazing. Dinner was announced and quickly everybody joined the dining room shortly after 19:00.

Our last activities of the day were two offers. The first one consisted of enjoying live music in the library. This serenade was orchestrated by our guide Will who not just sings but plays the guitar very well. The second activity was stargazing, an activity offered by Eduardo who invited all passengers to join him in deck 8. For all the ones interested into astronomy this was a special night since it was the first time we could watch the stars during our trip. For the first time in our trip, and despite the crescent Moon, we could contemplate the brightest stars in the sky Sirius and Canopus, as well as the southern constellations of the Southern Cross,

Centaurus, Carina and Eridanus. We could also see other constellations such as Orion, Scorpio, Virgo, Leo among others.

As the night went through we continued sailing north bounded. Illuminated by the Moon, we sailed into the vastness of the South Atlantic Ocean.

Day 17 – Tuesday 8th April – At sea towards St Helena

08h00 GPS Position: 31°13,6S / 010°31.1'W

Wind: NW4 • Sea: Slight • Weather: Partial Cloud • Air temperature:

What a beautiful day! The Southern Ocean showed its calm side today, with the sun shining brightly over the ship. We started the morning with Elizabeth leading a stretching session on deck 7. The turnout was fantastic, and we all got our bodies moving with some warm-up stretches, a lively Zumba session, and a bit of meditation to center ourselves for the day ahead.



Just before breakfast, we were treated to something truly special—a pod of sperm whales swam very close to the ship. The sight of these magnificent creatures just off our bow was a moment to remember. Everyone scrambled to the outer decks with cameras in hand to catch a glimpse. It felt like a magical way to kick off the day, and the excitement lingered as we made our way to breakfast.

The sea was calm, and the temperatures were just right for enjoying the outer decks. It wasn't quite warm enough for shorts yet—still a bit of chill in the air—but the fleece and pants were perfect for the conditions. We were moving through the Southern Ocean, and though the waters were relatively smooth, there was still a sense of adventure in the air, knowing we were so far from land.

As the day rolled on, we had our second sea day, which meant it was time to return our muck boots and red bags. It felt like another small milestone as we prepared for the days ahead. The ship's atmosphere was relaxed, but there was a lot to look forward to, including a variety of lectures delivered by our expert staff.



Aitana kicked things off with her fascinating talk, “Does Planet Earth Have a Heart?” She dove deep into the formation of deep ocean water and the critical role Antarctica plays in the global oceanic system. Hazel followed with her own lecture, titled “Sperm Whale: The Living Submarine,” where she shared insights into the behavior and biology of these remarkable animals we had just encountered.



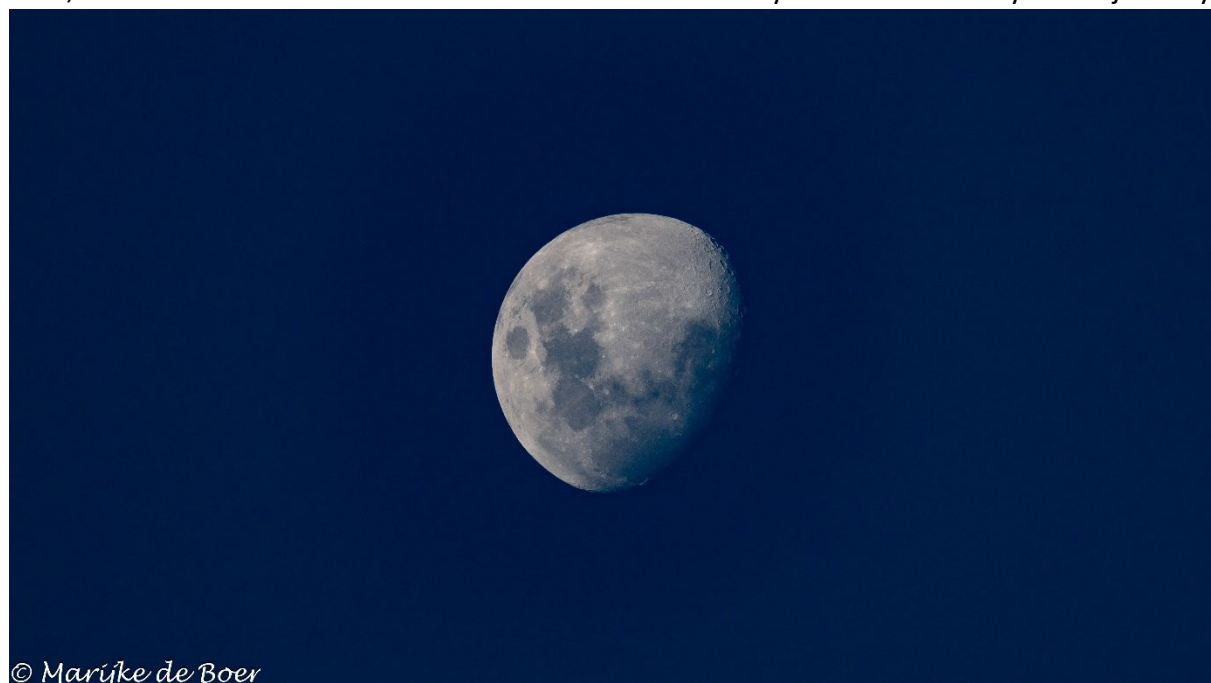
The birdlife today was sparse, but the Spectacled Petrels kept us company, gliding alongside the ship in perfect formation. Some even came close enough to deck 7 for a clear view, making it feel like we were part of their journey across the ocean.

In the afternoon, the St Helena tour sign-ups opened at the reception, and it really got us all excited for what's to come. We're getting closer to our next island destination, and the anticipation is building. Conrad also delivered a fascinating lecture on the Shipwrecks of Tristan da Cunha, sharing stories of maritime history that piqued everyone's interest.

Later, as we reached the evening, the Southern Ocean gifted us with a breathtaking sunset. The colors spread across the horizon, and we gathered on deck to take in the view, knowing this was a moment we would all remember.

Dinner, as always, was a highlight of the day. Chef Ralf and his talented galley team never disappoint, serving up delicious dishes that kept us all satisfied and smiling. Afterward, we had our first clear night with hardly any clouds—perfect conditions for stargazing. Eduardo guided us on deck 8, using his green laser to point out the Southern Cross. It was a peaceful and mesmerizing way to wrap up the day, surrounded by a sky full of stars and the vastness of the ocean beneath us.

Today felt special. It's hard to describe, but there's something about being here in the Southern Ocean, traveling with such a unique group of people, and enjoying the incredible atmosphere onboard. We're all looking forward to our next destination—St. Helena—but for now, we're content with the beauty of today's journey.



Day 18 – Wednesday 9th April – At sea towards St Helena

08h00 GPS Position: 27°13,3'S / 009°29.6'W

Wind: NE3 • Sea: Slight • Weather: Overcast • Air temperature: +25°C



The day dawned with a spectacular sunrise, bright Venus heralding an orange then golden glow across the horizon, until finally the sun burst through, warming all the cabins (at least on the starboard side of the ship!) And with it came sightings of flying fish, tropicbirds, signs of our approaching the tropics themselves, whilst we also had the last few spectacled petrels, representatives of the colder southern oceans. Our air temperature was now 21°C whilst the sea was now a balmy 25.5°C.



The day's events started hilariously with Andrew's lecture on the weird, wonderful, and extremely competitive world of birders, and the different species of birder, and why they compete and hate each other so much. By the end of the talk he had insulted pretty much all our guests who enjoyed the performance enormously. This was

followed by Eduardo's second workshop on the solar system and its planets. Everyone had been greatly enthused by a visit to deck 8 the previous night, where the planets and many stars were on full view.

The afternoon gave an insight into the mysteries of the catering system on Hondius, which is a remarkable phenomenon in its own right, most of the provisioning having been acquired in

Ushuaia and required to last and maintain a very high standard through the entire voyage. Nobody better to deliver this than Ralph and Ingrid who manage the system. Judging by the number of questions at the end it certainly met with lots of interest.

Later, George gave a lecture on the intricacies of UNCLOS, the over-arching international legislation that governs nations' activities on the open (non-national) seas, highly relevant to our position out on the open ocean, with Africa some thousand or so miles to the east. George was followed by Conrad talking about the impact of the new airport on Saint Helena, and the shift away from the regular visits of the supply ship.

After dinner a grand bingo session was held in the lounge, with prizes and popcorn no less! And whether you won something or not, fate was in the stars, so a final flourish to the day was Eduardo leading another expedition to deck 8 to explore the mysteries of the firmament.



Day 19 – Thursday 10th April – At sea towards St Helena

08h00 GPS Position: 23°09,8'S / 008°33.6'W

Wind: NE3 • Sea: Calm • Weather: Clear • Air temperature: +25°C



Today was a day full of surprises, with calm waters and plenty of wildlife to keep us all engaged. We woke up to a gentle, peaceful morning as we continued our journey through the southern waters. The day started off quietly with just a few birds in the sky, but things got more exciting as the day went on.



The day began with Martin's lecture on the birds we hope to see now that we're in warmer waters. His presentation, titled '*Boobies, Noddies, and Friends,*' was an insightful introduction to the seabirds in the region, from the distinctive boobies to

the charming noddies.

Later, Meike gave a compelling presentation on the *Endemic Flora of St. Helena*, focusing on the recovery efforts of the National Flower of the island. Her talk helped us appreciate not just the beauty of the flora but also the ongoing conservation work happening there.

As the day progressed, we had the opportunity to join Chef Ralf for a delightful *dumpling-making workshop*. It was a fun, hands-on experience in the dining room, with many participants trying their hand at this culinary art.

In the afternoon, the *Mini-Lecture series* offered a variety of fascinating talks. Pippa shared the mesmerizing sounds of *Humpback Whale Songs*, while Marijke's talk on *Expecting the Unexpected When at Sea* kept us all on our toes. George offered a fascinating glimpse into the world of whaling with *The Last Whaler*, and Hazel's lecture on *Marine Mammal Diving Adaptations* deepened our understanding of these creatures' remarkable abilities.



Of course, there was also time for wildlife sightings. We encountered something truly unique — dolphins before lunch, and then during the meal, a group of cuvier's beaked whales appeared very close to the ship. A pod of about 30 Short-finned Pilot Whales swam near, gliding effortlessly through the water. The crew made the decision to divert and turn the ship for a better view. It was a thrilling sight, and everyone rushed to the decks with cameras in hand, trying to capture the moment. For some, it was their first time seeing such a large group of whales, and the excitement was palpable.

In addition to the whales, we were lucky enough to spot a shark in the water, its fin cutting through the calm surface. It was a brief but thrilling encounter, reminding us of the diversity of marine life in these waters.

As the day wound down, Eduardo's *Astronomy Workshop* offered a new perspective on the night sky, focusing on *Asteroids, Comets, and Other Minor Objects of the Solar System*. His engaging session sparked curiosity and wonder about the universe.

The evening brought us a stunning sunset, with the sky lighting up in flaming reds and oranges, reflecting off the calm waters in front of the ship. It was one of those sunsets that seemed to stretch forever, drawing everyone outside to take in the beauty of the moment.



Afterward, the usual recap session with the expedition team gave everyone a chance to share stories and reflect on the day's highlights. Dinner followed, where we all sat down to enjoy another fantastic meal together.

Conrad hosted a *'Rockhopper Copper' Book Sale and Signing* in the library after dinner, where he signed copies of his book for eager guests.

To wrap up the day, we joined the Expedition Team for a *Wildlife Roundup/Listing* in the lecture room, where we went over the species we had spotted. If conditions allowed, Eduardo offered a final touch to the day with some stargazing on deck 8.

It was a day filled with wildlife sightings, captivating lectures, hands-on activities, and stunning views. A day of unique wildlife sightings, breathtaking scenery, and a calm, peaceful atmosphere. We're all feeling lucky to be experiencing this journey together, and with St. Helena just around the corner, the adventure continues!

Day 20 – Friday 11th April – At sea towards St Helena

08h00 GPS Position: 19°19,2'S / 007°40.9'W

Wind: NE4 • Sea: Calm • Weather: Partly cloudy • Air temperature: +25°C



As day dawned several of us had got up extra early in to meet Eduardo in the hope of being able to observe Mercury & Venus before the sunrise. Being the brightest (small) object in the sky we were easily able to pick out Venus during a small break in the clouds. Unfortunately, we were not so lucky with

Mercury, which was the big prize. Hey ho! – try again early tomorrow. As a kind of reward, the following sunrise was another stunner.

Once again there was broken cloud and a stiffish breeze which was disturbing the water and would prove challenging in the hunt for finding cetaceans. And so it proved with no significant sightings all day. Perfect weather, however, for the exercise group out on Deck 6 aft where Elizabeth put us through our paces – to work up an appetite for the next meal that comes around without fail!!

Inside Marijke introduced all the different species of Flying Fish – who knew there were so many? The animals themselves were increasingly being seen around the ship as we headed north in warm waters. Eduardo presented his latest workshop - this one of



his favourite subjects of the NASA Voyager missions. Later, Conrad rounded off the day's lecture programme with an introduction to St Helena – holiday island.

Outside conditions remained a little challenging and the birds were mostly remaining stubbornly distant. Nonetheless we managed to add Leach's Petrel, Cory's Shearwater and

White Tern to our growing list of new species. Bulwer's Petrel was probably the most common sighting.

And so to the evening when, after dinner, all of us who were disembarking in St Helena joined the Captain for his farewell to us, along with a glass of bubbly to say 'Cheers' to a fantastic



voyage. We then were treated to a fabulous slide show from George which took us back all the way to Ushuaia and swept us to the present day with stunning images that will fuel our memories forever.

Day 21 – Saturday 12th April – Arrival at St Helena

08h00 GPS Position: 15°31,3'S / 006°47.7'W

Wind: SE3 • Sea: Moderate • Weather: Overcast • Air temperature: +26°C

“Courage isn't having the strength to go on - it is going on when you don't have strength.”

— Napoleon Bonaparte

With these words of wisdom from the controversial great Napoleon Bonaparte we approach the Island that was his cell for the last six years of his life. Condemned to spend his last years looking at the endless horizon that pans out in any direction you look in.



But before we set eyes on this rock lost in the middle of the Atlantic, this haven of hope for lost mariners with its lush vegetation and exotic flora and fauna we sail through the warming waters over the mid Atlantic ridge and gaze on the wonders it offers.



Edu started the day with a lecture about astronomer Edmund Halley and told us about his fabulous life. Halley is famous in his own right for analyzing the orbits of comets, which he showed to be elliptical and periodic. Halley's Comet returned, as he predicted, in 1758, 15 years after his death and will return next in 2061! From an

observatory he constructed on Saint Helena in 1676–77, Halley catalogued the southern celestial hemisphere and recorded a transit of Mercury across the Sun.

Shortly after George and Hazel invited us for a mini lecture series about whaling and marine mammal diving adaptation.

After a succulent lunch we headed out under the beating sun as we witnessed the shape of land upon the horizon. St Helena was there shrouded in a light cloud mantle, like a promise come true here she was. Promising fresh food, smiles and laughs, drinks and stories and a bunch of new memories.



As she grows ever bigger we notice the birds rapidly growing in number, surrounding the ship were numerous boobies, noddies and terns accompanying us towards their home as if proud to have new visitors to whom to show off their home.

Along with the bird, numerous dolphins passed by us, purposing playfully through the air and for many making dreams come true.



When arriving on St Helenas shores we notice its hazy ground but soon it gives way to a lush interior, like an invitation with a paradisaical quality.

As we sailed along we soon notice a large gap in the hillside with many yachts moored. Jamestown appeared slowly to us safely nestled in St Helenas bosom. This scenic colonial village

will be our home for the next three days!

Day 22 – Sunday 13th April – St Helena

08h00 GPS Position: 15°92,3' S / 005°71.7'W

Wind: SE3 • Sea: Calm • Weather: Partly cloudy • Air temperature: +26°C



We woke this morning to the magnificent view of Jamestown and St Helena. This was our first full day on this magical Island. It was very warm with broken cloud and sunny spells.

For some we were out on deck before breakfast taking in the views and looking for whatever wildlife was about near the ship.

During breakfast the expedition team were already out preparing the quayside for our days activities. We were given the opportunity to make a packed lunch as

many of us would be away from the ship for most of the day with the various activities and excursions.

After breakfast zodiacs were ready to take us ashore for the various walking tours of the town and the countryside. The historical tour was fascinating, the other walks out into the countryside allowed some of us to stretch our legs. Some decided to just explore alone.

There was a sad moment when we had to say goodbye to a few of our fellow guests who were due to fly out that afternoon.

A large group of birders went out to search for the Wirebird, the only remaining endemic St Helenian bird. The last census in 2024 suggested that there are around 600 individuals in the wild. It is a small, long legged plover that breeds on the grassland around the island. They were more than happy when they returned to town having found several individuals.

Some of us were taken out on a boat trip where we were lucky enough to have great views of dolphins and some of the birds on the cliffs.



After the morning activities a few came back to the ship for lunch after a busy morning but others stayed on shore. After lunch more walks took place as well as another boat trip and the first snorkellers went out on their trip. The snorkellers had the great fortune to get into the water with a whale shark! What a fabulous experience for everyone and some described it as a life changing event!! The whale shark was so confiding that even those of us on the boat trip managed to also get into the water with it.

At the end of the day, dinner was served on the back deck by way of a sumptuous BBQ with free drinks. Some of us elected to go back into town afterwards making use of the evening zodiac shuttles to enjoy the nightlife of Jamestown. Everyone was safely back on board by 11pm after a very busy day.

Day 23 – Monday 14th April – St Helena

08h00 GPS Position: 15°92,3' S / 005°71.7'W

Wind: SSE4 • Sea: Moderate • Weather: Overcast • Air temperature: +23°C



Another day in Saint Helena with a day full of activities or just chilling out to enjoy a walk around town. Most of us started the day with the Island's Highlight Tour. The tour took guests through Jamestown and wove in and out of the lush green countryside taking time to note the historic points around every corner. Some of the stops along the way included Napoleons Tomb, although Napoleon himself was removed from the site in 1840 and returned to France, the Longwood House, one of the most iconic Napoleonic museums in the world, and the Plantation Grounds, which surrounds the Governor's residence.

After the bus tour, guests were able to have lunch onboard or to head to Anne's place for a cheeky pint and a delicious burger, and some sat in the Castle Gardens.

After lunch some of us visited the Plantation House which is the Governor's Home. We also met up with Jonathon the famous (and very large) tortoise who lives on the grounds.

He has an enormous area to roam, has several tortoise friends to keep him company and also keeps the grass trimmed as an added benefit. He is the islands oldest resident a great addition to the grounds of Plantation house. Here, the Butcher and his wife who are buried in the grounds have interesting headstones.





Others went on a snorkeling trip to swim with the mighty and beautiful Whale Shark! In the mid-afternoon the Photography Storm-Petrel Zodiac cruise started and we headed out to search for seabirds. As we approached the small islands we found mating green turtles! Just a bit further offshore from the islands, we switched off our engines

and simply drifted peacefully with the currents while we could photograph noddies and Saint Helena's Storm-petrels. On our way back to the vessel, we were accompanied by rough-toothed dolphins who were bow-riding our zodiacs.

The day was not over yet! Once back onboard, it was time for a BBQ. A big thank you to our head chef and galley crew for preparing a tasty BBQ evening onboard and for hotel department provided the free drinks and music for our evening dinner!



Day 24 – Tuesday 15th April – St Helena, Disembarkation day

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

Wind: NW2 • Sea: Calm • Weather: Overcast • Air temperature: +12°C

We heard Hans' gentle Dutch accent for the last time as he delivered the wake-up call. At 7:30am, we placed our suitcases outside the cabin and headed to the amazing buffet breakfast for one final feast. This trip has been truly unforgettable, exceeding all expectations. Leaving the ship was a bittersweet moment, but we're hopeful that one day we'll return for another adventure. After bidding our final farewells to the incredible staff and crew, we stepped off the ship and into the wide world, ready to take on whatever comes next.



Total distance sailed on our voyage: 4312 nautical miles

Southernmost position: 54°83.8'S, 035°91.6'W (Drygalski Fjord)

On behalf of Oceanwide Expeditions, Captain Ernesto, Expedition Leader Hans Verdaat, Hotel Manager Ingrid and all the crew and staff of M/V Hondius, it has been a pleasure travelling with you.



South America

Africa

South Atlantic
Ocean

Jamestown
Santa Helena
April 12, 2025

Edinburgh of the Seven Seas
Tristan da Cunha
April 5, 2025

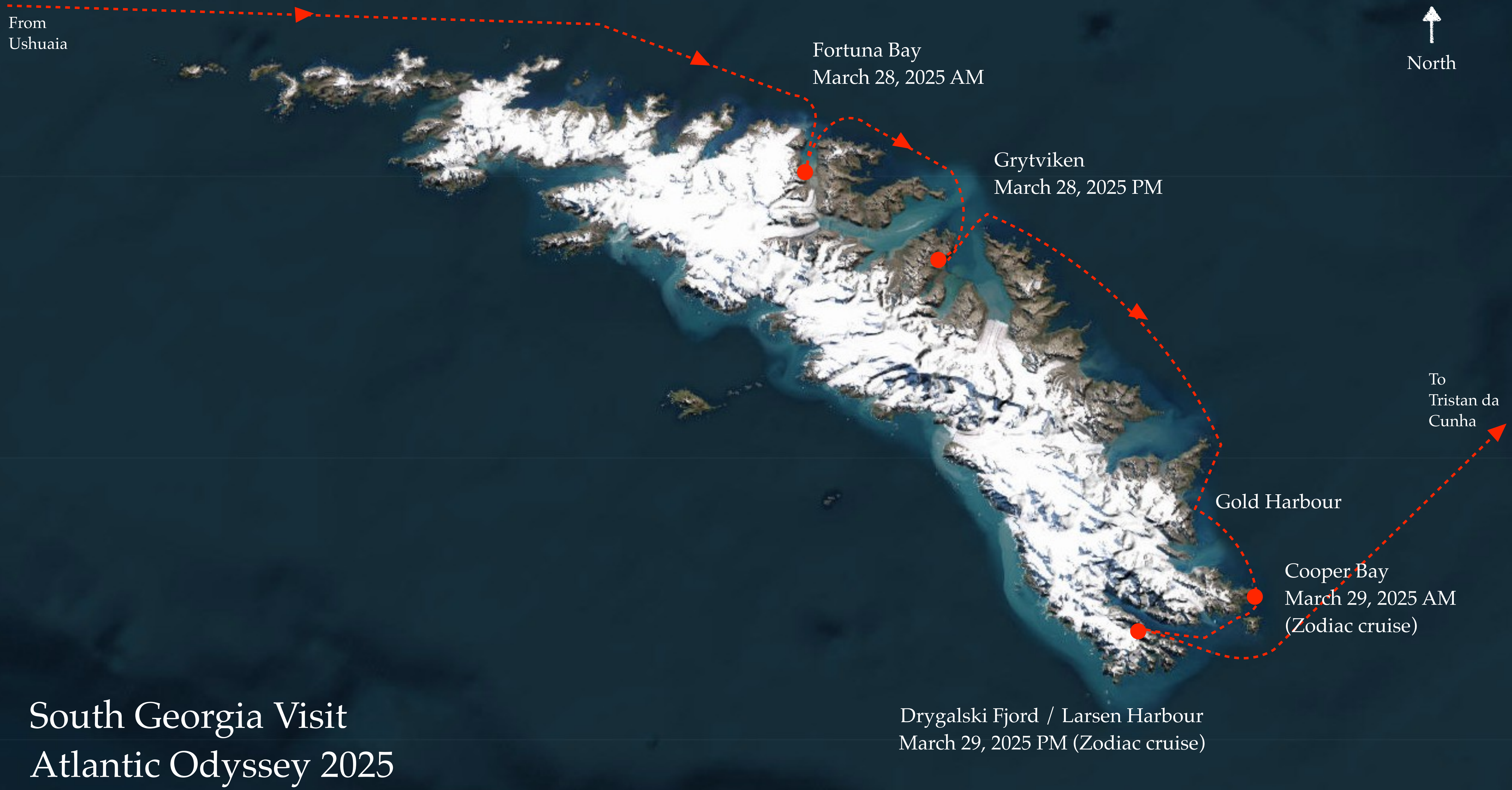
Ushuaia, Argentina
March 23, 2025

Grytviken, South Georgia
March 28 - 29, 2025



General Map
Atlantic Odyssey 2025

500 km



From
Ushuaia

North

Fortuna Bay
March 28, 2025 AM

Grytviken
March 28, 2025 PM

To
Tristan da
Cunha

Gold Harbour

Cooper Bay
March 29, 2025 AM
(Zodiac cruise)

Drygalski Fjord / Larsen Harbour
March 29, 2025 PM (Zodiac cruise)

South Georgia Visit
Atlantic Odyssey 2025



General Map
Tristan da Cunha Group (I)
Atlantic Odyssey 2025



To Santa Helena

Tristan da Cunha
Edinburgh of the Seven Seas
April 5, 2025

Inaccessible Island
April 6, 2025

Nightingale Island
April 4, 2025

From Gough Island

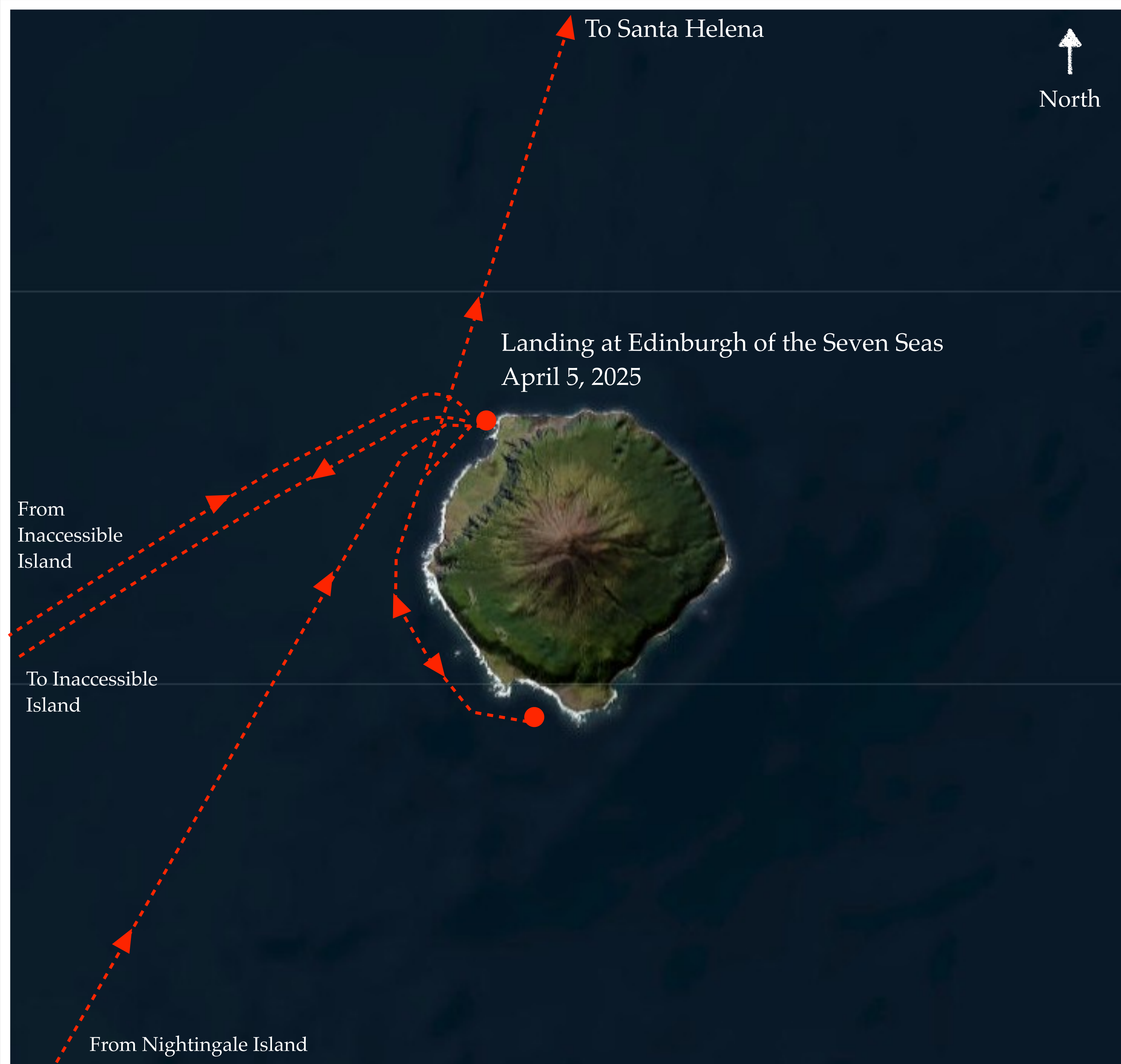
General Map
Tristan da
Cunha
Group (II)
Atlantic
Odyssey
2025



Gough Island
Atlantic Odyssey 2025



Nigthingale Island
Atlantic Odyssey 2025



Tristan da Cunha Island Atlantic Odyssey 2025



Inaccessible Island
Atlantic Odyssey 2025



Santa Helena Island
Atlantic Odyssey 2025

Birds species of the Southern Atlantic Ocean - IOC specieslist - Atlantic Odyssey 2025

[illegible]

[illegible]

[illegible]

Mammal fauna species of the Southern Atlantic Ocean

Marine mammals	23-mrt	24-mrt	25-mrt	26-mrt	27-mrt	28-mrt	29-mrt	30-mrt	31-mrt	1-apr	2-apr	3-apr	4-apr	5-apr	6-apr	7-apr	8-apr	9-apr	10-apr	11-apr	12-apr	13-apr	14-apr	15-apr
1 South American Fur Seal - Arctocephalus australis																								
2 Antarctic Fur Seal - Arctocephalus gazella					X	X	X	X	X															
3 Subantarctic Fur Seal - Arctocephalus tropicalis										X	X	X	X	X	X									
4 South American Sea Lion - Otaria flavescens																								
5 Leopard Seal - Hydrurga leptonyx							X																	
6 Weddell Seal - Leptonychotes weddellii							X																	
7 Crabeater Seal - Lobodon carcinophaga																								
8 Southern Elephant Seal - Mirounga leonina						X	X																	
9 Reindeer - Rangifer tarandus																								
10 Southern Right Whale - Eubalaena australis							X																	
11 Northern Minke Whale - Balaenoptera acutorostrata																								
12 Antarctic Minke Whale - Balaenoptera bonaerensis																								
13 Sei Whale - Balaenoptera borealis									X															
14 Bryde's whale - Balaenoptera edeni																								
15 Blue Whale - Balaenoptera musculus																								
16 Fin Whale - Balaenoptera physalus					X			X																
17 Humpback Whale - Megaptera novaeangliae							X																	
18 Pygmy Right Whale - Caperea marginata																								
19 Dwarf Sperm Whale - Kogia sima																								
20 Sperm Whale - Physeter macrocephalus					X											X								
21 Southern Bottlenose Whale - Hyperoodon planifrons			X																					
22 Blainville's Beaked Whale - Mesoplodon densirostris																								
23 Gervais' Beaked Whale - Mesoplodon europaeus																			X					
24 Strap-toothed Whale - Mesoplodon layardii																								
25 Shepherd's Beaked Whale - Tasmacetus shepherdi																								
26 Cuvier's Beaked Whale - Ziphius cavirostris																			X					
27 Short-finned Pilot Whale - Globicephala macrorhynchus																			X		X			
28 Long-Finned Pilot Whale - Globicephala melas											X													
29 Killer Whale - Orcinus orca																								
30 False Killer Whale - Pseudorca crassidens																								
31 Melon-headed Whale - Peponocephala electra																								
Marine mammals	23-mrt	24-mrt	25-mrt	26-mrt	27-mrt	28-mrt	29-mrt	30-mrt	31-mrt	1-apr	2-apr	3-apr	4-apr	5-apr	6-apr	7-apr	8-apr	9-apr	10-apr	11-apr	12-apr	13-apr	14-apr	15-apr
39 Pygmy Killer Whale - Feresa attenuata																								
40 Peale's Dolphin - Lagenorhynchus australis																								
41 Commerson's Dolphin - Cephalorhynchus commersonii																								
42 Common Dolphin - Delphinus delphis																								
43 Hourglass Dolphin - Lagenorhynchus cruciger		X		X	X			X	X															
44 Dusky Dolphin - Lagenorhynchus obscurus																								
45 Southern Right Whale Dolphin - Lissodelphis peronii																								
46 Risso's Dolphin - Grampus griseus																								
47 Pantropical Spotted Dolphin - Stenella attenuata																				X	X	X	X	
48 Clymene Dolphin - Stenella clymene																								
49 Spinner Dolphin - Stenella longirostris																								
50 Rough-toothed Dolphin - Steno bredanensis																							X	
51 Common Bottlenose Dolphin - Tursiops truncatus																							X	

[illegible]

Hans Verdaat – Expedition Leader



Hans his fascination for nature and traveling has been present all of his life. From a young age on he has been a birder and fascination with the polar regions caught him during one of his birding travels to the North of Norway. After his study Coastal Zone Management he started working on the Dutch island Texel as a field researcher for the marine research institute of Wageningen University. In his research he specialises in seabirds and marine mammals.

Since 2004 he has participated in scientific research projects in the Antarctica, Caribbean, West-Africa,

Spitsbergen and European waters. He has always been fascinated with the polar regions and has participated in several scientific expeditions both to the Arctic and Antarctic.

In 1999 he started working as a (birding) guide. The last years he has combined his research job with guiding & expedition leading for Oceanwide Expeditions.

In his free time Hans is a keen nature photographer and an active member of the team supporting the international development of the citizens science platform [Observation.org](https://www.observation.org)

Hans speaks: English, Dutch & German

Pippa Low – Asst. Exp. Leader



Pippa has worked as a marine guide and skipper for 10 years, primarily in Scotland, Australia, New Zealand and the polar regions. A marine scientist specialising in marine mammal research and conservation, she splits her time between the hemispheres, and loves showing the public the marine world and all it has to offer.

Growing up on the coast of the incredible Moray Firth sparked a love for the marine world and its inhabitants. Spending every spare minute in, on or under the water; professional life reflected this love from a young age, becoming an

instructor in various marine disciplines and going on to study Marine biology at university in Scotland, then later, Australia.

Upon completion of her degree, Pippa has worked as a marine mammal observer, scientific diver and research assistant on various research projects; including photo ID, migration, distribution and behavioural studies on a range of marine mammals. She has developed a keen interest in marine mammal conservation through outreach and research.

After working in the Ross Sea region of Antarctica as a research assistant, she fell in love with Antarctica. Pippa now works as a full-time guide and assistant expedition leader in both the Arctic and Antarctica. In-between seasons, she still finds time to work on research projects.

Hazel Pittwood –Asst. Exp. Leader



Hazel grew up in the county of Dorset on the South coast of the UK. A childhood spent pond dipping, bug hunting and exploring the countryside and coast nurtured her love of the natural world.

She has worked in practical conservation and community engagement roles for a variety of habitats, including heathland and coastal nature reserves. Hazel also has experience surveying rare protected species and is a trained wildlife rescue volunteer and marine mammal medic.

Whilst she is broadly learned about the natural world, Hazel has specialised in marine mammals and seabirds since 2014. At that time, she began volunteering as a marine mammal and seabird surveyor, collecting sightings data regarding these animals for UK based conservation charities. In 2017 she worked on a passenger ship travelling between the UK and Spain across the Bay of Biscay for six months, delivering talks and leading wildlife watching sessions out on deck.

Hazel has been working as a guide and lecturer on cruise ships for over three years. This role has taken her to Norway and Svalbard, Iceland, Alaska, Canada, the Faroe Islands, the Canary Islands, the Caribbean and Central America. She is a World Cetacean Alliance certified responsible whale watching guide, championing the highest standards of wildlife experiences.

The polar regions host an incredible diversity of seabird and marine mammal species, and Hazel looks forward enhancing your encounters with these incredible animals with her knowledge, skills and enthusiasm.

Aitana Forcén-Vázquez – Exp. Guide



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.

Elizabeth Robinson – Exp. Guide



Elizabeth was born and raised in Minnesota, a state in the middle north of the United States. Minnesota is known for having over 10,000 lakes and nature around every corner; something she took full advantage of growing up. Before the age of eighteen, Elizabeth travelled to all fifty US states, and became a Junior Park Ranger at over thirty National Parks.

She graduated with a Bachelor of Arts in Mammalogy, accompanied by additional degrees in Psychology, English Writing and Environmental Studies. Her undergraduate research focused on

African elephants and squirrels. Recently, she graduated from the University of Bristol (UK) with a Master of Science degree in Global Wildlife Health and Conservation. Her dissertation focused on cetacean conservation and understanding how policy is integrated within conservation efforts.

Elizabeth has lived and studied whales in many places such as Hawaii, British Columbia, Alaska, Norway, and the UK. She has previously worked as an orca kayak guide, a snorkel guide in Hawaii, a wildlife documentary co-producer, and a marine mammal researcher. She has spent the last eight years studying species such as orcas, humpback whales, right whales, porpoises, and pinnipeds. She is passionate about cetacean conservation, specifically endangered species. Elizabeth is very proud to have recently received her United States Coast Guard 100-ton Master Captains license and sailboat endorsement! She currently calls both the US and the UK home and is happiest at sea.

George Kennedy – Expedition Guide



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!

William Kennedy – Expedition Guide



William was brought up in the west coast of France in an Irish household. From a very young age he travelled to visit relatives on the emerald isle and the bug for discovering other cultures and lifestyles caught him.

Curiosity brought him all over Europe, working as a farmer in Iceland, building cabins in the Pyrenees, bartending in Scotland, carpentering in Norway and becoming a kitchen chef in Sweden.

While living yet another adventure on the remote archipelago of Svalbard, he discovered the polar world and its famous adventurers.

He since then has been sailing the Arctic and Antarctic waters, blending his passion for history, storytelling, and travel by shining the light on unsung polar heroes, events and adventures.

When not on the ships he lives in Malmö, Sweden where he found a place to call home. Hiking and sailing are his main past times along with playing rugby and ice hockey, depending on the season.

Conrad Glass – Expedition Guide



Born on Tristan Da Cunha, Conrad is now the Inspector of Police/Immigration and Search and Rescue on the Island. He became a Police Officer in 1986 and undertook training on St Helena and in the UK. A part of Conrad's job on Tristan was carrying out Conservation work, surveys and census of the Rockhopper Penguins and Fur Seals in the Tristan da Cunha archipelago. In 1995 Conrad became the Visits Liaison Officer for visiting Cruise ships, helping to guide and land passengers at Nightingale and Inaccessible islands. In 2004 Conrad wrote a Book titled the "Rockhopper Copper" (his nickname on the island

about the history, lifestyle, and his work seen through his family's eyes.

He is also one of the co-authors of the books "Penguins their world their ways" and "Albatrosses their world their ways". In 2009 Conrad was awarded the M.B.E (Member of the British Empire) by Her Majesty Queen Elizabeth 2nd for services to the Tristan community. His interests in conservation have led him to work as an expedition guide, and he is currently writing another book about Tristan titled (Reports of Rockhopper Copper)

Andrew Crowder – Expedition Guide



Andrew is an experienced naturalist with a life long history of observation, study and sheer enjoyment of wildlife. His interest in natural history started as a young boy watching birds and they remain his first passion. Focusing mainly on Western Palearctic species, he has travelled extensively and accrued a wealth of knowledge. As part of that journey of discovery, he has also developed self-taught skills in wildlife photography.

Andrew has always been drawn to the sea and is a CMAS Class 2/BSAC qualified Advanced Scuba Diver; he has had the privilege of experiencing incredible marine life which few others get to see. Time spent exploring the underwater world helped spawn his other main interest: cetaceans. Andrew has over twenty years of experience with these amazing animals, undertaking scientific surveys and guiding on cruise ships in UK, European and Polar waters.

Andrew recognizes the powerful emotional reaction in humans when they have amazing wildlife encounters. He uses his knowledge and enthusiasm to help more people share such inspirational experiences and thereby promote the conservation of our precious natural world.

Meike Sjoer – Expedition Guide



Meike Sjoer, a dedicated birder, nature enthusiast, and polar expedition guide, has spent her life immersed in the beauty of the natural world. Growing up in the heart of the Dutch forest, Meike developed a profound love for nature from a young age, a passion that would shape her extraordinary journey as a birder and wildlife explorer. She holds a Master of Arts from the University of Utrecht. During her studies Meike discovered a natural inclination towards sharing her wildlife experiences with others.

For the past 26 years, she has devoted her talents as a television director for the Dutch National Television. In this role, she dedicated herself to directing programs that involved stories of nature, wildlife, and environmental conservation. Meike's talent for filming and editing led her to directing the renowned Dutch National Wildlife television program *Vroege Vogels* for the past 15 years. Beyond her television work, Meike is a certified nature guide for the Dutch Institute for Nature and Education. When she is not sailing across polar waters, she takes great pleasure in guiding birding and wildlife tours within the second largest National Park of the Netherlands.

Additionally, driven by her deep concern for the well-being of our planet, Meike was part of the Sea Shepherd media team for 5 years and played a role in raising awareness about the urgent need to protect marine life and preserve delicate ecosystems.

Yet, it is in the polar regions of Antarctica and the Arctic that Meike finds her greatest fulfilment. Here, surrounded by icy vastness and majestic wildlife, she is happiest creating outdoor experiences that challenge individuals to connect with their inner selves and develop a profound respect for the planet we call home. Meike is thrilled to be your guide on this trip and looking forward to sharing her passion and knowledge for wildlife with you.

Zoy Li - Translator



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

She worked for a high-end tailor-made travel agency in China which focussed on operating groups to polar regions 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 passengers from the polar region.

Bob Brown – Expedition Guide



Bob Brown was brought up on England's Sussex coast, often ticked off by his Mum for getting soaked exploring for marine beasts and birds. Later, university in Belfast and a PhD on mollusc ecology and oystercatcher feeding, led to research in Sweden, before moving to Jamaica to develop oyster farming based on mangrove swamps, lecturing on invertebrates, helping with coastal management courses, rearing hawksbill turtles and discovering the diverse butterfly life.

Back in Northern Ireland, for about ten years he managed the National Trust's

Strangford Lough Wildlife Scheme for its internationally important bird populations and rich marine life, writing a widely acclaimed book on them. In 1991 he became Director of RSPB's operations in N Ireland, working on the Province's most important birds and their habitats. For nine years he was on Northern Ireland's Council for Nature Conservation and the Countryside, and later a member of the UK's Joint Nature Conservation Committee, chairing their Marine Protected Areas working group. Currently he is Chair of the National Trust in N Ireland and on the board of Ulster Wildlife, whilst also engaging with many other UK nature conservation bodies. He has written numerous articles on marine wildlife, and contributed to many TV and radio programmes.

When not sailing his own yacht, Bob travels widely, notably in the Arctic, Antarctic, and Patagonia as well as other parts of South America, where he has led natural history tours. He has been working with Oceanwide Expeditions since 2013, and loves to show folks the fascinating wildlife of the Polar Regions, as well as of the south Atlantic islands. His main interests are the rich bird life, whales and other sea mammals, and the other diverse marine life and different habitats to be found there. In 2004 he was awarded an OBE for services to nature conservation.

Nicole Janinhoff-Verdaat – Expedition Guide



Growing up in the Northern part of Germany, Nicole developed a fascination for animals and nature at a very young age. She studied Landscape Ecology and lived half a year in Norway.

For ten years she worked as a freelance ecologist in Germany and The Netherlands monitoring vegetation, biotopes, amphibian, birds and bats.

Since 2009 she also joined the (aerial) survey team from Wageningen Marine Research and has since then participated in various marine mammal and seabird surveys on the North Sea, Atlantic Ocean Dutch Caribbean and Antarctica.

Nicole is working as ecologist for the ministry of nature conservation of the federal state of Lower Saxony, Germany (NLWKN). She is department head of the biotope conservation department.

After her first visit to Antarctica in 2014 on the German research icebreaker RV Polarstern she has been caught by the polar bug. Her visits to the high Arctic & Svalbard enhanced her fascination for the polar regions even more.

Nicole speaks: English, German and Dutch

Eduardo Rubio - Expedition Guide



I describe myself as an astronomer by profession with a passion for sharing nature with others.

After studying physics, I got my PhD in Astronomy from the University of Amsterdam in 2010. After a postdoctoral position I became a lecturer of physics and Astronomy as well as a guide in expedition cruise ships. Since 2018 I have been working for Oceanwide Expeditions in the Antarctic and in the Arctic in several roles including guide, Assistant Expedition Leader and Expedition Leader in the Arctic and the Antarctic. Today besides working for

Oceanwide I split my time teaching undergraduate students and making astronomy outreach at the largest planetarium of Switzerland at the Swiss Museum of Transport in Lucerne.

My interests vary from history of exploration to the intricacies of astronomy. During the trips I have undertaken, I offer lectures about polar explorers, the science carried out in Antarctica (astronomy in particular), about our Universe, and the mysteries of our ocean's depths, to mention some. At sea, besides being an engaged guide and lecturer, I love to show constellations to people, pointing out their names and their lore. In every trip I made, I always aim to raise the enthusiasm of guests towards science, and their awareness towards the unique and fragile planet where we live. Born in Guatemala (1978), I speak English, Spanish and German.

Martin Anstee – Expedition Guide



Martin has been a keen naturalist and wildlife photographer for most of his life.

Martin has been an active Bird Ringer since the year 2000 and particularly enjoys studying/ringing and just being around seabird colonies.

Martin has used a camera since an early age and has combined his love of the outdoors and seabird habitats with photography. Martin has spent time in Zimbabwe and Botswana photographing other wildlife.

Martin has combined this with a career in the Police Service, firstly in the UK where he was, amongst other roles, a wildlife crime officer. His last role in The Police was as a Police Sergeant in The Royal Falkland Islands Police.

Martin lived in the Falkland Islands, Stanley, for just over two years, leaving to return to the UK in November 2021. In his two years Martin was a volunteer with Falklands Conservation, he helped with The Falkland Islands Seabird Monitoring Program (FISMP) in particular counting Seabirds and ringing Black browed Albatross. Martin was also involved in fieldwork for a Striated Caracara (Johnny Rook) study. As a result Martin has visited most of the larger (and some of the smaller) outlying islands that form part of The Falkland Islands.

This is also where Martin started his career as a guide, he enjoys sharing his knowledge of the Islands and the wildlife which he continues to do to this day. Martin has also guided in The Arctic, Antarctica and some of the sub-antarctic Islands as well as some of the least visited Islands in The Atlantic such as Tristan da Cunha.

Marijke de Boer - Expedition Guide



Marijke grew up in the Netherlands, Switzerland and Germany. In the early-90s, she worked over a number of summers as a field biologist specialising in sea turtle conservation in Greece. This was a magnificent experience and formed the inspiration for switching her Academic career towards Marine Biology.

She is fascinated by cetaceans, and has worked with Minke whales, Killer whales, Blue whales, Belugas, Bottlenose whales in the Arctic Labrador Sea, Risso's dolphins and Sperm whales. She has also participated in various

ocean-crossing surveys, namely the Davis Strait, Indian Ocean, South China Sea, Southern Ocean and Antarctica. These surveys formed the core foundation of her detailed in-depth experience with marine mammals.

She completed a MSc in Marine Ecology (University of Utrecht) and a PhD (Marine Mammal Ecology) at the University of Wageningen focusing on the abundance and distribution of cetaceans using (low-cost) seagoing vessels ('Platforms of Opportunity'). Nowadays her research focuses on marine fauna within the Wider Caribbean Region, West Africa and Cornwall (UK). Marijke has produced a wide selection of scientific publications.

Whilst she very much enjoys the academic side of her career, her first love is sharing her knowledge in the field. She has worked as a wildlife guide during multiple oceanic expeditions and is happy to 'escape the office'. She currently lives in the Netherlands and England and speaks Dutch, English and German. The ocean is very special to her – 'after more than 20 years of sailing the seven seas, it never fails to educate, surprise and enthrall me'.

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 * ***

±1700 Departure from Ushuaia.

The bridge will be closed during these operations.

±1730 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**

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 will be moving – 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.

"Adventure is just a romantic name for trouble"

– Roald Amundsen



Early in the morning we will depart the Beagle Channel – we expect significant movement in the open ocean – please secure your belongings and take care when moving around the ship.

- 0730 **Wakeup call** - Good Morning!
- 0800 **Breakfast** is served in the **dining room** (deck 4).
- 1030 **Birds of the Drake** - Please join **Martin** in the **lounge** (deck 5) for an introductory talk about the birds we hope to see over the next few days.
- 1230 **Lunch** will be served in the **dining room** (deck 4).
- 1430 **Going with the Flow** — Please join **Aitana** in the **lounge** (deck 5) to explore the ocean's currents.
- 1630 **Introduction to Whales & Dolphins** – Please join **Hazel** in the **lounge** (deck 5) to hear an introduction to cetaceans.
- 1815 **Recap** – Please join the Expedition team in the **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.*
- 2045 Please join the expedition team in the **Lecture Room** (deck 5) to have a look at the species we've seen today and fill in **the trip species list**.



Cocktail of the day
RUM PUNCH



After lunch we will begin our biosecurity check for South Georgia. Please take the time to ensure your outer layers are clean, and that all areas of Velcro, hoods and pockets are empty. Cleaning devices are available at reception if you require them.

- 0730 **Wakeup call** - Good Morning!
- 0800 **Breakfast** is served in the **dining room**.
- 1030 **Zodiac & South Georgia Briefing** - Please join us in the **lounge** for our **MANDATORY** zodiac and briefings.
- 1230 **Lunch** will be served in the **dining room**.
- 1330 **Muck Boots** - We will **call you by deck** to collect your Muck boots from the boot room on **deck 3**. ***Please listen for announcements.***
- 1430 **Biosecurity:** We will call you by deck to the Lounge on deck 5 to complete our **MANDATORY** biosecurity check and, if needed, cleaning. Please bring all your outerwear, backpacks and tripods/walking sticks to be cleaned and/or checked. Please listen for announcements.
- 1630 **Who owns South Georgia?** – Please join George in the in the **lounge** for his lecture exploring the political history of South Georgia.
- 1815 **Recap** – Please join the Expedition team in the **lounge** for our daily recap and briefing.
- 1900 **Dinner** is served in the **dining room**.
- 2045 Please join the Expedition Team in the **Lecture Room** to have a look at the species we've seen today and fill in **the trip's species list**.



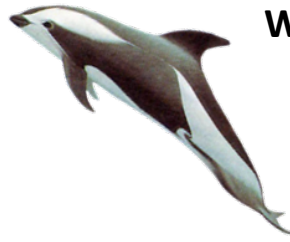
Sunrise: 07:27
Sunset: 19:14



Moonrise: 01:25
Moonset: 18:18
Moon phase: 21%



Cocktail of the day
TEQUILA SUNRISE



- 0730 **Wakeup call** - Good Morning!
- 0800 **Breakfast** is served in the **dining room**.
- 0930 **Pinnipeds of the Southern Ocean** – Please join Pippa in the **lounge** for her lecture about the Seals and Fur Seals of South Georgia.
- 1130 **Tom Crean** – please join William in the **lounge** for his lecture about the Forgotten Polar Explorer Tom Crean.
- 1230 **Lunch** will be served in the **dining room**.

Time change: At 1400 the clocks will change forward. At 1400 it will become 1500.

- 1600 **Introduction to Photography** – please join George in the **lounge** for his introductory lecture to photography.
- 1815 **Recap** – Please join the Expedition team in the **lounge** for our daily recap and briefing.
- 1900 **Dinner** is served in the **dining room**.
- 2045 Please join the Expedition Team in the **Lecture Room** to have a look at the species we've seen today and fill in **the trip's species list**.



Sunrise: 07:28
Sunset: 19:12



Moonrise: 02:59
Moonset: 18:30
Moon phase: 13%



Cocktail of the day
WHISKEY STONE SOUR

- 0730 **Wakeup call** - Good Morning!
- 0800 **Breakfast** is served in the **dining room**.
- 0915 **Andrew** warmly invites you to the **lounge** for his lecture about **The Penguin Species of South Georgia**.
- 1100 **Aitana** welcomes you to the **lounge** for her informative lecture about sea ice formation, glaciers and icebergs: **'Ice, Ice Baby!'**
- 1230 **Lunch** will be served in the **dining room**.
- 1400 **TCC meet up:** Members of **The Travellers Century Club** are welcomed to **Lecture Room** for a self-led meet and greet.
- 1500 Please join **Elizabeth** in the **lounge** for her insightful talk about modern conservation of whales, entitled **Tracking of Whales in the Southern Hemisphere**.
- 1630 **A Brief Introduction to Smartphone Photography:** as a follow up from yesterday's photography lecture, please join **George** and **Martin** in the **Lecture Room** if you would like to learn some tips for **Smartphone photography**.
- 1815 **Recap** – Please join the Expedition team in the **lounge** for our daily recap and briefing.

PLEASE PUT THE BLINDS IN YOUR CABIN DOWN BEFORE DINNER!

- 1900 **Dinner** is served in the **dining room**.
- 2045 Please join the Expedition Team in the **Lecture Room** to have an in depth look at the species we've seen today, including discussion and photos.



Sunrise: 07:07
Sunset: 18:28



Moonrise: 04:05
Moonset: 17:56
Moon phase: 6%



Cocktail of the day
GIN/VODKA FIZZ



0600 **Wakeup call** - Good Morning!
0630 **Breakfast** is served in the **dining room**.

*This morning, we hope to **land at Fortuna Bay**. Located on the Northern shores of South Georgia, this bay is surrounded by dramatic rugged mountains beauty and is teeming wildlife. Fortuna Bay is home to thousands of King Penguins, along with Antarctic Fur Seals, Southern Elephant Seals, Brown skua, Light-mantled Albatross and Giant petrels.*

0730 **Blue Group:** Please come to the **zodiac boarding area** for a landing at **Fortuna Bay**.
0745 **Red Group:** Please come to the **zodiac boarding area** for a landing at **Fortuna Bay**.

Everybody will have the opportunity to go ashore if we are able to land successfully. Alongside this, we will be running zodiacs giving you the option of observing and photographing wildlife from the water as well as on land.

BIOSECURITY: A cleaning station (vacuums, boot picks, water bucket and brushes) will be available on deck 3 to complete your biosecurity cleaning before we arrive at Grytviken.

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



*This afternoon we hope to land at **Grytviken**. Here you can expect to see the old whaling station, church, cemetery (where the grave of Sir Ernest Shackleton and Frank Wild are located), visit the museum & the post office.
In the post office you can only use card for your purchases*

**WE WILL BE INSPECTED BY GOVERNMENT OFFICIALS ON DISEMBARKATION:
PLEASE ENSURE ALL YOUR EQUIPMENT IS CLEAN.**

+/-1415 **A whale researcher from South Georgia** will come on board and give a short talk about their work. Please join them in the **Lounge**.
1445 **Red Group:** Please come to the **zodiac boarding area** for a landing at **Grytviken**.
1500 **Blue Group:** Please come to the **zodiac boarding area** for a landing at **Grytviken**.
1845 **Recap** – Please join the Expedition team in the **lounge** for our daily recap.

PLEASE PUT ALL THE BLINDS IN YOUR CABINS DOWN BEFORE DINNER!

1930 **Dinner** is served in the **dining room**.

	Sunrise: 06:44
	Sunset: 18:20
	Moonrise: 05:14
	Moonset: 17:59
	Moon phase: 1%



0600 **Wakeup call** - Good Morning!
0630 **Breakfast** is served in the **dining room**.

In the morning, we hope to offer a landing at Gold Harbour, home to around 25,000 breeding pairs of King Penguins. We also hope to see Elephant Seals, Fur Seals, Gentoo Penguins and Light Mantled Albatross. We will also offer a short zodiac cruise at Gold Harbour for those who would like to.

0730 **Red group**: Please come to the zodiac boarding area for a landing at Gold Harbour.
0745 **Blue group**: Please come to the zodiac boarding area for a landing at Gold Harbour.

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

In the afternoon, we hope to offer a zodiac cruise at Cooper Bay. At Cooper Bay we hope to find Macaroni, Gentoo, Chinstrap & King Penguins, as well as Fur & Elephant Seals.

1330 **Blue group**: Please come to the **zodiac boarding area** for a zodiac cruise at **Cooper Bay**.
1345 **Red group**: Please come to the **zodiac boarding area** for a zodiac cruise at **Cooper Bay**.

+/-1600 Departure from South Georgia – Please join us on deck for our last sights of South Georgia as we set sail towards Gough Island.

1815 **Recap** – Please join the Expedition team in the **lounge** for our daily recap and briefing.

1900 **Dinner** is served in the **dining room**.

2030 **Endurance Found**: we will be showing a new documentary regarding the finding of the Endurance, the ship Captained by Ernest Shackleton on his infamous expedition – this will be shown in the Lecture Room.

PLEASE PUT ALL THE BLINDS IN YOUR CABINS DOWN BEFORE DINNER!



Sunrise: 06:41
Sunset: 18:18



Moonrise: 05:10
Moonset: 17:55
Moon phase: 0%



Cocktail of the day
Aperol/Campari Spritz

- 0730 **Wakeup call** - Good Morning!
0800 **Breakfast** is served in the **dining room**.
- 0915 **Amundsen** – Please join William in the **Lecture Room** to hear stories of the Polar Professional – Roald Amundsen.
- 1115 Please join Pippa in the **Lecture Room** to listen to her lecture about **Antarctic Whaling** and the History of Whaling in South Georgia.
- 1230 **Lunch** will be served in the **dining room**.
- 1430 **Krill** – Please join Meike in the **Lecture Room** to explore the importance of Krill in the Ocean food web.
- 1630 **Astronomy Workshop** - The first instalment of a series of Astronomy workshops with resident astronomer Eduardo in the **Lecture Room**. This workshop is called 'Looking Up. Astronomical and optical phenomena in the Sky.'
- 1815 **Recap** – Please join the Expedition team in the **lounge** for our daily recap and briefing.
- 1900 **Dinner** is served in the **dining room**.
- +/-2030 **South Georgia Heritage Trust Auction** – Please join the expedition team in the **Lounge** for an evening of fun and fundraising in aid of South Georgia Conservation!

TIME CHANGE: Please note that our ship's time will change forward one hour (+1) during the night tonight. Make sure you change your clocks before you go to bed!

*If conditions allow - Eduardo will offer **star gazing** on deck 8.*



Sunrise: 06:19
Sunset: 17:54



Moonrise: 06:45
Moonset: 18:03
Moon phase: 1%



Cocktail of the day:
Bloody Mary

REMINDER: The ship's time went forward by one hour during the night

- 0730 **Wakeup call** - Good Morning!
- 0800 30 min **morning exercise** with **Elizabeth**, meet-up in the lecture room
- 0800 **Breakfast** is served in the **dining room**.
- 0915 Please join **Nicole** in the **Lecture Room** for her insightful talk about her time spent on the **German icebreaker Polarstern and at Neumayer Station in the Weddell Sea**.
- 1100 **Antarctic Geopolitics:** please join **George** in the **Observation Lounge** for this insightful and engaging lecture.
- 1230 **Lunch** will be served in the **dining room**.
- 1400 **The Arctic and Antarctica: What is the Difference?** Please join **Bob** in the **Lecture Room** to find out more about these regions which are poles apart, in every sense!
- 1600 **Tristan da Cunha tour information and Q&A:** if you would like to learn about the tours that could be provided at Tristan da Cunha please attend this session in the **Lounge**. After this there will be the opportunity to register your interest in the tours.
- 1830 **Recap** – Please join the Expedition team in the **lounge** for our daily recap and briefing.
- 1900 **Dinner** is served in the **dining room**.
- 2030 Please join the Expedition Team in the **Lecture Room** for our evening wildlife roundup of our days at South Georgia

✦ If conditions allow it **Eduardo** will offer **star gazing** on deck 8. ✦



Sunrise: 07:09
Sunset: 18:37




Moonrise: 10:09
Moonset: 19:11
Moon phase: 5%




Cocktail of the day
RUM PUNCH

- 0730 **Wakeup call** - Good Morning!
- 0800 **Breakfast** is served in the **dining room**.
- 0930 **The Atlantic Islands; Part 1** – Please join Bob in the **Lecture room** for his presentation exploring the South Atlantic Islands, from Shag Rocks to Gough Island.
- 1130 **Elusive Beaked Whales** – Please join Marijke in the **Lecture room** for her lecture on these cryptic deep-water species and why records are so important.
- 1230 **Lunch** will be served in the **dining room**.
- 1430 **Gough Island** – Please join Conrad in the **Lecture room** for his insightful talk on Gough Island's wildlife and the human impact there.
- 1630 **Astronomy Workshop** – Join resident Astronomer; Eduardo in the **Lecture room** for the second instalment in his Astronomy workshops; **Sky Charts And Other Aids to Enjoy the Night Sky**.
- 1830 **Recap** – Please join the Expedition team in the **lounge** for our daily recap and briefing.
- 1900 **Dinner** is served in the **dining room**.
- 2030 Please join the Expedition Team in the **Lecture Room** for our evening wildlife roundup.


✦ If conditions allow it **Eduardo** will offer **star gazing** on deck 8. ✦



Sunrise: 06:26
Sunset: 18:02



Moonrise: 09:17
Moonset: 18:48
Moon phase: 13%



Cocktail of the day
TEQUILA SUNRISE

- 0730 **Wakeup call** - Good Morning!
0800 **Breakfast** is served in the **dining room**.
0800 **Exercise with Elizabeth** in the **Lecture room**.
- 0930 **Gough Restoration** – Please join **Conrad** for his presentation about restoration plans for birds on Gough Island. After Conrad's presentation he will show a **RSPB Video on the Environmental work on Gough**.

Biosecurity – From 11am there will be vacuums and cleaning tools available in the lecture room to clean your gear in preparation for our arrival at Gough & Tristan.

- 1130 **Plankton** – **Bob** invites you for his talk on the smallest creatures which have the biggest impact on our oceans.
- 1230 **Lunch** will be served in the **dining room**.
- 1330 **South Georgia Heritage Trust Auction Payments** – Please come to the **Library** to meet George if you purchased any auction items, or if you would like to donate to the SGHT.
- 1400 **Dumpling Making Workshop** – Please join the Galley team in the **Dining Room** to learn how to make dumplings.
- 1500 **CRAFTernoon** – Please join Aitana in the **Lounge** if you would like to join the crafting session: you are welcome to bring along whatever craft project you are working on!
- 1600 **Right Whales** – Please join **Elizabeth** to hear all about Right Whales: The Whale Left Behind and the story of her conservation and study efforts.
- 1830 **Recap** – Please join the Expedition team in the **Lounge** for our daily recap and briefing.
- 1900 **Dinner** is served in the **dining room**.
- 2030 Please join the Expedition Team in the **Lecture Room** for the wildlife list roundup.

TIME CHANGE: Please note that our ship's time will change forward one hour (+1) during the night.

✧ If conditions allow it **Eduardo** will offer **star gazing** on deck 8. ✧



Sunrise: 06:31
Sunset: 18:04



Moonrise: 11:37
Moonset: 20:02
Moon phase: 22%



Cocktail of the day
WHISKEY STONE SOUR

0730 **Wakeup call** - Good Morning!
0800 **Breakfast** is served in the **dining room**.

Gough Island - Expedition Day

At approximately 10:00am we will be approaching Gough Island; one of the most remote islands in the world.

We expect to see a lot of Gough wildlife in the sea and skies as we approach – throughout the morning, please join us on the outer decks as we approach Gough Island.

While the central part of the island is a plateau, the western part has a highland with the peaks and cliffs rising over 350 metres. Gough Island is roughly rectangular with a length of 13 km (8.1 mi) and a width of 7 km (4.3 mi). It has an area of 91 km² (35 sq mi) and rises to a highest point over 900 m (3,000 ft) above sea level. It is one of the most important seabird colonies in the World.

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

TBC We hope to offer you a **zodiac cruise** at **Gough Island**. Please listen for announcements for timing and please do not come to the zodiac boarding area until requested to do so – Thank you.

In the late afternoon, we will leave Gough Island; ship cruising along the east side of the island as we sail towards Tristan da Cunha.

PLEASE PUT ALL THE BLINDS IN YOUR CABINS DOWN BEFORE RECAP!

1815 **Recap** – Please join the Expedition team in the **lounge** for our daily recap and briefing.

1900 **Dinner** is served in the **dining room**.

2030 Please join the Expedition Team in the **Lecture Room** for **wildlife list**.

TIME CHANGE: Please note that our ship's time will change forward one hour (+1) during the night.



Sunrise: 05:58
Sunset: 17:32



Moonrise: 14:40
Moonset: 05:27
Moon phase: 32%
Conjunction Moon and Jupiter



Cocktail of the day
GIN/VODKA FIZZ

- 0730 **Wakeup call** - Good Morning!
- 0800 **Breakfast** is served in the **dining room**.
- 0900 **Tristan Tour Confirmation:** we will call you by deck to **reception** to confirm booked tours for our time in Tristan da Cunha. ***THIS WILL BE THE LAST OPPORTUNITY TO BOOK AND CONFIRM TOURS ON TRISTAN.***
- 1030 Please join **Conrad** for his talk about **The Early History of Tristan da Cunha**
- 1130 **Lunch** will be served in the **dining room**.

Nightingale Island - Expedition Day

*At approximately **12:00** we will be approaching **Nightingale Island**; home to nesting Atlantic Yellow Nosed Albatross, Northern Rockhopper Penguins and a huge variety of other seabird species.
Wilkins's Bunting and Nightingale Island Finch are endemic to the Island.*

Nightingale Island is an active volcanic island, 3 square kilometres (1.2 sq mi) in area, with two peaks on its north end. One is 337 metres (1,106 ft) high while the other is 293 metres (961 ft) high. Over a million birds are estimated to breed on the island.

- TBA We hope to offer you a **landing Nightingale Island**.
Please listen for announcements.
Blue group please come to the zodiac boarding area.
Red group please come to the zodiac boarding area.

PLEASE PUT ALL THE BLINDS IN YOUR CABINS DOWN BEFORE RECAP!

- 1845 **Recap:** Please join the Expedition team in the **lounge** for our daily recap.
- 1930 **Dinner** is served in the **dining room**.



Sunrise: 07:06
Sunset: 18:42



Moonrise: 14:17
Moonset: 23.22
Moon phase: 43%



Cocktail of the day
Blue Lagoon

*Today we hope to visit Edinburgh of the Seven Seas, the Capital of Tristan da Cunha.
Today we hope to spend the day at Tristan da Cunha, the most remote inhabited island in the world! It is home to around 250 people, who earn their living from fishing for gourmet-quality lobster exported to Australasia, the USA and Europe: farming, handicrafts, conservation work and the sale to collectors of postage stamps and souvenir coins.
You can pay by cash only in Pound, Dollars, and Euros.*

- 0630 **Breakfast** is served in the **dining room**.
SANDWICH BAR in the dining room: Please make your own sandwich for lunch.
- 0730 **First Zodiac from Hondius to shore** – Please can we ask that those on the Volcano tour come to board the zodiacs first.
- 0930 **Last Zodiac from Hondius to shore** - We will run a shuttle to the shore until this time.
Please listen for final announcements.
- 0830 **Walking Tour of the 1961 Volcano & Traditional Thatched House Museum**
Please meet at the Harbour
- Fish Factory Tour – 1100/1130/1200**
Please meet at the Fish Factory (tourism centre can give directions)
This will be in THREE groups – please look at the groups to see timings.
- 1300 **Walking Tour of the Settlement**
Please meet at the Post Office & Tourism Centre
- 1400 **School Tour**
Please meet at the School (tourism centre can give directions)
- 1400 **Round of Golf**
Please meet at the Tourism centre
- 1400 **Bus tour to the Potato Patches & Holiday Homes and back**
Please meet at the Tourism centre
- 1400 **Harbour Fishing**
Please meet at the Harbour
- 1400 **First zodiacs shuttle from shore to Hondius** – At this time we will begin zodiacs from the harbour to Hondius.
- 1800 **Last zodiacs from shore to Hondius** – The last zodiac will leave the harbour at this time.
- 1730 **Special Atlantic Dinner** – Dinner will be served on deck 5 aft.
- +/-2000 **Recap:** Please join the Expedition team in the **lounge** for our daily recap.

- 0700 **Wakeup call** - Good Morning!
- 0730 **Breakfast** is served in the **dining room**.

Inaccessible Island - Expedition Day

Inaccessible Island is a volcanic island located 31 km (19 mi) south-west of Tristan da Cunha. Its highest point, Swale's Fell, reaches 581 m (1,906 ft), and the island is 12.65 km² (4.88 sq mi) in area. The volcano was last active six million years ago and is currently extinct.

We will spend the day visiting Inaccessible Island. We will assess conditions throughout the day and hope to offer an off-ship activity. Our operations during the day will be dependent on the local conditions.

Please listen for announcements of our evolving plans and please do not come to the zodiac boarding area until requested to do so – Thank you.

Please enjoy the views of this rarely visited Island until plans can be finalised.

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

PLEASE PUT ALL THE BLINDS IN YOUR CABINS DOWN BEFORE RECAP!

- 1815 **Recap** – Please join the Expedition team in the **lounge** for our daily recap and briefing.
- 1900 **Dinner** is served in the **dining room**.



Sunrise: 07:08
Sunset: 18:39



Moonrise: 15:45
Moonset: 00:31
Moon phase: 64%
Moon in conjunction with Mars and south of Castor and Pollux.



Cocktail of the day:
Bloody Mary

- 0730 **Wakeup call** - Good Morning!
- 0800 **Morning Stretching** in the **Lecture Room**.
- 0800 **Breakfast** is served in the **Dining Room**.
- 0915 **The Forgotten Island; Life on Tristan** – Please join **Conrad** for a film featuring the stories of living on Tristan.
- 1100 Join **Bob** for the second and final part of his overview series; **The Atlantic Islands - Gough to Ascension**.
- 1200 **Passengers Disembarking in St Helena** – Please meet Ingrid in the Lecture room for Disembarkation preparations.
- 1230 **Lunch** will be served in the **dining room**.
- 1430 **St Helena Tours & Excursions** – Join the expedition team in the Lounge to hear about the tours and excursions that will be available during our time in St Helena.
- 1600 **Astronomy Workshop** – Please join Eduardo in the Lecture Room for the next instalment of his Astronomy Workshops - A visit to the Solar System.
- 1815 **Recap:** Please join the Expedition team in the **lounge** for our daily recap.
- 1900 **Dinner** is served in the **dining room**.
- 2030 Please join the Expedition Team in the **Lecture Room** for a **Tristan wildlife round-up**. Please share your wildlife photos on the wildlife list folder before 5pm.

William will be playing a relaxed Library Music Session in the evening.



Sunrise: 07:04
Sunset: 18:35



Moonrise: 16:13
Moonset: 01:37
Moon phase: 73%



Cocktail of the day
RUM PUNCH

- 0730 **Wakeup call** - Good Morning!
- 0800 **Breakfast** is served in the **Dining Room**.
- 0915 Join **Aitana** to learn about deep water formation and the role of Antarctica for earth's oceanic systems in her lecture '**Does planet Earth have a heart?**'
- 1030 **Muck Boot and Red Bag return:** please return your muck boots and red bags.
If you want to keep them until the day after St Helena, you can do so.
- 1115 **Hazel** will give her lecture entitled '**Sperm Whale: The Living Submarine.**'
Come along and find out more about this amazing species that we saw yesterday
- 1230 **Lunch** will be served in the **dining room**.
- 1400 **St Helena Tours Sign up** – Please come to reception, when your deck number is called, to confirm your interest in the tours available at St Helena. If you have GBP cash (£) you can pay for your tour(s) in this currency, or they can be charged to your on-board account.
- 1600 **Conrad** will give the next in his series of lectures about Tristan da Cunha:
join him to learn about the **Shipwrecks of Tristan da Cunha**
- 1815 **Recap:** Please join the Expedition team in the **lounge** for our daily recap.
- 1900 **Dinner** is served in the **dining room**.
- 2045 Please join the Expedition Team in the **Lecture Room** for wildlife roundup
Please share your wildlife photos on the wildlife list folder before 5pm.



Sunrise: 06:51
Sunset: 18:19



Moonrise: 16:18
Moonset: 02:33
Moon phase: 82%



Cocktail of the day
TEQUILA SUNRISE

- 0730 **Wakeup call** - Good Morning!
- 0745 **Morning Exercise on Deck 7 Aft.**
- 0800 **Breakfast** is served in the **Dining Room.**
- 0930 Join **Andrew** for his presentation on the **Strange World of Birders**; a unique peek behind the curtain of the twitching world. This lecture is mandatory by threat of a dead penguin in your bed.
- 1115 **Astronomy Workshop** – Please join **Eduardo** for the next instalment of the Astronomy Workshops – The Solar System Part 2.
- 1230 **Lunch** will be served in the **dining room.**
- 1400 **Hondius Kitchen & Behind the Scenes** – Please join **Ralf and Ingrid** to hear all the hidden secrets of running the Hondius Galley.
- 1530 **UNCLOS** - Please join **George** for his insightful presentation on the laws governing our oceans.
- 1700 **St Helena – A period of Change** – Please join **Conrad** for his lecture about the impact of switching from cargo supply ship to having an airport on the island of St Helena.
- 1830 **Recap:** Please join the Expedition team in the **lounge** for our daily recap.
- 1900 **Dinner** is served in the **dining room.**
- 2045 **BINGO – CHANGE OF PLANS** – Tonight we would love to invite you to the lounge for a night of fun and BINGO!! (Prizes & Popcorn included)!! :)

✦ If conditions allow it **Eduardo** will offer *star gazing* on deck 8. ✦



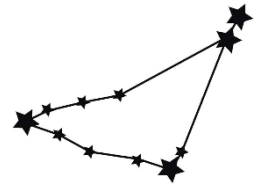
Sunrise: 07:04
Sunset: 18:41



Moonrise: 16:43
Moonset: 03:38
Moon phase: 89%



Cocktail of the day
WHISKEY STONE SOUR



- 0645 At approximately this time we will be **crossing the Tropic of Capricorn**; 23° 26' 22" (23.4394°) south of the equator
- 0730 **Wakeup call** - Good Morning!
- 0800 **Breakfast** is served in the **Dining Room**.
- 0930 Martin will talk about some of the birds we hope to see now we are in warmer waters. Come to his lecture '**Boobies, Noddies and Friends**' to learn more!
- 1130 Join **Meike** for her presentation on the **Endemic Flora of St Helena and recovery of the National Flower**
- 1230 **Lunch** will be served in the **dining room**.
- 1400 **Dumpling Making** – please join Head Chef Ralf in the dining room for this workshop
- 1430 **Mini-Lecture series**: please join members of the expedition team for some fascinating mini-lectures. The programme will include Pippa (*Humpback Whale Song*), Marijke (*Expect the Unexpected When at Sea*), George (*The Last Whaler*) and Hazel (*Marine Mammal Diving Adaptations*)
- 1630 **Astronomy Workshop 5** – Please join **Eduardo** for the next instalment of the Astronomy Workshops: Asteroids, Comets and other minor objects of the solar system.
- 1815 **Recap**: Please join the Expedition team in the **lounge** for our daily recap.
- 1900 **Dinner** is served in the **dining room**.
- 2030 '**Rockhopper Copper**' **Book Sale and Signing**
Conrad will be selling and signing copies of his book in the library after dinner.
- 2045 Please join the Expedition Team in the **Lecture Room** for a **Wildlife Roundup/Listing**

✦ If conditions allow it **Eduardo** will offer **star gazing** on deck 8 ✦



Sunrise: 06:42
Sunset: 18:18



Moonrise: 16:07
Moonset: 03:29
Moon phase: 94%



Cocktail of the day

GIN/VODKA FIZZ

- 0730 **Wakeup call** - Good Morning!
- 0745 **Morning Exercise on Deck 7 Aft.**
- 0800 **Breakfast** is served in the **Dining Room**.
- 0930 Join **Marijke** for her lecture on the incredible **Flying Fish!**
- 1130 Join **Bob** for his lecture entitled **Napoleon on St Helena: a Speedy History**
- 1230 **Lunch** will be served in the **dining room**.
- 1400 **Astronomy Workshop 6 - Emisaries from Planet Earth: The Most Fantastic Voyages Ever Made.** Join **Eduardo** in the **Lecture Room** to learn about the exploration of the Solar System by spacecraft, with a special focus on Voyager
- 1630 **Conrad** will give a talk about **fun things to do in St Helena**
- 1815 **Recap:** Please join the Expedition team in the **lounge** for our daily recap.
- 1900 **Dinner** is served in the **dining room**.
- 2045 **FOR GUESTS DISEMBARKING IN ST HELENA ONLY:**
Captain's Cocktail and farewell in the **Lecture Room**.
If you are remaining on board to Cape Verde please do not attend;
you will have your own Captain's cocktail farewell at the end of your trip! 😊
- 2045 **FOR GUESTS REMAINING ON BOARD TO CAPE VERDE:**
We will show a film about the **History of St Helena** in the **Observation Lounge**.

✦ If conditions allow it **Eduardo** will offer **star gazing** on deck 8 ✦



Sunrise: 06:32
Sunset: 18:20



Moonrise: 16:33
Moonset: 04:21
Moon phase: 97%



Cocktail of the day
Blue Lagoon

*"Courage isn't having the strength to go on - it is going on when you don't have strength."
— Napoleon Bonaparte*

0730 **Wake up call.** Good Morning!

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

Please can all guests continuing sailing with us to Praia, pass by reception to reactivate you cabin key cards during today.

0915 Please join **Eduardo** for his lecture about English astronomer **Edmund Halley** and the pioneering work he carried out whilst on St. Helena

1045 Mini-Lecture series (Part 2): Please join **George** and **Hazel** in the **Lecture Room** for their mini-lectures '**The Last Whaler: How Japan and the ICJ Nearly (Re)defined Science**' and '**Under Pressure: Marine Mammal Diving Adaptations**'.

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

In the afternoon, we expect to arrive at St. Helena and be in our anchorage position by around 5:00 PM. Along the way, we will pass underwater seamounts known for good whale watching. We encourage you to be on deck to enjoy the sights!

Customs/Immigration officers will come on board shortly after our arrival.

If you are disembarking the ship in St Helena, you must attend immigration clearance – we will bring your passports to this clearance meeting.

This will take place in the **Lecture Room**: please listen for an announcement for exact timing.

1730 **Dinner will be served outside until 1900 – deck 5 aft**

Zodiacs will run between the Pier and Hondius at the following times:

	Evening
Time	1930-2000
	2100
	2200
	2300

The last shuttle back to the ship is 2300 - please do not be late!



Sunrise: 06:32
Sunset: 18:20



Moonrise: 18:02
Moonset: 06:18
Moon phase: 98%



Cocktail of the day
Aperol/Campari Spritz



0700 **Wake up call.** Good morning!

Passengers disembarking today – Please place your large luggage outside your cabins by 0730 – we will take it to the pier.

0730 **Breakfast** will be served in the **dining room**.
A Sandwich Bar will be available in the dining room if you wish to make a packed lunch.
Please do not take any vegetables, fruit, or honey ashore.

*If you **do not wish** to have lunch and/ or dinner on board, please put a cross against your name at the list at reception before leaving the ship this morning.*

0800 We will start our **zodiac shuttling** operation if you wish to go ashore.
Please make sure you go ashore in time for joining your arranged tours.

0900 **Historical Walk of Jamestown (2hrs):** this tour will leave from the pier.

0900 **Flagstaff Walk (3 ½ hrs):** this tour will leave from the pier.

0900 **Blue Point Walk (2hrs):** this tour will leave from the pier.

0900 **Boat Trip (3hrs):** this will leave from the Hondius; please do not go ashore.
Please wear your zodiac lifejackets for the boat trip.

1200 **Lunch** will be served on **deck 5 aft for one hour.**

1300 **Historical Walk of Jamestown (2hrs):** this tour will leave from the pier

1300 **Boat Trip (3hrs):** this will leave from our ship; please do not go ashore.
Please wear your zodiac lifejackets for the boat trip.

1300 **Snorkelling (3hrs):** this will leave from the harbour.
Please do not take towels from your room; we will have towels available for you

1600 **Scuba Diving (3hrs):** this will leave from the harbour.
Please do not take towels from your room; we will have towels available for you

1830 **BBQ dinner will be served on board until 2000** - deck 5 aft

Zodiacs will run between the Pier and Hondius at the following times:

	Morning	Afternoon	Evening
Time	0800-0900	1230-1330	2000
	1000	1400	2100
	1100-1145	1500	2200
		1600	2300
		1700-1830	

The last shuttle back to the ship is 2300 - please do not be late!



Sunrise: 07:14
Sunset: 18:25



Moonrise: 18:30
Moonset: 07:11
Moon phase: Full Moon



Cocktail of the day:
Bloody Mary



0700 **Wake up call.** Good morning!

0730 **Breakfast** will be served in the **dining room**.
A Sandwich Bar will be available in the dining room if you wish to make a packed lunch.
Please do not take any vegetables, fruit, or honey ashore.

*If you **do not wish** to have lunch and/or dinner on board, please put a cross against your Name at the list at reception before leaving the ship this morning.*

0830 We will start our **zodiac shuttling** operation if you wish to go ashore.
Please make sure you go ashore in time for joining your arranged tours.

0900 **Island Highlights tour (3 ½ hrs):** this tour will leave from the pier.

1200 **Lunch** will be served on **deck 5 aft for one hour**.

1300 **Plantation House (1 ½ hrs):** this tour will leave from the pier.

1300 **Snorkelling (3 hrs):** this will leave from the pier.
Please do not take towels from your room; we will have towels available for you at the shell door.

1500 **Plantation House (1 ½ hrs):** this tour will leave from the pier.

1530/1600 **St Helena Storm Petrel Photography (3 hrs):** this tour will leave from the ship – you will board our zodiacs.

1830 **Dinner will be served on board until 2000 – deck 5 aft**

Zodiacs will run between the Pier and Hondius at the following times:

	Morning	Afternoon	Evening
Time	0800-0900	1230-1330	2000
	1000	1400	2100
	1100-1145	1500	2200
		1600	2300
		1700-1830	

The last shuttle back to the ship is 2300 - please do not be late!



Sunrise: 07:14
Sunset: 18:24



Moonrise: 18:56
Moonset: 08:37
Moon phase: 98%



Cocktail of the day
RUM PUNCH



0700 **Wake up call.** Good morning!

Passengers disembarking today – Please place your large luggage outside your cabins by 0730 – we will take it to the pier.

0730 **Breakfast** will be served in the **dining room**.
A Sandwich Bar will be available in the dining room if you wish to make a packed lunch.
Please do not take any vegetables, fruit, or honey ashore.

If you **do not wish** to have lunch and/ or dinner on board, please put a cross against your name at the list at reception before leaving the ship this morning.

0800 We will start our **zodiac shuttling** operation if you wish to go ashore.
Please make sure you go ashore in time for joining your arranged tours!

0830 **Snorkelling (3 hrs):** this will leave from the ship.
Please do not take towels from your room; we will have towels available for you

0930 **Boat Trip (3 hrs):** this will leave from our ship: please do not go ashore.
Please wear your zodiac lifejackets for the boat trip.

1000 **Plantation House (1 ½ hrs):** this tour will leave from the pier

1200 **Lunch** will be served on **deck 5 aft for one hour.**

1500 **Last shuttle back to the ship – please do not be late!**

1600 **Ship departs St Helena**

1815 **Recap** – Please join the expedition team in the lounge for a recap and briefing.

1900 **Dinner** will be served.

Zodiacs will run between the Pier and Hondius at the following times:

	Morning	Afternoon
Time	0800-0900	1230-1330
	1000	1400
	1100-1145	1500

The last shuttle back to the ship is 1500 - please do not be late!



Sunrise: 07:15
Sunset: 18:23



Moonrise: 19:27
Moonset: 09:38
Moon phase: 94%



Cocktail of the day
TEQUILA SUNRISE