



## Antarctic Discovery

Ushuaia – Ushuaia

Thursday 8<sup>th</sup> of January – Sunday 18<sup>th</sup> of January 2026

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 Barría Vargas**  
and his international crew of 74 sailors

Staff Captain:	<b>Elizabar Kadaria</b>	[Ukraine]
Chief Officer:	<b>Sven Holzhausen</b>	[Germany]
Second Officer:	<b>Solina Duguay</b>	[Canada]
Third Officer:	<b>Erik van de Reijden</b>	[Netherlands]
Hotel Manager:	<b>Jeroen William Barnes</b>	[Netherlands]
Ass. Hotel Manager	<b>Victoria Bridgwood</b>	[Ireland]
Head Chef:	<b>Gaurav Bawa</b>	[India]
Sous Chef:	<b>Edward Nunag</b>	[Philippines]
Sous chef:	<b>Felix Lobo</b>	[India]
Ships doctor:	<b>Miel Bartels</b>	[Netherlands]
Expedition Leader:	<b>Chris Long</b>	[New Zealand]
Ass. Expedition Leader:	<b>Marcel Paul</b>	[Netherlands]
Ass. Expedition Leader:	<b>Pierre Gallego</b>	[Luxembourg]
Expedition Guide:	<b>Bitao (Jerry) Zhao</b>	[China]
Expedition Guide:	<b>Rose Li Hong</b>	[China]
Expedition Guide:	<b>Brian Veltrop</b>	[Netherlands]
Expedition Guide:	<b>Andrea Schwetz</b>	[Germany]
Expedition Guide:	<b>Axel Brandeman</b>	[Argentina]
Expedition Guide:	<b>Luce Moussiere</b>	[France]
Expedition Guide:	<b>Jens Binderup</b>	[Denmark]
Expedition Guide:	<b>Hana Spickova</b>	[Czech Republic]
Expedition Guide:	<b>Geraint Rowlands</b>	[UK]
Expedition Guide:	<b>Valeria Sainz Hererra</b>	[Argentina]
Expedition Guide:	<b>Jodi Gaylord</b>	[US]
Expedition Guide:	<b>Shan Zhou</b>	[China]
Expedition Guide:	<b>Karoline Baelum</b>	[Denmark]
Expedition Guide:	<b>Simon Davies</b>	[UK]
Expedition Guide:	<b>Alexis Bellezze</b>	[Argentina]
Expedition Guide:	<b>Seda Tunca</b>	[Turkey]
Expedition Guide:	<b>Yvonne Lin</b>	[China]
Expedition Guide:	<b>Jade Heister</b>	[Netherlands]

**WE WELCOME YOU ON BOARD!**

## Day 1 – Thursday 8<sup>th</sup> of January, Ushuaia, Embarkation Day - Setting sail for Antarctica

18h00 GPS Position: 54°48.5 S, 068°17.9 W

Wind: N1 • Sea: Low • Weather: Overcast • Air temperature: 11°C

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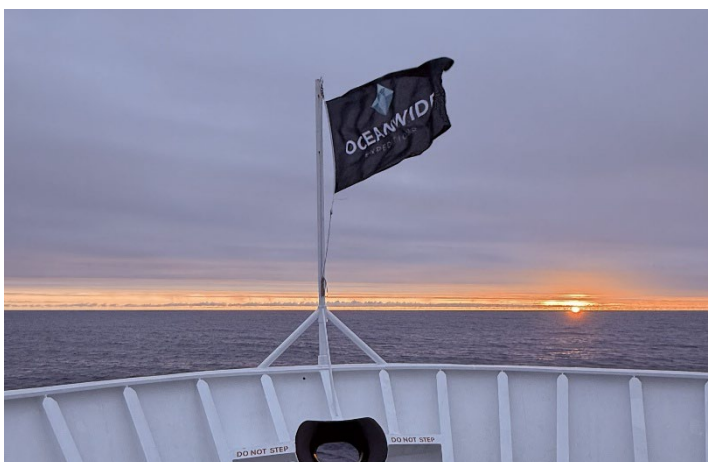
Our first day of the expedition began, with everyone coming aboard excited to go to Antarctica. After settling into our cabins and confirming that our luggage had arrived safely, most of us drifted into the lounge where tea and coffee were waiting. The mood was bright and chatty as people compared cabins and swapped stories about how long they had dreamed of making this journey.

We were called to the lounge by our Expedition Leader Chris, to first inform us about safety on the ship.

As we began the drill, we all gathered and put on our life jackets, confident that we now know what to do in case of an emergency. After the drill, Captain Ernesto invited us into the observation lounge with an inspiring welcome speech. Chris explained some what to expect from our adventure, and the expedition team also introduced themselves; 17 guides with each their speciality! With that done, we quickly went to the buffet dinner, meeting new people and exchanging stories.



As evening settled in, we could already feel a gentle roll underfoot, and some of us took extra precautions by paying the doctor a visit for some seasickness medication. There was a steady flow of passengers exchanging smiles as they collected tablets and advice.



Before turning in for the night we secured our belongings as instructed, aware that we would be sailing into open sea within hours. The ship creaked softly, and a few mugs rattled on their saucers as we made our way back to our cabins. It felt like the true beginning of the adventure a mix of anticipation, sea breeze and the pleasant uncertainty of what the next days would bring.



## Day 2 – Friday 9<sup>th</sup> of January, Drake Passage - At Sea sailing towards Antarctica

08h00 GPS Position: 57°02.05'S / 65°43.3'W

Wind: N3 • Sea: Slight • Weather: Overcast • Air temperature: +6°C

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MV Hondius's first day sailing south across the Drake Passage could scarcely have been more welcoming. We awoke to wonderfully calm seas and light winds, a rare gift in a stretch of ocean renowned for its unpredictability. Although the sky was overcast, no one on board complained; this was "Drake Lake," not the notorious "Drake Shake," and we would happily take grey skies over strong winds and towering swells any day.

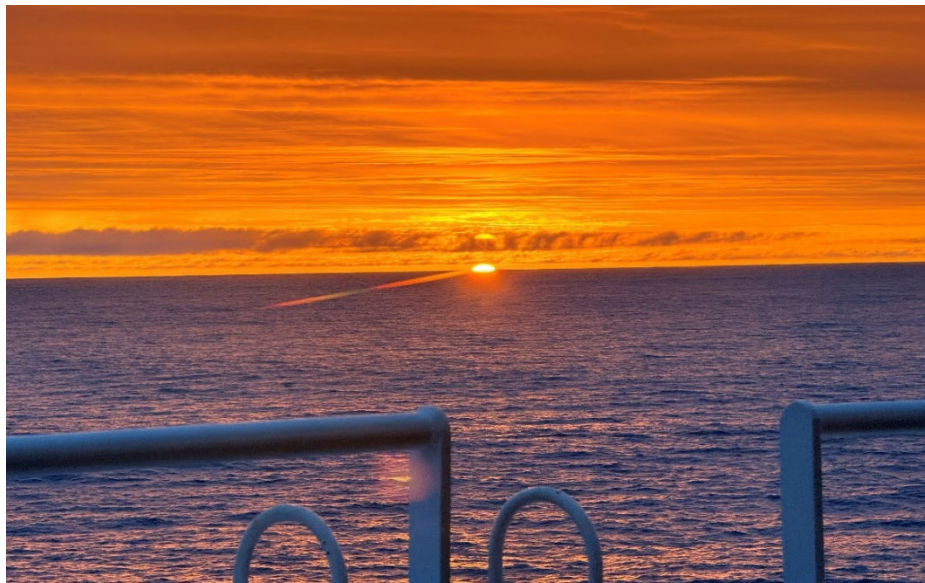
The gentle motion of the ship set a relaxed tone and allowed everyone to enjoy being out on deck as we headed south toward Antarctica. The benign conditions proved perfect for wildlife spotting, and the day quickly delivered. The skies around the ship were alive with seabirds taking advantage of the calm air. Black-browed Albatrosses glided effortlessly alongside the vessel, while Blue Petrels and White-chinned Petrels darted low over the water. Yet it was the appearance of several immense Wandering Albatrosses that truly captivated passengers. With their extraordinary wingspans and unhurried, majestic flight, they drew people to the railings again and again, cameras in hand, marveling at one of the Southern Ocean's most iconic inhabitants.



Birdlife was only part of the story. Excitement rose sharply when a group of more than ten Hourglass Dolphins suddenly whizzed past the ship, their striking black-and-white patterns flashing beneath the surface as they raced through the calm seas. The highlight, however, came when a pod of three to four Orca appeared, steaming north as we crossed paths. They surfaced several times, their tall dorsal fins cutting cleanly through the water, offering an unforgettable encounter that left the decks buzzing with awe and conversation long after they disappeared from view.



Complementing the wildlife sightings was a full and engaging lecture programme. Simon spoke passionately about the albatrosses we might encounter during the voyage, sharing insights into their behaviour, adaptations, and conservation challenges. This was followed by talks on whales and dolphins from Jerry, delivered in Mandarin, and Andi, in English, ensuring that everyone on board could deepen their understanding of the cetaceans we were so fortunate to see. With such calm conditions, it truly felt like the perfect day for both learning about and spotting marine life.



The afternoon shifted focus toward the adventures awaiting us in Antarctica. Kayaking and camping briefings built anticipation, as staff outlined what participants could expect from these unique experiences on the ice. Excitement grew as the reality of the coming days began to sink in. Later, Luce delivered an enthusiastic and fascinating talk on the underwater world of Antarctica. Drawing on her experience as a scuba diver, she offered a unique perspective on the vibrant, often unseen life beneath the icy surface.

As evening fell, we gathered for a delicious meal, reflecting on a remarkably rewarding first day at sea. Calm waters, memorable wildlife encounters, inspiring talks, and growing excitement for what lay ahead made it a perfect beginning to our Antarctic expedition aboard Hondius. The sunset was truly magnificent over the Southern Ocean, we could easily be the only people on the planet at that moment!

### **Day 3** – Saturday 10<sup>th</sup> of January, Drake Passage - At sea sailing towards Antarctica

08h00 GPS Position: 62°15.6'S / 065°18.2'W

Wind: W5 • Sea: Slight • Weather: Clear • Air temperature: 7°C

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We were woken by Chris' wake-up call and were pleased to find out the Drake was once again, perfectly calm. After a hearty breakfast, we made our way into the lounge for the first of our mandatory briefings. Here we learned everything about

zodiacs, the small powerboats we would use to land on Antarctica. Sit and Slide became our mantra, the introduction to the life vest quickly becoming routine. We also learned about the self-organization of tour operators in IAATO and how we all together keep this spectacular place pristine and exactly as we found it.



During the day there was more than enough wildlife to enjoy from the outer decks. The people that preferred inside, spend it playing cards and getting to know our international group of travelers. But we had more stuff to do in preparation. We fitted our rubber boots and spent the afternoon cleaning them and checking all our outer gear for any organic matter that could pose threat to the Antarctic ecosystem. Potentially not our favorite part of the voyage, but an important one, nevertheless.

Our photography guide Valeria gave an interesting lecture about photographing Antarctic wildlife. Even on smartphones, great results could later this voyage be expected with Valeria's tips and tricks. Immediately we tried our luck of photographing the first glimpse of the South Shetland Islands that are the first sign of Antarctica coming from South America. As it was unusually bright and clear day we could see them from over 60 kilometers away.

We enjoyed plated dinner by our excellent kitchen team and spent some time in the bar. As Hondius was sailing in thick fog late in the evening, most of us had already found their cabins to be ready for tomorrow's first operations. The lucky few that stayed awake were treated with the first glimpse of the Antarctic peninsula when the fog suddenly lifted. Wildlife was all around, in the form of porpoising penguin and humpback whales.

Even though the Drake passage had been exceptionally kind to us, we were all excitedly awaiting those first steps on the land that now felt and was finally very, very nearby.



#### Day 4 – Sunday 11<sup>th</sup> of January - Damoy Point and Port Lockroy

09h00 GPS Position: 64°48.9'S / 63°31.5'W

Wind: NW2 • Sea: Calm • Weather: Clear • Air temperature: 4°C

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The first day of operations for MV *Hondius* delivered an unforgettable introduction to the White Continent, combining wildlife encounters, scenic landings, and classic polar adventure under remarkably favourable conditions.

First day in Antarctica! We woke up in Damoy Bay, a beautiful location on Wiencke Island. The weather was stunning and the seas calm. The first group boarded the zodiacs and went to shore while the second half went for a zodiac cruise. Damoy Bay is home to thousands of nesting Gentoo penguins and the chicks have hatched in the last weeks, allowing us to see the downy little youngsters in the nests. After 2 days on the ship everyone appreciated having a nice long walk to the 2 huts located about 1 km from the landing site. The Argentinian hut is still active as an emergency hut while the British is an impromptu museum, with everything kept as it was left in 1993.

The zodiac cruise took us out in the bay amongst the islands and icebergs. Penguins were nesting on the rocks and a Weddell seal was spotted sleeping on the shore. The second group was even treated to a sighting of a pod of orca. The kayakers were out for a few hours on the completely still waters. What an amazing first landing!

After lunch, and for some a short rest, we boarded the Zodiacs once again for a cruise at Port Lockroy. A British station is located on one of the islands in the bay and home to 4-6 personnel and 100s of penguins in the summer. It was built as Britain's first permanent Antarctic base in 1944. The station is now a heritage site with its own post office.

We split into pairs of 2 boats and went exploring. Besides the numerous gentoos a lone Adelie was spotted on an ice flow and a few Chinstraps in the water. Some



of the groups also saw a leopard seal, a sleeping humpback whale and lots of lots of glaciers and icebergs. The kayakers went out once again and had a scenic paddle.

Just as we all gathered for the evening recap a large pod of orcas and a humpback appeared next the ship- recap instantly cancelled and we were treated to a rare sight of a baby orca traveling with its pod. This was a first day that will be hard to beat. The guides were joking that we might as well just go back home- we had seen it all!



Cruising through the Neumeyer strait we had dinner and while some enjoyed a drink in the bar most of us went straight to bed, tired and happy after an eventful day.



## Day 5 – Monday 12<sup>th</sup> of January - Neko Harbour and Skontorp Cove

08h00 GPS Position: 64°51.5'S / 62°32.2'W

Wind: S1 • Sea: Mirror • Weather: Clear • Air temperature: 2°C

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What a glorious morning! We awoke to beautiful blue skies and absolutely still waters in magnificent Neko Harbour.



Massive glaciers surrounded the peaceful bay, while a few smaller icebergs floated contentedly about. What really caught our attention, though, were the multiple humpback whales feeding all throughout the harbour. We would spot a pair of spouts in one area, only to have our attention soon diverted by another pair. At least six of the giant creatures made their presence known with their gentle breaking of the surface and the WHOOSH of their spouts. We were completely enthralled.

In the meantime, the gentoo penguins were bustling about the shoreline, bathing, feeding, heading to and from their nests. Curious and a little uncertain of their giant visitors, they soon went about their busy day without a care for us, although a few did try to collect our red poles as a treasure for their nests. Had they succeeded, they would assuredly have been the envy of the entire penguin neighbourhood.



From the high vantage point of the top of the walking loop, our view over the harbour was nothing short of dazzling. We watched the brash ice move in, crowding the landing site and adding an extra element of Antarcticness to the day while maintaining perfect weather. Although the face of the main glacier was mostly quiet, there was a significant but not very wide avalanche far to the other side of us that sent a cloud of snow pouring into the sky. The penguins did not seem to react at all, though the crashing noise certainly had us looking up. We did not see the famous tidal waves of Neko Harbour, but we did get to see a fog of powder in an otherwise blue sky.

While we were enjoying ourselves on land, in kayaks, and in the zodiacs, some of the expedition staff took the opportunity presented by the perfect weather to practice person-overboard drills. We watched in amusement as different teams pulled people out of the water, the occasional penguin gliding effortlessly by. Everyone seemed to come through the training well – and only a little water-logged.

After this already full morning, we were ready for a hearty lunch! Today is the day we eat mindfully, trying to be aware of our food choices and how they affect our larger environment, even down here in the polar Antarctic. Vegetarian is the theme of the day's meals – without, of course, sacrificing flavour. Fortunately, the galley team did not disappoint, serving up a grand buffet of delights, including a scrumptious vegetarian pizza that was a fan favourite. Some of us then went to our cabins for a little nap – we had big plans for the evening still to come.

The afternoon found us all in boats: either a zodiac or a kayak. We meandered around Skontorp Cove, visiting multiple Weddell seals hauled out onto pieces of



ice while marvelling at the heights of glacial towers. How had they not managed to topple yet? Some seemed to lean at impossibly precarious angles; surely they would collapse at any moment. But none did during our visit.



We cruised around the corner toward the Argentinian research station Almirante Brown Base, visiting steep cliffs full of nesting blue-eyed (Antarctic) shags, Antarctic terns, and several species of petrel. Occasionally a shag would swoop low over a zodiac on its way out to sea to fish, invariably leaving a crowd of smiles behind it. Gentoo penguins covered the research station, obviously quite at home there. A vibrant streak of aquamarine ran vertically down a cliff, alerting us to the presence of copper in the rock. Vibrant yellow and orange lichen coated the bluffs, adding depths of colours we were not expecting in a land of ice and snow. Wait, was some of the snow slightly pink? Indeed, large patches of “watermelon snow” could be seen throughout the area, caused by a blue green algae known as *Chlamydomonas nivalis*. Why, then, wasn’t the snow green, if its coloured by a blue green algae? The pink colour was caused by an internal “sunscreen” the algae uses to protect its green chlorophyll. Who knew?

After a slightly bouncy ride back to the ship, we gathered again for dinner, continuing our day of mindful eating with another fantastic array of vegetarian options. The vegetarians among us rejoiced, and the carnivores among us barely missed the meat. All of our taste buds were delighted.

Now, when the evening would normally be drawing to a close, half of us still had one more excursion to go: it was time to go camping! We layered up, put on warm gloves and hats, and went ashore to the place chosen by our guides to spend the night in the crisp, open air. Once there, we used shovels to dig out our sleeping spot, piling the snow up to make a wall to protect us from any wind that might show up during the night. Our sleeping bags went into our shells, we went into

our sleeping bags, and we drifted off to a not-quite-as-comfortable-as-in-a-warm-bed sleep thinking, “How magical is this?”



## Day 6 – Tuesday 13th of January - Hidden Bay, Lemaire Channel and Petermann Island

08h00 GPS Position: 64°56.8'S / 63°38.6'W

Wind: E4 • Sea: Rippled • Weather: Overcast • Air temperature: 2°C

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After breakfast, we boarded the Zodiacs for a morning cruise through the legendary Lemaire Channel, often referred to as the “Kodak Gap.” The sea was exceptionally calm, creating mirror-like reflections of the surrounding peaks.

Towering mountains rose steeply on both sides, their glaciers spilling down toward the water. Massive icebergs—some glowing blue from compressed ice—floated silently past as the Zodiacs carefully navigated the narrow passage.

The morning light filtered through the clouds, illuminating the channel in soft tones of silver and blue. The stillness was broken only by the sound of ice cracking and the distant calls of seabirds. Cameras were constantly clicking as every turn revealed another dramatic vista. We spotted Crabeater seals resting on ice floes and several Antarctic shags perched on rocky outcrops. A pair of Humpback whales was seen in the distance, surfacing slowly before disappearing beneath the glassy water.

As we emerged from the southern end of the Lemaire Channel, the scenery opened up to wide expanses of sea ice and distant islands. The cruise concluded with a quiet ride back to the ship, everyone soaking in the scale and beauty of the Antarctic landscape.



In the afternoon, we headed ashore at Petermann Island, one of the southernmost landing sites regularly visited by expedition ships. Snow crunching beneath our boots marked our arrival on solid Antarctic ground.

The island was alive with wildlife. Large colonies of Adélie penguins and Gentoo penguins occupied the rocky slopes, busily nesting and tending to their chicks. The constant movement and calls of the penguins brought a lively energy to the stark environment.

We followed marked paths to avoid disturbing wildlife, stopping frequently to observe penguin behaviour and admire panoramic views of ice-filled channels surrounding the island. The contrast between dark rock, white snow, and turquoise icebergs was striking.





From higher ground, we looked out over the surrounding waters where tabular icebergs drifted slowly past. The guides shared stories of early Antarctic explorers who had passed through this region, adding historical depth to the experience.

Several Weddell seals were spotted resting near the shoreline, barely reacting to our presence. South Polar skuas circled overhead, ever watchful for opportunities near the penguin colonies.

We returned to the Zodiacs for the short ride back to the vessel, taking one last look at Petermann Island and its bustling penguin communities.

The day offered two very different yet equally unforgettable Antarctic experiences. The serene, dramatic beauty of the Lemaire Channel in the morning was perfectly complemented by the energetic wildlife and immersive landing on Petermann Island in the afternoon. Together, they captured both the grandeur and the intimate life of the Antarctic Peninsula—an exceptional day at the end of the world.

### Day 7 – Wednesday 14th of January - Spert Island and Mickelson Harbour

08h00 GPS Position: 63°53.1'S / 61°00.6'W

Wind: SSW3 • Sea: Calm • Weather: Overcast • Air temperature: 2.5°C

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After enjoying all the humpbacks, the big pod of orcas, the glasslike surface and the beautiful sunset yesterday, we woke up realizing that we had left our “summer residence” of the last few days. Cloud cover and a bit of wind was the scene of this morning activity – a Zodiac cruise among the volcanic islands and islets of Spert Island. These islands were formed more than 150 million years ago, mapped by the Swedish Nordenskjöld expedition in 1904 and named after an admiral, serving the British king 500 years ago. These eerie black rocks were full of caves, arcs and channels, some of them could be explored from the Zodiacs – some of them blocked by icebergs or reefs, but the bigger ones were like cathedrals with a very special acoustic when we were inside and could hear the waves and swells crashing the walls. Some mentioned, that we might see Gollum from the “Lord of Rings” or Orks, when we passed or entered all the dark caves. We also had the pleasure of witnessing both gentoos and chinstrap penguins porpoising next to our Zodiacs and even a couple of humpback whales passed by at the end of the trip. After warming up over a good lunch, and maybe a little nap, we were ready for the next activity.



The Zodiac cruise took us through the rocky waters of the bay at Mikkelsen Harbour. Some lucky guests spotted a very relaxed leopard seal, stretched out on its ice floe like it owned the place. Others saw whales in the distance. But everyone enjoyed the biggest surprise of all: a single Zodiac waiting in the middle of the bay.

There, our wonderful hotel and reception team served hot chocolate and rum for those who felt it was the right time (and place) for it. Hot drinks in cold Antarctica always taste better.

On the small islet - D'Hainaut Island - we stepped into history. We saw reminders of the whaling era from about 100 years ago. Whalebones were scattered around the landing site, along with the remains of a “water boat”, a simple rowing boat once used to collect ice and snow, which the whalers melted for drinking water. Like many nearby islands and almost 2000km of coastline on the Westcoast of the Peninsula, this one was charted by the 2 French expeditions led by Jean-Baptiste Charcot in the early 1900's. The name however, was in honor of a Chilean officer taking part in an Antarctic expedition in 1952.



Mikkelsen Harbour was named after a Norwegian whaler, and his story was dramatic. He was just about to harpoon a whale when a calving glacier suddenly sent ice flying toward the boat. Mikkelsen was killed instantly, and the whale escaped and got to live another day. During our visit, we could see and hear several glacier calvings and snow avalanches, reminding us that this was a place where Mother Nature was clearly in charge.

Back on Hondius, we received the briefing for tomorrow's plans: a visit and a hike on an active volcano!!!

The day ended with the rare opportunity of an Antarctic BBQ and dance, surrounded by tall snow-covered mountains, huge glaciers, and an almost perfectly calm bay. Wonder what the leopard seal thought of our taste in music - because it was still resting on its icefloe.

### Day 8 – Thursday 15th of January - Telefon Bay and Edinburgh Hill

08h00 GPS Position: 62°55.8'S / 060°39.7'W

Wind: SW3 • Sea: Calm • Weather: Overcast • Air temperature: 2°C

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The day began early. Shortly after 07:00 we arrived at one of the most remarkable places in Antarctica: Deception Island, located in the South Shetland Islands. This extraordinary island is an active volcano, and our ship sailed all the way into its flooded caldera. Surrounded by volcanic cliffs, we landed at a place called Telefon Bay.

From the shore, we set off on a long hike up to a nearby mountain. Step by step, the views expanded, until we could look out across the entire volcanic island.





Two research stations were visible from the peak, where researchers monitor seismic activity and study this still-active volcano.

After the hike, those feeling especially adventurous took part in a polar plunge, entering the icy Antarctic waters, measured at approximately 4°C (39°F). Cold, and unforgettable, it was a moment many will remember for a lifetime.



As the ship continued its journey during lunch, guests gathered for a photography workshop on board. The session focused on composition, light, and storytelling through images, offering helpful tools to capture the beauty of Antarctica.

The long afternoon transit proved more than worthwhile when we arrived at our second destination, Edinburgh Hill. This astonishing natural wonder is formed by massive hexagonal basalt columns, created millions of years ago as slowly cooling magma fractured into striking geometric shapes. These towering columns rise up to 200 meters (600 feet) above the sea, creating a wonderful sight.

Exploring the area by zodiac, we cruised along the dramatic rock walls, surrounded by glaciers that occasionally calved with thunderous sound echoing across the water. We saw a young elephant seal resting peacefully on the beach, and several chinstrap and gentoo penguins taking a break on land.

Today, we experienced two truly incredible and unique locations in Antarctica, each offering a completely different perspective on the power and beauty of this remote continent. It was a perfect way to conclude our time here. As evening approached, we set course toward the Drake Passage, carrying with us unforgettable memories of the adventure at the edge of the world.



### Day 9 – Friday 16th of January - At sea leaving Antarctica

08h00 GPS Position: 60°35.3'S / 062°15.1'W

Wind: NE3 • Sea: Calm • Weather: Clear • Air temperature: 3°C

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Our sea day aboard *Hondius* began with an unfamiliar sight: the Drake Passage, calm and almost glassy, as if offering us a gentle farewell from Antarctica. Known as one of the most tempestuous stretches of ocean on Earth, where the Atlantic, Pacific, and Southern Oceans collide, the Drake is famous for towering swells and roaring winds. Today, however, it felt more like a blessing than a trial, allowing us to reflect on the remarkable journey behind us.

The morning started on a sentimental note as we returned our beloved muck boots. Those sturdy companions had carried us across icy beaches, penguin highways, and snowy ridges, and handing them back felt like closing a special chapter of our expedition. Shortly after, our Expedition Leader shared his experiences of living in Antarctica. Listening to stories of long polar nights, isolation, scientific research, and the raw power of the environment gave us a deeper appreciation of what it truly means to call this frozen continent home, even temporarily. Antarctica, protected by the Antarctic Treaty System since 1959, remains devoted to peace and science, a global collaboration unlike any other.

After lunch, we gathered for a fascinating lecture by Jodi and Jerry on the Race to the South Pole. The dramatic rivalry between Roald Amundsen and Robert Falcon Scott unfolded before us, a tale of preparation versus perseverance. Amundsen's success in 1911 was rooted in his deep understanding of polar travel and use of

skis and dogs, while Scott's tragic expedition became a powerful reminder of how unforgiving Antarctica can be.

The highlight of the afternoon came unexpectedly when a pod of extremely rare strap-toothed beaked whales passed our ship. These elusive deep-diving cetaceans, also known as Layard's beaked whales, are among the least observed whales in the world. They are famous for the extraordinary teeth of the males, which curve over the upper jaw and limit how wide they can open their mouths. Living mostly in the Southern Ocean, they spend much of their lives in deep waters, diving over 1,000 meters in search of squid, making sightings like ours exceptionally special.



During our evening recap, we learned more about these mysterious whales and revisited the legends of the Southern Ocean: the iconic orcas. Apex predators with complex social structures and highly specialized hunting techniques, they remain one of Antarctica's most intelligent and captivating residents.

We ended our day with another delicious plated dinner in the dining room, sharing stories, laughter, and gratitude. Surrounded by calm seas and rich memories, we felt the quiet magic of a perfect Drake Passage day and the lasting impact of our Antarctic adventure.

### Day 10 – Saturday 17<sup>th</sup> of January - At sea towards Ushuaia

12h00 GPS Position: 56°50.3' S, 066°17.8'W

Wind: N3 • Sea: calm • Weather: Clouds • Air temperature: 6°C

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Today was our second day sailing toward Ushuaia. The morning began with informative and engaging talks: Pierre shared his knowledge about humpback whales, followed by Simon's presentation on penguins. It was the perfect way to deepen our understanding of the Antarctic species we were so lucky to observe throughout the voyage.



Just before lunch, Captain Ernesto surprised us one last time as we sailed past the legendary Cape Horn — one of the world's most renowned capes and a place every sailor dreams of witnessing at least once.

After our final lunch buffet, Marcel gave a presentation on Oceanwide's exciting destinations, undoubtedly awakening new dreams and future travel plans for many of us.

During the afternoon, Valeria shared valuable photography and editing tips, which were incredibly helpful. We definitely have countless photos to sort through — memories of a lifetime. Later on, the captain and the expedition team hosted a cocktail ceremony to thank us for this unforgettable journey. We watched a touching slideshow prepared by some of the guides, filled with images from the trip, before the expedition leader provided practical information about disembarkation to ensure a smooth return to land.

To close the day — and this fabulous adventure — we shared our final dinner while sailing through the beautiful Beagle Channel.

## Day 11 – Sunday 18<sup>th</sup> of January – Disembarkation in Ushuaia

08h00 GPS Position: 54°17.4' S, 036°28.9'W

Wind: N2 • Sea: Rippled • Weather: Overcast • Air temperature: 11°C

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Our last morning came gently as the ship slipped back into Ushuaia, the harbour bathed in the soft glow of early light. Even before breakfast, suitcases lined the corridors outside our cabins, a quiet reminder that the voyage was ending. Breakfast was relaxed and comforting, filled with calm conversation and shared laughter as everyone revisited their most memorable moments of the journey. Not long after, we went ashore where our luggage awaited us neatly arranged on the pier. Goodbyes echoed through the group as travellers embraced, shook hands, and offered heartfelt thanks to the crew who had cared for us so thoughtfully throughout the expedition. Casting one last look at our dear Hondius that had carried us across the Drake Passage and through extraordinary days among the ice, we stepped into the cool Ushuaia morning, taking the memories of Antarctica with us, for life.

### Kayaking experience:

The kayaking experience during this Discovering Antarctica voyage was both meaningful and deeply rewarding. We brought nearly ninety guests onto the water, many of them with only basic prior experience, yet all were able to explore secluded bays, tidewater glaciers, small islands, penguin rookeries, and colonies of seabirds.

From their kayaks, they encountered whales and seals at close range, approached historic sites and scientific stations, and—perhaps most memorably—experienced the profound silence that defines Antarctica.

Kayaking offers a singular perspective in this environment. It allows for an intimate, unmediated connection with the landscape, one that fosters presence, humility, and lasting memory. It is an experience that leaves a quiet but enduring mark on those fortunate enough to live it.

For me, as a Patagonian kayak guide, returning to Antarctica was a privilege. Sharing its essence—freedom, simplicity, and the unique sensation of paddling through one of the last truly untouched places on Earth—was an honor.

Thank you for being part of this journey. I look forward to crossing paths again.







*Drawing by Tyler E. Burgess*

**Total distance sailed on our voyage:** 1740.2 nautical miles

**Furthest south:** 65°10.6' S (Peterman Island)

On behalf of Oceanwide Expeditions, Captain Ernesto Barría Vargas, Expedition Leader Chris Long, Hotel Manager Jeroen William Barnes and all the crew and staff of M/V Hondius, it has been a pleasure travelling with you!





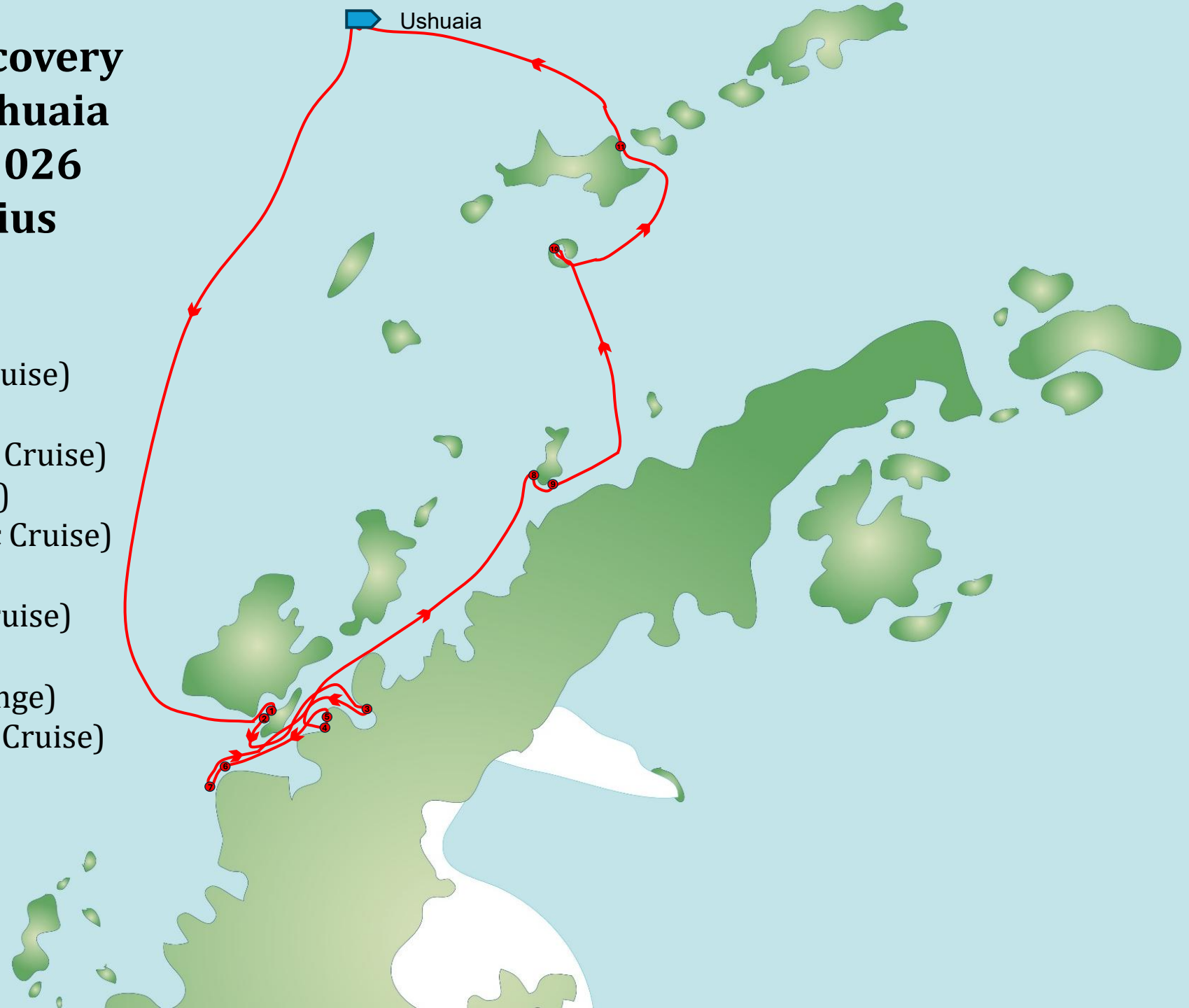
# Antarctic Discovery

## Ushuaia – Ushuaia

8-18th Jan 2026

m/v Hondius

1. Damoy Point
2. Jougla Point (Zodiac Cruise)
3. Neko Harbour
4. Skontorp Cove (Zodiac Cruise)
5. Puerto Leith (Camping)
6. Lemaire Island (Zodiac Cruise)
7. Petermann Island
8. Spert Island (Zodiac Cruise)
9. Mikklesen Harbour
10. Telefon Bay (Polar Plunge)
11. Edinburgh Hill (Zodiac Cruise)



## Birds and Marine Mammals of the Antarctic region

English	Latin	中文	8-jan	9-jan	10-jan	11-jan	12-jan	13-jan	14-jan	15-jan	16-jan	17-jan	18-jan
King Penguin	<i>Aptenodytes patagonicus</i>	王企鹅											
Adélie Penguin	<i>Pygoscelis adeliae</i>	阿德利企鹅				X		X					
Gentoo Penguin	<i>Pygoscelis papua papua</i>	金图企鹅/巴布亚企鹅				X	X	X	X	X			
Chinstrap Penguin	<i>Pygoscelis antarctica</i>	帽带企鹅			X	X		X	X	X			
Magellanic Penguin	<i>Spheniscus magellanicus</i>	麦哲伦企鹅	X									X	
Wandering Albatross	<i>Diomedea exulans</i>	漂泊信天翁		X								X	
Northern Royal Albatross	<i>Diomedea sanfordi</i>	北部皇家信天翁											
Southern Royal Albatross	<i>Diomedea epomophora</i>	南部皇家信天翁										X	
Black-browed Albatross	<i>Diomedea melanophris</i>	黑眉信天翁	X	X	X						X	X	
Grey-Headed Albatross	<i>Diomedea chrysostoma</i>	灰头信天翁		X	X							X	
Light-mantled Albatross	<i>Phoebetria palpebrata</i>	灰背信天翁		X	X							X	
Northern Giant-Petrel	<i>Macronectes halli</i>	北部巨鹱											
Southern Giant-Petrel	<i>Macronectes giganteus</i>	南部巨鹱	X	X	X	X	X	X	X	X	X	X	X
Southern Fulmar	<i>Fulmarus glacialis</i>	南部暴风鹱			X								
Cape Petrel (Pintado)	<i>Daption capensis</i>	花斑鹱/海角鹱			X		X		X	X	X		
Antarctic Petrel	<i>Thalassoica antarctica</i>	南极鹱											
Snow Petrel	<i>Pagodroma nivea</i>	雪鹱											
Blue Petrel	<i>Halobaena caerulea</i>	蓝鹱		X	X						X	X	
White-chinned Petrel	<i>Procellaria aequinoctialis</i>	白颊风鹱		X	X						X	X	
Sooty Shearwater	<i>Puffinus griseus</i>	灰鹱		X								X	
Soft-plumaged Petrel	<i>Pterodroma mollis</i>	柔羽圆尾鹱			X						X		
Antarctic Prion	<i>Pachyptila desolata</i>	鸽锯鹱		X	X						X		
Slender-billed Prion	<i>Pachyptila belcheri</i>	细嘴锯鹱		X									
Wilson's Storm-Petrel	<i>Oceanites oceanicus</i>	黄蹼洋海燕		X	X	X	X	X	X	X	X	X	
Black-bellied Storm Petrel	<i>Fregetta tropica</i>	黄蹼洋海燕		X	X						X	X	
Common Diving-Petrel	<i>Pelecanoides (urinatrix) berard</i>	鹈燕											
Imperial (Blue Eyed) Shag	<i>Phalacrocorax atriceps</i>	蓝眼鸬鹚	X									X	X
Antarctic Shag	<i>Phalacrocorax bransfieldensis</i>	南极鸬鹚			X	X	X	X	X	X			
Snowy (Pale-faced) Sheatbill	<i>Chionis alba</i>	白面鞘嘴鹈				X	X	X	X	X			
Chilean Skua	<i>Catharacta chilensis</i>	智利贼鸥	X									X	X
South Polar Skua	<i>Catharacta maccormicki</i>	南极贼鸥				X	X	X	X				
Sub-Antarctic (Brown) Skua	<i>Catharacta lonnbergi</i>	棕贼鸥		X						X	X		
Dolphin Gull	<i>Larus scoresbii</i>	豚鸥	X										X
Kelp Gull	<i>Larus dominicanus</i>	黑背鸥	X			X	X	X	X	X		X	X

[illegible]



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# Christan Long – Expedition Leader

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

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

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

Peninsula, East Antarctica and the Atlantic Ocean.

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

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

## 中文

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

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

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

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

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

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# Marcel Paul – Asst. Exp. Leader

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From his teens Marcel has been a keen traveller. After camping and trekking with friends, he led groups trekking to Austria, Switzerland, England, Wales, and Scotland.

His own travels over the last 30 years brought him to more than 65 countries on all 7 continents.

With his interest in history, ice, cartography, exploration, and as keen hobby photographer, the Polar Regions have always been drawing his attention.

At his first arrival to Svalbard in 2011 and a second trip in 2013, he felt connected with the remoteness of the place and the dynamics of the polar nature. At that time the idea started to grow to become a polar guide and give up a job that was keeping him indoor most of the time.

When the Dutch organised a scientific polar expedition to Edgeøya it seemed the perfect opportunity to gain more knowledge about Spitsbergen, the uniqueness of

the islands and their eco systems by working with the scientists.

He joined the expedition in 2015 as field assistant and participated in various fields of research. In 2016 he spent time in the summer at the Dutch polar station in Ny Ålesund, again as field assistant. From 2017 Marcel has been working as a polar guide in the Arctic followed by Antarctica in 2018.

Today he still spends about half the year onboard with Oceanwide whilst sailing around Spitsbergen, Greenland, Jan Mayen, Antarctica, Falklands, and South Georgia. The rest of the year is spent either at his homes in Holland and Slovakia or traveling with his wife and their dog.

## 中文

从十几岁起，马塞尔就热衷于旅行。在有了多次与朋友露营和徒步旅行的经历后，马塞尔带领团队徒步前往奥地利、瑞士、英格兰、威尔士和苏格兰。在过去的 30 年里，他的旅行足迹遍及七大洲超过 65 个国家。马塞尔对历史、冰雪、制图、探险有浓厚的兴趣，同时也是一名摄影爱好者，因此，极地地区的风景能同时满足他的所有兴趣爱好。2011 年马塞尔第一次抵达斯瓦尔巴群岛，而在2013年，当他第二次抵达斯瓦尔巴群岛时，他感到自己与这个偏远的大自然有着一一种说不清道不明的联系。那时，马塞尔萌生了成为一名极地向导的念头，并放弃了他所从事的白领工作。当荷兰人组织前往埃奇岛的科极地探险时，对马塞尔来说，这就是通过与科学家的合作，获得更多关于斯瓦尔巴群岛及其生态系统独特性知识的绝佳机会。马塞尔于2015年作为野外助理加入泛海探险，并参与了各个领域的研究。2016 年夏天，他在新奥勒松的荷兰极地站工作了一段时间，再次担任现场助理。自 2017 年起，马塞尔一直在北极担任极地向导，随后于 2018 年又前往南极洲。

一年中，马塞尔在泛海探险公司几乎要度过大半年的时间，斯匹次卑尔根岛、格陵兰岛、扬马延岛、南极洲、福克兰群岛和南乔治亚岛都留下他航行的足迹。剩下的时间，马塞尔要么在荷兰和斯洛伐克的家中度过，要么与妻子和爱犬一起旅行。

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# Pierre Gallego – Asst. Exp. Leader

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Pierre is a veterinarian specialised in marine mammal medicine. He has been working in the field of marine biology for 18 years and has been organising marine mammal research internships around the world since 2004. He represents the Government of Luxembourg at the International Whaling Commission and CCAMLR, and works with numerous international NGOs to promote marine mammal conservation and to fight cetacean captivity.

He is currently carrying out his PhD with the Oceanology Lab of the University of Liege, Belgium. His PhD thesis deals with pollutants and stable isotopes in humpback whales off Ecuador and Mozambique. He is a keen birdwatcher and enjoys photography. The ocean is his passion, and water is his element!

皮埃尔是一位专注于海洋哺乳动物的兽医。他已经在海洋生物学这个领域工作了 18 年。他曾代表卢森堡政府参加世界鲸类委员会，促进世界海洋哺乳动物保护话题已经反对鲸豚类的囚禁。

他现在正在进修他的博士学位，研究座头鲸和海洋污染的各种关系。同时他喜欢摄影和观鸟。海洋是他的热情，水是他的元素。



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# Jerry Zhao – EXP. Guide

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

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

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

Along the way as he spent more time in polar regions, learns more about polar regions, he is more interested in polar regions. He has self-studied the geography, wildlife and history of the Polar regions. He is beginning to learn wildlife photography.

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

## 中文

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

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# Rose Li – Expedition Guide

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Rose Li is an accomplished expedition professional with a diverse background in interior design, hospitality, and polar guiding.

Originating from China, she graduated from Wuhan College with a degree in Interior Design. Since 2014, her career has been dedicated to immersive travel, beginning on international cruise ships where she honed her skills as an Expedition Guide, VIP Services Executive, and Head Cruise Ambassador across Asia and Europe.

In 2018, Rose transitioned into the expedition industry, where her passion for geology and history became central to her role. She serves as a Polar Expedition Guide & Lecturer, captivating guests with insights into the earth's past and landscapes. Her versatile skill set also encompasses interpretation, Zodiac driving, and Guest Services Management.

An avid adventurer, Rose has visited over 50 countries. Outside of work, she channels her creativity and energy into skiing, and hosting. She is always looking forward to her next adventure and is committed to providing exceptional customer service while sharing the incredible journey of discovery with fellow travelers.

## 中文

Rose Li 是一位经验丰富的极地探险专业人士，兼具室内设计、酒店服务及极地导览的多元化背景。

她来自中国，毕业于武汉学院，获室内设计学位。自2014年起，她的职业生涯便致力于沉浸式旅行，最初在国际邮轮上担任VIP客户关系主管及邮轮大使主管，穿梭于亚洲欧洲各地，积累了丰富的服务与管理经验。

2018年，李玫瑰正式进入专业探险领域，她对于历史与地质学的热爱在此成为了工作的核心。作为极地探险向导和讲师，她通过讲述地球的过往与地貌的变迁，为旅客带来富有深度的体验。她的综合技能还包括口译、冲锋艇驾驶以及宾客服务管理。

作为一名狂热的探险者，Rose的足迹已遍布全球50多个国家。她始终期待着下一次冒险，并致力于提供卓越的客户服务，与同行旅客分享探索世界的无穷乐趣。

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# Brian Veltrop – Expedition Guide

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This is Brian. He is 30 years young and lives in Heerlen, the Netherlands.

Brian is a true nature enthusiast. In his daily life he can be found regularly in the nature and loves everything that comes with it. Think of hiking and survival in nature. But also being able to identify the flora & fauna.

In 2022, Brian completed the Hike & Survival Instructor, Hike & Backpacking Guide and Canadian Woods Travel and Survival Instructor LVL1. For this he has been in Canada, France and the Netherlands and has been examined here in Map, Compass, GPS, Route Selection, Pathfinding, Canoeing, Hiking, Backpacking, Snow Shoe Hiking, Wilderness Camping, Food Care and Preparation, Equipment Care and Handling, Survival Skills, Bushcrafting, Wilderness First Aid, Wildlife

Tracking, Flora and Fauna Species Identification, Group Management, Leadership and Instructions

In addition, he is trained in winter conditions and has completed the Winter Travel & Survival Level 2 training

in France and followed the training of Bico, Baby It's Cold Outside and Mountain 101 (University of Alberta, Canada) In addition to his rounded studies and training now he is also busy with his training for CSWI LVL 2, outdoor sports instructor and Nature & Wildlife Guide LVL 1.

Brian is a member of the Wilderness Guide Association and Interpretive Guide Association. In addition to Oceanwide Expeditions, Brian works at two Dutch companies as an instructor and wilderness guide, who offer Wilderness trips to Scandinavian countries, France, Poland, Canada and Spain.

Beside of his work in the outdoor, Brian works as a self-employed person in healthcare. He now has 11 years of experience in this.

布莱恩今年 31 岁，来自荷兰。他是一位真正的大自然爱好者，从小便与自然为伴，并在近年找到了对户外探险的无限热忱。近年来，布莱恩完成了多项户外领域的专业培训：2021 年，他开始了徒步与生存教练、徒步与背包旅行向导、国际荒野向导一级的培训，并在荷兰、法国和加拿大接受训练。他还完成了 BICO（寒冷环境生存）、"Baby It's Cold Outside"（极寒生存）以及 "Mountain 101"（加拿大阿尔伯塔大学山地课程）等课程。完成基础培训后，他进一步专精，获得了荒野向导二级和加拿大冬季旅行与生存三级认证。作为考核的一部分，他曾在零下三十摄氏度的极寒环境中完成 48 小时单人野外生存挑战。此外，布莱恩对动植物识别充满热情，尤其喜欢追踪野生动物痕迹并分享相关知识。除在泛海探险公司担任探险领队外，布莱恩还在两家荷兰公司兼任生存教练和荒野向导，带领团队前往斯堪的纳维亚国家、法国、波兰、加拿大和西班牙开展荒野探险。同时，他还是荒野向导协会和自然解说向导协会的成员。



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# Andi Schwertz – Expedition Guide

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Andi was born in Budapest and grew up in Germany. Andi has always been fascinated by animals and nature, especially marine mammals ever since she was a child. She wanted to be a whale researcher, became a whale expert, without studying at a university, but through passion. She initially graduated in sociology, but then ran her own cocktail bar for 10 years. However, her enthusiasm for sea creatures never left her and she began to travel the world to be close to these fascinating animals and to observe them.

As a scuba and freediver, she was able to get particularly close to many whale species and experience adventures. For example, she has already swum with orcas three times in arctic Norway. She came to Oceanwide because she wanted to share her passion with heart and enthusiasm. She was already able to gain experience as a trainee in Antarctica in the spring of 2023. The polar regions with their special fauna exert a very special attraction on her. She is also interested in landscape photography and has great tips for successful mobile phone photography. Another passion of hers is

yoga, which she also practices as a yoga instructor. She speaks English, German, Hungarian, and a little bit of Spanish and French. Andi is looking forward to more great adventures as a team member of Oceanwide!

## 中文

安迪出生于布达佩斯，在德国长大。从小，安迪就一直对动物和自然，尤其是海洋哺乳动物着迷。她想成为一名鲸鱼研究员，成为鲸鱼专家，不是在大学学习，而是出于热情。她最初毕业于社会学专业，但后来经营了自己的鸡尾酒吧 10 年。然而，她对海洋生物的热情从未消退，她开始环游世界，靠近这些迷人的动物并观察它们。

作为一名潜水和自由潜水员，她能够特别接近许多鲸鱼物种并体验冒险。例如，她已经在挪威北极地区与虎鲸一起游泳三次。她来到 Oceanwide 是因为她想用心和热情分享她的激情所在。她曾在2023年春天作为实习生在南极洲积累了经验。拥有特殊动物种群的极地对她有着非常特别的吸引力。她还对风光摄影感兴趣，并可以为手机摄影提供很好的建议。她的另一个爱好是瑜伽，她也是一名瑜伽教练。她会讲英语、德语、匈牙利语，还会说一点西班牙语和法语。安迪期待着作为 Oceanwide 团队成员经历更多精彩的冒险！

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# Axel Brandeman – Expedition Guide

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Axel was born and raised in Ushuaia, Tierra del Fuego, and feels very lucky to be born in such special region. During his free time, he enjoys filming, editing, skateboarding, snowboarding, and wakeboarding.

He was always in touch with outdoors, wildlife and enjoyed adventurous activities.

Since being a small child, he has had a closed relation with Antarctica and expedition cruising as he visited Antarctica three times before reaching the size of a penguin. And more than five years ago he learned to drive zodiacs in Ushuaia Bay and the islands of the Beagle Channel, becoming a logistics coordinator for activities and a naturalist.

## 中文

阿克塞尔出生于火地岛的乌斯怀亚，并在那里长大。他非常幸运能在这样一个独特的地方成长。闲暇时，他喜欢拍摄、剪辑视频、滑板、单板滑雪和尾波滑水。

他从小就与户外、野生动物和冒险活动结下不解之缘。

早在孩提时代，他就与南极和探险邮轮结下了深厚的联系——在身高还不及一只企鹅时，他就已经三次造访南极。五年前，他在乌斯怀亚湾和比格尔海峡的岛屿上学会了驾驶冲锋艇，并逐渐成长为一名活动后勤协调员和自然学家。

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# Luce Moussiere – Expedition Guide

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Luce knew how to swim before she could walk. Originally from Ardèche, a wild and outdoorsy region in the south of France, she has always felt most at home in nature.

She is an Expedition Guide, Polar Dive Guide, Scuba Diving Instructor, lifeguard and Safety Diver for technical diving projects around the world.

She lived in Asia, and Australia and dived all around the world. But after years in tropical waters, it was the challenge of cold environment that truly captivated her. She moved to Iceland to lead expedition in Silfra, the famous fissure in between tectonic plates, in order to train and gain access to the polar regions as a Dive guide.

Not content with just exploring below the surface, Luce expanded her expertise to land and became a full Expedition Guide.

Though not formally trained in science, her curiosity and determination have led her to work in diverse environments — from trekking through Malaysian rainforests and exploring remote coral reefs, to hiking active volcanoes and guiding in the polar regions. There's very little she isn't eager to learn about.

When she's not guiding guests on board, you'll likely find Luce diving, hiking, cooking, or off discovering new corners of the world to explore and learn from.

## 中文

卢斯·穆西埃（Luce Moussiere）在学会走路之前就知道如何游泳。她是一位年轻的法国潜水教练、游泳教练和徒步向导。在获得神经语言编程学位后，她离开了法国，立志为所有人带来最非凡的体验。

她生活在亚洲和澳大利亚，当她不教授休闲课程时，她参与了多个海洋生物保护项目和珊瑚礁恢复项目，与大堡礁海洋公园管理局合作。她监督勘探活动，调查偏远的未受影响的珊瑚礁系统，然后带队经验丰富的潜水员并与之分享气候变化的影响。她带团私人游艇，邂逅大型海洋生物，如牛鲨、虎鲨、小须鲸和座头鲸。

在热带水域工作了5年之后，随后转向冷水环境，也就是现在她住的冰岛。她训练自己适应并在冰岛的冬季工作，那里几乎没有日光，气温低至零下30摄氏度（-22 华氏度）。她现在正在北美和欧亚板块之间的史费拉（Silfra）清澈的海水中潜水或浮潜。

她专注于技术减压潜水、冰潜、冷潜、深水潜、夜潜、沉船潜水和高氧潜水，并且始终热衷于为自己的职业生涯增添更多技能，以便能够潜越并带队穿越最具挑战性的潜水环境。

当冰岛火山爆发时，她还是一名随叫随到的向导，带队寻找穿过火山地的最佳路线，并安全地带领徒步旅行者目睹这些事件。当她不工作时，你会发现卢斯在峡湾、冰川上徒步旅行，探索冰洞，在北极海藻森林中自由潜水：享受冰岛这片原始土地的巨大游乐场。



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# Jens Binderup – Expedition Guide

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Born on a farm in central Denmark, later working as an air traffic controller in Copenhagen for many years, now living near the coastline on the countryside south of the capital.

A keen interest in wildlife has been a lifelong companion, and the majority of travelling through the years has been to all 7 continents, where animal life- and behaviour was the main focus.

Whether it was swimming with the orcas in northern Norway, dogsledding in Finland, experiencing the abundance of wildlife in southern Africa or enjoying the magnificence of landscapes and animal life in the Arctic and Antarctica.

Jens is a sociable and talkative person, loving to share all the experiences with our guests – and his enthusiasm has made him guiding friends and colleagues on several occasions.

He also possesses a deep interest in the polar expeditions – both to the Arctic and Antarctic – made by the brave men a hundred years ago, exploring the last frontiers by ships, planes, airships and dogsleds.

When not travelling, spare time is used enjoying the massive migration of birds of prey near his home, mountain biking, trekking in the Scandinavian wilderness and flying gliders together with all the predatory birds.

Fulfilling a lifelong dream of being an expedition guide, Jens is looking forward to another season in the Antarctic with passion and enthusiasm, sharing the magnificent experiences that await all on an expedition cruise.

## 中文

延斯出生于丹麦中部的一个农场，后来在哥本哈根担任了多年的空中交通管制员。他现在住在首都哥本哈根南部乡村海岸线附近。

对延斯来说，野生动物是他一生的挚爱，多年来，延斯的旅行足迹基本涵盖了七大洲，在旅行中，延斯会格外关注当地的野生动物。

多年来，延斯在挪威北部与虎鲸一起游泳，在芬兰体验狗拉雪橇，在非洲南部观测丰富的野生动物，也在北极和南极洲见识了壮丽的风景。

延斯是一个喜欢交际并健谈的人，他喜欢与我们的客人分享他的旅行经历——他的热情感染了一批又一批的探险团队。

延斯还对南北极的探险历史——那些一百年前勇敢开启极地探险的人们和经历有着浓厚的兴趣。曾几何时，探险先驱们借助轮船、飞机、飞艇和狗拉雪橇等方式，探索这些被地球遗忘的大陆。

在旅行季的间歇期，延斯会利用业余时间观测家附近猛禽的大规模迁徙，会骑山地自行车、会在斯堪的纳维亚的荒野中徒步旅行，或者尝试飞行一把滑翔机。

现在延斯，实现了成为一名探险导游的梦想，他正满怀激情地期待着他在南极的第一个旅行季，与大家一起分享探险邮轮上的壮阔经历

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# Hana Spickova – Expedition Guide

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Hana is a chemist who is working the last two years at the University Centre on Svalbard. She comes originally from the Czech Republic and has spent the last 11 years in Norway.

Her love for nature and outdoor life brought her first to Tromsø in Northern Norway where she did her master degree while working as a northern light guide, photographer, dog sledding guide and dog handler. She likes to spend her free time in the mountains skiing, hiking, kayaking and diving. She spent two years traveling to Asia, Africa, South America and Patagonia. She worked as a volunteer in rescue stations for wild animals in Bolivia and Peru and as a humanitarian helper in Iraq, Rwanda and Ethiopia. After finishing her studies, she has been working as an analytical chemist in Norway. Her curiosity and enthusiasm for outdoor life brought her all the way to Svalbard where she enjoys ski touring, dog sledding and exploring new places on a snowmobile. She speaks Czech, English and Norwegian.

## 中文

汉娜在斯瓦尔巴大学做了两年化学师。她出生于车臣，在挪威生活了11年。

她对自然和户外生活的热爱将她带到了挪威北部的特朗姆森，她在完成硕士学位期间并成为极光领队，雪橇犬领队。她的空闲时间都在山间滑雪，徒步，皮划艇，潜水。她花了两年时间在亚洲，非洲，南美洲旅行。在玻利维亚和秘鲁做野生动物救护的志愿者，在伊拉克，卢旺达和埃塞俄比亚做人道主义救援。在她完成学业后，他在挪威作为化学分析师。她对户外生活的好奇和热情将她带到了斯瓦尔巴并在此享受滑雪，带领雪橇犬和发现新地点。她会说法语，英语和挪威语。

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# Geraint (Gez) Rowlands – Exp. Guide

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Gez had his first kayak, age 10. It was a fiberglass red Comanche, with white go faster stripes that he was particularly proud of. He matched the colour scheme to the kayak that Dave Manby, his paddling hero, paddled on the 1<sup>st</sup> descent of the Dudh Kosi. The river that flows down Everest.

Spending most of his early paddling career racing slalom kayaks for Wales he finally got to meet his paddling hero when he took part in the 1<sup>st</sup> British youth expedition to the Grand Canyon. This was the springboard that sent him traveling to every continent on the planet as a guide, descending the river corridors of the amazon rainforest, avoiding crocodiles on the Zambezi river in Africa, and watching humpback whales in Antarctica.

One of his claims to fame is being the co-author of white water safety and rescue and a number of the Rescue3 water rescue manuals. These days he splits his time between guiding, training firefighters in water rescue as well as being a Paramedic for the Welsh Ambulance Service.

Gez still remembers how special his 1<sup>st</sup> kayaking moments were, in his red kayak with go faster stripes and he would like to share that enthusiasm and sense of adventure with you.

盖兹十岁时拥有了人生中的第一艘皮划艇——一艘他引以为傲的红色玻璃纤维“科曼奇”号，艇身上还有白色的“加速条”装饰。他特意将这套配色设计成与他心目中的划艇英雄戴夫·曼比在首次成功穿越珠穆朗玛峰下方杜德科西河时所使用的皮划艇相同。他早期的大部分划艇生涯都在为威尔士参加激流回旋比赛中度过。后来，他终于在英国首次青少年科罗拉多大峡谷探险中见到了自己的偶像，这次经历成为他人生的转折点——从此，他作为探险向导，踏遍世界各大洲，沿着亚马孙雨林的河道漂流、在非洲赞比西河上避开鳄鱼、并在南极海域观赏座头鲸。他还因参与编写《激流安全与救援》一书以及多本水上救援手册而闻名。如今，盖兹将时间分配在探险带队、培训消防员进行水上救援，以及担任威尔士急救服务的护理员之间。盖兹至今仍清晰地记得自己最初划艇时的那份激动——坐在那艘带有白色加速条的红色小艇中，感受自由与速度。他希望能将这份热情与冒险精神分享给每一位同行者。



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# Valeria Sainz Herrera – Exp. guide

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

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

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

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

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

## 中文

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

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

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

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

南极和北极一直是她的梦想，现在已成为她生活的一部分。

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# Jodi Gaylord – Expedition Guide

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Jodi grew up in a relatively warm part of the world (Texas, USA), never even seeing a snowfall until she was 21 years old. When she moved to the mountains of Salt Lake City, Utah, to finish her university degree, she fell head over heels in love with the fluffy white flakes that blanketed the region every winter. Since then, she has wanted to spend more and more time in colder and colder climes.

After working in the medical field while pursuing her degree in the history of ancient medicine, she pursued her love of nature and wild animals by becoming a professional wildlife photographer, running her own business for 13 years. It was during her photography travels that she first experienced the polar regions, traveling to the Canadian High Arctic in 2010. She became mesmerized by the icebergs, and was quite surprised to find herself falling for a place without trees – something she had not thought possible before. It was during her first trip to Antarctica in 2017 that the polar bug (disguised as a penguin) finally bit her in an absolutely incurable way. She knew that she had to

share these amazing places with other people, so she decided to become a guide. Throwing herself into learning the history of Arctic and Antarctic exploration, she also studied how to be a safe and effective polar guide, which culminated in her completion of the Expedition Guide Academy's Comprehensive Guide Course in 2023.

When she is not on ship, she spends her time in a warm place – her home in Hawaii, where scuba diving, snorkeling, and asking “Why am I doing this?!” while participating in triathlons are among her favorite past times

## 中文

乔迪·盖洛德在世界上相对温暖的地区——美国德克萨斯州长大，直到 21 岁那年才第一次见到下雪。后来，她搬到犹他州盐湖城的群山中完成大学学业，从此深深迷恋上那片每到冬季便被白雪覆盖的世界。自那以后，她就希望能在越来越寒冷的地方度过更多时光。

在攻读古代医学史学位期间，乔迪曾在医疗领域工作。毕业后，她追随对自然与野生动物的热爱，成为一名职业野生动物摄影师，并经营自己的摄影事业长达 13 年。她第一次接触极地地区是在 2010 年前往加拿大高北极地区拍摄时。那次旅行让她被冰山的壮丽所深深吸引，也让她惊讶地发现，自己竟会爱上一片没有树木的土地——这是她从前从未想过的。

2017 年，她首次前往南极旅行，从此彻底被那片土地深深感染，再也无法自拔。她意识到，自己必须把这些奇妙的地方分享给更多人，于是决定成为一名探险领队。她全身心投入学习南北极探险史，并系统掌握极地安全与带队知识，最终于 2023 年完成了“探险领队学院”的综合带队课程。

当她不在船上时，她会回到温暖的家——夏威夷。在那里，她喜欢潜水、浮潜，以及一边参加铁人三项比赛一边笑着问自己：“我为什么要这么做？！”

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# Shan Zhou – Translator

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Shan, from Anhui, China, holds a Master's degree in Sustainable Tourism and worked as an environmental educator before.

With three years of experience in wildlife conservation and environmental education, she has conducted research across major protected areas in China, residing permanently on the frontlines of conservation sites for fieldwork. Shan has participated in the baseline species survey projects and environmental education development initiatives in the Tangjiahe area of Giant Panda National Park and the Dongning area of Northeast China Tiger and Leopard National Park. As a female wildlife conservationist, she blends feminine delicacy with extensive field experience.

Having joined the polar expedition team in 2024, she finds that each successful landing and cruise has deepened her passion for the polar regions. In her role, she always upholds the principles of safety first and nature protection, and her interdisciplinary background in sustainable tourism and ecological conservation allows her to better guide visitors in experiencing the polar beauty and jointly safeguard this pure world.

In her spare time, Shan enjoys traveling and diving, and has a love for all things related to nature and wildlife.

## 中文版

珊来自中国安徽，拥有可持续旅游硕士学位，是一名环境教育家。

她

有三年野生动物保护与自然教育的经验，足迹遍布中国各大保护区，常驻保护地一线参与野外调研，曾参与大熊猫国家公园唐家河片区和东北虎豹国家公园东宁片区的本底物种调查项目和环境教育建设。作为一名女性野保人，她既有女性的细腻，也有丰富的野外经验。

珊

于2024年加入极地探险行业，每一次的成功登陆与巡游，都加深了她对极地的热爱。在工作中，她始终遵守安全至上与保护自然的原则，而可持续旅游与生态保护的复合背景，也让她能更好地引领访客去感受极地之美，和访客共同守护这一片纯净的世界。

工作之余，珊也很爱旅行和潜水，喜欢一切和自然和野生动物相关的事物。



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# Karoline Bælum – Expedition Guide



Karoline came to Svalbard as an undergraduate geology student in 2001 and never managed to leave. After more than 20 years on the island she has so far acquired a team of sled dogs, a master's degree in glaciology, a PhD in Geology, a kid and a trapper station.

In addition to guiding part time since 2002 she has worked both at the University Centre in Svalbard as a scientist and as a senior advisor for the Norwegian Research Council. She has guided trips for Oceanwide in Svalbard, Greenland, and Antarctica since 2007.

Together with her son, partner and 7 dogs she has done two overwinterings at Farmhamna Trapper station in Forlandssundet, keeping Svalbard's 400-year-old trapper tradition alive. When not working you can find her out with the dogs, up on a glacier or training with the Red Cross Avalanche rescue team.

Working and guiding in the Polar regions is a geoscientists dream as most of the landscape consists

of rocks and ice. With no trees or much other vegetation to obscure the rocks the fascinating geological history is visible and easily accessible.

卡罗琳·贝伦于 2001 年以地质学 本科生的身份来到斯瓦尔巴群岛，从此 便再也没有离开。二十多年过去，她在 岛上拥有了一支雪橇犬队、一份冰川学 硕士学位、一份地质学博士学位、一个 孩子，以及一座猎人小屋。自 2002 年起，她便兼职担任探险 领队，同时还在斯瓦尔巴大学中心担任 科研人员，并曾任挪威研究理事会高级 顾问。自 2007 年以来，她为泛海探险带领过斯瓦尔巴、格陵兰及南极的 探险之旅。她与伴侣、儿子及七只雪橇犬曾两次在福尔兰海峡的法姆哈姆纳猎人 站越冬，延续着斯瓦尔巴长达四百年的猎人传统。工作之余，她常常带着 狗队出行、攀上冰川，或与红十字会雪崩救援队进行训练。在极地工作与带队，对一名地质学家而言无疑是梦想成真——这里的 地貌几乎完全由岩石与冰构成，没有树木或茂密植被遮挡，使得这片土地 令人着迷的地质历史清晰可见、触手可及。

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# Simon Davies – Expedition Guide

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Simon is a life-long birder and naturalist and after achieving a Masters degree in Ecology focusing on seabirds he has undertaken a broad range of wildlife related contracts around the world.

His career has predominantly been focused on birds (with the only notable 'blip' coming during a year researching Meerkats in South Africa) during which his focus has ranged from research to conservation to guiding and much in between. Most recently he has been working in Scotland and Sweden studying both breeding birds and migratory species through ringing/banding, a wide range of surveys and other tracking methods.

He is an experienced guide, having led bird and wildlife tours in Australia and many tours, walks and talks in his native UK, enthusiastic about sharing the wide range of seabirds in the colonies he loves.

Among the recent studies he has participated in has included putting geolocators on Black Guillemots in Scotland to find out where they are foraging, fixing satellite transmitters on migratory wading birds in Australia to track their movements as they move up and down the East Asia flyway and affixing geolocators on Great Reed Warblers in Sweden to work out migratory routes.

A large part of his recent work has also been training others in bird ringing/banding and surveying, hopefully inspiring others to a career in research or conservation.

The vast majority of his spare time is also spent birding and wildlife watching and he has undertaken many trips around the world including Australia, Europe, India, Venezuela and the USA, always chasing the next bird!

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## 中文

西蒙是一位热衷的观鸟者和博物学家，他在获得海鸟生态学硕士学位之后，踏上了遍布全球的研究之旅，探索野生动物的奥秘。他的职业生涯始终以鸟类为核心，从研究到保护，再到指导，涵盖了无数相关领域。

西蒙曾有一年在南非专注研究猫鼬，这一经历成为了他职业生涯中难忘的插曲。近期，他的工作重点放在苏格兰和瑞典，通过环纹/环带、广泛的调查以及其他追踪方法，研究繁殖鸟类和迁徙物种。

此外，西蒙也是一位经验丰富的导游，曾在澳大利亚带领旅行团开启了一场探寻鸟类和野生动物之旅，并在他的祖国英国进行过多次旅行、散步和演讲，热衷于分享他喜爱的栖息地的各种海鸟。

西蒙最近参与的研究包括在苏格兰的黑海鸬上安装地理定位器以找出它们在哪里觅食，在澳大利亚的候鸟涉水鸟上安装卫星发射器以跟踪它们在东亚迁徙路线上来回移动时的活动，在它们在东亚迁徙路线上上下移动时安装卫星发射器以及在瑞典大芦苇莺上的地理定位器用于确定迁徙路线。

西蒙最近的大部分工作也是对其他人员进行鸟类环志/环志和调查方面的培训，希望能够激励其他人从事研究或保护工作。

西蒙的大部分业余时间也都花在观鸟和野生动物观赏上，他曾多次环游世界，足迹遍及澳大利亚、欧洲、印度、委内瑞拉和美国，而他也停不下脚步，插上梦想的翅膀，去追逐下一只鸟！

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# Alexis Bellezze – Kayak Guide

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

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

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

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

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

## 中文

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

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

2018年以来，他一直担任极地皮划艇向导和探险向导。

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

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



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# Seda Tunca - Kayak Guide

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Seda was born in Istanbul. She has always been curious about different cultures and wildlife since her childhood.

This curiosity led her to start her overseas adventures with studying abroad in Spain and Malta. She has a Bachelor's Degree in Tourism Management. She has been working as an outdoor educator and sea kayak guide around the world for 10 years now.

She guided trips in South Africa, Namibia, Antarctica, Chile, Kenya, Australia, Hong Kong, Iceland, Svalbard, UK, Malaysia, Thailand and Turkiye. She has worked as an Outdoor Educator at UWC, helping young people to build a connection with nature.

When Seda is not guiding, she can be found in her permaculture garden where she is turning a degraded land into a little food forest and an oasis for wildlife.

Seda is also a mixed media artist. She reflects her experiences onto canvas with her paints during or after trips.

Seda is very excited to share her passion for the outdoors with Oceanwide guests.

塞达出生于伊斯坦布尔。她自幼便 对不同文化与野生动物充满好奇。这份好奇心引领她开启了海外冒险之旅，先后在西班牙与马耳他求学。她 拥有旅游管理学士学位。至今，她已在 全球各地担任户外教育者与海洋皮划艇 向导十年之久。她曾带领团队深入南非、纳米比亚、南极洲、智利、肯尼亚、澳大利亚、香港、冰岛、斯瓦尔巴群岛、英国、马来西亚、泰国和土耳其。她曾在世界联合学院担任户外教育者，帮助年轻人建立与自然的联结。在不担任向导时，常能在她的朴门农园中找到她——她正将一片退化土地转变为小小的食物森林和野生动物绿洲。塞达还是一位混合媒介艺术家。她常在旅途中或归来后，用画笔将自身经历倾注于画布之上。塞达非常期待与泛海探险的宾客分享她对户外运动的热爱。

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# Yvonne Lin - Translator

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Born in Taiwan, Yvonne moved to Melbourne, Australia, with her family in 1990. She holds a Bachelor's degree in Optometry and a Bachelor of Science with Honors in Pharmacology, and has worked in Taiwan and Australia as a clinical instructor, optometrist, and lens expert in a renowned optical lens company.

An adventurous spirit with a deep curiosity for the world, Yvonne loves exploring local cuisines and sampling beers while immersing herself in different cultures. Since 2009, she has spent over six months each year traveling, visiting more than 150 countries, primarily through solo overland backpacking. Her journeys have also taken her to high peaks and deep oceans—she has scaled summits including Kilimanjaro, Chachani, and Stok Kangri, and reached base camps of iconic mountains such as Everest, K2, Kanchenjunga, Manaslu, and Broad Peak. A certified Rescue Diver, she has also explored diverse marine life worldwide.

Yvonne now shares her passion for exploration by leading adventurous travelers off the beaten path to exotic and often misunderstood destinations such as Afghanistan, Iraq, Turkmenistan, and many others, where history, culture, and adventure come alive.

Her experiences around the world reflect her curiosity and love for adventure—from climbing mountains to diving oceans and immersing herself in vibrant cultures—and she hopes to inspire others to embrace new experiences and discover the beauty and diversity of our planet.

## 中文

Yvonne 出生于台湾，1990 年随家人移居澳大利亚墨尔本。她拥有验光学学士学位和药理学荣誉理学学士学位，并曾在台湾和澳大利亚担任临床讲师、验光师及知名光学镜片公司的镜片讲师。

Yvonne 是个充满冒险精神、对世界充满好奇的人。她喜欢尝试当地美食、品啤酒，同时沉浸在各种不同的文化里。自 2009 年起，她几乎每年都旅行六个月，独自背包走遍 150 多个国家。她的旅程里不仅有城市探险，还有极限挑战——登过乞力马扎罗、查查尼火山、斯托克岗日峰，也去过珠穆朗玛峰、K2、干城章嘉峰、马纳斯鲁峰和博布拉峰的大本营。作为认证救援潜水员，她还探索过世界各地丰富多样的海洋生物。

如今，Yvonne 还带领勇于探索的旅者踏上偏僻、鲜为人知的目的地，如阿富汗、伊拉克、土库曼斯坦等国家，让历史、文化与冒险在旅途中生动呈现。

她环游世界的经历体现了她的好奇心与冒险热情——从攀登高山到潜入深海，再到沉浸在多彩文化中——她希望激励他人拥抱新体验，去发现这个世界的美丽与多样性。

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# Jade Heister – Expedition Guide

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Jade is a science communicator from the Netherlands. She is currently working as a tv editor, where she writes for different tv programs for a family audience on public channels. She is mostly involved in programs that show earth's biodiversity, as she strives to make all (Dutch) children and adults love and understand nature.

Jade is a nature lover herself. She loves to hike, ski and explore on horseback. She has always been fascinated with the polar regions, and she feels right at home in cold climates. Back home in the Netherlands, she enjoys practicing improvised theatre and taking up new DIY projects such as woodworking. Which she admits to not always finish, caught up with the new creative idea already.

She has a degree in molecular life sciences, with a master's in science communication and education. She will always geek out on any biological or chemical phenomenon, with a special interest in genetics and evolution. She has been a primary school science teacher for two years and she has performed in a

scientific theatre show that has aired for two seasons across the Netherlands.

Her love for the ocean and all marine life – big and very small – continued to grow. This resulted in a summer spend assisting in multiple citizen science and outreach ocean conservation programs in South Africa. In addition, she has been a whale watching guide in Plettenberg Bay, South Africa, before she joined Oceanwide as an expedition guide.

## 中文

杰德是来自荷兰的科学传播者。她目前是一名电视编辑，为公共频道的家庭观众写作不同的电视节目。她主要参与展示地球生物多样性的节目，致力于让所有荷兰的儿童和成人都热爱和理解大自然。

杰德本身是一个热爱大自然的人。她喜欢徒步旅行、滑雪和骑马探险。她一直着迷于极地地区，在寒冷的气候中她感觉像在家里一样。回到荷兰，她喜欢参与即兴剧场表演，并尝试新的DIY项目，如木工。尽管她承认自己并不总能完成项目，但她往往会被新的创意点子吸引。

她拥有分子生命科学学位，并获得科学传播与教育的硕士学位。她总是对任何生物或化学现象感到兴奋，尤其对遗传学和进化学有着特别的兴趣。她当过两年小学科学教师，还在一个科学戏剧节目中表演了两季，这个节目在荷兰各地播出。

她对海洋和所有大小生物的爱不断增长，这促使她在南非参与了多个公民科学和海洋保护的外展项目。此外，她在加入Oceanwide作为探险领队前，曾在南非普利滕贝格湾担任过观鲸导游。



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# Miel Bartels – Ships Doctor

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Dr. Miel Bartels is a Dutch physician with extensive experience in emergency and intensive care medicine. He is currently specialising in anaesthesiology at Amsterdam UMC, where he combines hands-on clinical work with a passion for innovation in medicine. His research interests include indigenous South American healing practices and the integration of artificial intelligence into modern healthcare systems.

For the past several years, Miel has been part of Quinacare, a hospital located in a remote region of Ecuador near the Colombian border. In this challenging environment, he is one of the few physicians providing life-saving care in a low-resource setting. His work there reflects a deep commitment to global health and to bringing high-quality medical care to those who need it most.

Beyond medicine, Miel is an avid adventurer and outdoor enthusiast. He has undertaken long-distance cycling expeditions through Patagonia and Europe. He loves climbing and has scaled mountain ranges in Ecuador, Italy, and France, and is an experienced sport climber. These pursuits mirror the resilience and curiosity he brings to his professional life. When the weather allows, he is always ready for a good game of chess at sea.

## 中文

米尔·巴特尔斯医生是一位荷兰医师，在急诊与重症监护领域经验丰富。他目前正于阿姆斯特丹大学医学中心专攻麻醉学，将临床实践与对医疗创新的热忱紧密结合。他的研究兴趣涵盖南美本土疗愈传统与人工智能在现代医疗系统中的融合应用。

过去数年间，米尔始终坚守在位于厄瓜多尔与哥伦比亚边境偏远地区的基纳克尔医院。在这处充满挑战的环境中，他作为当地稀缺的医疗力量，在资源有限的条件下持续提供关键救治。这份工作不仅体现了他对全球健康事业的深切投入，更践行着为最需要的人们提供优质医疗服务的信念。

医学事业之外，米尔更是一位充满热情的探险与户外运动爱好者。他曾完成穿越巴塔哥尼亚和欧洲的长途骑行，热爱攀登并曾挑战厄瓜多尔、意大利和法国的多座山脉，同时也是经验丰富的运动攀岩者。这些探索生涯所淬炼出的坚韧与好奇心，同样贯穿于他的专业领域。每当海上天气晴好，他总会欣然赴一场精彩的甲板棋局。



# Antarctic Discovery

## Welcome aboard!

Date: 8<sup>th</sup> January 2026

Day 1: Ushuaia - Embarkation

Please make yourselves at home in your cabins and check you have received all your luggage! Tea/coffee is available in the Observation Lounge located on Deck 5.

17:15+/- Please join the Expedition Leader and Chief Officer for the ship safety briefing, in the Observation Lounge on Deck 5. Attendance to this is MANDATORY.

After the briefing the emergency alarm will be sounded, and you will need to go back to your cabin and get your life jacket. All guests accommodated on Deck 3 (Cabins 301-337) will go to MUSTER STATION A which is the Restaurant on Deck 4. All guests accommodated on decks 4, 6, and 7 will go to MUSTER STATION B which is the Observation Lounge on Deck 5.

18:15+/- We would like to invite you to Captains Cocktails in the Observation Lounge on Deck 5. The Hotel Manager and Expedition Leader will do a welcome briefing, to orientate you to life on board and explain the plan for the forthcoming days. You will also meet your Expedition Team.

19:30 Buffet dinner will be served in the Restaurant on Deck 4.

*Please note that tonight we will be sailing into the open sea. Take your seasickness medication before you really feel the movements of the vessel, the doctor will be available in the bar after dinner to assist with such matters. Make sure that all your belongings are put away safely and that doors and drawers in your cabin are tightly closed. Walk slowly on the ship, always use one hand for yourself and one for the ship and beware of your fingers because of doors slamming.*



# Antarctic Discovery

Date: 9<sup>th</sup> January 2025

Day 2: At sea - Drake Passage

07:45 Wake-up call.

08:00-09:00 Buffet breakfast will be served in the Dining Room on Deck 4.

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

09:15 Simon invites you to the Observation Lounge for his lecture about Birds of the Southern Ocean

11:15 Andi invites you to the **Lecture Room** for her lecture in **English**, An introduction and Identification of the whales we may see on this voyage.

Jerry invites you to the **Observation Lounge** for his lecture in **Mandarin**, An introduction and Identification of the whales we may see on this voyage.

*Through the day, please take some time to clean all of your clothing and equipment that you plan to take ashore. Tomorrow we will be completing our mandatory IAATO Biosecurity check and your equipment needs to be cleaned before. Please pay special attention to the mesh on backpacks, pockets, and Velcro. We will have brushes and paperclips available to borrow at library and if you have any questions please ask a member of the expedition staff.*

12:30-13:30 Buffet lunch will be served in the Dining Room on Deck 4.

13:45 Please join the kayak guides for our kayaking briefing in the lecture room. This is mandatory for everyone who wants to kayak on the voyage

15:15 Please join the camping guides for our camping briefing in the lecture room. This is mandatory for everyone who wants to camp on the voyage

16:30 Luce invites you to the Observation Lounge for her lecture, What is going on below the surface: Antarctic underwater habitats and food web.

18:15 Please join the Expedition Team in the Observation Lounge for Daily Recap, this is a daily event where we go through what we have seen during the day and plans for tomorrow.

19:00 Plated dinner will be served in the dining room on deck 4.

*"A sure cure for seasickness is to sit under a tree." - Spike Milligan.*





# Antarctic Discovery

Date: 10<sup>th</sup> January 2026

Day 3: Approaching Antarctica – Drake Passage

- 07:45 Wake-up call.
- 08:00-09:00 Buffet breakfast will be served in the Dining Room on **Deck 4**.
- 09:15 The Expedition Team welcomes you to the Observation Lounge and Lecture room on deck 5 for the **MANDATORY** IAATO and Zodiac Briefing. Attendance will be checked. English will be in the lecture room, and mandarin in the Lounge.
- 11:30 The Expedition team will hand out your rubber boots. You will be called, deck-by-deck to the boot room on **Deck 3**, so please listen to announcements. Bring your thick socks to find the best-sized boots for you!
- 12:30-13:30 Buffet lunch will be served in the dining room on Deck 4.
- 14:00 During the afternoon we will call you deck by deck for the **MANDATORY** IAATO Biosecurity on Deck Five. When called, please bring all your outer garments, bags, boots, life jackets, tripods etc. that you plan to use in Antarctica for the Expedition Staff to check. Please ensure your equipment is clean **BEFORE** proceeding to the Lecture room and ensure you sign the self-declaration form once you have been approved by the Expedition Team.
- 16:30 Valeria invites you to the Observation Lounge for a Photography Workshop!
- 18:15 Please join the Expedition Team in the Observation Lounge for Daily Recap.
- 19:00 Plated dinner will be served in the Dining Room on Deck 4.

*“By endurance we conquer.” - Ernest Shackleton:*



# Antarctic Discovery

Date: 11<sup>th</sup> January 2026

Day 4: Damoy Point and Gouldier Island

07:15 Wake-up call.

07:30-08:30 Buffet breakfast will be served in the Dining Room on Deck 4.

*In the morning, we hope to land and zodiac cruise at Damoy point. Here we hope to see gentoo penguins, a long walk, a visit to a historic hut and stunning Antarctic scenery.*

08:30 We would like to invite the **RED** group for a zodiac landing at Damoy Point

09:00 We would like to invite the **BLUE** group for a Zodiac cruise at Damoy Point

*Please note that halfway through the morning the zodiac cruisers will go ashore, and the landing passengers will go cruise. Everyone has the chance to do all activities.*

12:30-13:30 Buffet lunch will be served in the dining room on Deck 4.

*This afternoon, we hope to offer a zodiac cruise around Jougla Point & Goudier Island. Here we hope to see nesting Gentoo Penguins & Imperial Cormorants.*

14:45 We would like to invite the **BLUE** group for a zodiac cruise around Gouldier Island and Jougla Point

15:00 We would like to invite the **RED** group for a zodiac cruise around Gouldier Island and Jougla Point

18:00 Please join the Expedition Team in the Bar for daily recap.

19:00 Dinner will be served in the Dining Room on Deck 4.

21:15+/- Campers please make your way to the zodiac deck for your unique night on the frozen continent.

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



# Antarctic Discovery

Date: 12<sup>th</sup> January 2026

Day 5: Neko Harbour & Skontorp Cove

06:45 Wake-up call.

07:00-08:00 Breakfast will be served in the Dining Room.

*This morning, we hope to land and cruise at Neko Harbour, where we can enjoy beautiful glaciers, ice and Gentoo Penguin colonies. Neko harbour is a continental landing.*

08:15 We would like to invite the **BLUE** group for a landing at *Neko Harbour*

08:30 We would like to invite the **RED** group for a Zodiac cruise at *Neko Harbour*

08:45+/- Please can the kayakers come to the shell door for kayaking

12:30-13:30 Buffet lunch will be served in the dining room.

*In the afternoon, we hope to zodiac cruise Skontorp Cove, where we can see nesting Antarctic shag, gentoo penguin colonies, and hopefully some seals and whales.*

15:00 We would like to invite the **RED** group for a Zodiac cruise at *Skontorp Cove*.

15:20 We would like to invite the **BLUE** group for a Zodiac cruise at *Skontorp Cove*.

15:30+/- Please can the kayakers come to the shell door for kayaking

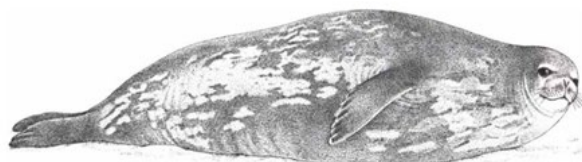
18:30 Please join the Expedition Team in the Observation Lounge for daily recap.

19:00 Dinner will be served in the Dining Room.

21:00+/- Campers please make your way to the zodiac deck for your unique night on the frozen continent.

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

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







# Antarctic Discovery

Date: 13<sup>th</sup> January 2026

Day 6: Hidden Bay, Lemaire Channel and Peterman Island

07:45 Wake-up call.

08:00-09:00 Breakfast will be served in the Dining Room.

*In the morning, we hope to do a zodiac cruise near Cape Renard and Hidden bay. We hope to see beautiful glaciers and some whales.*

09:00 We would like to invite the RED group for a zodiac cruise

09:15 We would like to invite the BLUE group for a zodiac cruise

*During lunch we hope to transit the spectacular Lemaire Channel, considered by many as Antarctica's most photogenic passage. Spend some time on deck to enjoy the towering glaciers and wildlife as we transit through this narrow passage*

12:30-13:30 Buffet lunch will be served in the dining room on Deck 4.

*This afternoon we aim to land at Petermann Island, a small, rocky island off the west coast of the Antarctic Peninsula, near the southern end of the Lemaire Channel. It is known for its colonies of Adélie and gentoo penguins and is a common landing site for Antarctic research and tourism.*

14:15 We would like to invite the BLUE group for a landing at Peterman Island

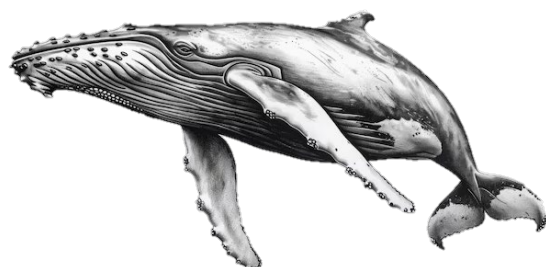
14:30 We would like to invite the RED group for a zodiac cruise at Peterman.

14:45+/- Please can the kayakers come to the shell door for kayaking

18:30 Please join the Expedition Team in the Observation Lounge for daily recap.

19:00 Dinner will be served in the dining room on deck 4.

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





# Antarctic Discovery



Date: 14<sup>th</sup> January 2026

Day 8: Spert island and Mickelson Harbour

07:15 Wake-up call.

07:30-08:30 Buffet breakfast will be served in the Dining Room on Deck 4.

*This morning we hope to go zodiac cruise at Spert Island, a small island off the western end of Trinity Island in the Palmer Archipelago of Antarctica, charted by the Swedish Antarctic Expedition of 1901–04 and named in 1960 after Sir Thomas Spert. It lies in icy Southern Ocean waters near the Antarctic Peninsula and is known for its rugged volcanic rock features and dramatic ice-scapes.*

08:45 We would like to invite the **BLUE** group for a zodiac cruise at Spert Island

09:00 We would like to invite the **RED** group for a zodiac cruise at Spert Island

12:30-13:30 Buffet lunch will be served in the dining room on Deck 4.

*This afternoon, we hope to land in Hainaut Island and cruise in Mikkelsen Harbour. Located amid the incredible scenery of Trinity Island, Mikkelsen Harbour is a small bay where D'Hainaut Island can also be found.*

14:30 We would like to invite the **RED** group for a zodiac landing at Mickelson Harbour

14:45 We would like to invite the **BLUE** group for a zodiac cruise at Mickelson Harbour

18:30 Please join the Expedition Team in the Observation Lounge for daily recap.

19:00 An Antarctic BBQ dinner will be served on the back of deck 5. Dress warmly!

*"Victory awaits him who has everything in order – luck, people call it. Defeat is definitely due for him, who has neglected to take the necessary precautions – bad luck we call it." – Roald Amundsen*



# Antarctic Discovery

Date: 15<sup>th</sup> January 2026

Day 8: Telefon Bay and Edinburgh hill

06:15 Wake-up call.

06:30-07:30 Buffet breakfast will be served in the Dining Room on Deck 4.

*This morning, we hope to offer a landing at Telefon bay, within the volcano's caldera. Here, we will enjoy an extended hike to the craters rim. This will be the last change for a good leg stretch before we head back into the Drake.*

*At the end of your landing, we also hope to offer the change for you to enjoy a **polar plunge**. For this please wear your bathing suit under your clothing. We will bring the towels so please do NOT bring the towels from your room.*

07:15 We would like to invite the Mandarin speakers for a landing at Telefon bay.

07:30 We would like to invite the English speakers into the lecture room for a geology lecture by Karolina.

09:15 We would like to invite the English speakers for a landing at Telefon bay.

10:00+/- We would like to invite the Mandarin speakers into the lounge for a geology lecture by Rose.

12:30-13:30 Buffet lunch will be served in the dining room on Deck 4.

TBC We would like to invite the **Blue** group for a zodiac cruise at Edinburgh hill

TBC We would like to invite the **Red** group for a zodiac cruise at Edinburgh hill

19:15 Please join the Expedition Team in the Observation Lounge for daily recap.

19:30 Dinner will be served in the Dining Room on Deck 4.

*This evening, we'll be heading into open sea. To avoid seasickness, take your medication before you feel any motion. The doctor will be in the bar after lunch for assistance. Please secure your belongings and ensure cabin doors and drawers are tightly closed. Move slowly on deck, always using one hand for yourself and one for the ship and be mindful of slamming doors.*



# Antarctic Discovery

Date: 16<sup>th</sup> January 2026

Day 9: At sea - Drake Passage.

*Please be advised that the souvenir shop will close at the end of today. If you would like to purchase a last souvenir, please do so in time.*

*We expect to be in the swells of the drake passage. Listen for announcements about outside decks and please have one hand free for the ship at all times.*

## **No wake-up call 😊**

08:00-09:00 Buffet breakfast will be served in the Dining Room on Deck 4.

09:15 Please bring back your boots to deck 3, make sure they are clear before you return them. We will call you deck by deck.

10:00 Chris invites you to the Observation Lounge for his lecture about Living in Antarctica at New Zealand's Research Station Scott Base. This lecture will be given in English and translated into Mandarin.

11:15 Yvonne invites you to the Observation Lounge for her lecture about Eyes of the ice, vision and survival in Antarctica. This lecture will be given in Mandarin.

11:15 Jade invites you to the lecture room for her lecture about the unique adaptation of Antarctic animals. This lecture will be given in English

12:30-13:30 A buffet lunch is served in the Restaurant, Deck 4.

16:15 Jodi invites you to the Lecture Room for her lecture in English, Race to the South Pole.

16:15 Jerry invites you to the Observation Lounge for his lecture in Mandarin, Race to the South Pole

18:15 Please join the Expedition Team in the Observation Lounge for Daily Recap. There will be some important information given by the Hotel Manager about disembarkation, settling accounts etc. therefore, we encourage at least one person from each group to attend.

19:00 Dinner will be served in the Restaurant, Deck 4.

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





# Antarctic Discovery

Date: 17<sup>th</sup> January 2026

Day 10: At sea - Approaching South America.

No wake-up call. Wake up at your leisure

08:00-09:00 Breakfast buffet will be served in the Restaurant, Deck 4.

After breakfast you will be able to settle your accounts at reception, please ensure your account is settled **before 17:00 at the latest.**

09:15 Pierre invites you to the Observation Lounge for his lecture about Humpback Whales. This lecture will be given in English and translated into Mandarin.

11:15 Simon invites you to the Observation Lounge for his lecture about Penguins. This lecture will be given in English and translated into Mandarin.

12:30-13:30 A buffet lunch is served in the Restaurant, Deck 4

14:00 Marcel invites you into the lecture room for an overview of other voyages and destinations Oceanwide can offer. This short presentation will be given in English and translated into Mandarin.

16:00 Valeria invites you to the Observation Lounge for her lecture about Basic Photo Editing

18:00 Please join the captain and the Expedition Team in the Observation Lounge for Captain's cocktails, plans for disembarkation and the premiere of our voyage slideshow compiled by Valeria and Jodi. You will receive a copy of the slideshow after the voyage via email. Make sure you signed up for this by scanning the QR code.

19:00 Dinner is served in the Restaurant, Deck 4.

*"The quality I look for most is optimism: especially optimism in the face of reverses and apparent defeat. Optimism is true moral courage". – Sir Ernest Shackleton*



# Antarctic Discovery

Date: 18<sup>th</sup> January 2026

Day 11: Ushuaia

07:15 Wake-up call.

**Please ensure your luggage is outside your room by 7:30 before going to breakfast.**

07:30-08:30 Breakfast buffet will be served in the Restaurant, Deck 4

**PLEASE NOTE:** Upon arrival in Ushuaia, please wait in lounge until the ship is cleared by the port agent and you are free to disembark. We will provide a free bus to the airport for **morning flights** only, at 08:30-09:00 a.m. **Please identify your luggage on the pier** and put it on the **bus** if you would like this service. For the Guests with **afternoon flights**, we will transfer your luggage to the **drop-off center**, and you will need to pick up your luggage **before 14:00 hrs**. Please identify your luggage on the pier and put it into the **luggage truck** if you wish to do this. For guests who have their own transportation or planning to stay in Ushuaia, please identify your luggage on the pier and take it with you.

08:45+/- We invite all other guests to disembark.

From all the Expedition Team and Crew on board the MV Hondius, we wish you safe onward travel. Thank you for sharing this incredible voyage with us and we look forward to sailing with you again in the future.



## 南极发现之旅 欢迎登船!

日期: 2026 年 1 月 8 日

第 1 日: 乌斯华亚-登船

请在您的房间检查您已收到所有的行李! 5 层观景厅有 24 小时免费提供的茶水/咖啡.

**17:15+/-** 请到 5 层观景厅参加强制性参加的海上安全讲座及弃船演习, 我们会在此进行签到登记。

安全讲座后, 紧急集合警铃将会响起, 您需要回到您的房间拿上弃船用的救生衣。住在 3 层的乘客 (房间 301-337) 请前往紧急集合点 A 即 4 层餐厅。住在 4, 6, 7 层的乘客请前往紧急集合点 B 即 5 层观景厅。

**18:15+/-** 我们邀请您前往 5 层观景厅参加船长欢迎酒会。酒店经理和探险队长将在此向您介绍船上生活须知及活动计划。您也会在此与全体探险队员见面。

**19:30** 4 层餐厅享用自助晚餐。

请注意今晚我们将进入开阔海域。请在感受到船只摇晃之前服用晕船药, 医生将在图书馆发放晕船药 (付费) 请确保您的物品在房间妥善摆放, 柜门关好锁紧, 以防物品掉落损坏。在船上缓步慢行, 确保一只手扶稳扶手并注意回弹的门夹伤手指!



## 南极发现之旅 欢迎登船!

日期: 2026 年 1 月 9 日

第 2 日:航海日-德雷克海峡

07:45 叫早, 早安

08:00-0900 4 层餐厅享用自助早餐

请注意: 在船上缓步慢行, 至少一只手扶好扶手。请不要将手放在门与门框之间以防夹伤

09:15 Simon 邀请您前往 5 层观景厅参加他关于南大洋鸟类的知识讲座。

11:15 Andi 邀请您前往 5 层演讲厅参加她关于鲸类识别的讲座-英文

11:15 Jerry 邀请您前往 5 层观景厅参加他关于鲸类识别的讲座-中文

今天, 请您花时间清理您准备登陆使用的装备。明天我们将完成强制性的 IAATO (国际南极旅游组织协会) 强制性要求的生物清洁。你需要在接受检查前将装备清洁完毕。请特别注意背包上的网眼, 衣服口袋, 袖口魔术贴位置。在图书馆有刷子, 曲别针等工具可以借用。如果您有问题可以找到探险队员咨询

12:30-13:30 4 层餐厅享用自助午餐

13:45 请前往 5 层演讲厅参加皮划艇说明会, 此说明会对想参加皮划艇活动的乘客为强制性参加的说明会。

15:15 请前往 5 层演讲厅参加南极露营说明会, 此说明会对想参加露营活动的乘客为强制性参加的说明会。

16:30 Luce 邀请您前往 5 层观景厅参加他关于南极水下生态及食物链的讲座

18:15 请前往 5 层观景厅参加每日回顾, 在此会回顾当日见闻并说明第二天计划

19:00 4 层餐厅享用三道式晚餐.

*"坐在树下是治愈晕船的良药" --- 史派克. 米利根*





## 发现南极之旅

日期：2026 年 1 月 10 日

第 3 天：驶近南极洲——德雷克海峡

07:45 叫早，早安

08:00-09:00 4 层餐厅享用自助早餐.

09:15 探险团队将在 5 层甲板的观景休息室和报告厅欢迎大家，进行**强制性的 IAATO (国际南极旅游组织协会) 与冲锋舟 (Zodiac) 安全简报**。  
将进行签到检查。报告厅使用英语讲解，观景厅使用普通话讲解。

11:30 探险团队将发放橡胶靴。我们将按甲板逐层通知，请留意广播。  
请携带厚袜子，以便试穿到最合适尺寸的靴子。  
**地点：3 层甲板冲锋艇登艇区。**

12:30-13:30 4 层餐厅享用自助午餐

14:00 下午我们将按甲板逐层通知进行**强制性的 IAATO 生物安全检查**，地点在 5 层观景厅。被叫到时，请携带所有计划在南极使用的外套、包、靴子、救生衣、三脚架等物品，供探险团队检查。请在前往报告厅前确保所有装备已清洁，并在获得探险团队批准后签署自我声明表。

16:30 Valeria 邀请您前往观景观景厅参加摄影工作坊!

18:15 请前往观景休息室参加探险团队的每日总结

19:00 4 层餐厅享用三道式晚餐.

*“以坚韧不拔的毅力，我们终将胜利。”——欧内斯特·沙克尔顿*



## 发现南极之旅

日期：2026 年 1 月 11 日

第 4 天：达莫伊角（Damoy Point）与古迪尔岛（Goudier Island）

07:15 叫早，早安

07:30-08:30 4 层餐厅享用自助早餐

上午我们希望在达莫伊角进行登陆及冲锋舟巡游。在这里，我们有机会看到巴布亚企鹅（**Gentoo Penguins**）、进行一次较长的步行探险、参观一座历史小屋，并欣赏壮丽的南极景色。

08:30 我们诚邀**红色组**参加达莫伊角的登陆活动

09:00 我们诚邀**蓝色组**参加达莫伊角的冲锋舟巡游活动。

**请注意：**上午活动进行到一半时，参加冲锋舟巡游的乘客将会上岸，而最初上岸的乘客将转而进行巡游。**每位乘客都有机会体验所有活动**

12:30-13:30 4 层餐厅享用自助午餐

下午我们希望在焦格拉角与古迪尔岛周边安排冲锋舟巡游。在这里，我们有机会看到正在筑巢的巴布亚企鹅以及帝王(蓝眼)鸬鹚。

14:45 我们诚邀**蓝色组**参加古迪尔岛与焦格拉角的冲锋舟巡游

15:00 我们诚邀**红色组**参加古迪尔岛与焦格拉角的冲锋舟巡游

18:00 请前往观景休息室参加探险团队的每日总结

19:00 4 层餐厅享用自助晚餐

21:15+/- 露营的客人请前往冲锋舟登艇甲板，开始您在冰冻大陆上独一无二的夜晚体验。

“企鹅格外像孩子，是南极世界里的小小人类——要么像孩子，要么像老人，充满了自以为重要的神情，常常迟到去吃晚饭。它们穿着黑色燕尾服和白色衬衫前襟，看起来还有点微微发福。”

——阿斯普利·切里·加勒德（Apsley Cherry-Garrard），英国探险家



## 发现南极之旅

日期：2026 年 1 月 12 日

第 5 天：内科港 (Neko Harbour) 与斯康托普湾 (Skontorp Cove)

06:45 叫早，早安

07:00-08:00 4 层餐厅享用自助早餐

今天上午，我们希望在内科港登陆并进行巡游，这是南极大陆的登陆在那里我们可以欣赏到壮丽的冰川、冰景以及巴布亚企鹅栖息地。第一批客人将先上岸，随后其他客人进行冲锋艇巡游——上午中途我们将进行轮换。

08:15 我们邀请蓝色组前往内科港登陆。

08:30 我们邀请红色组在内科港进行冲锋艇巡游。

08:45 +/- 皮划艇手请到贝壳门这边进行划艇活动

12:30-13:30 餐厅将提供自助午餐。

下午，我们希望在斯康托普湾进行冲锋艇巡游，在那里我们可以看到正在筑巢的南极鸕鹚 (Antarctic shag)、巴布亚企鹅栖息地，并有机会看到海豹和鲸鱼。

15:00 我们邀请红色组在斯康托普湾进行冲锋艇巡游。

15:20 我们邀请蓝色组在斯康托普湾进行冲锋艇巡游。

15:30 +/- 皮划艇手请到贝壳门这边进行划艇活动

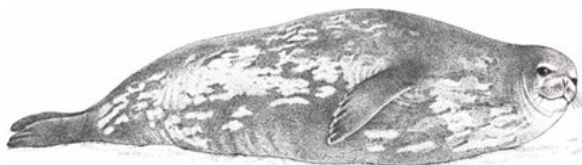
18:30 请前往观景休息室参加探险团队的每日总结。

19:00 4 层餐厅享用自助晚餐

21:15 +/- 露营的客人请前往冲锋舟登艇甲板，开始您在南极大陆上独一无二的夜晚体验。

“我只是出去一下，可能要过一会儿才回来。”

——英尼斯基林龙骑兵团上尉 L. E. G. 奥茨 1912 年 3 月，在从南极点返程途中，他在极端艰苦的条件下，为了拯救同伴，毅然走进暴风雪，坦然走向死亡。





## 发现南极之旅

日期：2026 年 1 月 13 日 星期二

第 6 天：隐秘湾、勒梅尔海峡和彼得曼岛

07:45 叫早，早安

08:00-09:00 4 层餐厅享用自助早餐

上午我们计划在雷纳德角 (Cape Renard) 和隐秘湾 (Hidden Bay) 附近进行冲锋艇巡游，期待欣赏壮丽的冰川，并有机会看到鲸鱼。

09:00 我们将邀请**红组**参加冲锋艇巡游

09:15 我们将邀请**蓝组**参加冲锋艇巡游

午餐期间，我们希望航行通过壮观的**勒梅尔海峡 (Lemaire Channel)**。这里被许多人认为是南极最上镜的航道之一。请到甲板上欣赏高耸的冰川和野生动物，在这条狭窄航道中感受震撼景色。

12:30-13:30 4 层餐厅供应自助午餐

下午我们计划在**彼得曼岛登陆 (Petermann Island)**。这是一座位于南极半岛西海岸、勒梅尔海峡南端附近的小型岩石岛屿，以阿德利企鹅和巴布亚企鹅群落而闻名，也是南极科研和旅游常见的登陆点。——中途我们将进行轮换

14:15 我们将邀请**蓝组**在彼得曼岛进行登陆活动

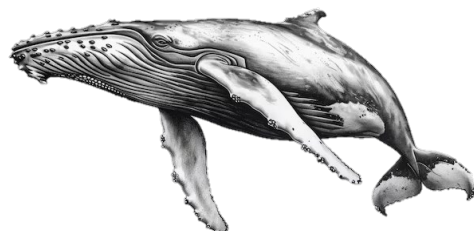
14:30 我们将邀请**红组**在彼得曼岛进行橡皮艇巡游

14:45+/- 请皮划艇活动的客人前往三层登艇区集合，准备皮划艇活动

18:30 请前往观景休息室参加探险团队的每日总结。

19:00 4 层餐厅享用自助晚餐。

“有这样的朋友，我想，无论在任何情况下，人都能够坚持下去。”  
——安德烈·所罗门，瑞典探险家







## 发现南极之旅



日期：2026 年 1 月 14 日

第 8 天：斯珀特岛 (Spert Island) 与米克尔森港 (Mickelson Harbour)

07:15 叫早，早安

07:30-08:30 4 层餐厅享用自助早餐

今天上午，我们计划在**斯珀特岛**进行冲锋艇巡游。斯珀特岛位于南极帕默群岛三一岛西端外海，是一座小岛。该岛由 1901–1904 年的瑞典南极考察队绘制地图，并于 1960 年以托马斯·斯珀特爵士 (Sir Thomas Spert) 命名。它坐落在靠近南极半岛的冰冷南大洋水域，以崎岖的火山岩地貌和壮观的冰雪景观而闻名。

08:45 我们将邀请**蓝组**前往斯珀特岛进行冲锋艇巡游。

09:00 我们将邀请**红组**前往斯珀特岛进行冲锋艇巡游。

12:30-13:30 4 层餐厅供应自助午餐

下午，我们计划在**海诺岛 (Hainaut Island)** 登陆，并在**米克尔森港 (Mikkelsen Harbour)** 进行巡游。米克尔森港位于三一岛周围壮丽的自然景观之中，是一个宁静的小海湾，德埃诺岛 (D'Hainaut Island) 也坐落于此。

14:30 我们将邀请**红组**在米克尔森港进行登陆活动

14:45 我们将邀请**蓝组**在米克尔森港进行冲锋艇巡游

18:30 请前往观景休息室参加探险团队的每日总结。

19:00 南极烧烤晚餐将在 5 号甲板后部举行。请注意保暖！

“胜利属于一切都准备就绪的人——人们称之为运气。  
失败必然降临在那些忽视必要准备的人身上——我们称之为坏运气。”  
—— 罗尔德·阿蒙森 (Roald Amundsen)



## 发现南极之旅



日期：2026 年 1 月 15 日

### 第 8 天：泰勒丰湾 ( Telefon Bay ) 与爱丁堡山 ( Edinburgh Hill )

06:15 起床叫醒

06:30-07:30 自助早餐将在 4 层甲板餐厅供应

今天早上，我们计划在火山破火山口内的**泰勒丰湾**进行登陆。在这里，我们将进行一次较长距离的徒步，攀登至火山口边缘。这将是在我们返回德雷克海峡之前，最后一次充分活动双腿的好机会。

在登陆活动结束后，我们还希望为大家提供**极地冰泳**的机会。请将泳衣穿在外套里面。我们会提供毛巾，请不要从房间自带毛巾。

0715 邀请讲**中文**的客人前往泰勒丰湾登陆

0730 邀请讲**英文**的客人前往讲座室，参加由 **Karolina** 主讲的地质学讲座

0915 邀请讲**英文**的客人前往电话湾登陆

1000+/- 邀请讲**中文**的客人前往休息室，参加由 **Rose** 主讲的地质学讲座。

12:30-13:30 自助午餐将在 4 层甲板餐厅供应

时间待定 邀请**蓝色组**前往爱丁堡山进行冲锋艇巡游

时间待定 邀请**红色组**前往爱丁堡山进行冲锋艇巡游

1915 请前往观景休息室，与探险队一起参加每日总结

1930 晚餐将在 4 层甲板餐厅供应

今天下午，我们将驶入外海。为避免晕船，请在感觉到船只晃动前服用晕船药。午餐后，医生将在酒吧提供帮助。请固定好个人物品，确保舱门和抽屉完全关闭。在甲板上行走时请放慢脚步，始终遵循“一手扶船、一手扶自己”的原则，并注意避免门被风猛然关上。



## 发现南极之旅

**请注意，纪念品商店将于今日营业结束时关闭。**

**如您希望购买最后的纪念品，请务必及时前往选购。**

日期：2026 年 1 月 16 日

### 第 9 天：海上航行——德雷克海峡

我们预计将进入德雷克海峡的涌浪海域。请留意关于开放甲板的广播通知，并且在任何时候都请空出一只手扶稳船体。

今天不提供叫醒服务 ☺

08:00-09:00 自助早餐将在 4 层甲板的餐厅供应。

09:15 请将您的靴子送回 3 层甲板，在归还前请确保靴子已清理干净。我们将按甲板顺序通知大家。

10:00 Chris 邀请您前往观景休息室，参加他关于《生活在南极——新西兰斯科特科考站（Scott Base）》的讲座。  
讲座语言：英语，并提供普通话翻译。

11:15 Yvonne 邀请您前往观景休息室，参加她的讲座：《冰之眼：南极的视觉与生存》。  
讲座语言：普通话。

11:15 Jade 邀请您前往讲座室，参加她关于《南极动物独特适应性》的讲座。  
讲座语言：英语。

12:30-13:30 自助午餐将在 4 层甲板的餐厅供应。

16:15 Jodi 邀请您前往讲座室，参加英文讲座：《奔向南极点的竞赛》。

16:15 Jerry 邀请您前往观景休息室，参加普通话讲座：《奔向南极点的竞赛》。

18:15 请加入探险队，在观景休息室参加**每日回顾（Daily Recap）**。  
酒店经理将提供有关下船、结算账目等重要信息，因此我们强烈建议**每个团队至少派一位代表参加**。

19:00 晚餐将在 4 层甲板的餐厅供应。

“海洋一旦施展它的魔力，便会将人永远困在它奇妙的网中。”  
—— 雅克·库斯托



## 发现南极之旅

日期：2026 年 1 月 17 日

### 第 10 天：海上航行——接近南美

07:45 叫醒服务。

08:00-09:00 早餐自助在四层餐厅供应

早餐后您可以前往前台结清账目，请务必在 17:00 之前完成结账。

09:15 Pierre 邀请您前往观景休息室，参加他关于座头鲸的讲座。

11:15 Simon 邀请您前往观景休息室，参加他关于企鹅的讲座

12:30-13:30 自助午餐在四层餐厅供应。

14:00 Marcel 邀请您前往讲座室，介绍 oceanwide 其他航程的概览

16:00 Valeria 邀请您前往观景休息室，参加她关于摄影后期的讲座。

18:00 请前往观景休息室，与船长及探险队共同参加船长鸡尾酒会、下船安排说明，以及由 Valeria 和 Jodi 制作的本次航程幻灯片首映。航程结束后，幻灯片将通过电子邮件发送给您。请务必扫描二维码完成登记。

19:00 晚餐在四层餐厅供应

*“我最看重的品质是乐观精神，尤其是在遭遇挫折和看似失败时依然保持乐观。乐观是真正的道德勇气。”*

*—— 欧内斯特·沙克尔顿爵士*





## 发现南极之旅

日期：2026 年 1 月 18 日

第 11 天：乌斯怀亚 (Ushuaia)

07:15 起床

**请在前往早餐前，于 07:30 之前将您的行李放置在客房外。**

07:30-08:30 早餐自助餐将在 **4 层甲板餐厅** 供应

**请注意：**

抵达乌斯怀亚后，请在休息室等候，直到港口代理完成清关手续并通知您可以下船。  
我们将仅为早班航班的客人提供免费机场巴士服务，发车时间为上午 **08:30–09:00**。如需使用此服务，请在码头识别并确认您的行李，然后将行李放上巴士。

下午航班的客人：我们将把您的行李转运至行李投放中心，您需要在 **14:00** 之前前往领取。

如需此服务，请在码头识别并确认您的行李，并将其放入行李运输卡车。

自行安排交通或计划留在乌斯怀亚的客人：请在码头识别并确认您的行李，并自行携带离开。

08:45+/- 我们将邀请其余所有宾客下船。.

**Hondius** 号上的全体探险团队与船员祝您旅途平安。感谢您与我们共同分享这段非凡的航程，期待未来能再次与您一同航行。