

SH MINERVA DEPARTURES

# ANTARCTICA









# LAND OF SNOW AND ICE

With its otherworldly allure, Earth's seventh continent offers a truly unforgettable cruising experience. Your Antarctica journey promises panoramic views and iceblanketed landscapes that will enthrall and amaze whether you're on board or ashore.

Breathtaking natural wonders – glassy fjords, rumbling glaciers, and dramatic mountain peaks – await as you experience the vast, unspoiled beauty of this unique, icy destination.

**PROUD MEMBER OF**







# WORDS SIMPLY DO NOT GIVE ANTARCTICA JUSTICE

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

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

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

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

*There’s just you and the environment, and you never know what you’re going to see.”*

— Antony Jinman, *EL*



▶ WATCH THE VIDEO



CHILE

ARGENTINA

Ushuaia

DRAKE  
PASSAGE

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

# AN OVERVIEW OF ANTARCTICA



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

▶ WATCH THE VIDEO

## ANTARCTIC PENINSULA

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

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

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

→ [Cruise to the Antartic Circle](#)

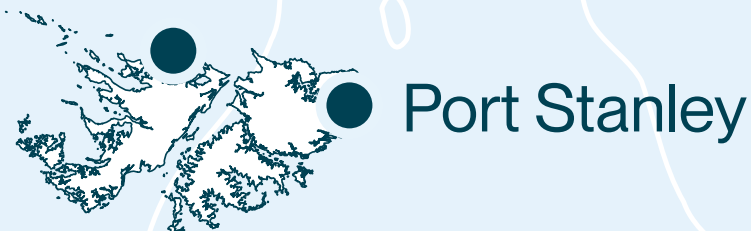


ANTARCTIC CIRCLE







Saunders Island



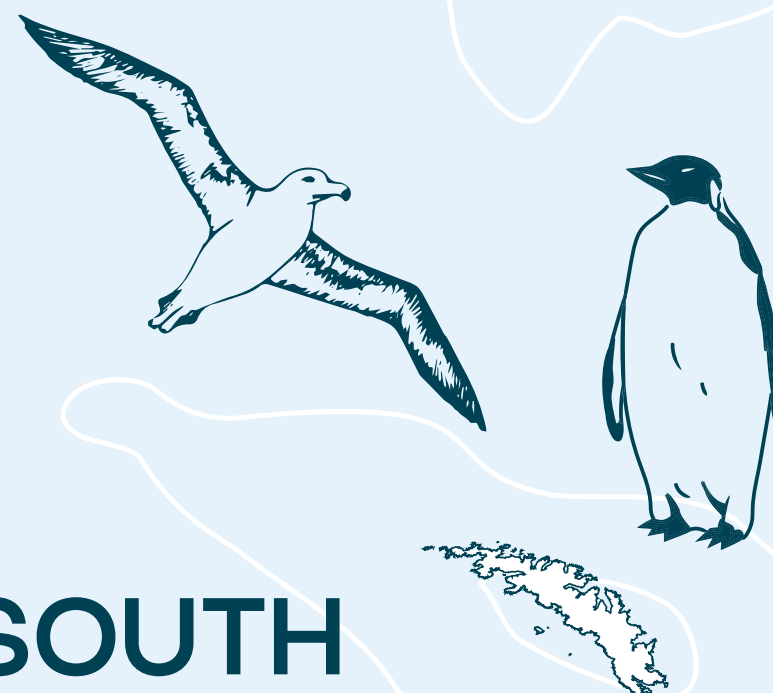
Port Stanley

## FALKLAND ISLANDS

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



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

SOUTH ATLANTIC OCEAN



## SOUTH GEORGIA

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

-  King penguins, albatross, cape petrels
-  Shackletons grave

 WATCH THE VIDEO



### CALVING GLACIERS

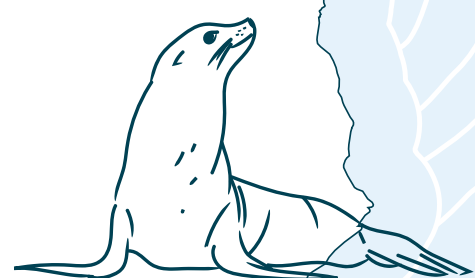
From February to March

Elephant island



Deception Island

Gerlache Strait



WEDDELL SEA



Marguerite bay

### Did you know?

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



# ANTARCTICA BUCKET LIST

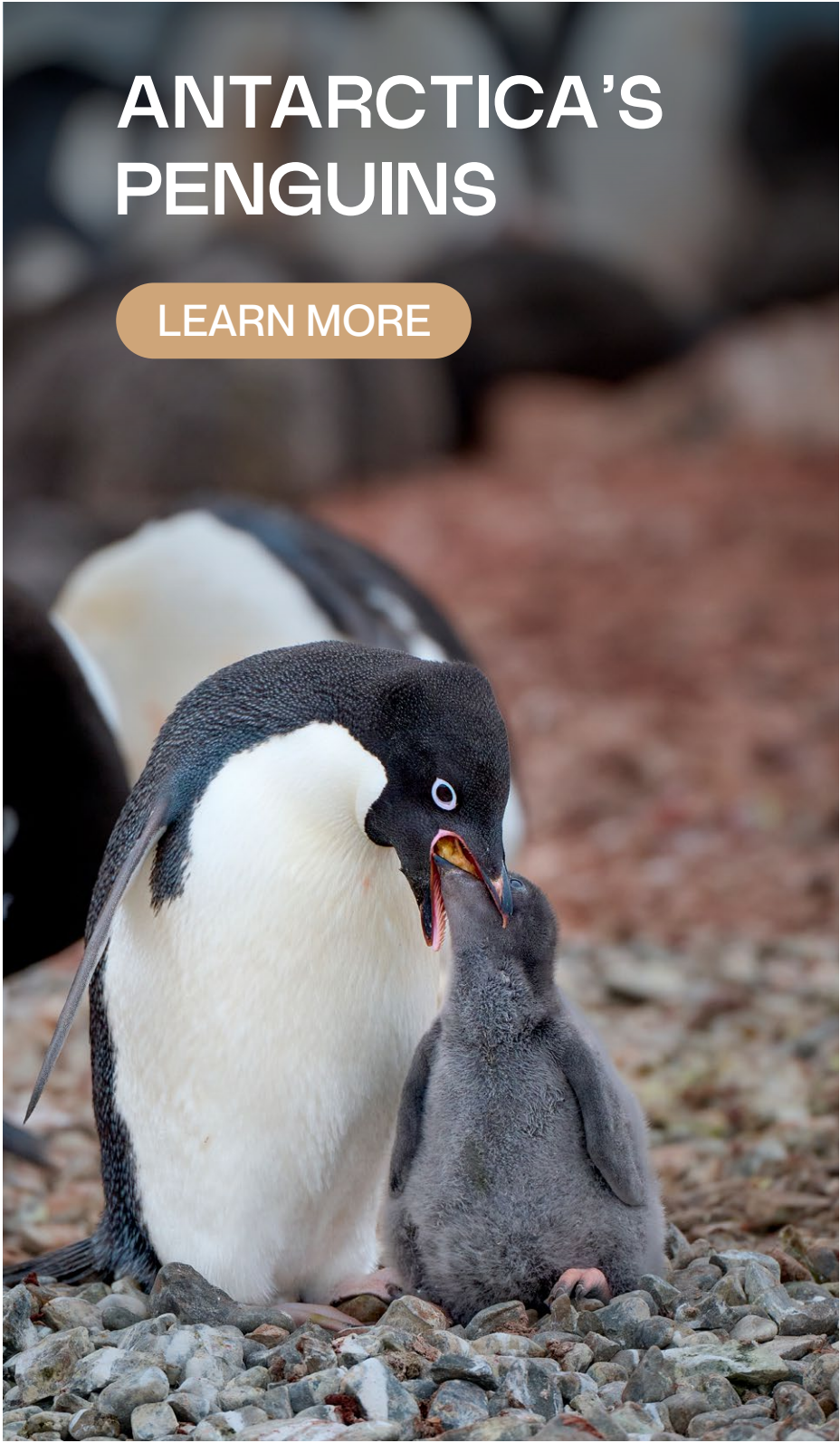
## THE DRAKE PASSAGE

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



## WHALE WATCHING

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





## EXPLORE STUNNING LANDSCAPES

Antarctica’s vast ice plains and majestic glaciers are breathtaking.



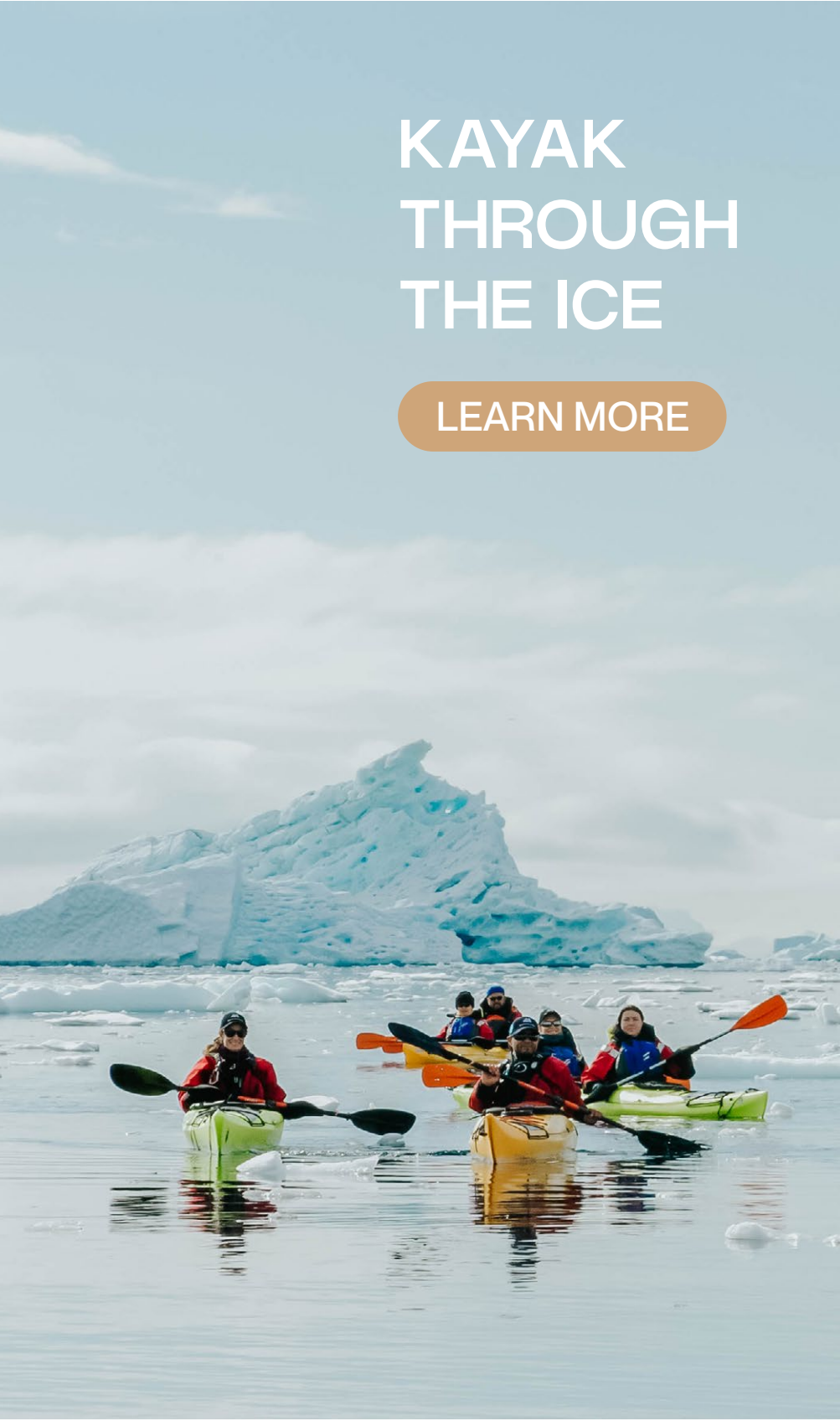
## BECOME A CITIZEN SCIENTIST

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

LEARN MORE

## KAYAK THROUGH THE ICE

LEARN MORE



## TAKE THE POLAR PLUNGE

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





Adélie penguins, Antarctic Peninsula



# WILDLIFE ENCOUNTERS

Diverse, unique and undeniably beautiful, Antarctica’s awe-inspiring range of marine wildlife and birds has to be seen to be believed.

There’s no other place on Earth where you can witness the majesty of breaching minke and humpback whales, glimpse leopard seals lounging on ice, and watch thousands of penguins nesting in their natural habitat.



## Always exciting

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


— Sue Walsh, ornithologist




# PENGUINS

With around **12 million penguins** living on the Antarctic Peninsula and nearby sub Antarctic islands, these charismatic flightless creatures are easily the most abundant birds in Antarctica. Seven species of penguins live in this frozen wilderness, from petite **Adélie** and **chinstrap**


penguins to majestic emperor and **king** penguins, and each breed has its own charming characteristics. Seeing these iconic birds sliding across the ice on their stomachs or displaying their impressive courtship rituals creates special memories you'll cherish forever.



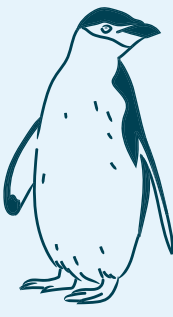
KING



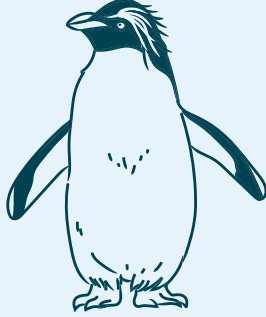
ADÉLIE



GENTOO




CHINSTRAP



MACARONI

12

MILLION

-  Antarctica — *Chinstrap, Gentoo, Adélie*
-  South Georgia & Falklands — *Magellanic, Chinstrap, Gentoo, King, Macaroni, Rockhopper*

# BIRDS

Whether you're a keen ornithologist or an all-round nature lover, Antarctica has a profusion of rare and special birds to admire. From **terns** and **petrels** to **skuas**, **shearwaters** and **shags**, over 45 species of birds inhabit the Southern Ocean.

**Albatrosses** are a common sighting, gracefully gliding on the ocean winds. With a wingspan of up to 3.35 metres, they are the largest flying birds in the world.



45

SPECIES

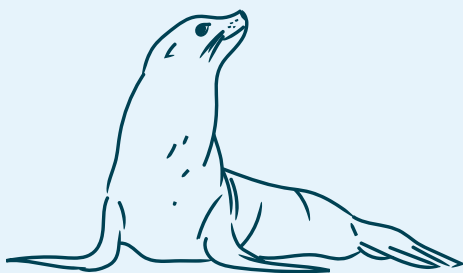
 Antarctica — *Sheathbill, Petrels*

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


# SEALS

Several different species of seal can be found in Antarctica: **Weddell**, **crabeater**, **leopard**, **fur** and **elephant seals**. These captivating


creatures spend most of their lives in the sea and are insulated from the freezing water by a thick layer of blubber.





FUR



ELEPHANT



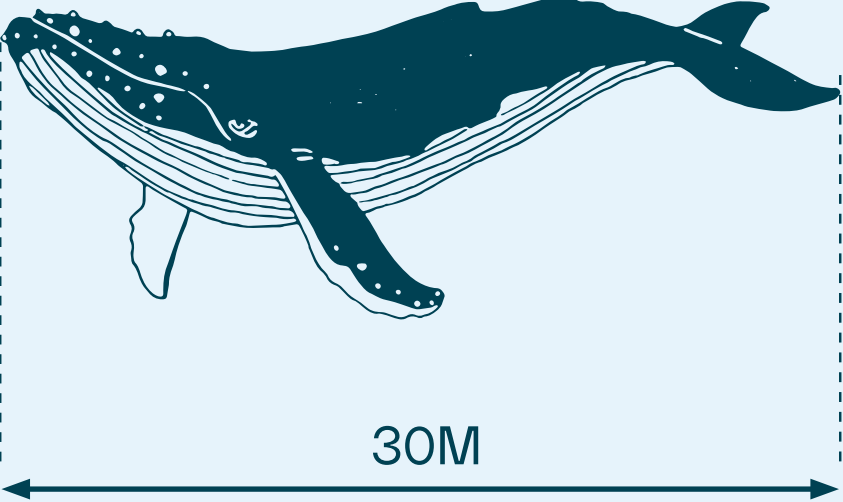

LEOPARD

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

# WHALES

**Humpback whales** are the most acrobatic of all the whales you may see in Antarctica. This remarkable creature weighs the same as 33 elephants and grows up to 30 metres long, making it the largest animal ever to have lived. They raise their backs high when swimming,


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




180 TONS

X 30

30M

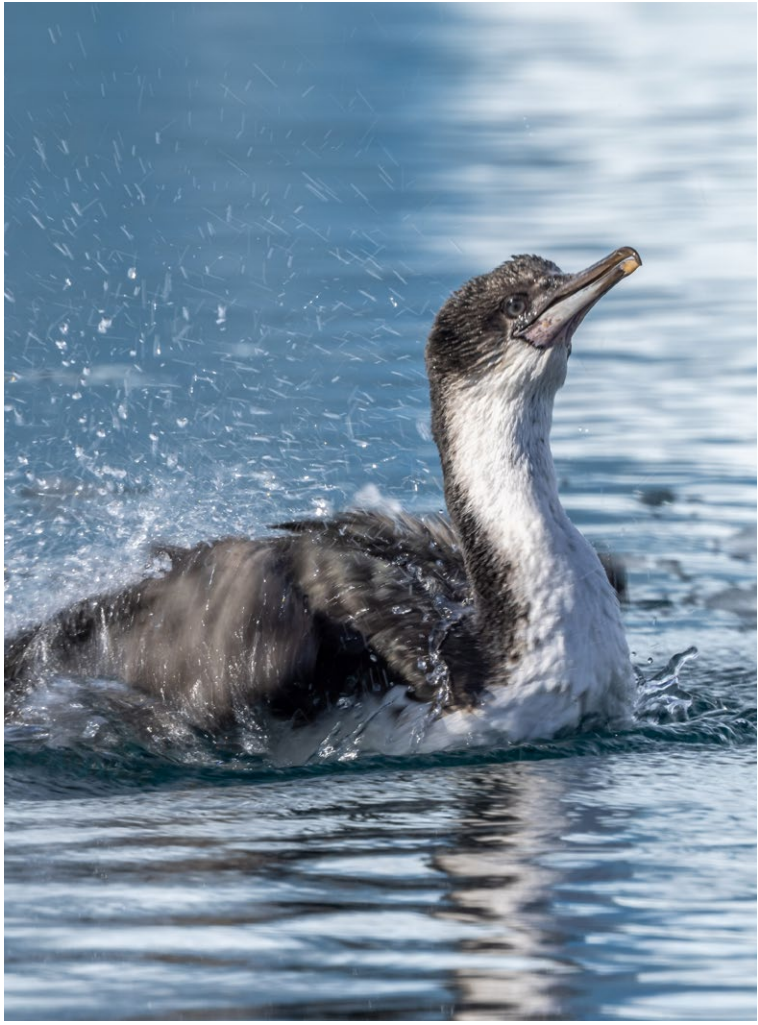
 Antarctica — *Minke, Orca, Humpback and Fin*

 South Georgia & Falklands — *Humpback, Fin, Orca*





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



**Gentoo penguins** are the third-largest penguin species and can reach up to 81cm in height. They are easily recognisable with white patches above their eyes and a long tail which moves like a brush, hence their species name – *Pygoscelis* (brush-tailed).





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



Did you know?

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



RESPONSIBLE WILDLIFE PHOTOGRAPHY

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





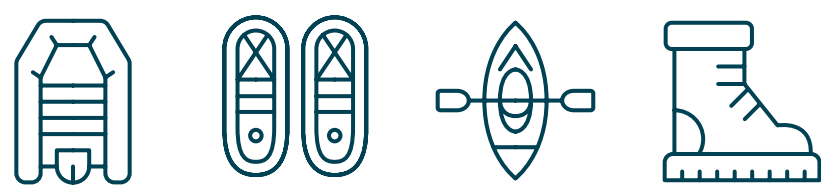






# EXPEDITION ACTIVITIES

## ACTIVE PROGRAM



## ENRICHING PROGRAM



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



# ACTIVE PROGRAM

 WATCH THE VIDEO





# ZODIAC BOATS

Our fleet of small, open-air Zodiac craft offer unique, in-depth experiences in the wild. Safe and sturdy, these specialised vessels are designed to withstand the harshest conditions.

## LANDINGS

Landing ashore by Zodiac in the Antarctic or sub-Antarctic is always exciting. The weather can be unpredictable and your Zodiac ride may be ‘energetic’. Our highly trained expedition team will guide you safely to shore, where you can get close to the fantastic wildlife, ice formations, and mountains that await.



### Did you know?

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

## CRUISING

Sometimes the best way to see Antarctica’s spectacular landscapes and wildlife (especially if the wildlife has not left you any room on the beach – i.e. penguins!) is from the Zodiac with your expert Swan Hellenic expedition team interpreting the wonders.

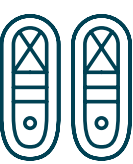




# HIKING

Rugged landscapes and/or glaciers and snow mean hiking excursions in Antarctica only happen occasionally. However, whenever there's an opportunity to explore Earth's last great wilderness on foot, we seize it. Generally, there are no trails but your experienced expedition guides will know the best places to hike, and enrich your experience along the way by sharing their knowledge.





# SNOWSHOE EXCURSIONS



Antarctic sites are often buried in snow, and the best way to explore is with a guided snowshoe walk. The sound of crunching snow and ice, teamed with the fresh, clean air on your face, is unforgettable.



## Did you know?

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



# KAYAKING

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



## Once-in-a-lifetime

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

— Rayann Elzein, EL







# ENRICHING PROGRAM



# Discover the essence of Antarctica.



## LECTURE PROGRAMME

When you choose Swan Hellenic to see what others don't – you can be sure you'll do so with a full perspective and real insight into the history, cultures, wildlife, flora, geology and geography of each destination. Briefings before each disembarkation and recaps afterwards supplement our lectures and talks, stimulating a relaxed social environment that encourages the sharing of experiences.



## CITIZEN SCIENCE

The planet's polar regions are being presented with huge challenges in the face of climate change. Scientific research here is crucial. Becoming involved in the onboard Citizen Science Programmes is your chance to help collect important data, and give back to these precious environments.



## EXPEDITION LABORATORY

This is where Citizen Science comes in. Head to our onboard lab to meet our guest researchers. Gain a deeper understanding of the important scientific work being done and get hands-on polar region research experience.



## LIBRARY & EXPEDITION OFFICE

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

WE PROUDLY TEAM UP WITH

















# JOIN US

## ANTARCTICA 2025

Itinerary	 From → To	 Ship	 Nights	 Departure
Antarctic Wonders: roundtrip Cruise from Ushuaia	Ushuaia roundtrip	SH Minerva	9	11, 20, 29 Dic

## ANTARCTICA 2026

Itinerary	 From → To	 Ship	 Nights	 Departure
Antarctic Peninsula Odyssey cruise	Ushuaia roundtrip	SH Minerva	10	7, 26 Jan
Antarctic Wonders: roundtrip Cruise from Ushuaia	Ushuaia roundtrip	SH Minerva	9	17 Jan
Semi-Circumnavigation from Antarctica to New Zealand	Ushuaia → Dunedin	SH Minerva	32	5 Feb



## VOYAGE

# ANTARCTIC WONDERS: ROUNDTrip CRUISE FROM USHUAIA

This voyage takes you across Drake Passage straight to the frozen Antarctic Peninsula – where you'll witness mesmerising icy wonders like the Gerlache Strait, with its incredible blue icebergs, and the Antarctic Sound, famous for its enormous slabs of floating ice.

Step ashore and get up close and personal with the local penguins for that perfect photo opportunity. Journey alongside polar specialists and share in their vast knowledge of these isolated regions.







# Ushuaia Roundtrip

9 nights

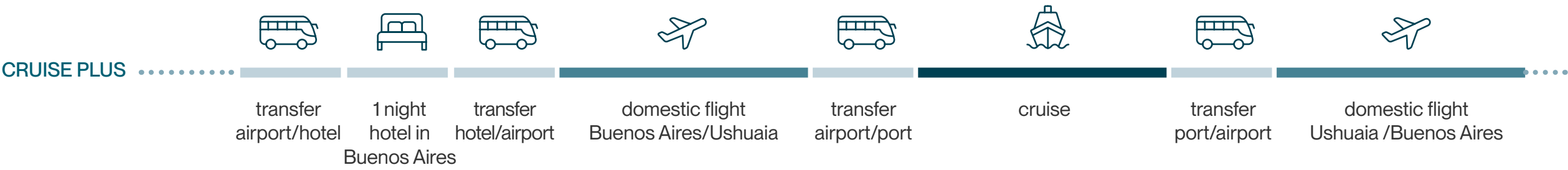
SH Minerva 2025 11 - 20 Dec | 20 - 29 Dec | 29 Dec - 6 Jan  
2026 17 - 26 Jan

## DAY VISITING

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

Ports, port order and itinerary duration may vary, for the most up-to-date details see [swanhellenic.com](https://www.swanhellenic.com)

BOOK NOW





VOYAGE

# ANTARCTIC PENINSULA ODYSSEY CRUISE

Sail across the notorious Drake Passage to discover the unforgettable frozen wonders of the Antarctic Peninsula. Explore the White Continent's breathtaking landscape, with its free-floating tabular icebergs, massive glaciers, and awe-inspiring ice cliffs.

Watch out for extraordinary wildlife in this icy world too, including elephant seals, humpback whales, and thousands of Adélie penguins. This voyage lets you live your Antarctic dream, and visit places where few people have ever been!







# Ushuaia Roundtrip

 10 nights

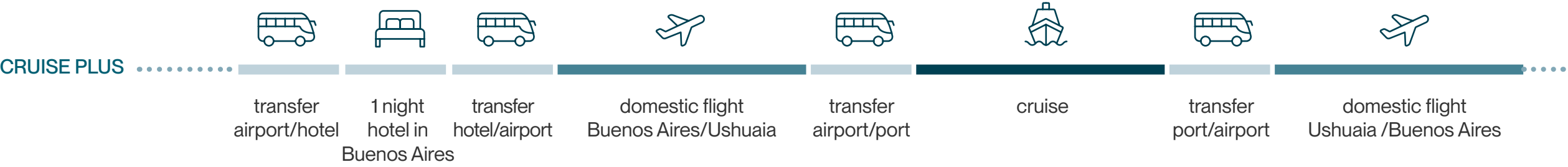
 SH Minerva  2026 7 - 17 Jan | 26 Jan - 5 Feb

## DAY VISITING

- 1 Ushuaia
- 2-3 At Sea
- 4-8 Antarctic Peninsula
- 9 -10 At Sea
- 11 Ushuaia

Ports, port order and itinerary duration may vary, for the most up-to-date details see [swanhellenic.com](https://www.swanhellenic.com)

BOOK NOW



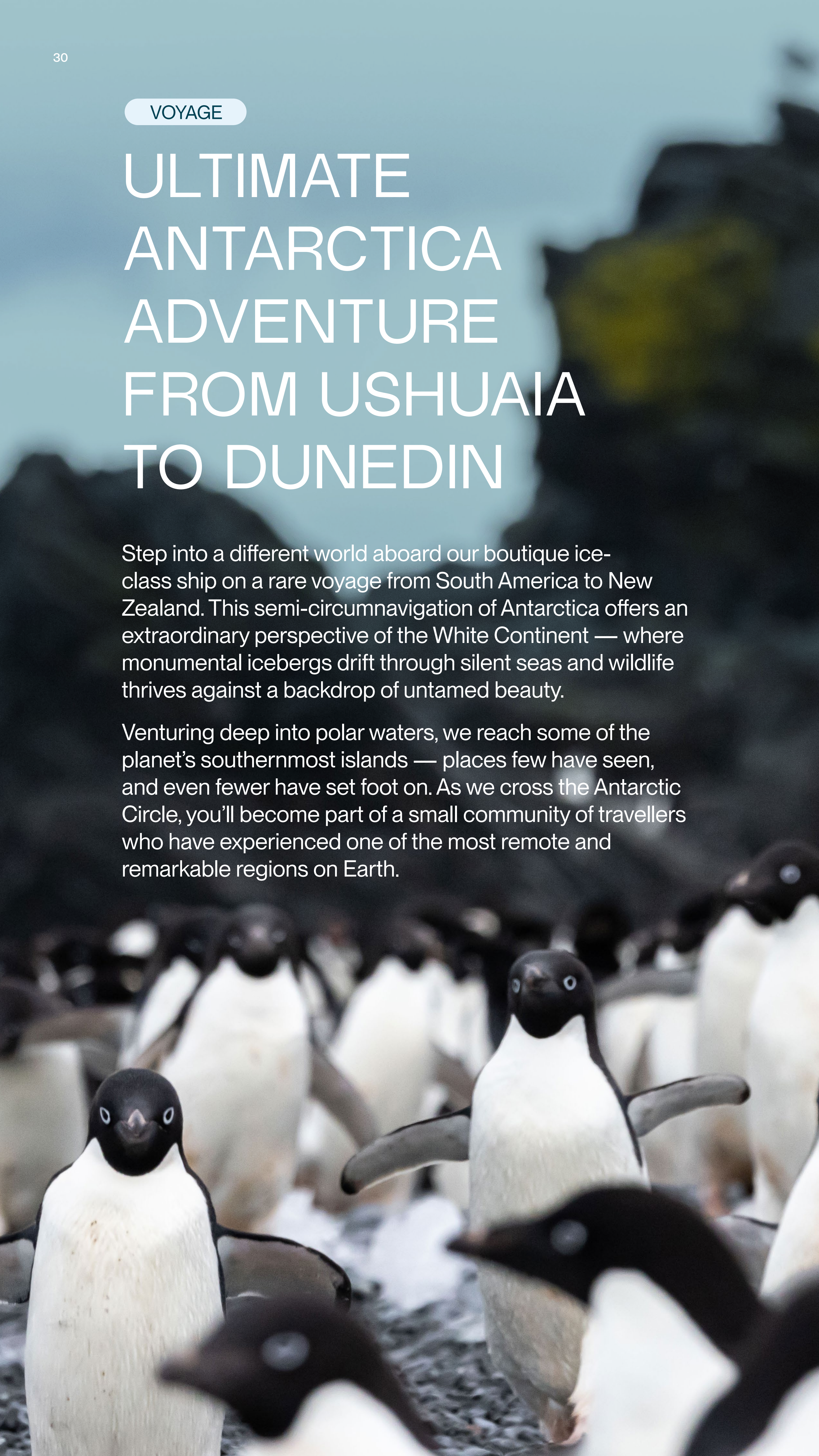


VOYAGE

# ULTIMATE ANTARCTICA ADVENTURE FROM USHUAIA TO DUNEDIN

Step into a different world aboard our boutique ice-class ship on a rare voyage from South America to New Zealand. This semi-circumnavigation of Antarctica offers an extraordinary perspective of the White Continent — where monumental icebergs drift through silent seas and wildlife thrives against a backdrop of untamed beauty.

Venturing deep into polar waters, we reach some of the planet's southernmost islands — places few have seen, and even fewer have set foot on. As we cross the Antarctic Circle, you'll become part of a small community of travellers who have experienced one of the most remote and remarkable regions on Earth.







# Ushuaia to Dunedin

32 nights

SH Minerva 2026 5 Feb - 10 Mar

DAY	VISITING
1	Ushuaia
2-3	At Sea
4-6	Antarctic Peninsula
7-8	At Sea
9-15	West Antarctica
16	Crossing the International Date Line
17-25	Ross Sea, Coulman Island, Cape Adare
26-28	At Sea
29-31	Subantarctic Islands of New Zealand
32-33	Dunedin

Ports, port order and itinerary duration may vary, for the most up-to-date details see [swanhellenic.com](https://www.swanhellenic.com)

BOOK NOW





# WHAT'S INCLUDED

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





# Enhance your experience

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

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





SEE WHAT OTHERS DON'T

THANKS FOR EMBRACING  
OUR TRAVEL PHILOSOPHY

